

Meal Nutrient Total depends on Student's choices.

**Menu Station Key:**

1 - Specials, 2 = Favorites, 3 = Café Sandwich, 4 = Peanut Butter & Jelly Sandwich Combo Meal, 5 = Salads (Deli), 6 = Grill, 7 = Pizza, 8 = All

Menu subject to change

**Regular / Daily Features and Item Details** (Daily listing of Specials follows)

Station	Misc. Item Details - Milk	Portion	Calories	Protein gm	Carb. gm	Total Fat gm	Fiber gm	Sodium mg
6	Milk, 1%, half pint	each	102.5	8.0	11.7	2.6	0.0	124
6	Milk, Chocolate, 1%, half pint	each	170.0	9.0	29.0	2.5	1.3	153
6	Milk, Chocolate: Fat Free	each	130.0	8.0	24.0	0.0	0.0	220.0
6	Milk, Skim, half pint	each	85.8	8.4	11.9	0.4	0.0	127
6	Milk, Strawberry, 1%, half Pint	each	170.0	9.0	28.0	2.5	0.0	130
Station	Café Sandwich Items:	Portion	Calories	Protein gm	Carb. gm	Total Fat gm	Fiber gm	Sodium mg
3	Cafe Sandwich w/ Lettuce, Tomato, & Lite Mayo	avg	365.0	18.7	42.4	13.5	1.5	973.0
3	Roast Beef (Cargill)	OZ	46.0	6.0	0.5	2.5	0.0	238.0
3	Honey Ham	OZ	29.9	5.0	0.5	0.8	0.0	328.4
3	Turkey Breast	OZ	24.9	4.5	1.0	0.5	0.0	169.2
3	Cheddar Cheese	OZ	110.0	7.1	0.4	9.4	0.0	170.0
3	Swiss Cheese	OZ	90.0	7.0	0.0	7.0	0.0	200.0
3	Pepper Jack Cheese	OZ	93.3	5.3	0.0	8.0	0.0	160.0
3	Provolone Cheese	OZ	99.7	7.2	0.6	7.6	0.0	248.2
3	Lettuce Leaf	1 leaf	1.2	0.2	0.2	0.0	0.0	2.2
3	Tomato Slice	Slices	6.4	0.4	1.2	0.0	0.4	2.8
3	Lite Mayo Packet	1 pkt	5.0	0.0	1.0	0.0	0.0	130.0
3	Mustard Packet	1 pkt	9.9	0.6	1.2	0.5	0.5	168.0
3	Oat Nut Bread	Slices	200.0	6.0	36.0	3.0	2.0	380.0
3	Steak / Sub Roll	Roll	210.0	6.0	39.0	3.0	1.0	380.0
3	Chips, Baked lays BBQ Potato Crisps	.88 oz pkg	110.0	2.0	19.0	2.5	2.0	190.0
3	Chips, Baked Nacho Cheese Dorito	.88 oz pkg	120.0	2.0	21.0	3.5	2.0	220.0
3	Chips, Cheetos Fantastix, Chili Cheese	1 oz pkg	130.0	2.0	20.0	5.0	1.0	190.0
3	Chips, Tortilla Baked Tostitos Scoops	.875 oz pkg	110.0	2.0	19.0	2.5	2.0	115.0
3	Crackers, Cinnamon Toast	Package	90.0	2.0	15.0	3.0	1.0	180.0
3	Crackers, cheez-its reduced fat	pkg	180.0	5.0	28.0	5.0	1.0	520.0
3	Pretzels, Honey Mustard Onion Nibblers	1.5 oz pkg	195.0	4.5	34.5	4.5	1.5	142.5
3	Pretzels, Mini (Twists) Snyders	1.5 oz pkg	160.0	4.0	35.0	0.0	1.0	350.0
3	Pretzels, Sourdough Nibblers, Snyders	1.5 oz pkg	160.0	4.0	35.0	0.0	1.0	280.0
3	Chips, Baked: Average Café Sandwich	avg	136.1	3.1	24.6	2.3	1.3	237.5
Station	Peanut Butter & Jelly Sandwich Combo:	Portion	Calories	Protein gm	Carb. gm	Total Fat gm	Fiber gm	Sodium mg
4	Sandwich, Peanut Butter & Jelly on Oat-Nut	Each	501.0	14.2	69.7	19.4	4.3	542.2
4	Crackers, Cinnamon Toast Bites, Super Snax	Package	90.0	2.0	15.0	3.0	1.0	180.0

