

Breakfast Nutritionals Cafeteria K-12

Entrées:				
	Calories (kcal)	Saturated Fat (gm)	Sodium (mg)	Carbohydrates (gm)
Waffle (2 each)	200	1	480	32
Syrup	99	0	25	28
	Calories (kcal)	Saturated Fat (gm)	Sodium (mg)	Carbohydrates (gm)
French Toast Stick (3 each)	202	1	210	26
9-12 French Toast Sticks (4 each)	270	2	280	35
Syrup	99	0	25	28
	Calories (kcal)	Saturated Fat (gm)	Sodium (mg)	Carbohydrates (gm)
Pancakes (2 each)	160	0	260	27
9-12 Pancakes (3 each)	240	1	390	41
Syrup	99	0	25	28
	Calories (kcal)	Saturated Fat (gm)	Sodium (mg)	Carbohydrates (gm)
IW Mini Cinnamon Spiced Pancakes	180	0	270	34
	Calories (kcal)	Saturated Fat (gm)	Sodium (mg)	Carbohydrates (gm)
Breakfast Sandwich	290	6	560	27
	Calories (kcal)	Saturated Fat (gm)	Sodium (mg)	Carbohydrates (gm)
Egg & Cheese Omelet	110	3	210	1
Wheat Toast	71	0	138	14
	Calories (kcal)	Saturated Fat (gm)	Sodium (mg)	Carbohydrates (gm)
Turkey Sausage Breakfast Square	210	2	480	26
	Calories (kcal)	Saturated Fat (gm)	Sodium (mg)	Carbohydrates (gm)
Egg, Cheese, and Salsa Breakfast Burrito	244	4	311	28
	Calories (kcal)	Saturated Fat (gm)	Sodium (mg)	Carbohydrates (gm)

Honey Wheat Bagel	130	0	200	25
Cream Cheese	60	3	95	0
	Calories (kcal)	Saturated Fat (gm)	Sodium (mg)	Carbohydrates (gm)
Cinnamon Raisin Bagel	130	0	190	27
Cream Cheese	60	3	95	0
	Calories (kcal)	Saturated Fat (gm)	Sodium (mg)	Carbohydrates (gm)
Blueberry Bagel	130	0	200	26
Cream Cheese	60	3	95	0
	Calories (kcal)	Saturated Fat (gm)	Sodium (mg)	Carbohydrates (gm)
Strawberry Yogurt	110	1	60	22
Honey Grahams	90	0	95	17
	Calories (kcal)	Saturated Fat (gm)	Sodium (mg)	Carbohydrates (gm)
Strawberry Yogurt	110	1	60	22
1oz Granola	120	0	75	20
	Calories (kcal)	Saturated Fat (gm)	Sodium (mg)	Carbohydrates (gm)
Peach/Raspberry Yogurt	110	1	60	22
Honey Grahams	90	0	95	17
	Calories (kcal)	Saturated Fat (gm)	Sodium (mg)	Carbohydrates (gm)
Cheerios	100	0	140	20
Honey Grahams	90	0	95	17
	Calories (kcal)	Saturated Fat (gm)	Sodium (mg)	Carbohydrates (gm)
Multigrain Cheerios	100	0	115	23
Honey Grahams	90	0	95	17
	Calories (kcal)	Saturated Fat (gm)	Sodium (mg)	Carbohydrates (gm)
Rice Krispies	100	0	170	23

