

**SECONDARY (6-12) MENU ITEM NUTRIENT ANALYSIS
2018-2019**

| Item Name (Serving Size) | Calories | Carb (g) | Fat (g) | Sfat (g) | TFat (g) | Chol (mg) | Na (mg) | Fiber (g) | Pro (g) |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------|-----------------|----------------|-----------------|-----------------|------------------|----------------|------------------|----------------|
| Apple Chips, Strawberry Flavored (1 Bag)Contains Strawberries | 40.00 | 10.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 2.00 | 0.00 |
| Apple Juice - (1 ea.)Contains Apples. | 60.00 | 14.00 | 0.00 | 0.00 | 0.00 | 0.00 | 5.00 | 0.00 | 0.00 |
| Apple Slices, fresh - (1 ea.) | 29.00 | 7.83 | 0.10 | 0.02 | 0.00 | 0.00 | 1.00 | 1.40 | 0.15 |
| Apple, Red Delicious (1 large (3-1/4" dia)) | 116.41 | 30.80 | 0.38 | 0.07 | 0.00 | 0.00 | 2.45 | 5.40 | 0.58 |
| Apples, diced (1 ea.) | 32.22 | 8.70 | 0.11 | 0.03 | 0.00 | 0.00 | 1.11 | 1.56 | 0.16 |
| Applesauce - (1/2 c.) | 77.45 | 19.91 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 2.21 | 0.00 |
| Applesauce Pouch - (1 ea.) | 50.00 | 15.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 1.00 | 0.00 |
| Baby Carrots - (1 Bag) | 29.77 | 7.01 | 0.11 | 0.02 | | 0.00 | 66.34 | 2.47 | 0.54 |
| Bacon & Egg Breakfast Taco - (1 ea.)Contains Milk, Egg, Wheat, Turkey. | 213.56 | 14.80 | 10.54 | 3.28 | 0 | 187.13 | 658.58 | 1.02 | 13.07 |
| Bacon Cheeseburger - LE1 (1 ea.)Contains Milk, Wheat, Soy, Beef, Turkey. | 405.50 | 21.58 | 8.07 | 0.00 | 62.59 | 565.75 | 30.21 | 3.00 | 23.24 |
| Bacon Mac & Cheese Pizza - LE59 (1 slice)Contains Milk, Wheat, Soy, Gluten, Corn/Corn Products, Turkey, Onion. | 493.70 | 18.98 | 9.62 | 0.01 | 50.13 | 855.50 | 50.15 | 4.87 | 28.70 |
| Baked Beans - (4 fl oz) | 158.26 | 33.91 | 0.56 | 0.00 | 0.00 | 0.00 | 418.26 | 6.78 | 5.65 |
| Baked Potato (1 ea.) | 306.13 | 2.62 | 0.44 | 0.00 | 0.00 | 17.60 | 65.57 | 4.79 | 7.77 |
| Baked Tostitos Scoops - (1 Bag) | 110.00 | 19.00 | 2.50 | 0.00 | 0.00 | 0.00 | 125.00 | 2.00 | 2.00 |
| Balsamic Dressing - (2 fl. oz.) | 185.48 | 34.24 | 5.43 | 0.78 | 0 | 0 | 124.20 | 0.04 | 0.21 |
| Banana - (1 ea.) | 121.04 | 31.06 | 0.45 | 0.15 | | 0.00 | 1.36 | 3.54 | 1.48 |
| Banana Bread - (1 slice)Contains Milk, Egg, Wheat. | 199.99 | 37.89 | 4.01 | 1.80 | 0.02 | 23.66 | 188.39 | 2.65 | 4.43 |
| BBQ Beef on Bun - (1 no. 8 scoop on bun)Contains Wheat, Soy, Beef | 390.00 | 50.00 | 12.50 | 5.00 | 0.00 | 35.00 | 1050.01 | 5.00 | 22.00 |