Station	<b>Burritos &amp; Cheese Crisps:</b>	Portion	Calories	Protein gm	Carb. gm	Total Fat gm	Fiber gm	Sodium mg
	Bean Burrito & Spanish Rice 3/4 c. HS <b>Mon-Wed- Fri</b>	Serving	512.5	19.7	87.8	9.4	9.8	1,291.7
2	Bean & Cheese Burrito	each	332.5	15.2	48.2	8.9	8.0	783.7
2	served with: Spanish Rice	3/4 cup	180.0	4.5	39.6	0.5	1.8	508.0
2	Cheese Crisp & Spanish Rice (1/4 c): <b>Tuesdays &amp; Thursdays</b>	Complete Entrée	585.3	21.6	72.3	23.6	4.1	1,146.9
2	Cheddar Cheese Crisp	serving	525.4	20.1	59.1	23.4	3.5	981.0
2	served with: Spanish Rice	1/4 cup	60.0	1.5	13.2	0.2	0.6	169.0
2	Sauce, Salsa, PC, 200 ct	pc	5.0	0.0	1.0	0.0	0.0	120.0
Station	<b>Daily Deli Salads:</b>	Portion	Calories	Protein gm	Carb. gm	Total Fat gm	Fiber gm	Sodium mg
5	Salad, Chicken & Cheese Entrée	Each	169.2	17.3	6.2	8.0	1.1	615.1
5	Salad, Veggie (Cheese & Sunflower Seeds)	Each	267.8	13.0	8.8	21.2	2.7	1,632.9
5	Salad, Fruit & Cottage Cheese	Each	176.3	14.0	19.5	5.1	1.3	430.5
5	Salad, Fruit & Yogurt	Each	160.3	3.8	36.5	0.4	1.3	80.5
5	Salad Dressings, Lite, Assorted, 1.5 oz PC:	Ave. Svg	39.9	0.3	9.3	0.0	0.1	381.7
5	Salad Dressing, Italian Fat Free	1.5 oz pkg	25.0	0.5	5.0	0.5	0.3	540.0
5	Salad Dressing, Ranch Fat Free	1.5 oz	30.0	0.0	8.0	0.0	0.0	350.0
5	Salad Dressing, Raspberry Vinaigrette	1.5 oz pkg	39.0	0.0	9.0	0.0	0.2	380.0
5	Salad Dressing, French Fat Free	1.5 oz pkg	50.0	0.0	12.0	0.0	0.0	440.0
5	Salad Dressing, Honey mustard Fat Free	1.5 oz pkg	60.0	0.0	14.0	0.0	0.0	170.0
5	Cookie, Oatmeal-Raisin	Each	110.0	2.0	18.0	3.5	0.6	100.0
Station	<b>High School Grills</b>	Portion	Calories	Protein gm	Carb. gm	Total Fat gm	Fiber gm	Sodium mg
6	Hamburger on a Bun	Each	348.0	25.6	27.6	14.2	3.7	505.0
6	Sandwich, Grilled Chicken	Each	300.0	24.0	29.0	9.0	3.0	1,010.0
6	Potatoes, Wedge Fries, Baked	1 Cup	176.6	3.1	31.4	4.9	3.1	39.2
6	Hot Dog, All Beef 5:1 MS HS	Each	395.8	14.9	21.6	27.4	1.0	1,150.8
Grill Topping Choices: up to 3								
6	Bacon	Half Slice	25.0	1.5	0.0	2.0	0.0	95.0
6	Sauce, BBQ Average:	2 tbsp	60.0	0.0	14.5	0.0	0.0	310.0
6	Sauce, BBQ, "Ken's Cannonball"	2 Tbsp	50.0	0.0	12.0	0.0	0.0	330.0
6	Sauce, BBQ, "Sweet Baby Ray"	2 Tbsp	70.0	0.0	17.0	0.0	0.0	290.0
6	Cheese, Cheddar Slice	half oz slice	55.0	3.6	0.2	4.7	0.0	85.0
6	Pickle Chips	Slice	2.0	0.1	0.5	0.0	0.1	143.6
6	Lettuce	Leaf	1.1	0.1	0.2	0.0	0.1	2.1
6	Tomato Slice	Slice	3.2	0.1	0.7	0.1	0.2	1.4
6	Onion	Slice	6.8	0.2	1.6	0.0	0.3	0.5
6	Cookie, Oatmeal-Raisin	Each	110.0	2.0	18.0	3.5	0.6	100.0
6	Mustard Packet	pc	3.8	0.2	0.3	0.2	0.1	2.6
6	Ketchup Packet	pkt	10.0	0.0	3.0	0.0	0.0	105.0

Station	Pizza Station	Portion	Calories	Protein gm	Carb. gm	Total Fat gm	Fiber gm	Sodium mg
7	Pizza, Pepperoni Slice: M,T,Th,Fr	Slice	497.3	19.7	62.4	15.2	3.5	1,175.3
2	Pizza, 5" Pepperoni Wednesdays	Each	380.0	14.0	44.0	17.0	2.0	840.0
2	Pizza, 5" Cheese Wednesdays	Each	370.0	12.0	46.0	16.0	2.0	820.0

Other slice pizzas, sometimes available:

7	Pizza, Cheese, Slice	Slice	470.8	18.7	62.4	12.7	3.5	1,086.0
7	Pizza, Vegetable Slice	Slice	497.9	18.9	64.8	14.4	3.7	1,179.9
7	Pizza, Hawaiian Slice	Slice	502.3	22.2	65.8	13.2	3.7	1,307.3
7	Snack, Ass'ted, for Pizza Menu	Ave. Svg	115.1	2.1	22.2	2.2	0.5	118.5
7	Apples, Fresh, Sliced, 2 oz pk, 140 ct	package	27.3	0.2	7.2	0.1	0.7	0.0

**All Stations:**

Station	Misc. Item Details - Canned Fruits	Portion	Calories	Protein gm	Carb. gm	Total Fat gm	Fiber gm	Sodium mg
brk	Apple Slices, canned	half cup	68.3	0.2	17.0	0.5	1.7	3.1
6	Applesauce	half cup	96.9	0.2	25.4	0.2	1.5	3.8
6	Fruit Cocktail	half cup	63.9	0.5	16.4	0.1	1.8	5.6
6	Mandarin Oranges	half cup	77.0	0.6	20.4	0.1	0.9	8.0
6	Peaches	half cup	76.6	0.7	19.6	0.2	0.9	8.8
6	Pears	half cup	61.1	0.3	16.0	0.1	1.6	4.9
6	Pineapple	half cup	68.7	0.6	17.8	0.1	1.5	1.1
6	Tropical Fruit Mix	half cup	89.2	0.0	22.3	0.0	1.0	11.2