Honey Grahams	90	0	95	17
	Calories (kcal)	Saturated Fat (gm)	Sodium (mg)	Carbohydrates (gm)
Multigrain Cheerios	100	0	115	23
Cheese Stick	90	4	200	0
Lunch Nutritionals Cafeteria K-12				
Entrées:				
	Calories (kcal)	Saturated Fat (gm)	Sodium (mg)	Carbohydrates (gm)
Cheese Pizza	400	7	620	43
Buffalo Chicken Pizza	443	7	679	43
Onion and Pepper Pizza	406	7	621	43
Hawaiian Pizza	447	7	972	46
	Calories (kcal)	Saturated Fat (gm)	Sodium (mg)	Carbohydrates (gm)
Turkey-Ham & Cheese Sandwich	333	3	1555	33
9-12 Turkey-Ham & Cheese Sandwich	369	4	1907	33
	Calories (kcal)	Saturated Fat (gm)	Sodium (mg)	Carbohydrates (gm)
Turkey & Cheese Sandwich	301	2	1341	32
Turkey & Cheese Sandwich	326	2	1121	34
	Calories (kcal)	Saturated Fat (gm)	Sodium (mg)	Carbohydrates (gm)
Toasted Turkey Cuban	380	4	2077	34
	Calories (kcal)	Saturated Fat (gm)	Sodium (mg)	Carbohydrates (gm)
Chicken Salad Sandwich	319	1	1019	32
	Calories (kcal)	Saturated Fat (gm)	Sodium (mg)	Carbohydrates (gm)
Tuna Salad Sandwich	273	1	763	31
	Calories (kcal)	Saturated Fat (gm)	Sodium (mg)	Carbohydrates (gm)
Spicy Chicken Wrap	363	2	537	42
9-12 Spicy Chicken Wrap	451	3	789	47
	Calories (kcal)	Saturated Fat (gm)	Sodium (mg)	Carbohydrates (gm)
PB&J Sandwich Meal	467	6	565	49
	Calories (kcal)	Saturated Fat (gm)	Sodium (mg)	Carbohydrates (gm)
Grilled Cheese	283	6	683	31
9-12 Grilled Cheese w/ Carrots and Ranch	388	6	1012	40

	Calories (kcal)	Saturated Fat (gm)	Sodium (mg)	Carbohydrates (gm)
Grilled Cheese and Tomato Soup	463	8	1197	50
9-12 Grilled Cheese and Tomato Soup	543	10	1477	52
	Calories (kcal)	Saturated Fat (gm)	Sodium (mg)	Carbohydrates (gm)
Pollo Guisado w/ Rice	388	3	312	51
9-12 Pollo Guisado w/ Rice & Roll	434	3	716	50
	Calories (kcal)	Saturated Fat (gm)	Sodium (mg)	Carbohydrates (gm)
Lemon Oregano Chicken & Roll	298	4	807	14
9-12 Lemon Oregano Chicken & Rolls	371	4	917	23
	Calories (kcal)	Saturated Fat (gm)	Sodium (mg)	Carbohydrates (gm)
Tangerine Chicken	361	1	363	60
9-12 Tangerine Chicken	435	1	473	74
	Calories (kcal)	Saturated Fat (gm)	Sodium (mg)	Carbohydrates (gm)
Cajun Baked Fish w/ Rice & Roll	311	0	288	48
	Calories (kcal)	Saturated Fat (gm)	Sodium (mg)	Carbohydrates (gm)
Black Bean Burrito Bowl	283	4	661	52
9-12 Black Bean Burrito Bowl	363	4	891	73
	Calories (kcal)	Saturated Fat (gm)	Sodium (mg)	Carbohydrates (gm)
Chicken Tenders & Roll	336	2	502	30
	Calories (kcal)	Saturated Fat (gm)	Sodium (mg)	Carbohydrates (gm)
Mac & Cheese	438	12	1100	45
9-12 Mac & Cheese w/ Roll	511	12	1210	58
	Calories (kcal)	Saturated Fat (gm)	Sodium (mg)	Carbohydrates (gm)
Chicken, Broccoli, Pasta	305	3	598	32
9-12 Chicken, Broccoli, Pasta	378	3	708	46
	Calories (kcal)	Saturated Fat (gm)	Sodium (mg)	Carbohydrates (gm)
Pasta w/ Marinara Sauce, Cheese	445	8	599	57
9-12 Pasta w/ Marinara Sauce, Cheese, and Roll	518	8	709	71
	Calories (kcal)	Saturated Fat (gm)	Sodium (mg)	Carbohydrates (gm)
Pasta w/ Meat Sauce	403	0	500	50
9-12 Pasta w/ Meat Sauce & Roll	476	0	610	64

