



Secondary Schools

Menu

Nutrition Information

PLAYBOWLS/SIZZLE								
Recipes	Portion Size	Calories	Protein (g)	Carbohydrate (g)	Fat (g)	Sat Fat (g)	Fiber (g)	Sodium (mg)
Acapulco Burrito	1 Each	587	29.83	71.72	18.90	5.66	3.86	1376.00
Asian Pork Stir Fry -does not include rice	3/4 cup	243	20.68	11.12	12.78	3.15	2.88	287.19
Austin Steak Twister	1 Each	663	30.53	89.52	19.55	6.74	6.59	1180.00
Chicken Nuggets, whole grain	5 Each	217	14.05	11.00	13.00	3.00	1.52	471.00
Baked Potato w/ Broccoli & Cheddar Cheese	1 Each	273	19.06	40.47	4.35	2.56	5.09	380.00
Baked Potato Wedges w/Chili & Cheese	1 Serving	297	18.48	27.23	13.65	3.48	4.24	720.00
Baked Ziti	1 Cup	448	19.15	56.81	16.58	5.81	7.54	1090.00
Barbecued Chicken Leg	1 Each	340	24.65	5.94	22.91	6.52	0.20	414.00
Pasta (Barilla PLUS) w/ Marinara	1 Cup	260	12.00	48.00	3.00	0.00	6.00	543.00
Pasta (Barilla PLUS) w/ Meat Sauce	3/4 Cup	323	18.74	44.92	7.90	2.31	5.82	676.00
Beef Gyros (includes Tzatziki sauce)	1/2 Pita Bread Filled	421	31.22	29.53	20.04	8.66	4.14	291.00
Beef & Bean Chili	1/2 Cup	198	18.01	5.40	9.89	3.78	2.51	194.00
Beef Burrito	1 Each	273	18.82	21.33	12.46	5.75	2.00	351.00
Beef Nachos/ Nachos with Beef and Cheese	1 serving	328	24.08	29.13	12.10	3.70	3.22	828.00
Breaded Popcorn Chicken	3oz.	270	13.00	18.00	16.00	3.00	0.00	900.00
Buffalo Chicken Wrap	1 Each	438	21.79	44.61	19.72	4.91	3.40	2283.00
BBQ Pork Oven Baked	1 Each	363	16.99	13.30	25.89	9.90	0.72	799.41
BBQ Pork Riblet on a Whole Wheat Bun	1 Each	369	20.60	37.45	16.06	4.84	4.06	912.00
Cheese Quesadilla	2 each	498	23.20	54.09	21.08	8.79	3.20	1556.61
Cheesy Spinach & Tomato Pasta	1 Serving	319	16.16	49.69	6.43	3.14	2.06	837.07
Chicken Broccoli Alfredo	1 Cup	208	14.05	26.19	4.82	1.62	2.40	221.35
Chicken & Cheese Quesadilla	1 Each	441	24.70	39.65	20.14	8.26	1.00	1054.00
Chicken & Roma Tomato Pita Pizza	1 Each	375	23.27	40.77	14.49	5.28	6.11	804.00
Chicken and Cheese Enchilada	1 Each	506	37.51	47.20	17.97	5.73	1.47	1404.00
Chicken and Ham Jambalaya	1 Cup	184	14.56	10.49	9.72	1.94	2.34	587.00
Chicken Fajitas	1 Fajita	399	28.56	33.16	17.16	3.77	2.00	670.00
Chicken Lo Mein	2 cups	401	29.51	54.77	6.68	1.37	8.19	644.00
Chicken Parmesan with sauce & cheese	1 Each	303	22.01	26.39	12.60	2.68	2.33	1116.00
Chicken Parmesan Wrap	1 Each	529	29.80	62.11	18.89	5.47	3.22	1769.00
Chicken Ranchero Wrap	1 Each	487	32.13	49.93	17.62	4.72	3.98	1109.00
Mac-n-Cheese w/Whole Grain Pasta	1 Cup	388	22.35	46.61	12.41	6.51	4.22	585.00
Cranberry Glazed Chicken	2 oz.	221	16.30	5.05	15.03	0.00	0.13	482.00
Southwest Peppercorn Chicken Sizzling Salad	1 Each	301	15.92	15.22	19.86	3.79	2.71	826.00
Enchilada Pie	1 piece	283	22.87	21.01	11.75	5.47	2.22	1020.00
Fish Tacos	2 Tacos	388	19.94	33.92	17.28	4.68	1.74	399.00
French Toast Sticks	4 Sticks	300	6.00	43.00	13.00	3.00	3.00	400.00
Grilled Chicken Roasted Veggie Kaiser Sandwich	1 Each	422	34.41	56.26	7.25	2.56	4.30	626.00
Hearty Beef Stew	1 Cup	210	12.00	17.00	10.00	2.00	2.00	720.00
Home-style Meatloaf	3/4" slice	228	19.17	13.11	10.62	3.90	2.08	164.00
Brown Gravy (beef)	1/4 Cup	25	0.00	5.00	0.50	0.00	0.00	270.00
Honey BBQ Chicken	1 Serving	345	24.52	8.19	22.84	6.52	0.00	358.00

PLAYBOWLS/SIZZLE								
Recipes	Portion Size	Calories	Protein (g)	Carbohydrate (g)	Fat (g)	Sat Fat (g)	Fiber (g)	Sodium (mg)
Hot Ham & Cheese on a Bagel	1 Each	471	24.56	35.46	7.16	2.81	3.00	907.00
Pasta w/ Italian Meat Sauce	3/4 Cup	323	18.74	44.92	7.90	2.31	5.82	676.00
