

ITEM	BRAND	SERVING SIZE	CAL	PROTEIN (gram)	CARBS (gram)	FAT (gram)	SUGAR (gram)	FIBER (gram)
BREAKFAST ITEMS HIGH SCHOOL								
Bagel, Blueberry	Bakecrafter	1 each	190	6	41	1	7	3
Bagel, wg	Bakecrafter	1 each	190	6	41	1	7	3
Blueberry Muffin	Bakecrafter	1ea	190	2	30	7	15	1
Breakfast Burrito	Local	1 Sand	401	20	30	22	0	5
Breakfast Pizza (Tony's)	Schwan	1 slice	201	9	27	7	5	3
Breakfast Sandwich- HS	Local	1 Sand	424	18	48	18	6	5
Cream Cheese pc	Philly	1oz	100	2	2	9	1	0
Fr toast sticks	Bakecrafter	3 ea	370	7	43	8	11	2
French Toast	Local	1 slice	310	5	40	14	8	1
Frudel	Pillsbury	1 each	201	5	36	6	11	2
Fruit Bar (Nutrigrain)	Nutrigrain	1 each	361	5	67	9		7
Funnel Cake	J&J	1 each	300	4	43	13	12	3
Pancake	local	1 each	190	5	34	4	6	3
Poptart	kellog	1 each	370	5	76	6	31	6
Syrup pc		1 oz	120	0	31	0	19	0
Waffle	Eggo	1 each	229	6	45	4	5	1
SALADS HIGH SCHOOL								
Gr Chick Salad w/dress & roll	Local	1 ea	423	24	49	15	9	5
Buffalo Chicken Sal w/roll & Dressing	Local	1 Salad	358	15	36	18	4	4
Chk Caesar Sal w/dressing & roll	Local	1 ea	484	34	45	21	7	5
Fajita Sal w/dressing & roll	Local	1 ea	385	34	39	10	5	3
H&Ch Salad w/roll and dressing	Local	1 ea	506	18	37	32	4	2
Oriental Chicken Salad	Local	1 ea	442	24	64	12	16	2
Ranch Chk Saladw/roll and dressing	Local	1 ea	614	21	48	39	4	4
Steak Salad w/roll & Dressing	Local	1ea	413	23	35	21	3	3
Dressing, French	Kens	1 pkt	180	0	9	140	8	0
Dressing, Italian, light	Kens	1 pkt	70	5	6	5		
Dressing, Ranch	Kens	1 pkt	200	22	1	22		
Dressing, Ranch, light	Kens	1 pkt	120	9	9	9		

ITEM	BRAND	SERVING SIZE	CAL	PROTEIN (gram)	CARBS (gram)	FAT (gram)	SUGAR (gram)	FIBER (gram)
SALADS CONT'D								
Marinated Tomato	Local	1/2 cup	27	1	54	1	3	1
Romaine Salad	Local	1 cup	83	1	4	7	2	1
Spinach Salad	local	1 ea	124	1	10	10	7	1
Caesar Salad w/dressing	Local	1 cup	155	5	18	7	4	4
Bean Salad	Local	1/2 cup	167	7	25	5	3	5
ENTREES HIGH SCHOOL								
Baked Ziti w/Breadstick 6-8	Local	1 ea	357	23	41	11	4	6
Baked Ziti w/Breadstick 9-12	Local	1 ea	536	34	61	17	6	9
BBQ Pulled Pork Sand 6-8	Local	1 ea	265	26	26	4	3	6
BBQ Riblet Sandwich	Local	1 sand	300	18	33	10	10	3
Beef BBQ Sandwich	Local	1 sand	272	23	16	12	4	1
Big Daddys pizza	Big Daddy	1 slice	310	17	40	16	5	4
Boneless wings w/roll	Tyson	5 ea	415	22	37	20	2	2
Buffalo Chicken Cheesestk 7&8	Local	1 sand	304	20	28	14	>1	5
Buffalo Chicken Cheesestk 9-12	Local	1 sand	634	57	28	34	5	3
Buffalo Mac and Cheese	Local	3/4 cup	481	29	52	16	8	4
Buffalo Tender Wrap	local	1 wrap	418	20	46	18	<1	6
Build a Burger 6-8	local	1 sand	520	44	26	27	5	4
Build a Burger 9-12	local	1 sand	644	58	27	35	5	4
Cajun Turkey wrap	Local	1 ea	277	18	32	9	1	5
Cheeseburger on roll	Local	1 sand	383	32	23	18	3	3
Cheesesteak	Local	1 ea	257	15	15	15	3	1
Chicken Alfredo 6-8	Local	3/4 c	288	23	34	9	7	3
Chicken Alfredo 6-8	Local	3/4 c	288	23	34	9	7	3
Chicken Alfredo 9-12	Local	1.25c	442	35	52	14	11	5
Chicken Alfredo 9-12	Local	1.25c	442	35	52	14	11	5
Chicken and biscuits	Local	1 ea	370	23	27	19	2	2
Chicken and Waffles	Local	1c	331	22	29	14		4
Chicken Drumsticks (WG)		3 ea	220	16	9	13	0	2
Chicken Fries	Tyson	approx 7	230	13	14	13	1	2