| BBQ Sauce Dip - (1 pkg.) | 60.00 | 16.00 | 0.00 | 0.00 | 0.00 | 0.00 | 120.00 | 0.00 | 0.00 |
| Beef and Cheese Nachos - HIGH SCHOOL (1 no. 16 scoop meat + 1 no. 8 scoop cheese + 2 oz chips)Contains Milk, Wheat, Soy, Beef, Corn/Corn Products, Rice, Sunflower Seeds, Onion. | 697.37 | 41.02 | 11.94 | 2.03(M) | 85.27 | 992.60 | 43.95 | 3.38 | 32.36 |
| Beef and Cheese Nachos - MIDDLE SCHOOL (1 no. 16 scoop meat + 1 no. 16 scoop cheese + 2 oz chips)Contains Milk, Wheat, Soy, Beef, Corn/Corn Products, Rice, Sunflower Seeds, Onion. | 579.90 | 33.80 | 8.51 | 2.01(M) | 68.55 | 664.14 | 39.73 | 3.35 | 25.53 |
| Berries, fresh, ind (1 ea.)Contains Berries (blueberries, strawberries) | 24.21 | 5.95 | 0.19 | 0.01 | | 0.00 | 0.62 | 1.31 | 0.43 |
| Berry Cobbler (1 #6 scoop) Milk, Wheat, Soy, Berries (all kinds), Corn/Corn Products. | 316.45 | 61.52 | 7.69 | 3.35 | 0 | 0.00 | 87.98 | 2.62 | 2.70 |
| Blueberry Banana Muffin - (1 ea.)Contains Milk, Egg, Wheat, Soy, Berries (all kinds). | 291.69 | 53.52 | 7.15 | 3.13 | 0.03 | 30.30 | 270.50 | 3.28 | 6.17 |
| Bread Dressing (Thanksgiving only) -Contains Milk. May contain Egg, Wheat, Soy, Gluten, Chicken, Onion | 367.06 | 52.01 | 15.45 | 6.66 | 0.03 | 0.99 | 810.53 | 3.28 | 5.63 |
| Breaded Chicken Sandwich - (1 ea.)Contains Milk, Wheat, Soy. | 378.97 | 44.00 | 10.30 | 1.97 | 0.00 | 63.00 | 740.00 | 4.00 | 28.00 |
| Breadsticks for Entree Salad - (1 ea.)Contains Milk, Egg, Wheat | 127.87 | 22.19 | 2.54 | 1.08 | 0.01 | 17.45 | 187.34 | 2.29 | 4.48 |
| Broccoli & Cheese (baked potato topping) (1 ea.)Contains Milk, Soy. | 30.75 | 4.38 | 0.57 | 0.32 | 0 | 1.9 | 56.08 | 2.47 | 3.23 |
| Broccoli & Cheese Baked Potato - (5 oz spoodle + 1 potato)Contains Milk, Wheat, Soy, Corn/Corn Products, Onion. | 528.16 | 14.73 | 6.98 | 0.03 | 33.44 | 681.62 | 75.44 | 5.71 | 22.28 |
| Broccoli, fresh - (1 #8 scoop) | 9.53 | 1.78 | 0.12 | 0.02 | | 0.00 | 9.19 | | 1.01 |
| Brown Gravy (1 fl. oz.)Contains Milk. Processed in a facility that also processes Egg, Wheat, Soy, Gluten, Beef. | 0.28 | 0.06 | 0.00 | 0.00 | 0.00 | 0.00 | 4.08 | 0.00 | 0.01 |
| Brown Rice Pilaf - (1 #8 scoop)Contains Chicken, Onion. | 113.08 | 1.24 | 0.00 | 0 | 0.00 | 109.75 | 22.77 | 1.35 | 2.67 |
| Buffalo Chicken Pizza - (1 slice)Contains Milk, Egg, Wheat, Soy, Chicken, Onion | 413.97 | 15.45 | 7.51 | 0 | 64.66 | 948.84 | 39.54 | 4.17 | 29.27 |
| California Blend Vegetables - (4 fl oz slotted spoodle)Contains Milk. | 32.19 | 0.06 | 0.04 | 0 | 0.03 | 68.09 | 6.51 | 2.91 | 1.93 |