Station	Misc. Item Details - Fresh Fruits	Portion	Calories	Protein gm	Carb. gm	Total Fat gm	Fiber gm	Sodium mg
8	Fruit, Fresh, Seasonal, Ass't	Serving	54.4	0.8	13.5	0.3	1.8	2.3
6	Apples, Fresh Sliced	1/2 cup	26.5	0.2	7.0	0.1	0.7	0.0
6	Apples, Fresh Sliced, Individual Bags	2 oz bag	28.0	0.4	7.3	0.0	1.2	26.0
6	Apricot Cup, 4.5 oz each	4.5 oz	124.4	0.9	32.0	0.1	2.9	5.3
6	Bananas, Medium	1 each	108.6	1.2	27.6	0.6	2.8	1.2
6	Cantaloupe Wedge	1 wedge	23.8	0.6	5.7	0.2	0.5	6.1
6	Cantaloupe, Cubed half cup = 2 ounces = 5	half cup	19.9	0.5	4.7	0.2	0.5	5.1
6	Grapes	1 bunch	50.3	0.5	12.6	0.4	0.7	1.4
6	Honeydew Wedge	1 wedge	28.0	0.4	7.3	0.1	0.5	8.0
	<b>Fresh Fruits, Continued</b>	<b>Portion</b>	<b>Calories</b>	<b>Protein gm</b>	<b>Carb. gm</b>	<b>Total Fat gm</b>	<b>Fiber gm</b>	<b>Sodium mg</b>
6	Honeydew, Cubed, Half Cup = 2 oz = 5 cubes	half cup	19.1	0.3	5.2	0.1	0.3	5.7
6	Kiwi Fruit	1 each	46.4	0.8	11.3	0.3	2.6	3.8
6	Oranges, Mandarin, 4 oz individual cups	4 oz cup	76.7	0.6	20.3	0.1	0.9	7.5
6	Oranges, Medium	1 each	61.6	1.2	15.4	0.2	3.1	0.0
6	Peach Cups, 4.4 oz	4.4 oz cup	120.0	0.8	30.7	0.2	2.3	120.3
6	Pineapple, Cubed, Half Cup = 2 oz = 5 cubes	half cup	27.2	0.3	7.2	0.1	0.8	0.6
6	Raisins, individual box	1.33 oz box	130.0	1.0	29.0	0.0	2.0	10.0
6	Strawberries, Fresh, medium	3 medium	21.2	0.4	4.4	0.3	1.6	0.8
6	Strawberry Cup, 4.5 oz	4.5 oz	121.6	0.7	32.9	0.2	2.4	4.0
6	Watermelon Wedge	1 wedge	45.4	0.9	10.2	0.6	0.7	2.8
6	Watermelon, Cubed, half cup = 2 oz = 5 cubes	half cup	18.1	0.4	4.1	0.2	0.3	1.1

**Breads, Rolls, Bagel, Tortilla Wraps, etc:** Occasionally a site may need to, with permission, substitute one bread or roll for another in sandwiches,

Station	Breads, Rolls, Bagel, Tortilla Wraps	Portion	Calories	Protein gm	Carb. gm	Total Fat gm	Fiber gm.	Sodium mg
brk	Bagel, 2.47 oz	each	210.0	6.0	37.0	3.5	2.0	330.0
(any)	Bread, Flatbread specialty	1.8 oz each	140.0	5.0	25.0	2.5	2.0	260.0
(any)	Bread, Oat-Grain & Nut, OroWeat	1 Slice	100.0	3.0	18.0	1.5	1.0	190.0
(any)	Bread, Oat-Grain & Nut, OroWeat	2 Slices	200.0	6.0	36.0	3.0	2.0	380.0
	Bread, Raisin, 1.59 oz slice	<b>1 slice</b>	130.0	3.0	25.0	2.0	1.0	125.0
(any)	Bread, "Texas" Toast	1 slice	100.0	3.0	19.0	1.5	1.0	180.0
(any)	Bread, Wheat Sandwich	1 slice	70.0	2.0	13.0	1.0	1.1	100.0
(any)	Bread, Wheat Sandwich	2 Slices	140.0	4.0	26.0	2.0	2.2	200.0
(any)	Bread, White Sandwich	1 slice	70.0	2.0	13.0	1.0	0.6	110.0
(any)	Bread, White Sandwich	2 Slice	140.0	4.0	26.0	2.0	1.2	220.0
(any)	Bun, Hamburger with MultiGrain	1.83 oz each	140.0	4.0	25.0	2.0	3.0	240.0
(any)	Bun, Hot Dog	1.52 oz each	110.0	4.0	20.0	1.5	1.0	220.0
(any)	Bun, Steak /Submarine Roll	76 grams	210.0	6.0	39.0	3.0	1.0	380.0
(any)	Crackers, Grahams, package	1 pkg	60.0	1.0	10.0	1.5	0.0	65.0
(any)	Crackers, Saltines, package	1 pkg	25.8	0.6	4.2	0.7	0.2	63.5
(any)	Muffin, English	2.01 oz each	150.0	5.0	27.0	2.0	2.0	230.0
(any)	Roll, Dinner/Parkerhouse	1.45 oz each	110.0	4.0	20.0	1.5	1.0	220.0
(any)	Roll, Potato "Petite" Premium (Dinner) roll	1.69 oz each	130.0	4.0	25.0	1.5	1.0	220.0
(any)	Roll, Potato Large, Hamburger Bun size,	2.61 oz each	200.0	7.0	39.0	2.0	2.0	330.0
(any)	Tortilla, Flour, Medium 8"	1.8 oz each	166.0	4.4	28.4	3.6	1.7	244.0
(any)	Tortilla, Flour, Large, 12"	3.67 oz each	356.0	9.5	58.5	8.8	3.5	725.0

**Ice Cream & Frozen Treats** - occasionally offered during each lunch menu cycle (usually Tuesdays Week 2 and Fridays Week 5).

Station	Ice Cream & Frozen Treats	Serving Size	Calories	Protein gm	Carb. gm	Total Fat gm	Fiber gm	Sodium mg
	Ice Cream Sandwich, Cookies 'n' Cream, Light	each	140.0	3.0	25.0	2.5	0.0	125.0
	Ice Cream Sandwich, Vanilla, Light	each	120.0	3.0	22.0	2.5	0.0	120.0
	Ice Cream, Cookies 'n' Cream, Lite	each	90.0	2.0	17.0	2.0	0.0	60.0
	Ice Cream, Vanilla, Light	each	80.0	2.0	15.0	1.0	0.0	55.0
	Yogurt, Frozen, Chocolate	each	90.0	3.0	18.0	1.0	0.0	65.0
	Yogurt, Frozen, Strawberry	each	90.0	3.0	18.0	1.5	0.0	65.0
	<b>AVERAGE:</b> Ice Cream & Frozen Yogurt:	each	101.7	2.7	19.2	1.8	0.0	81.7
	Smoothie Treat, 100% Fruit Juice, Apricot-	2.5 oz ea	70.0	3.0	16.0	0.0	0.0	20.0
	Smoothie Treat, 100% Fruit Juice, Strawberry	2.5 oz ea	90.0	3.0	22.0	0.0	0.0	0.0
	Smoothie Treat, 100% Fruit Juice: Cherry	2.5 oz ea	90.0	3.0	13.0	0.0	0.0	10.0