	Calories (kcal)	Saturated Fat (gm)	Sodium (mg)	Carbohydrates (gm)
Pasta w/ Meatballs	460	6	756	68
9-12 Pasta w/ Meatballs & Roll	533	6	756	68
	Calories (kcal)	Saturated Fat (gm)	Sodium (mg)	Carbohydrates (gm)
BBQ Chicken on a Bun	286	1	784	41
	Calories (kcal)	Saturated Fat (gm)	Sodium (mg)	Carbohydrates (gm)
Crispy Baked Fish Sandwich on a bun	326	1	554	49
Tartar Sauce	25	0	85	1
	Calories (kcal)	Saturated Fat (gm)	Sodium (mg)	Carbohydrates (gm)
Hamburger	318	5	529	31
Cheeseburger	358	5	669	32
	Calories (kcal)	Saturated Fat (gm)	Sodium (mg)	Carbohydrates (gm)
Meatball Sub	398	7	716	37
	Calories (kcal)	Saturated Fat (gm)	Sodium (mg)	Carbohydrates (gm)
Three Cheese and Corn Enchilada	374	11	701	32
	Calories (kcal)	Saturated Fat (gm)	Sodium (mg)	Carbohydrates (gm)
Garden Salad w/ Buffalo Chicken	175	2	864	7
WG 10" Tortilla	180	0	150	30
	Calories (kcal)	Saturated Fat (gm)	Sodium (mg)	Carbohydrates (gm)
Chicken Caesar Salad w/ Caesar Dressing	276	4	557	7
WG 10" Tortilla	180	0	150	30
	Calories (kcal)	Saturated Fat (gm)	Sodium (mg)	Carbohydrates (gm)
Chefs Salad Topped w/ Turkey Ham and Cheese	306	7	1110	10
WG 10" Tortilla	180	0	150	30
	Calories (kcal)	Saturated Fat (gm)	Sodium (mg)	Carbohydrates (gm)
Garden Salad Topped w/ Chicken Salad	198	1	751	9
WG 10" Tortilla	180	0	150	30
	Calories (kcal)	Saturated Fat (gm)	Sodium (mg)	Carbohydrates (gm)
Garden Salad Topped w/ Tuna Salad	194	2	491	9
WG 10" Tortilla	180	0	150	30

	Calories (kcal)	Saturated Fat (gm)	Sodium (mg)	Carbohydrates (gm)
Southwestern Salad w/ Chicken	202	2	440	15
WG 10" Tortilla	180	0	150	30
Fruit:				
	Calories (kcal)	Saturated Fat (gm)	Sodium (mg)	Carbohydrates (gm)
Apple	95	1	3	25
	Calories (kcal)	Saturated Fat (gm)	Sodium (mg)	Carbohydrates (gm)
Orange	68	0	0	18
	Calories (kcal)	Saturated Fat (gm)	Sodium (mg)	Carbohydrates (gm)
Banana	90	0	1	23
	Calories (kcal)	Saturated Fat (gm)	Sodium (mg)	Carbohydrates (gm)
Pear	101	0	2	27
	Calories (kcal)	Saturated Fat (gm)	Sodium (mg)	Carbohydrates (gm)
Applesauce	50	0	20	12
	Calories (kcal)	Saturated Fat (gm)	Sodium (mg)	Carbohydrates (gm)
Mixed Fruit Cup	68	0	0	16
	Calories (kcal)	Saturated Fat (gm)	Sodium (mg)	Carbohydrates (gm)
Peach Cup	68	0	1	14
Vegetables:				
	Calories (kcal)	Saturated Fat (gm)	Sodium (mg)	Carbohydrates (gm)
Carrot Sticks	25	0	42	6
	Calories (kcal)	Saturated Fat (gm)	Sodium (mg)	Carbohydrates (gm)
Cucumber Slices	7	0	1	1
	Calories (kcal)	Saturated Fat (gm)	Sodium (mg)	Carbohydrates (gm)
Celery Sticks	8	0	40	2
	Calories (kcal)	Saturated Fat (gm)	Sodium (mg)	Carbohydrates (gm)
Cherry Tomatoes	13	0	4	3

