

LUNCH NUTRIENT INFORMATION

January	Svg Size	Calories	Total Fat	Sat Fat	Sodium	Protein	Carbs
Bacon (Turkey) Cheeseburger	1 each	389	17	5.5	750	32	30
BBQ Rib Sub	1 each	330	13	4	550	13	36
Beef and Cheese Taco Roll	1 each	345	13	8	630	20	32
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
Cheese Stuffed Breadsticks	2 each	300	11	6	490	20	30
Chicken Drumstick	1 each	290	17	4	550	22	11
Chicken Fried Steak Sandwich	1 each	442	21	4.5	595	21	48
Chicken Smackers	10 each	293	17	3	599	18	17
Chili Pie (chili, cheese, tortilla chips)	1 serving	443	23	8	1031	21	38
Crispy Chicken Sandwich	1 each	353	10	1	856	26	45
French Bread Pizza	1 each	320	15	6	580	18	30
Fruit Go Pak (Yogurt, Cheese, Crackers, Fruit)	1 each	362	10	2	442	17	53
General Tso's Chicken and Noodles	1 serving	471	7	1	1111	22	81
Grilled Cheese Sandwich	1 each	280	10	5.5	580	18.5	30.6
Hamburger	1 each	334	13.5	4.5	547	27	29
Mini Corn Dogs	6 each	270	12	3.5	410	10	30
Mozzarella Cheese Sticks	5 each	300	12	6	440	16	33

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PB and J Uncrustable Meal- pb and j, cheesestick, baked chips, carrots, ranch)	1 each	610	31	7	1119	20	68
Personal Pan Cheese Pizza	1 each	310	13	6	440	16	31
Personal Pan Pepperoni Pizza	1 each	310	13	6	510	17	31
Soft Taco, Beef	1 each	286	14	5.5	605	18	24
Tortilla Chips	1 bag	270	15	1.5	220	3	31
Teriyaki Chicken and Noodles	1 serving	256	3	1	451	20	36
Turkey Cheese Lunch Kit	1 each	360	16	4	910	18	37
Turkey Cheese Sub	1 each	291	9	3	733	25	29
Veggie Go Pak (Turkey, Cheese, Benefit Bar, Celery, Ranch)	1 each	460	15	5	1150	43	58
Doritos, Nacho	1 bag	130	5	1	200	2	20
Mashed Potatoes and Gravy	1/2 cup	98	1	0	606	1	21
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
Baby Carrots	1/2 cup	35	0	0	30	1	9
Celery Sticks	1/2 cup	11	0	0	56	0.5	2
Corn	1/2 cup	74	0	0	0	2.5	17
Green Peas	1/2 cup	71	0	0	101	5	12
Macaroni and Cheese	1/2 cup	207	9	4.5	486	11	23
Marinara	1/2 cup	42	2	0	208	2	8
Steamed Broccoli	1/2 cup	25	0	0	25	3	5

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Refried Beans	1/2 cup	130	2	0	152	6.5	22
Ranchero Beans	1/2 cup	112	0.5	0	501	6	20
Salsa	1/2 cup	40	0	0	282	0	8
Sunchips	1 bag	140	6	1	150	2	18
Green Beans	1/2 cup	34	0	0	0	1	5
Wheat Roll	1 each	170	2	0.5	150	5	32
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
Apple Slices	1 pkg	30	0	0	0	0	7
Applesauce Cup	1/2 cup	90	0	0	15	0	22
Fresh Banana	1 each	121	0	0	2	1	31
Fresh Orange	1 each	53	0	0	0	1	13
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
Ranch Dressing	1 oz	71	6.8	1	263	0.6	2
Mayonnaise	1 packet	40	3	0	105	0	3
Mustard	1 packet	0	0	0	65	0	0

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Ketchup	1 packet	10	0	0	25	0	2

BREAKFAST NUTRIENT INFORMATION

January	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	3 each	210	9	2	125	8	26
Syrup	1.5 oz	120	0	0	0	0	31
Chicken Biscuit	1 each	306	14	7	577	12	33
Sausage Cheese Biscuit	1 each	305	16	8	566	13	27
Sunrise Stick	1 each	169	7.4	4	300	9	17
Whole Grain Donut Stick	1 pkg	230	7	2	220	4	39
Pancake on a Stick	1 each	200	10	2.5	310	7	17
Kolache, Sausage Cheese	1 each	190	10	3.5	490	7	18
Waffle Bites	1 pkg	190	5	1.5	260	4	35
Banana Bread Square	1 slice	280	10	2	220	5	44
Benefit Bar	1 each	290	9	2.5	200	5	47
Cereal, Lucky Charms	1 bowl	210	2.5	0	360	5	46
Cereal, Chex	1 bowl	170	4	0	250	2	33
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

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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