**Cycle 3: October 26 to Nov. 25**

Station	Mondays Cycle 3 Specials	Portion	Calories	Protein gm	Carb. gm	Total Fat gm	Fiber gm	Sodium mg
1	Rainbow Pasta & Meatballs	Bowl	524.2	27.0	78.4	9.4	4.4	1,212.7
1	Spaghetti Pasta & Meatballs	Bowl	539.4	27.8	81.9	9.3	5.0	1,190.2
1	Breadstick, Seasoned	1 Each	134.58	4.01	23.04	1.50	0.00	141.00
8	Fruit, Fresh, Seasonal, Ass't	Serving	54.4	0.8	13.5	0.3	1.8	2.3

Station	Tuesdays Cycle 3 Specials	Portion	Calories	Protein gm	Carb. gm	Total Fat gm	Fiber gm	Sodium mg
1	Nachos Grande Shredded Beef Barbacoa	Serving	423.9	23.4	31.7	22.0	2.2	1,901.6
1	Nachos Grande : With Pulled Seasoned Pork	Serving	429.2	20.3	32.1	24.1	2.3	1,845.0
8	Fruit, Fresh, Seasonal, Ass't	Serving	54.4	0.8	13.5	0.3	1.8	2.3
Station	Wednesdays Cycle 3 Specials	Portion	Calories	Protein gm	Carb. gm	Total Fat gm	Fiber gm	Sodium mg
1	Sandwich, Lime Pepper Chicken Sub	Sandwich	342.9	20.6	46.5	7.6	1.0	915.0
Choice of Sauce/Dip for Sub. sandwich								
1	Ranch Dip, small packet	pc	10.0	0.0	2.0	0.0	0.0	125.0
1	Ketchup Packet	pkt	10.0	0.0	3.0	0.0	0.0	105.0
1	Mayonnaise, Fat Free, Packet	pc	5.0	0.0	1.0	0.0	0.0	130.0
1	Potatoes, Crinkle Fries, Baked	1 Cup	230.7	4.1	41.0	6.5	4.1	71.8
8	Fruit, Fresh, Seasonal, Ass't	Serving	54.4	0.8	13.5	0.3	1.8	2.3
Station	Thursdays Cycle Specials:	Portion	Calories	Protein gm	Carb. gm	Total Fat gm	Fiber gm	Sodium mg
1	Noodle Oriental, Asian Chicken:	Bowl	457.1	26.0	71.1	8.4	3.9	2,250.3
1	Chicken, Asian	3 pieces	205.0	15.0	25.0	5.0	0.0	792.0
1	Noodles, Oriental Style	1 cup	251.9	11.0	46.0	3.4	3.9	1,456.3
1	Fruit Tropical Half Cup	Half Cup	80.0	0.0	20.0	0.0	0.9	10.0
Station	Fridays Cycle 3 Specials	Portion	Calories	Protein gm	Carb. gm	Total Fat gm	Fiber gm	Sodium mg
1	Taco, Chicken Fajita, 2 oz, w/ Rice & Beans	Entrée	408.7	24.9	52.8	11.3	5.1	1,021.9
1	Taco: Chicken Fajita (2 oz meat, cheese, etc.)	Serving	281.0	19.4	29.9	8.9	1.8	531.1
1	Beans, Refried	1/4 cup	67.7	4.0	9.7	2.2	2.6	321.8
1	Rice, Spanish	1/4 cup	60.0	1.5	13.2	0.2	0.6	169.0
1	Sauce, Salsa, Packet	pc	5.0	0.0	1.0	0.0	0.0	120.0
1	Chips, Tortilla, Baked	Package	110.0	2.0	19.0	2.5	2.0	115.0
8	Fruit, Fresh, Seasonal, Ass't	Serving	54.4	0.8	13.5	0.3	1.8	2.3
<b>Cycle 4: November 30 to Dec 17</b>								
Station	Mondays Cycle 4 Specials	Portion	Calories	Protein gm	Carb. gm	Total Fat gm	Fiber gm	Sodium mg
1	Chicken Alfredo w/ Bowties	Serving	432.6	28.3	63.9	6.4	3.1	1,292.5
1	Breadstick, Seasoned	1 Each	134.58	4.01	23.04	1.50	0.00	141.00
8	Fruit, Fresh, Seasonal, Ass't	Serving	54.4	0.8	13.5	0.3	1.8	2.3
Station	Tuesdays Cycle 4 Specials	Portion	Calories	Protein gm	Carb. gm	Total Fat gm	Fiber gm	Sodium mg
1	Enchilada, Beef With Rice & Beans:	Entrée	486.4	29.6	56.4	17.0	4.9	1,583.4
1	Enchilada Chicken with Rice & Beans:	Entrée	446.7	26.9	55.7	13.9	4.9	1,430.8
1	Enchilada Pulled Seasoned Pork with Rice & Beans:	Entrée	489.0	25.6	56.5	18.3	4.9	1,694.0
1	Enchilada: Beef	Each	358.7	24.0	33.5	14.6	1.7	1,092.6
1	Enchilada: Chicken	Each	319.0	21.4	32.7	11.5	1.7	940.0
1	Enchilada: Pork	Each	361.3	20.1	33.6	15.9	1.7	1,203.2
1	Beans, Refried	1/4 cup	67.7	4.0	9.7	2.2	2.6	321.8
1	Rice, Spanish	1/4 cup	60.0	1.5	13.2	0.2	0.6	169.0
1	Chips, Tortilla, Baked Nacho Flavor	pkg	90.0	2.0	16.0	3.0	1.0	170.0
8	Fruit, Fresh, Seasonal, Ass't	Serving	54.4	0.8	13.5	0.3	1.8	2.3