Pasta w/Meatballs	1 Serving	578	24.58	61.56	27.22	10.53	7.48	1204.67
Italian Sausage & Pepper Hero	1 Each	404	18.01	54.16	12.29	4.02	2.81	809.00
Japanese Teriyaki Chicken and Vegetables	2/3 Cup	176	17.68	5.33	8.96	1.87	0.82	536.00
Latin Roast Pork	3 oz.	243	32.56	0.94	11.15	4.13	0.17	221.47
Meatball Grinder	1 Each	474	21.50	61.20	16.43	6.13	5.98	1201.00
Meatballs, beef, 1.5 oz.	1.5 oz.	115	7.50	3.50	8.00	3.50	2.00	245.00
Meatballs, beef, 2.5 oz	2.5 oz	192	12.50	5.80	13.00	6.00	1.66	408.00
Mini Corn Dog Nuggets	6 Each	210	9.00	31.00	17.00	4.00	2.00	790.00
Orange Stir-Fry Beef	3/4 Cup	329	26.51	13.03	18.84	5.08	2.90	418.00
Oven Fried Chicken	1 piece (2oz.)	377	57.26	23.18	4.47	1.37	1.04	302.00
Oven Roasted chicken	2 oz.	299	42.60	0.05	12.90	3.31	0.04	179.00
Pancakes	3 Each	230	5.00	40.00	6.00	1.00	3.00	380.00
Penne Alfredo w/ Chicken and Broccoli	2 Cups	468	32.55	56.16	12.97	4.40	6.01	802.00
Pollock, Breaded	1 Each	120	11.00	17.00	1.00	0.00	0.00	400.00
Rancher's Pie--- Shepard's Pie	1 Each	273	21.31	16.82	13.34	4.45	2.53	488.00
Roast Turkey with Gravy	3oz. w/ 1/4 c gravy	169	26.00	4.00	4.50	1.40	0.00	360.00
Roast Pork Lo Mein	2 Cups	362	25.38	54.95	4.45	0.90	8.19	726.00
Salsa Chicken Wrap	1 Each	428	32.13	45.94	12.52	3.87	3.98	902.00
Santa Fe Turkey & Cheddar Cool Wrap	1 Each	354	20.39	44.98	10.81	4.74	3.16	1469.00
Saucy Italian Meatballs/ Meatballs w/ Marinara Sauce	3 (2.5 oz)meatballs	272	16.00	13.36	18.09	7.30	4.31	883.00
Scrambled Eggs w/ Cheese	¼ Cup	114	9.20	1.75	7.89	3.17	0.00	206.00
Sloppy Joe on a bun	1 Sandwich	360	22.71	37.63	12.78	4.65	2.02	512.00
Southwest Peppercorn Chicken Sizzling Salad	1 Salad	252	17.90	16.40	13.40	4.60	2.99	606.00
Steak & Chees Sandwich	1 Sandwich	547	29.17	53.22	19.17	7.76	4.28	635.00
Sweet & Sour Popcorn Chicken	1 Cup	405	18.51	44.26	15.26	2.30	2.06	1160.00
Szechuan Chicken	1 each	349	17.19	26.60	19.06	4.68	3.10	752.00
Taco Salad	1 each	349	17.19	26.60	19.06	4.68	3.10	752.00
Tacos (twin) with meat, cheese lettuce & tomatoes	2 Tacos	386	25.03	21.13	21.83	8.19	1.87	970.00
Tarragon Chicken	1 each	163	21.14	1.54	7.16	0.17	0.07	350.38
Teriyaki Chicken Dippers	4 Pieces	145	18.90	8.20	4.00	1.10	1.18	263.00
Teriyaki Popcorn Chicken	1 Cup	381	21.07	35.90	15.26	2.30	2.06	2586.00
Triple Decker Bean Tostados w/ Salsa	1 Tostado	416	16.83	70.00	10.12	2.55	9.58	1229.00
Turkey Ham w/ Brown Sugar Glaze	3 oz.	111	12.20	7.96	4.60	1.52	0.02	786.00
Turkey Pot Pie	1 Cup	242	12.67	17.48	13.86	5.80	2.27	1103.00
Vegetarian Chili	3/4 cup	224	14.57	27.01	7.48	3.76	6.44	606.87
Western Scrambled Eggs	1/4 Cup	98	7.72	2.06	6.77	2.63	0.47	106.00
Whole grain corn nachos with chili & cheese	1 serving	328	24.08	29.13	12.10	3.70	3.22	828.00

GRAB A STACK/TASTE								
Recipes	Portion Size	Calories	Protein (g)	Carbohydrate (g)	Fat (g)	Sat Fat (g)	Fiber (g)	Sodium (Na)
Alpine Burger on a bun	1 Each	309	24.37	27.70	11.59	5.04	3.46	693.00
BBQ Chicken Wrap	1 Each	515	18.56	68.45	18.69	4.37	4.41	1144.07
BBQ Pork Riblet on a Whole Wheat Bun	1 Each	369	20.60	37.45	16.06	4.84	4.06	912.00
BLT Burger on a bun	1 Each	330	25.54	30.20	12.61	4.52	3.73	934.00
Breaded Chicken Club on a bun	1 Each	424	26.50	33.96	21.12	4.92	3.73	994.00
Breaded Chicken Del Sol on a bun	1 Each	406	24.54	34.51	20.05	5.43	3.00	977.00
Breaded Fish Sandwich w/ Spicy Tomato Mayo	1 Each	292	17.45	46.16	5.65	0.38	2.76	782.00
Buffalo Style Breaded Chicken on a bun	1 Each	535	25.59	34.16	34.69	7.19	3.53	1714.00
