

LUNCH NUTRIENT INFORMATION

| September | Svg Size | Calories | Total Fat | Sat Fat | Sodium | Protein | Carbs |
|---|-----------------|-----------------|------------------|----------------|---------------|----------------|--------------|
| BBQ Rib Sub | 1 each | 330 | 13 | 4 | 550 | 13 | 36 |
| Big Daddy Cheese Pizza | 1 slice | 360 | 16 | 7 | 470 | 21 | 36 |
| Big Daddy Turkey Pepperoni Pizza | 1 slice | 370 | 17 | 7 | 550 | 21 | 35 |
| Personal Pan Cheese Pizza | 1 each | 310 | 13 | 6 | 440 | 16 | 31 |
| Personal Pan Pepperoni Pizza | 1 each | 310 | 13 | 6 | 510 | 17 | 31 |
| Chicken Fried Steak Sandwich | 1 each | 442 | 21 | 4.5 | 595 | 21 | 48 |
| Crispy Chicken Sandwich | 1 each | 353 | 10 | 1 | 856 | 26 | 26 |
| Mini Corn Dogs | 6 each | 270 | 12 | 3.5 | 410 | 10 | 30 |
| Soft Taco | 1 each | 286 | 14 | 5.5 | 605 | 18 | 24 |
| Tortilla Chips | 1 bag | 270 | 15 | 1.5 | 220 | 3 | 31 |
| Salsa | 1/2 cup | 40 | 0 | 0 | 282 | 0 | 8 |
| Turkey Bacon Cheeseburger | 1 each | 389 | 17 | 5.5 | 750 | 32 | 30 |
| Hamburger | 1 each | 334 | 13.5 | 4.5 | 547 | 27 | 29 |
| Cheese Stuffed Breadsticks | 2 each | 300 | 11 | 6 | 490 | 20 | 30 |
| Marinara | 1/2 cup | 42 | 2 | 0 | 208 | 2 | 8 |
| Grilled Cheese Sandwich | 1 each | 280 | 10 | 5.5 | 580 | 18.5 | 30.6 |
| Potato Rounds | 1/2 cup | 92 | 3.5 | 2 | 163 | 1 | 14 |
| Baked Fries | 1/2 cup | 170 | 5 | 1 | 200 | 3 | 28 |
| Glazed Carrots | 1/2 cup | 60 | 0 | 0 | 61 | 1 | 11.5 |
| Corn | 1/2 cup | 74 | 0 | 0 | 0 | 2.5 | 17 |

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|----------------------|----------|----------|-----------|---------|--------|---------|-------|
| Green Peas | 1/2 cup | 71 | 0 | 0 | 101 | 5 | 12 |
| Steamed Broccoli | 1/2 cup | 25 | 0 | 0 | 25 | 3 | 5 |
| Refried Beans | 1/2 cup | 130 | 2 | 0 | 152 | 6.5 | 22 |
| Ranchero Beans | 1/2 cup | 112 | 0.5 | 0 | 501 | 6 | 20 |
| Green Beans | 1/2 cup | 34 | 0 | 0 | 0 | 1 | 5 |
| Strawberry Cup | 1/2 cup | 122 | 0 | 0 | 4 | 1 | 33 |
| Pear Cup | 1/2 cup | 70 | 0 | 0 | 5 | 0 | 19 |
| Peach Cup | 1/2 cup | 70 | 0 | 0 | 10 | 1 | 18 |
| Raisins | 1/2 cup | 112 | 0 | 0 | 4 | 1 | 30 |
| Applesauce Cup | 1/2 cup | 90 | 0 | 0 | 15 | 0 | 22 |
| Juice, Orange | 4 oz | 60 | 0 | 0 | 1 | 0 | 13 |
| Juice, Apple | 4 oz | 60 | 0 | 0 | 5 | 0 | 14 |
| Milk, 1% plain | 8 oz | 100 | 2.5 | 1.5 | 125 | 8 | 12 |
| Milk, Skim plain | 8 oz | 80 | 0 | 0 | 125 | 8 | 12 |
| Milk, Skim chocolate | 8 oz | 110 | 0 | 0 | 100 | 8 | 19 |
| Mayonnaise | 1 packet | 40 | 3 | 0 | 105 | 0 | 3 |
| Mustard | 1 packet | 0 | 0 | 0 | 65 | 0 | 0 |
| Ketchup | 1 packet | 10 | 0 | 0 | 25 | 0 | 2 |

BREAKFAST NUTRIENT INFORMATION

| September | Svg Size | Calories | Total Fat | Sat Fat | Sodium | Protein | Carbs |
|---------------------------------------|----------|----------|-----------|---------|--------|---------|-------|
| Breakfast Pizza | 1 each | 210 | 8 | 2 | 480 | 10 | 27 |
| Mini Pancakes | 1 pkg | 210 | 6 | 1 | 310 | 4 | 35 |
| Turkey Sausage Patty | 1each | 60 | 4 | 1 | 90 | 6 | 0 |
| French Toast Sticks with syrup | 3 each | 328 | 9 | 2 | 289 | 8 | 57 |
| Chicken Biscuit | 1 each | 306 | 14 | 7 | 577 | 12 | 33 |
| Sausage Cheese Biscuit | 1 each | 305 | 16 | 8 | 566 | 13 | 27 |
| Juice, Orange | 4 oz | 60 | 0 | 0 | 1 | 0 | 13 |
| Juice, Apple | 4 oz | 60 | 0 | 0 | 5 | 0 | 14 |
| Strawberry Cup | 1/2 cup | 122 | 0 | 0 | 4 | 1 | 33 |
| Pear Cup | 1/2 cup | 70 | 0 | 0 | 5 | 0 | 19 |
| Raisins | 1/2 cup | 112 | 0 | 0 | 4 | 1 | 30 |
| Peach Cup | 1/2 cup | 70 | 0 | 0 | 10 | 1 | 18 |
| Applesauce Cup | 1/2 cup | 90 | 0 | 0 | 15 | 0 | 22 |
| Milk, 1% plain | 8 oz | 100 | 2.5 | 1.5 | 125 | 8 | 12 |
| Milk, Skim plain | 8 oz | 80 | 0 | 0 | 125 | 8 | 12 |
| Milk, Skim chocolate | 8 oz | 110 | 0 | 0 | 100 | 8 | 19 |
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