Station	Wednesdays Cycle 4 Specials	Portion	Calories	Protein gm	Carb. gm	Total Fat gm	Fiber gm	Sodium mg
1	Crispy Chicken With Sweet Potato Fries	Entrée	440.0	18.0	62.0	14.0	5.0	890.0
1	Crispy Chicken Tenders	2 strips	200.0	14.0	18.0	8.0	1.0	530.0
1	Sweet Potatoe Fries (oven baked)	1 cup	240.0	4.0	44.0	6.0	4.0	360.0
1	Pineapple 1/2 c Pkg	Half Cup	68.7	0.6	17.8	0.1	1.5	1.1
8	Fruit, Fresh, Seasonal, Ass't	Serving	54.4	0.8	13.5	0.3	1.8	2.3
Choice of Sauce Dips for Chicken Tender								
1	Ranch Dip, small packet	pc	10.0	0.0	2.0	0.0	0.0	125.0
1	Sauce, BBQ, "Sweet Baby Ray" OR	3 tbsp	105.0	0.0	25.5	0.0	0.0	435.0
1	Sauce, BBQ, "Ken's Cannonball"	3 tbsp	75.0	0.0	18.0	0.0	0.0	495.0
Station	Thursdays Cycle 4 Specials	Portion	Calories	Protein gm	Carb. gm	Total Fat gm	Fiber gm	Sodium mg
1	Fried Rice, Shrimp Poppers:	Entrée	378.1	17.9	52.1	11.1	2.4	1,344.4
1	Shrimp, Poppers	2 oz	148.5	9.5	16.2	4.7	0.0	202.5
1	Rice, Fried	One Cup	229.6	8.4	35.9	6.4	2.4	1,141.9
Station	Fridays Cycle 4 Specials	Portion	Calories	Protein gm	Carb. Gm	Total Fat gm	Fiber gm	Sodium mg
1	Sandwich, Meatball Sub	Serving	407.3	21.4	47.3	12.9	3.0	925.5
1	Potatoes, Crinkle Fries, Baked	Cup	230.7	4.1	41.0	6.5	4.1	71.8
1	Ketchup Packet	pkt	10.0	0.0	3.0	0.0	0.0	105.0
8	Fruit, Fresh, Seasonal, Ass't	Serving	54.4	0.8	13.5	0.3	1.8	2.3

Station	ALPHABETICAL LISTING:	Portion	Calories	Protein gm	Carb. gm	Total Fat gm	Fiber gm	Sodium mg
brk	Apple Slices, canned	half cup	68.3	0.2	17.0	0.5	1.7	3.1
6	Apples, Fresh Sliced (from bulk packages)	1/2 cup	26.5	0.2	7.0	0.1	0.7	0.0
6	Apples, Fresh Sliced, Individual Bags	2 oz bag	28.0	0.4	7.3	0.0	1.2	26.0
7	Apples, Fresh, Sliced, 2 oz pk, 140 ct	package	27.3	0.2	7.2	0.1	0.7	0.0
6	Applesauce	1/2 cup	96.9	0.2	25.4	0.2	1.5	3.8
6	Apricot Cup, 4.5 oz each	4.5 oz	124.4	0.9	32.0	0.1	2.9	5.3
6	Bacon (for grill choice)	Half Slice	25.0	1.5	0.0	2.0	0.0	95.0
brk	Bagel, 2.47 oz	each	210.0	6.0	37.0	3.5	2.0	330.0
6	Bananas, Medium	1 each	108.6	1.2	27.6	0.6	2.8	1.2
2	Bean & Cheese Burrito	each	332.5	15.2	48.2	8.9	8.0	783.7
1	Beans, Refried	1/4 cup	67.7	4.0	9.7	2.2	2.6	321.8
1	Beans, Refried	Half Cup	135.4	8.1	19.5	4.4	5.2	643.6
3	Beef, Roast Deli Slices	OZ	46.0	6.0	0.5	2.5	0.0	1,292.5
(any)	Bread, Flatbread specialty	1.8 oz each	140.0	5.0	25.0	2.5	2.0	1,850.9
3	Bread, Oat Nut	Slices	200.0	6.0	36.0	3.0	2.0	1,400.8
(any)	Bread, Oat-Grain & Nut, OroWeat	1 Slice	100.0	3.0	18.0	1.5	1.0	2,250.3
(any)	Bread, Oat-Grain & Nut, OroWeat	2 Slices	200.0	6.0	36.0	3.0	2.0	700.0
(any)	Bread, "Texas" Toast	1 slice	100.0	3.0	19.0	1.5	1.0	1,012.7
(any)	Bread, Wheat Sandwich	1 slice	70.0	2.0	13.0	1.0	1.1	1,339.1
(any)	Bread, Wheat Sandwich	2 Slices	140.0	4.0	26.0	2.0	2.2	1,936.0
(any)	Bread, White Sandwich	1 slice	70.0	2.0	13.0	1.0	0.6	1,456.9
(any)	Bread, White Sandwich	2 Slices	140.0	4.0	26.0	2.0	1.2	1,886.9