California Cheese steak Wrap	1 Each	639	28.92	58.19	31.35	12.57	3.27	983.00
Cheddar Onion Burger on a whole wheat bun	1 Each	317	23.86	31.19	12.09	5.04	3.49	747.00
Cheeseburger	1 Each	373	19.08	27.50	22.73	9.87	1.67	699.00
Chipotle Cheeseburger on a whole wheat bun	1 Each	355	21.59	37.23	14.97	5.13	5.16	714.00
Cobb Sandwich (Panini)	1 Each	536	26.41	51.86	25.93	8.92	2.89	775.00
Egg & Cheese on a Bagel	1 Each	294	14.25	37.50	8.84	4.21	2.00	756.49
Fiesta Patty Melt	1 Each	471	29.10	47.92	17.85	8.45	2.86	988.00
Greek Turkey Burger on a bun	1 Each	354	37.56	31.01	10.77	2.80	3.11	644.00
Hamburger	1 Each	359	21.82	27.09	13.75	4.01	1.67	417.00
Italian Hoagie	1 Each	466	24.62	41.83	21.82	9.51	2.62	1630.00
Jalapeño Turkey Burger w/ Southwest Mayo on a bun	1 Each	375	35.37	33.69	10.60	2.73	1.83	1118.00
Meatball Grinder	1 Each	393	16.04	42.00	16.97	7.51	2.35	1149.00
Pepperroni & Cheese Panini	1 Each	643	26.90	80.34	23.65	8.44	3.26	1256.59
Pesto Chicken Sandwich (Panini)	1 Each	475	29.90	53.08	16.51	5.40	3.35	693.00
Pizza Burger on a bun	1 Each	309	24.45	30.89	11.45	4.39	4.05	923.00
Pressed Cubano Sandwich	1 Each	383	20.57	50.19	12.10	4.51	2.13	1151.00
Roast Turkey Pita Pocket	1 Each	417	28.53	47.73	12.95	5.81	5.70	1212.00
San Francisco Burger Melt	1 Each	317	23.86	31.19	12.09	5.04	3.49	747.00
South of the Border Chicken Wrap	1 Each	533	31.82	55.88	19.09	8.36	2.27	1138.00
Toasted Cheese Sandwich on Wheat	1 Each	381	16.92	27.43	23.46	12.17	3.92	1133.00
Toasted Mozzarella & Tomato Panini	1 Each	261	21.64	28.96	7.43	5.32	4.13	681.34
Toasted Ham & Mozzarella on Wheat	1 Each	240	17.65	26.81	7.60	3.56	3.86	771.00
Toasted Swiss & Tomato Panini	1 Each	383	22.77	27.14	20.45	12.26	4.10	375.00
Turkey & Cheddar Paniai	1 Each	256	17.06	80.72	9.08	4.01	3.86	909.62
Turkey Burger on a WW bun	1 Each	310	36.00	26.00	8.50	2.00	2.00	630.00
Hot Dog on a Whole Wheat Bun	1 Each	251	11.75	22.47	12.23	3.85	1.16	1049.00
Veggie Burger on a Roll	1 Each	270	16.00	40.00	5.50	0.50	5.00	630.00

CRUST & STUFF/BAKE								
Recipes	Portion Size	Calories	Protein (g)	Carbohydrate (g)	Fat (g)	Sat Fat (g)	Fiber (g)	Sodium (Na)
Aloha Pizza w/ Chicken & Ham	1 Slice	413	22.95	56.55	10.43	3.34	2.72	727.50
Baked Stuffed Shells w/ Tomato Sauce	2 Each	260	11.00	36.00	9.00	4.45	3.00	930.00
BBQ Chicken Pizza	1 Slice	349	25.33	38.16	10.58	5.16	1.59	642.00
Bosco Sticks	2 Sticks	360	24.00	56.00	4.00	4.00	4.00	320.00
Broccoli Topped Pizza	1 Slice	454	21.79	45.65	19.82	9.52	3.28	701.00
Buffalo Chicken Calzone	1 Each	571	28.11	66.30	21.57	5.52	6.15	1390.35
Buffalo Chicken Flatbread	1 Each	305	19.04	29.01	12.20	4.22	2.03	976.00
Buffalo Chicken Pizza	1 Slice	313	21.48	51.87	10.67	3.74	2.62	675.75
Cheese Calzone	1 Each	634	29.93	79.73	21.28	10.54	6.27	1336.00
Canyon Resort Pizza	1 slice	345	21.48	51.87	7.68	1.63	3.15	1032.75
Cheese Pizza	1 Slice	413	22.23	50.01	13.30	6.57	1.96	921.00
Cheese Steak Pizza	1 Slice	493	23.90	46.66	22.56	10.43	3.24	857.00
Cheesy Spinach and Tomato Penne	2 Cups	378	22.23	52.90	10.16	4.09	9.21	715.00
Chicken Brushetta Pizza	1 Slice	492	27.71	65.52	13.26	2.95	3.77	955.00
Chicken and Broccoli Pasta w/ Barilla PLUS	2 Cups	378	22.60	46.38	12.05	2.14	6.74	187.00
Chicken and Mushroom Penne with Barilla PLUS	1 3/4 cups	291	19.47	38.95	6.60	0.99	5.52	507.00
Chicken and Roma Tomato Pita Pizza	1 Each	370	24.01	45.37	12.44	4.29	6.77	804.00
Chicken Florentine Flatbread	1 Each	303	19.94	27.79	12.36	4.21	2.36	622.00
