

Please be advised we are working on updated all nutritional facts. The information will be updated monthly. Below is a chart of featured menu item.



Item	Division	Portion	Calories	Total Fat (g)	Sat. Fat (g)	Protein (g)	Total Carb (g)	Fiber (g)	Sodium (mg)
American cheese	k-8 High	4 slice	140	9	5	10	8	0	580
Apple fresh	k-8	1	52	0.2	0	0.3	13.8	2.4	0
Apple juice	k-8 High	4 oz	50	0	0	0	13	0	10
Apple Sauce	k-8	½ cup	90	0	0	0	22	2	10
Apple Sauce	High	1 cup	180	0	0	0	44	4	20
Bagel mini	k-5	1	110	0.5	0	4	24	3	170
Bagel	8-Jun High	1	300	1.5	0	11	63	7	450
Baked Rotini	k-8	1 cup	188	5	1	7	30	6	167
Baked Rotini	High	2 cup	376	10	2	14	60	12	334
Banana	k-8 High	1 each	30	0	0	1	30	3	0
BBQ sauce	k-8 High	2 Tbsp	50	0	0	0	11	0	110
Bean Salad (3Beans)	k-8	½ cup	198	6	1	10	28	10	382
Bean Salad (3Beans)	k-8	1 cup	398	12	2	20	56	20	768
Type of Food	Division	Portion	Calories	Total Fat (g)	Sat. Fat (g)	Protein (g)	Total Carb (g)	Fiber (g)	Sodium (mg)
Biscuit	k-8 High	1 each	180	5	0	4	28	2	160
Black beans (hot or cold)	k-8	½ cup	90	0	0	6	16	5	360
Black beans (hot or cold)	High	1 cup	180	0	0	12	32	10	720
Bread Slice WG	k-8 High	2 slices	120	2	0	4	26	2	300
Bread Slice WG 12 grain	k-8 High	2 slices	220	4	0	10	42	2	300
Bread Stick garlic	k-8	1 stick	90	3	0	3	15	1	95
Bread Stick garlic	High	2 stick	180	6	0	6	30	2	190
Broccoli	k-8	1/2 c	10	0	0	1	2	1	9
Broccoli	High	1 c	20	0	0	2	4	2	19
Butter	k-8 High	1 tablespoon	100	11	7	0	0	0	2
Carrot Sticks	k-8	½ cup	57	0	0	2.5	10	1.25	70
Carrot Sticks	High	1 cup	114	0	0	5	20	2.5	140

Carrots frozen	k-8	½ cup	30	0	0	<1	6	2	370
Carrots frozen	k-8	1 cup	60	0	0	1	12	4	740
Cauliflower	k-8	½ c	25	0	0	2.5	3.5	2.5	30
Cauliflower	High	1 c	50	0	0	5	7	5	60
Type of Food	Division	Portion	Calories	Total Fat (g)	Sat. Fat (g)	Protein (g)	Total Carb (g)	Fiber (g)	Sodium (mg)
Cereals :									
Applejacks	k-8 High	1 oz bowl	110	1	0.5	2	24	2	160
Cheerios	k-8 High	1 oz bowl	100	2	0	4	21	3	140
Cinnamon Toast Crunch	k-8 High	1 oz bowl	120	3	0	1	22	1	160
Cocoa Puffs	k-8 High	1 oz bowl	120	1.5	0	2	25	2	120
Corn Flakes	k-8 High	.75 oz bowl	80	0	0	1	18	<1	150
Golden Grahams	K-8 High	1 oz bowl	110	0.5	0	1	24	1	210
Honey Nut Cheerios	k-8 High	1 oz bowl	110	1.5	0	2	23	2	160
Fruit Loops	k-8 High	1 oz bowl	110	1	0.5	2	24	2	160
Frosted Flakes	k-8 High	1 oz bowl	100	0	0	2	24	2	170
Honey nut Chex	k-8 High	1 oz bowl	120	0.5	0	2	27	1	200
Kix	k-8 High	1 oz bowl	110	0	0	0	25	3	180
Lucky Charms	k-8 High	1 oz bowl	110	1	0	2	23	2	180
POPS	k-8 High	.75 oz bowl	80	0	0	<1	19	0	75
Type of Food	Division	Portion	Calories	Total Fat (g)	Sat. Fat (g)	Protein (g)	Total Carb (g)	Fiber (g)	Sodium (mg)
Raisin Bran	K-8 High	1 oz bowl Raisin bran	110	0.5	0	3	27	4	125
Special K	k-8 High	.65 oz bowl	70	0	0	3	13	0	120
Trix	k-8 High	1 oz bowl	110	1.5	0	1	24	1	140
Cheese bread	k-8 High	4 oz	520	27	11	24	46	8	1000
Cheese Cream	K-8 High								
Cheese cheddar shredded	k-8 High	½ oz	56	5	3	4	0	0	96
Cheese Shredded Mozzarella	k-8 High	2 oz	90	6	4	7	1	0	210
Cheese String Mozzarella	k-8 High	1 each	60	3	2	7	1	0	200
Chic Peas (hot or cold)	k-8	½ cup	80	4	0	4	80	4	140
Chic Peas (hot or cold)	High	1 cup	160	8	0	8	160	8	280
Chicken Fajita	k-8 High	3 oz	130	6	1.5	16	1	0	300
Chicken Nugget	k-8	5 piece	180	9	2	15	9	1	260
Chicken Nuggets	High	6 piece	360	18	4	30	18	1	260
Chicken Pattie	k-8 High	1	240	13	2	13	15	3	490
Type of Food	Division	Portion	Calories	Total Fat (g)	Sat. Fat (g)	Protein (g)	Total Carb (g)	Fiber (g)	Sodium (mg)
Chicken Popcorn size	K-8 High	About 15 pieces	230	14	2.5	12	14	2	240
Corn (hot or cold)	k-8	½ cup	90	0	0	2	20	2	300
Corn	High	1 cup	180	0	0	4	40	4	600
Cucumber	k-8	½ c	8	0	0	0	2	0	1