Station	ALPHABETICAL LISTING:	Portion	Calories	Protein gm	Carb. gm	Total Fat gm	Fiber gm	Sodium mg
1	Breadstick	1 Each	134.58	4.01	23.04	1.50	0.00	141.00
2	Burrito, Bean & Cheese & Spanish Rice 3/4 c. HS	Entrée	512.5	19.7	87.8	9.4	9.8	1,291.7
2	Burrito, Beef & Bean, 5.75 oz	5.75 oz each	323.5	15.8	46.0	8.6	7.1	690.8
3	Cafe Sandwich w/ Lettuce, Tomato, & Lite Mayo (Average Serving)	Average Serving	365.0	18.7	42.4	13.5	1.5	973.0
6	Cantaloupe Wedge	1 wedge	23.8	0.6	5.7	0.2	0.5	190.0
6	Cantaloupe, Cubed half cup = 2 ounces = 5	half cup	19.9	0.5	4.7	0.2	0.5	380.0
2	Cheese Crisp & Spanish Rice (1/4 c): <b>Tuesdays &amp; Thursdays</b>	Complete Entrée	598.8	21.6	72.3	25.1	4.1	1,165.0
2	Cheese Crisp, with Cheddar Cheese	serving	525.4	20.1	59.1	23.4	3.5	981.0
6	Cheese, Cheddar Slice	half oz slice	55.0	3.6	0.2	4.7	0.0	200.0
3	Cheese, Pepper Jack	OZ	93.3	5.3	0.0	8.0	0.0	110.0
3	Cheese, Provolone	OZ	99.7	7.2	0.6	7.6	0.0	220.0
3	Cheese, Swiss	OZ	90.0	7.0	0.0	7.0	0.0	224.1
1	Chicken Alfredo w/ Bowties	Serving	432.6	28.3	63.9	6.4	3.1	1,002.1
1	Chicken, Crispy Chicken With Sweet Potato Fries	Complete Entrée	440.0	18.0	62.0	14.0	5.0	890.0
1	Chicken, Crispy Chicken Tenders	2 strips	200.0	14.0	18.0	8.0	1.0	530.0
1	Bowl, Chicken Homestyle: Breaded Chicken, Mashed Potatoes & Gravy, Corn	Bowl	456.0	20.2	73.4	9.8	5.5	1,624.2
1	Chicken Parmesan	Bowl	459.5	25.3	63.9	10.2	4.3	1,285.8
1	Chicken Patty on Bun	Each	367.6	20.4	37.6	15.1	4.4	1,024.3
1	Chicken, Asian	3 pieces	205.0	15.0	25.0	5.0	0.0	1,200.7
1	Chicken, Teriyaki (unbreaded)	3 pieces	108.8	14.2	6.2	3.0	0.9	85.0
3	Chips, Baked lays BBQ Potato Crisps	.88 oz pkg	110.0	2.0	19.0	2.5	2.0	794.9
3	Chips, Baked Nacho Cheese Dorito	.88 oz pkg	120.0	2.0	21.0	3.5	2.0	792.0
3	Chips, Baked: Average Café Sandwich	Average Serving	136.1	3.1	24.6	2.3	1.3	197.3
3	Chips, Cheetos Fantastix, Chili Cheese	1 oz pkg	130.0	2.0	20.0	5.0	1.0	190.0
3	Chips, Tortilla Baked Tostitos Scoops	.875 oz pkg	110.0	2.0	19.0	2.5	2.0	220.0
1	Chips, Tortilla, Baked	Package	110.0	2.0	19.0	2.5	2.0	237.5
1	Chips, Tortilla, Baked	Package	110.0	2.0	19.0	2.5	2.0	190.0
1	Chips, Tortilla, baked	Package	110.0	2.0	19.0	2.5	2.0	115.0
1	Chips, Tortilla, Baked Nacho Flavor	pkg	90.0	2.0	16.0	3.0	1.0	115.0
5	Cookie, Oatmeal-Raisin	Each	110.0	2.0	18.0	3.5	0.6	115.0
6	Cookie, Oatmeal-Raisin	Each	110.0	2.0	18.0	3.5	0.6	115.0
1	Crab Cakes (3 each)	3 each	135.0	7.5	15.8	4.5	0.8	170.0
3	Crackers, cheez-its reduced fat	pkg	180.0	5.0	28.0	5.0	1.0	100.0
3	Crackers, Cinnamon Toast	Package	90.0	2.0	15.0	3.0	1.0	100.0
4	Crackers, Cinnamon Toast Bites, Super Snax, 150 / .75 oz	Package	90.0	2.0	15.0	3.0	1.0	315.0
1	Crackers, Goldfish, Parmesan	pkg	90.0	3.0	14.0	3.5	0.0	520.0

Station	ALPHABETICAL LISTING:	Portion	Calories	Protein gm	Carb. gm	Total Fat gm	Fiber gm	Sodium mg
(any)	Crackers, Grahams, package	1 pkg	60.0	1.0	10.0	1.5	0.0	180.0
(any)	Crackers, Saltines, package	1 pkg	25.8	0.6	4.2	0.7	0.2	180.0
1	Egg Roll (pork & vegetable filling)	Each	301.0	22.0	20.0	15.0	1.0	1,155.0
1	Enchilada, Beef With Rice & Beans:	Entrée	486.4	29.6	56.4	17.0	4.9	1,583.4
1	Enchilada: Beef	Each	358.7	24.0	33.5	14.6	1.7	745.0
1	Enchilada Chicken with Rice & Beans:	Entrée	446.7	26.9	55.7	13.9	4.9	1,430.8
1	Enchilada: Chicken	Each	319.0	21.4	32.7	11.5	1.7	1,445.8
1	Enchilada Pulled Seasoned Pork with Rice & Beans:	Entrée	489.0	25.6	56.5	18.3	4.9	1,694.0
1	Enchilada: Pork	Each	361.3	20.1	33.6	15.9	1.7	1,203.2
1	Fried Rice , Teriyaki Chicken:	Entrée	338.3	22.6	42.1	9.4	3.2	1,598.4
1	Fried Rice with Asian Chicken	Entrée	435.1	23.5	61.0	11.4	2.4	1,092.6
1	Fried Rice with Crab Cakes (3):	Entrée	364.6	15.9	51.7	10.9	3.1	940.0
1	Fried Rice with Egg Roll (Pork):	Entrée	530.6	30.4	55.9	21.4	3.4	5.6
1	Fried Rice with Shrimp Poppers:	Entrée	378.1	17.9	52.1	11.1	2.4	10.0
1	Fruit Cocktail Half Cup	Half Cup	63.8	0.5	16.4	0.1	1.8	6.1
1	Fruit Tropical Half Cup	Half Cup	80.0	0.0	20.0	0.0	0.9	2.3
1	Fruit, Canned, Assorted Half Cup	avg	75.2	0.4	19.5	0.1	1.3	1.4
8	Fruit, Fresh, Seasonal, Ass't	avg	54.4	0.8	13.5	0.3	1.8	505.0
6	Grapes	1 bunch	50.3	0.5	12.6	0.4	0.7	328.4
3	Ham sliices	OZ	29.9	5.0	0.5	0.8	0.0	8.0
6	Hamburger on a Bun (high school grilled)	Each	348.0	25.6	27.6	14.2	3.7	5.7
6	Honeydew Wedge	1 wedge	28.0	0.4	7.3	0.1	0.5	1,150.8
6	Honeydew, Cubed, Half Cup = 2 oz = 5 cubes	half cup	19.1	0.3	5.2	0.1	0.3	125.0
6	Hot Dog, All Beef 5:1 MS HS	Each	395.8	14.9	21.6	27.4	1.0	120.0
	Ice Cream Sandwich, Cookies 'n' Cream, Light	each	140.0	3.0	25.0	2.5	0.0	60.0
	Ice Cream Sandwich, Vanilla, Light	each	120.0	3.0	22.0	2.5	0.0	55.0
	Ice Cream, Cookies 'n' Cream, Lite	each	90.0	2.0	17.0	2.0	0.0	105.0
	Ice Cream, Vanilla, Light	each	80.0	2.0	15.0	1.0	0.0	3.8
6	Ketchup Packet	pkt	10.0	0.0	3.0	0.0	0.0	2.1
6	Kiwi Fruit	1 each	46.4	0.8	11.3	0.3	2.6	2.2
6	Lettuce	Leaf	1.1	0.1	0.2	0.0	0.1	130.0
3	Lettuce Leaf	1 leaf	1.2	0.2	0.2	0.0	0.0	517.5
3	Lite Mayo Packet	1 pkt	5.0	0.0	1.0	0.0	0.0	8.0
1	Macaroni & Cheese	1 cup	276.3	10.4	40.2	7.6	0.9	8.1
6	Mandarin Oranges	half cup	77.0	0.6	20.4	0.1	0.9	130.0
1	Mandarin Oranges Half Cup	Half Cup	77.9	0.6	20.6	0.1	0.9	124
1	Mayonnaise, Fat Free, Packet	pc	5.0	0.0	1.0	0.0	0.0	153
6	Milk, 1%, half pint	each	102.5	8.0	11.7	2.6	0.0	220.0
6	Milk, Chocolate, 1%, half pint	each	170.0	9.0	29.0	2.5	1.3	127
6	Milk, Chocolate: Fat Free	each	130.0	8.0	24.0	0.0	0.0	130
6	Milk, Skim, half pint	each	85.8	8.4	11.9	0.4	0.0	230.0
6	Milk, Strawberry, 1%, half Pint	each	170.0	9.0	28.0	2.5	0.0	2.6