Chicken Tostado Flatbread	1 Each	501	25.17	42.81	16.65	6.81	5.48	680.00
Eggplant Parmesan w/ Spaghetti & Sauce	1 Serving	677	25.42	85.57	25.88	8.53	11.50	1385.00
Greek Style Pizza	1 Slice	448	19.69	44.30	20.46	9.90	3.00	694.00
Ham & Cheese Flatbread Fold	1 Each	277	15.90	25.56	11.60	4.45	1.12	953.00
Ham & Cheese Stromboli	1 Each	573	27.91	73.74	17.56	7.66	5.72	1701.00
Ham & Cheese Quiche	1 Slice	191	16.07	16.64	6.73	3.02	0.34	531.12
Hawaiian Pizza	1 Slice	448	21.93	65.06	18.06	8.08	3.28	835.00
Italian Stromboli	1 Each	593	26.42	73.82	20.51	8.42	5.72	1744.00
Margheritta Flatbread	1 Each	322	18.82	29.37	14.53	6.42	2.10	755.00
Mexican Pita Pizzas	1 Each	307	17.90	35.61	9.11	4.24	1.70	899.00
Meatball Pizza	1 Slice	478	21.97	45.64	22.36	10.28	3.33	780.00
Neopolitan Pizza	1 Slice	417	23.45	40.02	18.24	7.13	4.07	685.76
Barilla PLUS Pasta w/ Meaty Marinara	3/4 cup	378	19.16	51.10	11.79	2.86	8.60	835.00
Pepperoni & Roasted Veggie Flatbread	1 Each	365	20.47	31.93	17.34	7.33	2.72	881.00
Pepperoni Pizza	1 Slice	484	22.92	45.20	22.64	10.66	3.10	825.00
Primavera Calzone	1 Each	616	29.21	75.73	21.24	10.53	5.88	1334.00
Primavera Pizza	1 Slice	449	21.45	44.25	19.85	9.53	3.03	575.00
Red Hot Chicken Pizza	1 Slice	437	21.82	44.65	18.05	8.02	2.92	951.00
Roasted Corn and Red Onion Flatbread	1 Each	358	20.08	37.97	14.64	6.43	3.20	878.00
Roasted Veggie Supreme Flatbread	1 Each	328	18.86	30.04	14.75	6.46	2.27	784.00
Sausage and Pepper Pocket	1 Pocket	601	32.89	75.89	17.95	6.09	9.07	1287.00
Sausage Pizza	1 slice	437	21.36	44.66	18.40	8.23	3.50	684.00
South of the Border Chicken Pizza	1 Slice	411	21.08	53.63	12.91	4.70	2.81	747.75
Southwestern Chicken Flatbread Fold	1 Each	335	18.74	26.06	16.50	4.96	1.20	542.00
Spaghetti Carbonara	1 Cup	310	15.52	38.77	10.19	2.42	4.04	252.00
Triple Decker Bean Tostado	1 Each	416	18.90	67.73	9.17	4.05	15.54	1171.29
Turkey & Cheese Hot Pocket	1 Each	563	25.30	81.69	14.77	4.70	6.73	1974.00
Turkey & Swiss Flatbread Fold	1 Each	265	18.43	26.11	10.70	3.68	1.01	903.00
Whole Grain Bosco Sticks (no sauce)	2 Sticks	360	24.00	52.00	4.00	4.00	4.00	320.00

OUTTAKES SALADS								
Recipes	Portion Size	Calories	Protein (g)	Carbohydrate (g)	Fat (g)	Sat Fat (g)	Fiber (g)	Sodium (Na)
Antipasto Salad (w/ 4 packages of crackers)	1 Each	270	15.10	26.56	11.75	5.27	4.42	795.00
Caribbean Chicken Pasta Salad w/ Spicy Dressing	1 Each	531	33.90	60.10	18.00	4.66	5.20	226.00
Catalina Salad w/ Turkey	1 Each	95	12.60	4.30	2.60	0.70	1.90	597.00
Chicken Caesar Salad (breaded chicken)	1 Each	297	20.10	24.50	13.30	2.40	2.84	896.00
Tuna over a Garden Salad	1 Each	603	31.92	27.96	40.88	13.97	4.23	1499.00
Cobb Salad	1 Each	174	14.10	5.60	10.50	4.80	2.31	527.00
Crispy Chicken Popper Salad	1 Each	252	17.90	16.40	13.40	4.60	2.99	606.00
Deli Chef Salad w/Dinner Roll	1 Each	372	24.11	27.86	18.37	6.97	24.11	957.00
Garden Salad w/ Cheese	1 Each	231	14.62	1.83	18.35	12.17	0.71	390.09
Garden Salad w/ Cheese, Egg & Roll	1 Each	372	24.11	27.86	18.37	6.97	24.11	957.00
Greek Pasta Salad (entree portion)	2 cups	340	15.16	47.96	11.22	2.61	8.02	602.00
Monterey Ranch Chicken Salad	1 Each	179	17.70	6.70	9.40	4.30	2.82	239.00
Sesame Beef Noodle Salad	1 Each	313	18.13	51.10	4.30	1.20	5.74	333.00
Sicilian Pasta Salad	1 Each	397	21.10	45.20	14.70	6.50	4.06	613.00
Southwest Corn & Black Bean Salad	1 Each	396	14.60	43.40	1.60	0.30	10.72	1077.00
Taco Salad w/ Tortilla Shell Rounds	1 Each	349	17.19	26.60	19.06	4.68	3.10	752.00
