

Elementary Menu Item Name	Total Carb	Total Fat	Total Protein	Notes
<b>Entrée</b>				
Breaded Chicken Sandwich	37	9.5	19	
Calzonettes, Mini Cheese Pizza Calzones	34	13	24	
Cheeseburger on Pretzel Bun	33	15.5	41	
Cheeseburger on sandwich bun	26	1.5	5	
Cheese-Filled Twisted Breadstick - 1 per serving	29	6	13	
Cherry Blossom Chicken w/rice	60	5.5	17	
Chicken Nuggets	16.25	15	16.25	
Chicken Tenders	16	15	15	
Chicken Sicks	16	14.9	14.9	
Chicken, Popcorn	15	14	15	
Chic Nug, <i>Halloween Shapes</i>	15	14	14	
Chic Nug, <i>Christmas Trees</i>	13	15	12	
Chic Nug, <i>Hearts</i>	15	14	14	
Chic Nug, <i>Hearts - Middle &amp; High</i>	20	18	18	
Chic Nug, <i>Shamrock</i>	15	14	14	
Chic Nug, <i>Shamrock - Middle &amp; High</i>	20	18	18	
Chic Nug, <i>Stars</i>	15	14	14	
Chic Nug, <i>Stars Middle &amp; High</i>	20	18	18	
Chic Nug, <i>Rings</i>	14	11	15	
Egg Roll - Turkey	27	9	16	
Entrée Salad, Chef's Sald	7	15.98	15.701	
Fish Sandwich	49	12.5	20	
Fish Sticks	23	10	14	
General Tso's Chicken w/rice	61	6	18	
Hamburger on Pretzel Bun	30	7	16	
Hamburger on sandwich bun	24	6	16	
Lasagna	33	6.5	15	marinara sauce included

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Macaroni & Cheese, side dish 3oz.	21	8	13	
Macaroni & Cheese, entrée, 6 oz.	42	16	26	
Meatball Hoagie, Beef	35	20	26	
Meatballs (B) & Cheese-Filled Breadstick	20	17.5	18.5	marinara sauce included
Meatball Hoagie, Chicken				
Mini Corn Dogs	22	5	8	
Superman Nachos (elementary) Turkey	36	21.5	18	
Superman Nachos (elementary) Chicken	36	22.25	22.5	
Pizza, High School Primo	34	16	21	
Pizza, High School, White Pizza by Kasa's	34	15	20	
French Bread Pizza - Original Red Sauce	33	11	23	
French Bread Pizza - Garlic - White Pizza	33	18	22	
Pizza, Cheesy Pizza Square	30	16	16	
Pizza, Galaxy	33	11	14	
Pizza, Fiestada	39	14	17	
Pizza, Stuffed Crust Pizza	31	11	22	
Pizza, Tony's Thick Crust Pizza Square	34	14	17	
Pizza, Turkey Sausage Pizza Square	26	7	9	
Pizza Crunchers	21	10	10	
Pretzel Hot Dog	30	12	10	
Ravioli, Mini - Elementary-Middle	16	2	8	
Ravioli, Mini - High	32	4	16	
Tangerine Chicken w/rice	58	5.5	18	
Turkey Hot Dog Sandwich	22	11	11	
Turkey Deli Sandwich with Cheese	25.67	6.12	18.67	
<b>Menu Item Name</b>	<b>Total Carb</b>	<b>Total Fat</b>	<b>Total Protein</b>	<b>Notes</b>
Turkey Ham & Cheese Deli Sandwich	25.65	6.49	17.96	
Uncrustable PB & J Sandwich Entrée	51.71	20.82	17.18	includes String Cheese & Grain
Uncrustable PB & J Sandwich Entrée	32	17	10	
Walking Taco In A Bag	30	22	24	meat, cheese, chips

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<b>Vegetables 1/2 cup servings - choice of two per day</b>			
Baby Carrots	7	0	1
Broccoli	5	0	3
Broccoli & Cheese Sauce	12	2.5	3
Carrot Coins	7	0	1
Celery Sticks	4	0	0
Cherry Star, Fruit & vegetable juice	13	0	0
Corn	21	1	3
Corn, Roasted & Black Beans	19	1.5	5
Curly Fries - high School	23.2	8.12	2.51
Dragon Juice- fruit & vegetable juice	13	0	0
French Fries, crinkled	20	5	2
Grape Tomatoes	3.92	0.02	0.9
Green Beans	5	0	1
Green Peas	12	0	5
Mashed Potatoes & Gravy	20	2.5	3
Potato Smiles	20	4	2
Potato Wedge - High School	19	5	2
Potato, Tater Tots	19	7	2
Oriental Vegetables	5	0	2
Refried Beans	24	3.6	7.5
Spiderman Curly Fries	17	4	2
Sweet Potato Coins	21	4.5	2
Sweet Potato Groovy Fries	25	7	1
Sweet Potato Wedges	16	4.5	1
Vegetarian Baked Beans	26	0	7
Wango Mango Juice - fruit & vegetable juice	13	0	0
<b>Fruit - 1/2 cup servings</b>			
Apple Juice	14	0	0
Apple Slices	13.81	0.17	0.26
Apple, whole, 138	34	0	1
Banana, petite	30	0	1

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Fruit Punch Juice	14	0	0	
Grapes	18	0	1	
Orange Juice	13	0	1	
Orange or Orange Slices	19	0	1	
Peaches - out of season	15	0.5	1	
Pears, whole	26	0	1	
Plums - out of season	19	0	1	
Strawberries - out of season	11	0	1	
Watermelon - out of season	21	0	1	
Fruit Sorbet, 100% fruit juice	18	0	0	
<b>Canned Fruit - 1/2 cup servings</b>				
Applesauce	11.27	0.1	0.17	
Apple Slices	12	0	0	
Mandarin Oranges	17	0	1	
Mixed Fruit	13	0	1	
Peaches	11.57	0.03	0.6	
Pears	22	0	0	
Pineapple Tidbits	22	0	1	
<b>Whole Grains - 1 Oz. per day</b>				
Whole Grain Dinner Roll				
Giant Goldfish, Cinnamon	19	4	1	
Giant Goldfish, Chocolate	19	3.5	2	
Goldfish Cheddar Cheese Crackers	14	3.5	3	
Goldfish Ranch Crackers	14	3.5	2	
Belly Bears, Cinnamon	21	4	2	
Belly Bear, Honey	20	4	2	

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Animal Crackers	20	4	2	
Scooby Doo Graham Crackers	21	3.5	2	
Cheez-its	14	3.5	2	
Bug Bites Crackers	21	3.5	2	
Pudding Vanilla	25	0	2	
Pudding Chocolate	23	0	2	
Soft Pretzel, 1 oz	14	0.5	2	
Soft Pretzel Stick, 1 oz.	14	0.5	2	
Soft Pretzel, 2 oz.	30	0.5	5	
Soft Pretzel - Filled w/cheese	38	7	8	
Cup Cake, Chocolate	26	3	2	
Cup Cake, Vanilla	27	2.5	2	
Churros	27	4	3	
Cookie - High School Ala Carte	33.51	6.07	2.99	
Cookie Treat - Choc Chip Flavor	18.11	3.28	1.62	
<b>Condiments</b>				
Ketchup	2	0	0	
Mustard	0	0	0	
Honey Mustard	4	12	0	
BBQ Sauce	9	12	0	
Hot Sauce	1	0	0	
Ranch Dressing	8	6	0	
Italian Dressing	3	4.5	0	
French Dressing	11	7	0	
Mayo	0	10	0	
Carmel Dip	10	0	1	

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