Station	ALPHABETICAL LISTING:	Portion	Calories	Protein gm	Carb. gm	Total Fat gm	Fiber gm	Sodium mg
(any)	Muffin, English	2.01 oz each	150.0	5.0	27.0	2.0	2.0	1,901.6
6	Mustard Packet	pc	3.8	0.2	0.3	0.2	0.1	1,456.3
1	Nachos Grande Shredded Beef Barbacoa	Serving	423.9	23.4	31.7	22.0	2.2	380.0
1	Nachos Granded with Chicken Fajita Strips	Serving	398.0	21.4	31.4	20.7	2.3	1,648.0
1	Nachos Grande : With Pulled Seasoned Pork	Serving	429.2	20.3	32.1	24.1	2.3	1,845.0
1	Noodle Oriental, Asian Chicken:	Bowl	457.1	26.0	71.1	8.4	3.9	0.5
1	Noodles, Oriental Style	1 cup	251.9	11.0	46.0	3.4	3.9	7.5
6	Onion	Slice	6.8	0.2	1.6	0.0	0.3	0.0
6	Oranges, Mandarin, 4 oz individual cups	4 oz cup	76.7	0.6	20.3	0.1	0.9	120.3
6	Oranges, Medium	1 each	61.6	1.2	15.4	0.2	3.1	9.0
1	Pasta Alfredo	Bowl	409.9	15.2	72.3	6.0	2.2	4.9
6	Peach Cups, 4.4 oz	4.4 oz cup	120.0	0.8	30.7	0.2	2.3	160.0
1	Peaches Half Cup	Half Cup	78.1	0.7	20.0	0.2	0.9	143.6
6	Pears	1/2 cup	61.1	0.3	16.0	0.1	1.6	1.1
6	Pickle Chips	Slice	2.0	0.1	0.5	0.0	0.1	0.6
1	Pineapple 1/2 c Pkg	Half Cup	68.7	0.6	17.8	0.1	1.5	840.0
6	Pineapple, Fresh Cubed, Half Cup	half cup	27.2	0.3	7.2	0.1	0.8	1,086.0
2	Pizza, 5" Pepperoni Wednesdays	Each	380.0	14.0	44.0	17.0	2.0	1,307.3
7	Pizza, Cheese, Slice	Slice	470.8	18.7	62.4	12.7	3.5	1,175.3
7	Pizza, Hawaiian Slice	Slice	502.3	22.2	65.8	13.2	3.7	1,179.9
7	Pizza, Pepperoni Slice: M,T,Th,Fr	Slice	497.3	19.7	62.4	15.2	3.5	71.8
7	Pizza, Vegetable Slice	Slice	497.9	18.9	64.8	14.4	3.7	39.2
1	Potatoes, Crinkle Fries, Baked	1 Cup	230.7	4.1	41.0	6.5	4.1	142.5
1	Potatoes, Sweet Potato Fries (oven baked)	1 cup	240.0	4.0	44.0	6.0	4.0	350.0
6	Potatoes, Wedge Fries, Baked	1 Cup	176.6	3.1	31.4	4.9	3.1	280.0
3	Pretzels, Honey Mustard Onion Nibblers	1.5 oz pkg	195.0	4.5	34.5	4.5	1.5	248.2
3	Pretzels, Mini (Twists) Snyders	1.5 oz pkg	160.0	4.0	35.0	0.0	1.0	10.0
3	Pretzels, Sourdough Nibblers, Snyders	1.5 oz pkg	160.0	4.0	35.0	0.0	1.0	125.0
1	Rainbow Pasta & Meatballs	Bowl	524.2	27.0	78.4	9.4	4.4	1,212.7
6	Raisins, individual box	1.33 oz box	130.0	1.0	29.0	0.0	2.0	1,224.0
1	Ranch Dip, small packet	pc	10.0	0.0	2.0	0.0	0.0	1,141.9
1	Ravioli	1-1/4 c.	349.6	10.0	55.0	10.0	5.0	999.9
1	Ravioli & Breadstick:	Entrée	484.20	14.00	78.00	11.50	5.00	1140.95
1	Rice, Fried	One Cup	229.6	8.4	35.9	6.4	2.4	552.0
1	Rice, Spanish	3/4 cup	180.0	4.5	39.6	0.5	1.8	508.0
1	Rice, Spanish	1/2 cup	120.0	3.0	26.4	0.3	1.2	338.6
1	Rice, Spanish	1/4 cup	60.0	1.5	13.2	0.2	0.6	169.0
(any)	Roll, Dinner/Parkerhouse	1.45 oz each	110.0	4.0	20.0	1.5	1.0	330.0
(any)	Roll, Potato "Petite" Premium (Dinner) roll	each	130.0	4.0	25.0	1.5	1.0	440.0
(any)	Roll, Potato Large, Hamburger Bun size,	2.61 oz each	200.0	7.0	39.0	2.0	2.0	170.0
3	Roll, Steak/ Sub	Roll	208.0	7.3	38.5	3.1	2.1	540.0
5	Salad Dressing, French Fat Free	1.5 oz pkg	50.0	0.0	12.0	0.0	0.0	350.0
5	Salad Dressing, Honey mustard Fat Free	1.5 oz pkg	60.0	0.0	14.0	0.0	0.0	380.0