Toasted Pita Chips w/ Veggies and Hummus	1 Each	272	10.83	40.31	9.03	1.67	8.65	494.52
Wild Greens Breaded Chicken Caesar Salad	1 Each	297	20.10	24.50	13.30	2.40	2.84	896.00

OUTTAKES SANDWICHES (also look under PLAYBOWLS/SIZZLE Section)								
	Portion Size	Calories	Protein (g)	Carbohydrate (g)	Fat (g)	Sat Fat (g)	Fiber (g)	Sodium (Na)
Buffalo Chicken Salad Wrap	1 Each	499	24.07	57.31	18.56	4.55	5.69	1364.00
Chicken Caesar Wrap	1 Each	486	23.78	54.24	18.61	4.26	3.52	887.00
Chicken Ranchero Wrap	1 Each	567	33.35	56.68	21.75	4.25	4.01	1012.00
Chicken Salad on Whole Wheat w/Lettuce & Tomato	1 Each	300	22.00	30.79	11.30	2.61	4.97	538.00
Chicken Salad Wrap	1 Each	485	25.70	58.90	15.80	3.52	5.43	900.00
Chicken Tzaziki Wrap w/ Crunchy Spinach	1 Each	416	35.95	43.43	13.04	4.69	6.50	626.00
Ham & Cheese Kaiser w/Lettuce & Tomato	1 Each	332	20.40	41.40	9.30	3.67	2.28	1318.00
Health Club Sub	1 Each	395	25.04	47.14	11.44	2.69	3.45	1599.00
Honey Mustard Chicken Wrap	1 Each	547	36.68	69.62	12.61	3.12	4.59	904.00
Italian Hoagie	1 Each	466	24.62	41.80	21.80	9.51	2.62	1630.00
Little Italy Wrap	1 wrap	523	21.80	58.60	21.92	6.86	3.97	1473.00
Mediterranean Beef Wrap	1 Each	588	22.50	64.12	26.70	8.45	4.19	903.00
Neapolitan Hero w/Balsamic Vinaigrette	1 Each	454	20.03	61.50	14.25	3.20	3.67	918.00
Oriental Chicken Slaw Wrap	1 Each	418	29.17	39.41	18.02	3.51	5.90	889.00
Parisian Ham & Cheese Wrap	1 Each	529	23.14	71.60	16.60	5.60	4.34	1566.00
Roast Beef & Cheese Wrap w/ Horseradish Mayo	1 Each	532	26.45	60.90	20.70	5.95	4.02	1372.00
Roast Beef, Onion Swiss Cajun Mayo Bagel	1 Each	518	23.90	64.90	17.24	5.37	3.34	1073.00
Roast Beef, Onion, Spicy Tomato Mayo on Multigrain Bread	1 Each	467	24.09	44.84	19.40	6.57	6.78	473.00
Sunbutter & Jelly Sandwich	1 Each	585	17.64	78.46	26.44	3.17	6.18	755.09
Southwest Corn & Black Bean Salad Wrap	1 Each	508	15.10	74.30	7.70	1.22	7.59	1005.00
Tomato Cajun Chicken Salad Wrap	1 Each	532	34.25	57.15	18.20	4.50	4.85	984.00
Triple Decker Turkey Club on Whole Wheat	1 Each	497	33.67	40.50	21.30	6.37	2.55	2136.00
Tuna Salad on Whole Wheat Bread	1 Each	268	20.03	27.70	8.90	1.86	4.18	639.00
Tuna Salad Wrap	1 Each	463	24.10	59.99	13.80	2.50	4.35	824.00
Turkey & Cheese on a small Kaiser w/ Lettuce & Tomato	1 Each	280	16.92	35.71	6.75	3.39	2.42	992.00
Turkey and Cheddar Panini	1 Each	609	25.31	80.72	20.59	8.18	3.42	1226.00
Turkey BLT Wrap	1 Each	515	20.04	62.20	20.90	20.93	4.02	1371.00
Turkey Club Bagel Sandwich	1 Each	463	31.07	62.80	8.78	2.33	3.39	791.00
Turkey Pita Pocket w/ Cranberry Mayo	1 Each	363	15.82	53.47	10.65	1.53	5.56	1072.00

SIDES/ MISC								
Recipes	Portion Size	Calories	Protein (g)	Carbs (g)	Fat (g)	Sat Fat (g)	Fiber (g)	Sodium (mg)
Apple, fresh	1 Each	72	0.36	19.06	0.00	0.00	3.00	0.00
Apples, snack bag	1 Snack bag	30	0.00	8.00	0.00	0.00	1.00	0.00
Applesauce, unsweetened (canned)	1/2 Cup	50	0.00	13.00	0.00	0.00	2.00	25.00
Apples, Warm Cinnamon	1/2 Cup	178	0.32	37.84	3.77	0.66	2.58	28.00
Bagel, large, assorted flavor	1 Each	290	8.50	57.50	2.50	0.50	2.50	450.00
Bagel, plain, small	1 Each	168	6.22	34.90	0.93	0.00	1.50	230.00
Baked Beans	1/2 Cup	170	7.00	30.00	2.00	0.50	6.00	360.00
Banana, medium sized (7" long)	1 Each	105	1.00	27.00	0.00	0.00	3.00	1.00
Biscuit	1 Each	110	1.10	23.07	0.33	0.11	3.00	1.00
Biscuit, Garlic, 1.2 oz	1 Each	153	2.00	15.00	9.16	2.33	0.18	353.30
Biscuit, Herb, Cheeseey 1.2 oz	1 Each	205	4.83	15.24	13.41	5.17	0.21	599.01