| Canned Spinach (4 fl oz slotted spoodle) | 43.33 | 6.50 | 0.00 | 0.00 | 0.00 | 0.00 | 281.67 | 4.33 | 8.67 |
| Cantaloupe Chunks, fresh - (4 fl oz solid spoodle) | 30.84 | 7.40 | 0.17 | 0.05 | | 0.00 | 14.52 | 0.82 | 0.76 |

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**SECONDARY (6-12) MENU ITEM NUTRIENT ANALYSIS
2018-2019**

| Item Name (Serving Size) | Calories | Carb (g) | Fat (g) | Sfat (g) | TFat (g) | Chol (mg) | Na (mg) | Fiber (g) | Pro (g) |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------|----------|---------|----------|----------|-----------|---------|-----------|---------|
| Carrot & Broccoli Slaw (4 oz. spoodle) | 62.54 | 11.53 | 1.35 | 0.22 | 0 | 0.36 | 80.24 | 1.94 | 2.36 |
| Carrots, diced - (4 fl oz slotted spoodle)Contains Milk. | 51.59 | 9.09 | 0.07 | 0.05 | 0 | 0.04 | 96.41 | 2.79 | 1.39 |
| Celery Sticks, fresh - (1 #8 scoop) | 9.60 | 1.78 | 0.10 | 0.03 | | 0.00 | 48.00 | 0.96 | 0.41 |
| CEREAL, CINNAMON TOAST CRUNCH, BOWL - (1ea.)Contains Wheat, Soy. | 230.00 | 44.00 | 6.00 | 1.00 | 0.00 | 0.00 | 320.00 | 3.00 | 3.00 |
| Cereal, Frosted Cinnamon Flakes (1 ea.)Contains Wheat. | 200.00 | 48.00 | 1.00 | 0.00 | 0.00 | 0.00 | 340.00 | 5.00 | 4.00 |
| Cereal, Frosted Mini Spooners - (1 ea.)Contains Wheat. | 200.00 | 46.00 | 1.00 | 0.00 | 0.00 | 0.00 | 10.00 | 6.00 | 5.00 |
| CEREAL, HONEY SCOOTERS, 2 OZ BOWL (1ea.)Contains Wheat. | 219.43 | 45.15 | 2.56 | 0.36 | | 0.00 | 394.06 | 3.57 | 4.87 |
| Cereal, Toasty Os (1 ea.)Contains Wheat. May contain Soy. | 100.00 | 18.00 | 1.50 | 0.00 | 0.00 | 0.00 | 120.00 | 2.00 | 3.00 |
| Charro Beans - (4 fl oz slotted spoodle)Contains Tomatoes, Onion. | 70.46 | 13.38 | 0.35 | 0.07 | 0 | 0 | 174.45 | 4.39 | 4.24 |
| Cheese Calzone - LE4 (1 ea.)Contains Milk, Wheat, Soy. | 372.00 | 18.73 | 7.53 | 0.00 | 30.00 | 510.00 | 32.00 | 2.00 | 22.00 |
| Cheese Croissant - (1 ea.)Contains Milk, Egg, Wheat, Soy. | 261.00 | 32.02 | 10.56 | 5.03 | 0.00 | 15.19 | 593.50 | 3.00 | 11.07 |
| Cheese Enchiladas, (1 ea.)Contains Milk, Wheat, Soy, Beef, Onion | 524.52 | 47.6 | 25.05 | 15.01 | 0.17 | 54.6 | 838.59 | 4.85 | 19.28 |
| Cheese Nachos - (4 fl oz Cheese +2 oz chips)Contains Milk, Wheat, Soy, Corn/Corn Products, Rice, Sunflower Seeds, Onion. | 518.44 | 28.61 | 7.88 | 0.03 | 33.44 | 879.68 | 40.85 | 2.09 | 17.71 |
| Cheese Pizza - (1 slice)Contains Milk, Wheat, Soy. | 350.00 | 37.00 | 13.00 | 7.00 | 0.00 | 35.00 | 480.00 | 4.00 | 21.00 |
