

The data contained within this report should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

<i>Menu Items</i>	Calories	Total Fat g	Cholest mg	Sodium mg	Total Carb g	Fiber g	Sugars g	Protein g
Beans and Chips	310	7.5	0	495	49	11	1	11
Beef Steak (Country Fried Breaded)	460	20	50	880	33	2	1	16
Bean Cheese Burrito	310	9	10	580	40	9	4	16
Beef Steak and Potato	410	14	25	670	51	6	1	22
Beef Stroganoff	478	14.7	30	1057	66	11.6	3.2	21.9
Bento	586	12	5	479	91	12	3	26
Biscuit and Cheese	207.5	8.25	7.5	675	25	2	3.75	6
Bosco Sticks	140	3.5	10	230	17	1	2	10
Breakfast Burrito	274.5	11.06	213	699	23.88	3	2.68	18.81
Burrito Beef & Bean	390	12	30	840	49	12	2	22
Cheese Bagel	227.5	3.75	7.5	535	38	6	6.75	13
Cheese Quesadilla	199	7.62	16	373	21.56	3	1.16	10.62
Cheeseburger	315.5	11.25	41.5	425	33	4	2.75	21
<i>Cheese Pizza- Road Runner 1/8 of</i>	300	13	50	770	28	2		19
Chicken Nuggets	270	17	40	470	15	0	0	14
Chicken Sandwich	390	14	25	590	45	5	2	22
Chicken Taco	198.5	6.76	31.2	433	21.58	3	1.08	12.41
Chicken (Baked) with Roll	350	18.5	85	490	21	1	3	25
Chicken (Ranch House)	305	19	93	428	212	3	0.4	23
Chicken Parmesan Pasta	260	6	49	451	34	5	2	18
Chicken w/Rice	398	64	46.4	324	67	4	0.2	19
Chili and Chips	482	13.6	30	811	51	11.8	9.6	20.1
Corn Dog	280	15	45	830	26	1	9	10
Cuban Pork Burrito	190	7	51	461	12	1	0	18
Deli Sandwiches								
<i>Tuna Sub 1/2 cut portion</i>	167	5	14	202	22	3	2	7
<i>Turkey Sub 1/2 cut portion</i>	204	4	32	541	22	3	2	17
<i>Ham Sub 1/2 cut portion</i>	207	4	37	790	25	3	4	16
Dippy Chips	325	8	0	530	51	11	2	11
Fish and Tator Tots	340	13	50	250	39	4	1	17
Fish Nuggets	220	9	50	230	19	2	1	15

Grilled Cheese Sandwich 1 whole s	250	10.4	30	780	23	3	5	16
Ham Cheese Muffin Melt	322	8	74	1711	34	4	8	30
Ham Cheese Sandwich w/burger b	299	8	51	1092	36	3	6	24
Hamburger	278	9	34	280	32	4	2	18
Hot Dog	280	12	45	770	30	3	2	13
Macaroni and Cheese	320	10	8	661	47	6	2	12
Meat Soft Taco (Beef)	339	19	48	402	24	1	0	17
Meat Spaghetti	340	8.5	30	790	48	7	6	18
Mexi Mac and Cheese	320	10	8	611	47	6	2	12
Mini Cheese Pizza	618	26	60	1326	59	9	7	40
Nacho Bar	671	34	60	1333	55	8	1	37
PBJ Sandwich	440	18	1	233	54	21	14	13
Pizza Cheese Stick	300	12	10	740	34	4	6	14
Pork Chop	260	17	40	330	11	2	1	16
Sloppy Joe on a Bun	285	9	33	453	51	24	2	217
Spaghetti W/Meat Sauce	525	10	31	731	51	7	10	19
Super Sub								
<i>Turkey & Cheese Sub 1/2 sandwich</i>	204	4	32	541	22	3	3	17
<i>Ham & Cheese Sub 1/2 sandwich</i>	206	4	37	791	25	3	4	16
<i>Tuna Sub 1/2 Sandwich</i>	167	5	14	202	22	3	2	7
Taco Salad (1 portion)	400.23	17.2	41.88	651.33	36.11	5.68	2.72	18.27
Tator Tots	120	3.5	0	20	20	2	0	2
Turkey Mashed Potato	132	3	11	694	23	1	1	6
Turkey Noodle Casserole 3/4 cup	248	25	59	894	35	1	2	14
Yogurt Parfait w/graham	463	3	5	232	103	13	70	8
Condiments <i>All condiments are not offered everyday.</i>								
Mustard Packet	5	0	0	70	0	0	0	0
Mayo Packet	70	7	5	45	0	0	0	0
Fancy Catsup	20	0	0	160	4	0	4	0
Onion	6	0	0	1	0	0	0	0
Tomatoes small thin slice	3	0	0	1	0	0	0	0
Cucumber 4 slices	4	0	0	0	0	0	0	0
Red & Green Bell Peppers 1 med	20	0	0	1	0	0	0	0

lettuce-shredded	0	0	0	3	0	0	0	0
Jalapenos 1 large	18	0	0	4	0	0	0	0
Black olives 2 small	7	0	0	60	0	0	0	0
Dill Pickles 3 slices	3	0	0	184	0	0	0	0
Sweet Pickles 3 slices	20	0	0	103	0	0	12	0
Shredded Cheese - yellow								
1/2oz	40	3	8	101	0.28	0	0.08	4
1oz	79	5	16	203	1	0	0.16	8

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