Black Bean & Corn Salad	1/2 Cup	185	6.44	19.06	0.63	0.13	4.23	544.22
Bread Bowl	1 Each	360	14.00	74.00	2.00	0.00	2.00	820.00
Bread Stuffing	1/2 Cup	165	3.96	22.64	6.45	1.22	1.20	327.00
Bread, white, sandwich	2 slices	130	5.00	25.00	1.00	0.00	1.00	250.00
Bread, whole wheat, sandwich	2 slices	130	5.00	25.00	1.00	0.00	2.00	250.00
Broccoli, Raw	1/2 cup	12	1.00	2.36	0.13	0.01	0.92	11.72
Broccoli salad	1/2 Cup	154	1.76	31.05	3.67	0.61	4.00	135.00
Broccoli, cooked (includes seasoned)	1/2 Cup	26	2.85	4.92	0.11	0.01	3.00	32.00
Brown Gravy	1/4 Cup	25	0.00	5.00	0.50	0.00	0.00	270.00
Buttermilk Coleslaw	1/4 cup	55	1.03	4.42	3.89	0.81	1.08	258.00
Carrot Fries	1/2 Cup	44	0.82	8.08	1.32	0.11	2.33	56.00
Carrot, Raisin, Pineapple Salad	1/2 Cup	137	1.05	21.92	6.02	0.66	1.80	93.00
Carrots, fresh, baby	1/2 Cup	30	0.50	7.00	0.00	0.00	2.00	66.00
Carrots, fresh, baby, snack bag	1 Snack bag	16	0.50	3.74	0.25	0.00	1.00	33.00
Carrots, Glazed	1/2 Cup	89	0.66	12.63	4.29	1.28	1.46	225.00
Carrots, seasoned (cooked or roasted)	1/2 Cup	27	0.42	5.64	0.50	0.09	2.00	45.00
Carrots & Onions, Roasted	1/2 cup	99	1.48	13.78	4.82	0.92	3.27	106.45
Carrots, Zucchini & Summer Squash, Roasted	1/2 cup	68	2.87	7.34	3.56	0.51	2.28	214.03
Cheese Sauce, Homemade	3 TBSP	102	8.04	2.94	6.74	3.66	0.00	450.30
Chicken Gravy	1/4 Cup	30	1.00	5.00	1.00	0.50	0.00	360.00
Chicken Sticks/Fries	7 Each	280	15.00	21.00	15.00	2.50	1.00	730.00
Chicken Tenders	3 Each	405	28.50	22.50	21.00	3.00	0.00	1020.00
Cilantro Lime Roasted Vegetables	1/2 cup	28	0.81	3.90	0.60	0.55	1.46	29.00
Confetti Coleslaw	1/2 Cup	87	1.04	8.87	5.54	0.71	2.11	197.00
Corn and Black Bean Salad, Roasted	1/2 Cup	185	6.47	19.21	0.64	0.13	4.29	545.00
Corn on the Cob	1 each	83	2.79	19.99	0.66	0.10	2.38	4.25
Corn, Mexicali (cooked)	1/2 Cup	78	2.25	15.66	1.95	0.29	1.84	172.00
Corn, seasoned (cooked)	1/2 Cup	66	2.00	15.83	1.00	0.00	2.00	1.00
Combread	1 Piece	150	3.00	28.00	3.00	1.50	1.00	620.00
Cranberry Pear Fruit Salad	1/2 Cup	143	0.37	36.71	0.08	0.00	2.80	6.00
Crunchy Asian Topping, Homemade	1/4 Cup	78	1.78	10.06	3.68	0.86	1.22	125.54
Fiesta Rice	1/2 cup	114	1.76	23.22	1.44	0.23	0.37	43.00
Flour Tortilla, 10"	1 Each	218	5.80	35.95	5.43	1.42	2.17	445.00
Fortune Cookie	1 Each	37	0.00	6.01	0.00	0.00	0.00	22.00

French Fries, baked, shoestring	3 ounces	140	2.00	20.00	5.00	1.50	1.00	15.00
SIDES/ MISC								
Recipes								
	Portion Size	Calories	Protein (g)	Carbs (g)	Fat (g)	Sat Fat (g)	Fiber (g)	Sodium (mg)
French Fries, baked, steak fries, skin on	3 ounces	110	2.00	19.00	2.50	0.50	1.00	15.00
Fresh Baked Cookie (Chocolate Chip)	1 Each	170	2.00	24.00	7.00	4.00	1.00	120.00
Fresh Baked Cookie (M&M)	1 Each	160	2.00	24.00	7.00	3.50	1.00	125.00
Fresh Baked Cookie (Oatmeal Raisin)	1 Each	160	2.00	23.00	7.00	4.00	1.00	130.00
Fresh Baked Cookie (Sugar)	1 Each	160	2.00	23.00	7.00	3.50	0.00	140.00
Fresh Cole Slaw/Confetti Coleslaw	1/2 Cup	87	1.04	8.87	5.54	0.71	2.11	197.00
Fruit and Yogurt Parfait w Granola Topping	16 oz	383	15.54	71.06	5.58	2.33	5.52	212.00
Fruit cocktail, canned	1/2 Cup	80	1.00	18.00	0.00	0.00	1.00	5.00
Fruit Crisp (average of various flavors)	1 Piece	197	1.93	30.84	8.00	4.77	2.12	80.00
Garlic Bread /Bun(1/4 Kaiser Roll)	1 Each	65	2.00	13.00	0.62	0.25	0.50	140.00
Garlic Bread w/ Cheese (1/4 Kaiser Roll)	1 Each	153.5	14.00	14.50	4.38	3.85	2.00	428.00
Garlic Breadstick (1.8 oz stick)	1 Each	150	6.00	31.00	1.00	0.00	1.00	340.00