| Cheese Stuffed Breadsticks - (2 ea.)Contains Milk, Wheat, Soy | 287.81 | 30.00 | 10.67 | 5.31 | 0.00 | 31.42 | 437.98 | 2.00 | 18.57 |
| Cheeseburger - (1 ea.)Contains Milk, Wheat, Soy, Beef. | 385.50 | 30.21 | 20.08 | 8.07 | 0.00 | 57.59 | 470.75 | 3.00 | 21.24 |
| Chef's Salad - (1 ea.)Contains Milk, Egg, Soy, Turkey. | 306.54 | 15.18 | 21.17 | 6.95 | 0 | 149.74 | 856.64 | 2.33 | 15.60 |
| Chicken Alfredo, ind -(1 ea.)Contains Milk, Wheat, Soy, Gluten, Chicken. | 323.56 | 44.66 | 6.32 | 0.99 | 0.00 | 75.65 | 1085.26 | 2.02 | 22.90 |
| Chicken Biscuit - (1 ea.)Contains Milk. May contain Egg, Wheat, Soy, Chicken. | 288.00 | 35.33 | 9.86 | 4.73 | 0.00 | 31.21 | 522.61 | 2.61 | 15.55 |
| Chicken Caesar Salad - SA290 (1 ea.)Contains Milk, Egg, Fish, Wheat, Soy, Chicken. | 479.37 | 17.69 | 31.37 | 9.63 | 0 | 113.35 | 1266.91 | 2.98 | 35.64 |
| Chicken Chunks - (3 3/4 oz.)Contains Milk, Wheat, Soy, Chicken. | 207.85 | 14.99 | 7.99 | 1.00 | 0.00 | 41.97 | 545.61 | 2.00 | 18.99 |
| Chicken Egg Roll (1 ea.)Contains Egg, Wheat, Soy, Chicken | 210.00 | 27.00 | 7.00 | 2.00 | 0.00 | 10.00 | 300.00 | 3.00 | 9.00 |
| Chicken Supreme Nachos - HIGH SCHOOL (1 #12 scoop chicken + 4 oz spoodle cheese + 2 oz chips)Contains Milk, Wheat, Soy, Chicken, Corn/Corn Products, Rice, Sunflower Seeds, Tomatoes, Onion. | 596.91 | 31.16 | 7.49 | 0.03 | 87.39 | 1114.12 | 41.89 | 2.53 | 32.42 |
| CHICKEN SUPREME NACHOS - MIDDLE SCHOOL (1 #16 scoop of chicken + #16 scoop of cheese + 2 oz chips)Contains Milk, Wheat, Soy, Corn/Corn Products, Rice, Sunflower Seeds, Tomatoes, Onion. | 502.82 | 25.12 | 4.67 | 0.02 | 60.80 | 935.40 | 38.34 | 2.44 | 26.34 |
| Chicken Tenders - (3 ea.) Contains Wheat, Soy. | 226.21 | 11.80 | 11.80 | 1.97 | 0.00 | 44.26 | 324.56 | 1.97 | 19.67 |
| Chicken Teriyaki & Stir Fried Rice (1 ea.)Contains Wheat, Soy, Chicken, Sesame. | 306.47 | 37.02 | 7.04 | 1.43 | 0 | 100.00 | 753.43 | 1.98 | 25.96 |
| Chicken Teriyaki (chicken only) (1 #10 scoop)Contains Wheat, Soy. | 123.81 | 9.52 | 3.33 | 0.95 | 0.00 | 66.67 | 457.13 | 0.00 | 15.24 |
| Chili & Beans Baked Potato - (1/2 CUP + BAKED POTATO + 1 OZ CHEESE)Contains Milk, Beef, Onion. | 507.40 | 9.78 | 4.26 | 0.8 | 35.97 | 623.51 | 82.17 | 9.74 | 23.11 |
| Chili Cheese Dog - (1 hot dog + 1 fl oz chili + 1 fl oz of cheese)Contains Milk, Wheat, Beef, Onion. | 306.75 | 14.63 | 4.35 | 0.28 | 69.87 | 636.86 | 24.85 | 2.62 | 18.62 |