Cucumber	High	1 cup	16	0	0	0	4	0	2
Dinner Roll	k-8 Dinner	1 each	80	0	0	3	18	2	140
Egg roll	k-8	1	140	4.5	1	4	21	3	240
Egg roll	High	2	280	4.9	2	8	42	6	480
Egg Salad	High	½ cup	188	15.5	3.5	9.5	2.9	0	450
English Muffin	k-8 High	1 each	120	1	0	0	6	24	3
Hot Dog Bun WG	k-8 High	1 each	110	1	0	3	23	2	210
French Toast sticks	K-8 High	3 sticks	253	10.6	2.5	9.3	31.1	2.9	326
French bread	k-8 High	2 oz	140	0	0	3	28	2	50
French Fries	k-8	½ cup	130	3.5	1	2.5	24	2.5	350
Type of Food	Division	Portion	Calories	Total Fat (g)	Sat. Fat (g)	Protein (g)	Total Carb (g)	Fiber (g)	Sodium (mg)
French Fries	High	1 cup	260	7	2	5	48	5	700
Fruit Cocktail/ Mixed Fruit	k-8	½ cup	84	<1	0	<1	21	1	4
Fruit Cocktail / Mixed Fruit	High	1 cup	168	1	0	1	42	2	8
Gravy	K-8 High	¼ cup	20	1	0.5	<1	3	0	290
Green Beans garlic	k-8	1/2 c	91	6	0	4	5	2	177
Green Beans garlic	High	1 c	112	4	0	4	10	4	292
Green Beans Canned	k-8	½ cup	20	0	0	<1	4	2	380
Green Beans Canned	High	1 cup	40	0	0	1	8	4	760
Grilled Cheese	k-8 High	1	416	23	12.9	22.7	29.7	3.8	1000
Hamburger Patty (no Bun)	k-8 High	1 each	130	10	4	10	0	0	100
Hamburger Bun/ WG BUN	k-8 High	1 Bun	130	1.5	0	6	26	2	290
Hero Bread	K-8 High	1 each	250	2.5	0.5	9	47	5	540
Italian Dressing	k-8 High	1 each	40	3	1	0	3	0	280
Ketchup Can	k-8 High	2 oz	40	0	0	0	8	0	360
Ketchup Ind.	k-8 High	1 packet	10	0	0	0	2	0	90
Omelet Plain	k-8 High	1 each	60	4	1	3	1	0	110
Type of Food	Division	Portion	Calories	Total Fat (g)	Sat. Fat (g)	Protein (g)	Total Carb (g)	Fiber (g)	Sodium (mg)
Cheese Omelet	k-8 High	1	210	17	6	12	3	3	500
Oranges	k-8 High	1	60	0	0	1	11	1	0
Orange Juice	K-8 high	½ c	60	0	0	0	14	0	0
Macaroni Salad									
Marinara Sauce	k-8 High	2 oz	40	2	0.25	1.5	4.5	1.5	0
Mayonnaise Ind.	k-8 High	1 packet	50	5	1	0	2	0	75
Mashed Potato	k-8	½ cup	140	0	0	2	28	1	15
Mashed Potato	High	1 c	280	0	0	4	56	2	30
Meatballs	k-8	3	118	65	2.5	11	4	1	172
Meatballs	High	4	158	86	3.4	13	5	1	229
Milk 1%	K-8 & High	8 oz	110	2.5	1.5	8	13	0	130
Milk White Fat free	K-8 & High	8 oz	90	0	0	8	13	0	130