Graham crackers, 3-pack	1 Package	90	1.00	16.00	2.00	0.00	1.00	130.00
Greek Tabouli Salad	3/4 cup	141	4.42	26.96	2.81	0.40	6.49	291.99
Greek Pasta Salad (side portion)	1/2 Cup	85	3.79	11.99	2.80	0.65	2.02	150.50
Green Beans, seasoned (cooked)	1/2 Cup	19	1.00	4.50	0.00	0.00	2.00	1.00
Hamburger Bun, whole wheat	1 Each	160	6.00	31.00	2.00	0.00	2.00	280.00
Harvest Blend Veggies	1/2 Cup	59	2.60	11.91	0.14	0.03	4.00	32.00
Homemade Corn Bread	1 Piece	120	2.00	22.00	2.50	1.00	1.00	500.00
Hot dog bun, whole wheat	1 Each	133	5.00	26.00	2.00	0.00	2.00	233.00
Hummus	1/2 Cup	183	7.49	22.38	7.90	1.44	4.38	301.25
Japanese Teriyaki Rice	1 Cup	205	4.66	34.63	5.04	0.75	2.23	56.00
Juice, 100%, assorted, data may vary slightly (8 oz)	1 Cup	110	0.00	27.00	0.00	0.00	0.00	9.00
Kidney Bean Salad	1/2 cup	107	6.58	18.12	0.75	0.15	6.81	374.12
Lettuce, Iceberg	1/2 Cup	4	0.25	0.82	0.04	0.00	0.33	3.00
Lettuce, Romaine	1/2 Cup	4	0.29	0.77	0.07	0.01	0.49	2.00
Macaroni Salad	1/2 Cup	166	4.31	25.61	5.24	0.13	1.57	207.00
Mandarin oranges, light syrup	1/2 Cup	77	0.50	20.50	0.00	0.00	1.00	7.50
Marinara Sauce	1/2 Cup	50	2.00	10.00	1.00	0.00	2.00	480.00
Mexican Corn	1/2 cup	46	1.35	7.91	1.59	0.16	1.26	8.00
Milk, nonfat, Hood	10 oz.	110	11.00	16.00	0.00	0.00	0.00	160.00
Milk, nonfat, Strawberry Hood	10 oz.	180	10.00	35.00	0.00	0.00	0.00	180.00
Milk 1% Coffee Hood	10 oz.	150	8.00	25.00	2.50	1.50	0.00	120.00
Milk, 1/2% Chocolate Hood	10 oz.	190	10.00	34.00	1.50	1.00	0.00	230.00
Milk, 1% Low fat Hood	10 oz.	130	11.00	16.00	3.00	2.00	0.00	160.00
Mixed Fruit w/Kiwi	1/2 cup	87	0.13	21.65	0.06	0.00	1.34	20.34
Mixed Vegetables	1/2 cup	90	3.68	14.87	2.75	0.41	4.42	51.85
Orange, fresh	1 Each	65	1.00	16.00	0.00	0.00	3.00	0.00
Oven Fired Thin Flats (flatbread)	1/3 Flat	150	4.00	23.00	4.50	0.50	1.00	270.00
Oven Roasted Vegetables	1/2 cup	28	0.81	3.90	0.60	0.55	1.46	29.00
Pancake syrup	1.5 oz. p.c.	69	0.00	18.00	0.00	0.00	0.00	75.00
Pasta, Plain, Whole Wheat	1 Cup	174	7.46	37.16	0.76	0.00	3.92	45.02
Peaches, canned	1/2 Cup	70	0.00	17.00	0.00	0.00	1.00	10.00
Peaches w/Grapes	1/2 cup	63	0.86	16.52	0.08	0.01	1.73	5.24
Peachy Fruit Salad	1/2 cup	48	0.49	12.67	0.12	0.02	1.33	3.57
Pear, fresh	1 Each	86	1.00	23.00	0.00	0.00	5.00	1.00
Pears, canned	1/2 Cup	62	0.50	16.00	0.00	0.00	2.00	5.00

SIDES/ MISC								
Recipes	Portion Size	Calories	Protein (g)	Carbs (g)	Fat (g)	Sat Fat (g)	Fiber (g)	Sodium (mg)
Peas & Carrots	1/2 cup	64	2.84	9.32	2.51	0.38	2.85	65.86
Peas, seasoned (cooked)	1/2 Cup	62	4.00	11.00	0.00	0.00	4.00	58.00
Pico de Gallo, Homemade	2 TBSP	6.8	0.30	1.60	0.10	0.00	0.40	50.60
Pineapple chunks, juice pack	1/2 Cup	70	0.00	17.00	0.00	0.00	1.00	10.00
Pita Bread	1 Each	74	2.74	15.40	0.73	0.11	2.07	148.96
Pita Chips, Homemade	1 Pita	118	2.74	15.40	5.39	0.95	2.07	182.26
Popcorn Chicken	4 oz	250	16.00	18.00	13.00	2.00	2.00	780.00
Potatoes: Baked Potato Puffs	1/2 Cup	150	2.00	22.00	7.00	1.00	2.00	379.00
Potatoes: Baked Potato Wedges	1/2 Cup	141	3.40	28.78	1.81	0.29	2.99	14.00
Potatoes: Mashed/Whipped	1/2 Cup	80	2.00	17.00	1.00	0.00	1.00	310.00
Potatoes: Oven fries/Baked French fries	1/2 Cup	134	2.12	20.90	5.07	0.84	2.14	178.00
Potatoes: Potato Salad, classic	1/2 Cup	119	1.56	20.04	3.75	0.48	1.73	262.00
Potatoes: Sweet Potatoes	1/2 Cup	173	1.29	31.39	4.80	0.86	3.07	74.00
Potatoes: Sweet Potato Fries, baked	1/2 Cup	110	0.00	16.00	4.00	0.50	3.00	90.00
Pretzel, soft	1 Each	180	3.00	38.00	1.00	0.00	1.00	150.00
Rice & Beans	1/2 Cup	114	4.66	22.32	0.52	0.12	3.85	311.00