| Chimichurri Chicken - (1 Thigh or 1 breast or 2 legs)Contains Milk. | 373.19 | 25.24 | 5.22 | 0 | 141.17 | 651.37 | 6.43 | 0.31 | 32.31 |
| Chorizo & Egg Breakfast Taco - (1 ea.)Contains Milk, Egg, Wheat, Soy. | 190.14 | 8.42 | 2.84 | 0 | 147.21 | 571.30 | 14.83 | 1.25 | 12.03 |
| Cilantro Brown Rice - (1 #8 scoop)Contains Chicken, Onion. | 112.49 | 1.14 | 0.01 | 0 | 0.00 | 37.35 | 22.98 | 1.52 | 2.82 |
| Cinnamon Applesauce Cup (1 ea.) | 50.00 | 13.00 | 0.00 | 0.00 | 0.00 | 0.00 | 15.00 | 1.00 | 0.00 |
| Citrus Salad - (1 ea.)Contains Citrus, Grapefruit. | 112.99 | 27.60 | 0.06 | 0.01 | 0 | 0.00 | 17.36 | 1.52 | 1.74 |
| Clementines - (1 ea.) | 80.56 | 20.28 | 0.47 | 0.06 | | 0.00 | 3.04 | 2.74 | 1.23 |
| Cole Slaw - (1 ea.)Contains Soy. | 42.55 | 5.54 | 2.26 | 0.35 | 0.03 | 0.00 | 19.77 | 1.18 | 0.61 |
| Cornbread - (1 slice)Contains Milk. May contain Egg, Wheat, Soy, Gluten. | 173.34 | 27.86 | 5.79 | 2.34 | 0.01 | 3.25 | 441.29 | 1.64 | 2.67 |

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**SECONDARY (6-12) MENU ITEM NUTRIENT ANALYSIS
2018-2019**

Cy-Fair Nutrition Services

| Item Name (Serving Size) | Calories | Carb (g) | Fat (g) | Sfat (g) | TFat (g) | Chol (mg) | Na (mg) | Fiber (g) | Pro (g) |
|-----------------------------------------------------------------------------------------------------------|-----------------|-----------------|----------------|-----------------|-----------------|------------------|----------------|------------------|----------------|
| Cranberry Apple Salad - (1 ea.)Contains Milk, Soy, Chicken. | 716.66 | 105.50 | 24.16 | 7.24 | 0 | 65.5 | 1583.04 | 9.98 | 27.28 |
| Cranberry Sauce (THANKSGIVING) - (1Tbsp.) | 88.48 | 22.62 | 0.03 | 0.00 | 0.00 | 0.00 | 2.80 | 0.67 | 0.42 |
| Croutons - (2 Tbsp.)Contains Milk, Wheat, Soy. | 35.22 | 4.03 | 1.51 | 0.00 | 0.00 | 0.00 | 55.34 | 0.00 | 1.01 |
| Crunchy Tacos (1 pkg shells + 1 each meat + 1 fl oz cheese)Contains Milk, Beef, Onion | 419.43 | 32.12 | 23.68 | 8.32 | 1.99 | 59.42 | 254.67 | 4.29 | 20.69 |
| Crunchy Tacos -MIDDLE SCHOOL (2 shells + 1 no. 16 scoop meat + 1 fl oz cheese)Contains Milk, Beef, Onion. | 419.43 | 23.68 | 8.32 | 1.99 | 59.42 | 254.67 | 32.12 | 4.29 | 20.69 |
| Crunchy Tacos, HIGH SCHOOL (3 shells + no. 12 scoop meat + 1 fl oz cheese)Contains Milk, Beef, Onion. | 613.15 | 34.68 | 11.95 | 3.04 | 86.57 | 313.82 | 47.75 | 6.46 | 29.86 |
| Cucumber Salad - (1 #8 scoop)Contains Onion. | 27.34 | 1.96 | 2.29 | 0.34 | 0 | 0.00 | 1.04 | 0.29 | 0.33 |