Milk Chocolate Fat free	K-8 & High	8 oz	130	0	0	8	22	0	170
Mix Veggies	k-8	½ cup	45	0	0	2	10	3	35
Mix Veggies	High	1 cup	90	0	0	4	20	6	70
Type of Food	Division	Portion	Calories	Total Fat (g)	Sat. Fat (g)	Protein (g)	Total Carb (g)	Fiber (g)	Sodium (mg)
Mozzarella Sticks Hot	k-8	5	400	20	7.5	18	36	3.3	446
Mozzarella Sticks Hot	High	6	480	24	9	22	44	4	560
Mozzarella Shredded (Part Skim)	k-8	2 oz	90	7	5	6	1	0	170
Mustard Ind.	k-8	1 packet	5	0	0	0	0	0	40
Pancakes Buttermilk	k-8	2 each	160	2	0	3	31	2	55
Peaches	k-8	1	51	0.3	0	1.2	12	2	0
Peaches Canned	k-8	½ cup	60	0	0	0	14	1	5
Peaches Canned	High	1 cup	120	0	0	0	28	2	10
Pre made PB& J (uncrustable)	k-8	1 each	300	16	3.5	9	32	4	280
Pears Fresh	k-8	1 piece	101	0	0	1	27	6	0
Pears Canned	K-8	½ cup	80	0	0	0	19	1	15
Pears Canned	High	1 cup	160	0	0	0	38	2	30
Pineapple Canned	k-8	½ cup	70	0	0	1	17	1	10
Pineapple Canned	High	1 cup	140	0	0	2	34	2	20
Type of Food	Division	Portion	Calories	Total Fat (g)	Sat. Fat (g)	Protein (g)	Total Carb (g)	Fiber (g)	Sodium (mg)
Pita WG	k-8	1	150	0.5	0	6	31	3	260
Pizza French Bread	K-8	1 slice	333	16	11	22	28	3	363
Pizza Slice	K-8	1 slice	310	12	7	20	27	3	480
Pizza Slice 4x6	High	1 slice	336	16	10	20	28	3	560
Pizza Sticks	k-8	2 sticks	300	12	6	10	34	2	640
Pizza Round	K-8	1 each	343	17	10	20	29	3	457
Plantains	k-8	½ cup	199	4	0	2	40	2	0
Plantains	High	1 cup	298	8	0	4	80	4	0
Pork Pattie	k-8	1 each	170	10	3.5	14	6	1	400
Pretzel (Soft)	k-8	1 each	160	1	0	5	31	3	75
Rice Brown	k-8	¼ c	160	1.5	0	4	34	1	0
Rice & Beans	High	1 cup	384	12	1	9	58	8	475
Roll Kaiser WG	k-8	1 each	220	2	0.5	2	42	8	460
Sausage Pattie	k-8	1 each	90	6	0	7	1	2	180
Type of Food	Division	Portion	Calories	Total Fat (g)	Sat. Fat (g)	Protein (g)	Total Carb (g)	Fiber (g)	Sodium (mg)
Salsa	k-8	2 oz	10	0	0	0	2	0	135
Side Salad	k-8	1 cup	5	0	0	0	1	1	7
Soup Minestrone	High	1 cup	200	7	1	4	18	6	1920
Soup Chicken Noddle	High	1 cup	140	5	2	6	24	4	1920
Soup Vegetarian vegetable	High	1 cup	140	3	0	4	26	2	2020

Spaghetti	k-8	½ c	97	1	0	4	20	3	45
Spaghetti	High	1 cup	194	2	0	8	40	6	90
Spaghetti Sauce	k-8 High	½ c	80	4	0.5	3	9	3	400
Rib Pattie	k-8 High	1	170	90	3.5	14	6	1	400
Strawberries	k-8	½ cup	24.5	0	0	1	5.85	3	0
Strawberries	High	½ cup	49	0	0	2	11	6	0
Sweet Pottoe Fries	k-8	1/2 c	146	0.6	6	2.5	21	4	266
Sweet Pottoe Fries	High	1 cup	292	4	0	4	24	4	300
Syrup	k-8 High	1 packet	100	0	0	0	31	0	20
Taco Meat	k-8 High	3 oz	89	2	1	12	6	3	214
Taco Shell Hard	k-8 High	1	160	7	1	2	22	2	0
Type of Food	Division	Portion	Calories	Total Fat (g)	Sat. Fat (g)	Protein (g)	Total Carb (g)	Fiber (g)	Sodium (mg)
Taco Quesadillas	k-8	3 each	260	9	2.5	14	30	4	580
Taco Quesadillas	High	4 each	346	12	3.3	18	40	5.3	773
Teriyaki sauce	k-8 High	2 TBSP	50	0	0	0	4	0	200
Tortilla Wrap WG 6'	k-5	1 each	200	5	2	5	32	1	340
Tortilla Wrap WG 6'	6-8 & High	2 each	400	10	4	10	64	2	680
Tortilla Wrap WG 10'	k-8 High	1	140	3.5	1.5	5	27	4	320
Turkey Hot Dog	k-8 High	1	130	11	4	7	1	0	600
Tuna on sliced WW Bread	k-8 High	1 each	241	4	0	26	30	4	714
Vegetable Stir Fry	k-8	½ cup	58	2	0	2	9	2	41
Vegetable Stir Fry	High	1 cup	116	4	0	4	18	2	82
Vegetarian Bean Chili	k-8 High	¾ cup	139	2	0	8	21	7	237
Yogurt Plain	k-8 High	1 each	90	1	0	4	16	0	45
Yogurt Strawberry	k-8 High	1 each	90	0	0	3	19	0	75
Waffle	k-8 High	1 each	65	2	0	2	12	2	150