Rice: Bayou Rice Salad	1/2 cup	224	6.29	31.47	7.64	1.74	0.76	982.00
Rice: Brown	1/2 Cup	95	1.97	19.94	0.70	0.14	1.53	97.00
Rice: Fiesta Rice	1/2 cup	117	2.21	23.50	1.45	0.21	1.01	45.00
Rice: Oriental fried rice (Brown)	1 Cup	194	5.21	36.36	2.81	0.59	1.76	106.00
Rice: Pilaf including Orange Rice Pilaf	1/2 cup	122	2.00	21.50	4.50	0.00	0.50	390.00
Rice: Pilaf with Orzo	1/2 cup	193	3.54	32.85	4.91	0.74	0.94	32.15
Rice: White	1/2 Cup	103	2.13	22.25	0.22	0.06	0.32	302.00
Roasted Italian Vegetables/Roasted Zucchini & Summer Squash	1/2 Cup	50	1.40	9.71	1.10	0.19	2.74	88.00
Roasted Tomatoes w/Rosemary	1/2 Cup	84	1.05	5.99	6.89	0.95	1.37	11.27
Romaine Caesar Side Salad	1/2 Cup	37	1.54	5.08	1.41	0.72	1.16	64.17
Salsa	1/2 Cup	47	1.96	9.13	0.26	0.03	1.83	280.00
Saltines, 1 pkg (1/4 oz)	1 pkg.	25	0.00	5.00	0.50	0.00	0.00	90.00
Sandwich Roll, round, Kaiser/hard roll	1 Each	260	8.00	52.00	2.50	1.00	2.00	560.00
Snow peas, fresh raw	1/2 Cup	33.5	2.50	5.50	0.00	0.00	2.00	3.00
Southwest Black or Pinto Beans	1/2 Cup	156	5.07	16.61	1.64	0.25	3.49	247.00
Spinach Salad	1/2 cup	33	1.66	4.04	1.51	0.17	1.22	37.00
Spinach Salad w/Cranberries & Feta	1/2 cup	44	0.55	1.90	3.98	0.55	0.81	92.39
Stir Fry Vegetables	1/2 Cup	68	2.87	7.34	3.56	0.51	2.28	214.03
Taco Shells, corn, 6"	2 shells	60	1.20	12.00	0.80	0.00	0.80	2.00
Toasted Flatbreads (garlic & oil, no additional topping)	3 Squares	200	4.88	23.42	9.60	1.48	1.05	302.00
Tomato Soup, canned, Campbell's	8 oz	180	4.00	40.00	0.00	0.00	2.00	960.00
Tomatoes, fresh	1/2 Cup	16	0.79	3.53	0.18	0.04	1.08	4.00
Tossed Green Salad	1/2 Cup	18	1.19	3.43	0.24	0.03	1.75	12.00
Tossed Salad w/ Light Dressing	1/2 Cup	13	0.62	2.89	0.12	0.02	0.95	11.00
Tossed Salad w/ Vinegar & Oil	1/2 Cup	68	0.55	2.84	6.33	1.07	0.85	9.00
Turkey Gravy	1/4 cup	25	1.00	4.00	0.50	0.00	0.00	300.00
Turkey Sausage Links	2 Links	60	6.00	0.48	4.50	1.00	0.00	100.00
Turkey Sausage Patty	1 Patty	60	6.00	0.13	4.50	1.00	0.00	100.00
Turkey Taco Meat	3.75 oz.	190	17.00	3.00	11.40	2.80	0.00	646.00
Vegetable Pasta Salad	1/2 Cup	119	4.53	21.93	1.65	0.29	2.55	107.00
Vegetable Soup, Campbell's	1 Cup	200	8.00	40.00	1.00	1.00	6.00	1780.00

SIDES/ MISC								
Recipes	Portion Size	Calories	Protein (g)	Carbs (g)	Fat (g)	Sat Fat (g)	Fiber (g)	Sodium (mg)
Veggie sticks	6 - 8 sticks	25	0.71	5.77	0.18	0.00	1.96	64.00
Vegetarian Baked Beans	1/2 cup	120	6.17	25.18	0.75	0.20	6.29	460.12
Warm baked apple slices	1/2 Cup	178	0.32	37.84	3.77	0.66	2.58	28.00
Wheat Breadstick	1 Each	110	4.00	21.00	1.00	0.00	0.00	230.00
Whole Grain Dinner Roll	1 Each	130	4.00	24.00	1.50	0.50	3.00	240.00



Disclaimer: All Entrees are served with fruit, vegetable and a choice of milk. Nutrient values do not include these meal accompaniments. Nutrient values have been determined using approved software comprised of common foods found in the USDA database and standardized recipes. These results should be viewed and used only as a guide - a close approximation of the true nutrient content - since various factors influence the amounts of nutrients in foods. The reliability of data may fluctuate with changes in portion size, product specifications, recipe compliance and manufacturer's ingredients. In addition, the values for trans fats for most foods has still not been measured in the USDA database, unlike those provided by manufacturers for packaged foods. For that reason, this information is currently unavailable.