| Cucumber Slices, fresh - (7 slice) | 14.87 | 3.60 | 0.11 | 0.04 | | 0.00 | 1.98 | 0.50 | 0.64 |
| Cy-Fair Sauce - (2 fl. oz.)Contains Egg, Soy. | 248.60 | 38.51 | 11.69 | 1.30 | 0 | 12.99 | 421.33 | 0.04 | 0.08 |
| Egg & Bacon Spinach Salad - Contains Milk, Egg, Soy, Turkey. | 471.79 | 54.72 | 17.84 | 7.72 | 0 | 223.39 | 1256.27 | 3.03 | 21.55 |
| Egg, Bacon & Cheese English Muffin - (1ea.)Contains Milk, Egg, Wheat, Soy, Turkey. | 250.50 | 26.01 | 11.28 | 2.77 | 0.00 | 107.59 | 596.75 | 2.00 | 13.04 |
| Egg, Ham & Cheese Croissant (1 ea.)Contains Milk, Egg, Wheat, Soy, Turkey. | 246.83 | 26.18 | 10.51 | 3.01 | 0.00 | 112.39 | 588.34 | 2.00 | 13.49 |
| Egg, Ham, & Cheese English Muffin - (1 ea.)Contains Milk, Egg, Wheat, Soy, Turkey. | 246.83 | 26.18 | 10.51 | 3.01 | 0.00 | 112.39 | 588.34 | 2.00 | 13.49 |
| Express Side Salad - (1 ea.)Contains Soy. | 125.54 | 1.95 | 0.21 | 0.02 | 0.00 | 212.63 | 21.49 | 6.98 | 6.71 |
| Fish Nuggets - (4 ea.)Contains Milk, Egg, Fish, Wheat, Soy, Gluten. | 250.00 | 19.00 | 9.00 | 2.00 | 0.00 | 55.00 | 290.00 | 1.00 | 16.00 |
| Fish Nuggets - PreK - (1 ea.)Contains Fish, Wheat, Soy. | 200.00 | 17.00 | 9.00 | 1.50 | 0.00 | 40.00 | 310.00 | 1.00 | 14.00 |
| Fish Sandwich - (1 ea.)Contains Fish, Wheat, Soy. | 380.00 | 49.00 | 11.50 | 1.50 | 0.00 | 45.00 | 550.00 | 5.00 | 20.00 |
| Fish Sticks - (4 ea.)Contains Fish, Wheat, Soy. | 200.00 | 17.00 | 9.00 | 1.50 | 0.00 | 40.00 | 310.00 | 1.00 | 14.00 |
| Fish Tacos - (2 ea.)Contains Milk, Egg, Fish, Wheat, Soy, Tomatoes. | 413.47 | 15.64 | 2.57 | 0 | 46.05 | 993.14 | 48.35 | 4.07 | 18.91 |
| French Toast - (1 ea.)Contains Milk, Egg, Wheat, Soy. | 240.00 | 38.00 | 7.00 | 1.00 | 0.00 | 10.00 | 260.00 | 2.00 | 6.00 |
| Fresh Red Delicious Apple - (1 large (3-1/4" dia)) | 116.41 | 0.38 | 0.07 | 0.00 | 0.00 | 2.45 | 30.80 | 5.40 | 0.58 |
| Frozen Peach Cup - (1 ea.) | 52.98 | 13.99 | 0.00 | 0.00 | 0.00 | 0.00 | 11.30 | 1.25 | 0.50 |
| Frozen Strawberry Cup - (1 ea.) | 122.47 | 33.07 | 0.00 | 0.00 | 0.00 | 0.00 | 3.83 | 2.42 | 0.68 |
| Fruit Cocktail (Mixed Fruit) - (4 fl oz solid spoodle) | 89.74 | 22.43 | 0.00 | 0.00 | 0.00 | 0.00 | 22.43 | 1.12 | 0.00 |
| Gala Apple - (1 large (3- 1/4" dia)) | 116.41 | 0.38 | 0.07 | 0.00 | 0.00 | 2.45 | 30.80 | 5.40 | 0.58 |
| Garden Fresh Bell Pepper Sticks - V48 (1/2 c.) | 11.34 | 2.63 | 0.10 | 0.03 | 0.00 | 0.00 | 1.70 | 0.96 | 0.49 |