	Calories (kcal)	Saturated Fat (gm)	Sodium (mg)	Carbohydrates (gm)
Roasted Carrots	25	0	42	6
	Calories (kcal)	Saturated Fat (gm)	Sodium (mg)	Carbohydrates (gm)
Garden Salad	60	0	180	9
	Calories (kcal)	Saturated Fat (gm)	Sodium (mg)	Carbohydrates (gm)
Chickpea Salad	123	1	377	18
	Calories (kcal)	Saturated Fat (gm)	Sodium (mg)	Carbohydrates (gm)
Sizzlin' Black Beans	103	0	203	563
	Calories (kcal)	Saturated Fat (gm)	Sodium (mg)	Carbohydrates (gm)
Baked Beans	110	0	440	22
	Calories (kcal)	Saturated Fat (gm)	Sodium (mg)	Carbohydrates (gm)
Sweet Potato Wedges	120	1	140	19
	Calories (kcal)	Saturated Fat (gm)	Sodium (mg)	Carbohydrates (gm)
Steamed Broccoli	15	0	15	3
	Calories (kcal)	Saturated Fat (gm)	Sodium (mg)	Carbohydrates (gm)
Roasted Cauliflower	40	0	7	20
	Calories (kcal)	Saturated Fat (gm)	Sodium (mg)	Carbohydrates (gm)
Roasted Brussel Sprouts	65	0	10	2
	Calories (kcal)	Saturated Fat (gm)	Sodium (mg)	Carbohydrates (gm)
Cooked Green Beans	41	0	4	9
	Calories (kcal)	Saturated Fat (gm)	Sodium (mg)	Carbohydrates (gm)
Roasted Potatoes	140	1	160	25
	Calories (kcal)	Saturated Fat (gm)	Sodium (mg)	Carbohydrates (gm)
Sweet Corn	76	0	0	16
Condiments:				
	Calories (kcal)	Saturated Fat (gm)	Sodium (mg)	Carbohydrates (gm)
Ketchup	10	0	80	2

	Calories (kcal)	Saturated Fat (gm)	Sodium (mg)	Carbohydrates (gm)
Mustard	5	0	40	0
	Calories (kcal)	Saturated Fat (gm)	Sodium (mg)	Carbohydrates (gm)
Mayo	19	0	76	1
	Calories (kcal)	Saturated Fat (gm)	Sodium (mg)	Carbohydrates (gm)
Hot Sauce	0	0	250	0
	Calories (kcal)	Saturated Fat (gm)	Sodium (mg)	Carbohydrates (gm)
Lite Ranch Dressing	70	1	270	2
	Calories (kcal)	Saturated Fat (gm)	Sodium (mg)	Carbohydrates (gm)
Balsamic Vinegar Dressing	80	2	125	2
	Calories (kcal)	Saturated Fat (gm)	Sodium (mg)	Carbohydrates (gm)
Caesar Dressing	120	3	160	0
	Calories (kcal)	Saturated Fat (gm)	Sodium (mg)	Carbohydrates (gm)
Lite Italian Dressing	10	0	460	2
Milk:				
	Calories (kcal)	Saturated Fat (gm)	Sodium (mg)	Carbohydrates (gm)
Skim Plain Milk	90	0	130	13
	Calories (kcal)	Saturated Fat (gm)	Sodium (mg)	Carbohydrates (gm)
1% Plain Milk	110	1	130	13
	Calories (kcal)	Saturated Fat (gm)	Sodium (mg)	Carbohydrates (gm)
Skim Chocolate Milk	120	0	180	20
	Calories (kcal)	Saturated Fat (gm)	Sodium (mg)	Carbohydrates (gm)
Lactaid Milk, Fat Free	90	0	125	13