Station	ALPHABETICAL LISTING:	Portion	Calories	Protein gm	Carb. gm	Total Fat gm	Fiber gm	Sodium mg
5	Salad Dressing, Ranch Fat Free	1.5 oz	30.0	0.0	8.0	0.0	0.0	615.1
5	Salad Dressing, Raspberry Vinaigrette	1.5 oz pkg	39.0	0.0	9.0	0.0	0.2	430.5
5	Salad Dressings, Lite, Assorted, 1.5 oz PC:	avg	39.9	0.3	9.3	0.0	0.1	80.5
5	Salad, Chicken & Cheese Entrée	Each	169.2	17.3	6.2	8.0	1.1	1,632.9
5	Salad, Fruit & Cottage Cheese	Each	176.3	14.0	19.5	5.1	1.3	1,159.9
5	Salad, Fruit & Yogurt	Each	160.3	3.8	36.5	0.4	1.3	1,010.0
5	Salad, Veggie (Cheese & Sunflower Seeds)	Each	267.8	13.0	8.8	21.2	2.7	894.8
1	Sandwich, Crispy Chicken Sub + Lettuce & Tomato	Each	417.6	20.4	58.7	11.1	2.4	915.0
6	Sandwich, Grilled Chicken	Each	300.0	24.0	29.0	9.0	3.0	542.2
1	Sandwich, Lime Pepper Chicken Sub	Sandwich	342.9	20.6	46.5	7.6	1.0	915.0
1	Sandwich, Meatball Sub	Serving	407.3	21.4	47.3	12.9	3.0	925.5
4	Sandwich, Peanut Butter & Jelly on Oat-Nut	Each	501.0	14.2	69.7	19.4	4.3	435.0
6	Sauce, BBQ Average:	2 tbsp	60.0	0.0	14.5	0.0	0.0	120.0
6	Sauce, BBQ, "Ken's Cannonball"	2 Tbsp	50.0	0.0	12.0	0.0	0.0	720.0
1	Sauce, BBQ, "Sweet Baby Ray"	3 tbsp	105.0	0.0	25.5	0.0	0.0	202.5
1	Sauce, Salsa, Packet	pc	5.0	0.0	1.0	0.0	0.0	20.0
1	Shrimp Poppers w/ Macaroni & Cheese MS HS	Serving	424.8	19.9	56.4	12.4	0.9	0.0
1	Shrimp, Poppers	2 oz	148.5	9.5	16.2	4.7	0.0	10.0
	Smoothie Treat, 100% Fruit Juice, Apricot-	2.5 oz ea	70.0	3.0	16.0	0.0	0.0	118.5
	Smoothie Treat, 100% Fruit Juice, Strawberry	2.5 oz ea	90.0	3.0	22.0	0.0	0.0	426.4
	Smoothie Treat, 100% Fruit Juice: Cherry	2.5 oz ea	90.0	3.0	13.0	0.0	0.0	0.8
7	Snack, Ass'ted, for Pizza Menu	avg	115.1	2.1	22.2	2.2	0.5	4.0
1	Spaghetti Pasta & Meatballs	Bowl	539.4	27.8	81.9	9.3	5.0	1,190.2
6	Strawberries, Fresh, medium	3 medium	21.2	0.4	4.4	0.3	1.6	360.0
6	Strawberry Cup, 4.5 oz	4.5 oz	121.6	0.7	32.9	0.2	2.4	200.0
1	Taco, Chicken Fajita, 2 oz, w/ Rice & Beans	Entrée	408.7	24.9	52.8	11.3	5.1	1,021.9
1	Taco, Pork 2 oz	1 taco	313.7	18.1	28.8	13.4	1.9	531.1
1	Taco, Pork 2oz w/ Rice & Beans	Entrée	441.4	23.6	51.8	15.7	5.1	1,157.2
1	Taco: Chicken Fajita (2 oz meat, cheese, etc.)	1 taco	281.0	19.4	29.9	8.9	1.8	666.4
6	Tomato Slice	Slice	3.2	0.1	0.7	0.1	0.2	1.4
(any)	Tortilla, Flour, Large, 12"	3.67 oz each	356.0	9.5	58.5	8.8	3.5	725.0
(any)	Tortilla, Flour, Medium 8"	1.8 oz each	166.0	4.4	28.4	3.6	1.7	244.0
6	Tropical Fruit Mix	half cup	89.2	0.0	22.3	0.0	1.0	11.2
3	Turkey Breast	OZ	24.9	4.5	1.0	0.5	0.0	169.2
6	Watermelon Wedge	1 wedge	45.4	0.9	10.2	0.6	0.7	2.8
6	Watermelon, Cubed, half cup = 2 oz = 5 cubes	half cup	18.1	0.4	4.1	0.2	0.3	1.1
5	Yogurt, 4 oz, Assorted Flavors	avg	92.5	3.0	19.8	0.0	0.0	75.0
5	Yogurt, Cherry Vanilla, 4 oz	each	100.0	3.0	22.0	0.0	0.0	75.0
8	Yogurt, Frozen, Chocolate	each	90.0	3.0	18.0	1.0	0.0	65.0
8	Yogurt, Frozen, Strawberry	each	90.0	3.0	18.0	1.5	0.0	65.0
5	Yogurt, Peach, 4 oz	each	90.0	3.0	19.0	0.0	0.0	75.0

Station	ALPHABETICAL LISTING:	Portion	Calories	Protein gm	Carb. gm	Total Fat gm	Fiber gm	Sodium mg
5	Yogurt, Raspberry 4 oz	each	90.0	3.0	19.0	0.0	0.0	75.0
5	Yogurt, Strawberry Banana, 4 oz	each	90.0	3.0	19.0	0.0	0.0	75.0
5	Yogurt, Strawberry, 4 oz.	each	100.0	3.0	22.0	0.0	0.0	75.0
5	Yogurt, Vanilla 4 oz	each	100.0	3.0	22.0	0.0	0.0	75.0
5	Zucchini, Fresh Sticks, 3 each	3 each	0.3	0.0	0.1	0.0	0.0	0.2