| Garden Salad - (1 no. 8 lettuce + 1 no. 16 tomatoes) | 12.78 | 2.68 | 0.17 | 0.02 | | 0.00 | 4.22 | 1.05 | 0.71 |
| Garlic Breadsticks - (1 ea.)Contains Milk, Egg, Wheat. | 127.87 | 22.19 | 2.54 | 1.08 | 0.01 | 17.45 | 187.34 | 2.29 | 4.48 |
| Garlic Roll - (1 ea.)Contains Milk, Egg, Soy. | 125.29 | 21.44 | 2.75 | 1.21 | 0.01 | 17.74 | 191.23 | 2.00 | 4.34 |
| Granny Smith Apple - (1 large (3-1/4" dia)) | 116.41 | 0.38 | 0.07 | 0.00 | 0.00 | 2.45 | 30.80 | 5.40 | 0.58 |
| Grape Jelly - (1 ea.) | 35.00 | 9.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Green & Red Grapes - (1 #8 scoop) | 60.78 | 15.56 | 0.32 | 0.10 | | 0.00 | 1.81 | 0.82 | 0.57 |
| Green Eggs & Ham -(1 ea.)Contains Milk, Egg, Wheat, Soy, Turkey. | 268.27 | 30.00 | 11.10 | 5.87 | 0 | 157.84 | 583.99 | 2.19 | 13.01 |
| Grilled Chicken Club Sandwich - (1 ea.)Contains Milk, Wheat, Soy, Turkey. | 360.00 | 12.00 | 4.00 | 0.00 | 80.00 | 820.00 | 30.00 | 3.00 | 34.00 |
| Grilled Chicken Sandwich - (1 ea.)Contains Wheat, Soy. | 260.00 | 30.00 | 4.50 | 0.50 | 0.00 | 55.00 | 680.00 | 3.00 | 26.00 |
| Grilled Chicken Spicy Club Sandwich (1 ea.)Contains Milk, Wheat, Soy, Turkey. | 360.00 | 13.00 | 5.00 | 0.00 | 65.00 | 620.00 | 30.00 | 3.00 | 31.00 |
| Grilled Spicy Chicken Sandwich - (1 ea.)Contains Wheat, Soy. | 260.00 | 30.00 | 5.50 | 1.50 | 0.00 | 40.00 | 480.00 | 3.00 | 23.00 |
| Ham & Cheese Croissant - (1 ea.)Contains Milk, Egg, Wheat, Soy, Turkey. | 270.50 | 31.51 | 10.53 | 4.52 | 0.00 | 37.59 | 716.75 | 3.00 | 15.54 |
| Hamburger - (1 ea.)Contains Wheat, Soy, Beef. | 345.00 | 29.20 | 17.80 | 6.80 | 0.00 | 50.00 | 329.00 | 3.00 | 18.20 |
| Homestyle Chicken Tenders - Express - LE14 WM (4 2/3 oz.)Contains Milk, Wheat, Soy. | 349.07 | 11.00 | 2.00 | 0.00 | 62.01 | 395.08 | 20.00 | 6.00 | 28.01 |

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| Honey Mustard Dip (1 pkg.)Contains Egg, Soy. | 80.00 | 7.00 | 6.00 | 1.00 | 0.00 | 10.00 | 125.00 | 0.00 | 0.00 |
| Honey Sriracha Chicken - (1 1 Thigh or 1 Breast or 1 Leg +Wing)Contains Milk. | 459.34 | 15.06 | 3.77 | 0 | 141.17 | 667.31 | 51.46 | 0.06 | 32.12 |
| Hot Dog, ind (1 ea.)Contains Milk, Wheat. | 230.00 | 21.00 | 10.50 | 2.50 | 0.00 | 55.00 | 470.00 | 2.00 | 13.00 |
| HOUSE VINAIGRETTE (1 fl. oz.) | 109.39 | 0.52 | 12.46 | 1.78 | 0 | 0.00 | 193.09 | 0.07 | 0.04 |
| Hummus & String Cheese Lunch Box (1 ea.)Contains Milk, Wheat, Soy. | 359.77 | 47.01 | 13.11 | 3.52 | 0 | 15.00 | 536.34 | 9.47 | 16.54 |
| Jalapenos - (1 ea.) | 5.00 | 1.00 | 0.00 | 0.00 | 0.00 | 0.00 | 360.00 | 0.00 | 0.00 |
| Ketchup - (2 ea.) | 20.00 | 6.00 | 0.00 | 0.00 | 0.00 | 0.00 | 50.00 | 0.00 | 0.00 |
| Kimchi Slaw (4 fl oz solid spoodle)Contains Fish, Onion. | 30.24 | 0.16 | 0.04 | 0 | 0.00 | 140.74 | 7.05 | 2.18 | 1.23 |
| King Ranch Turkey Casserole - (1 serv.)Contains Milk, Soy, Chicken, Corn/Corn Products, Rice, Sunflower Seeds, Tomatoes. | 330.11 | 21.18 | 16.20 | 4.20 | 0 | 49.73 | 870.62 | 1.66 | 24.24 |
| Korean BBQ Oven Roasted Chicken - (1 Thigh or 1 breast or 2 legs)Contains Milk, Soy, Corn/Corn Products, Sesame, Onion. | 287.96 | 11.76 | 2.90 | 0.00(M) | 108.61 | 967.31 | 20.46 | 0.16 | 25.76 |
| Lasagna - (1 slice)Contains Milk, Soy, Beef, Corn/Corn Products | 438.08 | 19.71 | 7.53 | 1.99(M) | 65.06 | 640.03 | 44.69 | 8.07 | 25.05 |
| Lo Mein - (noodles only) (1 #8 scoop)Contains Wheat, Soy, Gluten, Chicken, Corn/Corn Products, Sesame | 181.43 | 39.44 | 0.77 | 0.09 | 0 | 0.00 | 99.84 | 1.97(M) | 4.40 |
| Mandarin Chicken Salad - (1 ea.)Contains Wheat, Soy, Chicken, Sesame. | 505.86 | 74.16 | 10.96 | 1.74 | 0.01 | 65.00 | 1097.07 | 9.04 | 31.00 |
| Mandarin Oranges - (4 fl oz solid spoodle) | 70.00 | 17.00 | 0.00 | 0.00 | 0.00 | 0.00 | 10.00 | 1.00 | 1.00 |
| Marinara Sauce - (2 fl. oz.)Contains Corn/Corn Products. | 38.94 | 6.65 | 1.12 | 0.16 | 0 | 0.00 | 192.19 | 1.93 | 1.33 |
| Mashed Potatoes (no gravy) (1 #8 scoop)Contains Milk. | 96.79 | 19.40 | 1.31 | 0.04 | 0 | 0.03 | 180.42 | 1.28 | 2.51 |
| Mashed Potatoes w/ gravy, (1 ea.)Contains Milk, Egg, Wheat, Soy. | 139.97 | 28.57 | 1.75 | 0.91 | 0 | 0.07 | 213.98 | 23.18 | 2.12 |
| Mayonnaise - (1 ea.)Contains Egg, Soy. | 90.00 | 0.00 | 10.00 | 1.50 | 0.00 | 10.00 | 80.00 | 0.00 | 0.00 |
| Meatball Pizza - (1 slice)Contains Milk, Wheat, Soy, Beef, Onion. | 394.86 | 39.00 | 15.78 | 8.01 | 0.18 | 47.00 | 492.43 | 4.20 | 24.12 |
| Meatball Sub - (1 ea.)Contains Milk, Wheat, Soy, Beef, Corn/Corn Products. | 352.12 | 32.47 | 16.01 | 6.04 | 0.57 | 49.64 | 613.11 | 4.38 | 20.07 |
| Milk, Chocolate Fat Free - 11 oz - (1 ea.)Contains Milk. | 150.00 | 0.00 | 0.00 | 0.00 | 5.00 | 140.00 | 27.00 | 0.00 | 11.00 |
| Milk, Chocolate Fat Free - 8 oz - (1 ea.)Contains Milk. | 110.00 | 0.00 | 0.00 | 0.00 | 5.00 | 100.00 | 19.00 | 0.00 | 8.00 |
| Milk, Chocolate, Fat-Free - 8 oz - (1 ea.)Contains Milk. | 110.00 | 19.00 | 0.00 | 0.00 | 0.00 | 5.00 | 100.00 | 0.00 | 8.00 |
| Milk, Strawberry, Fat-Free - 8 oz (1 ea.)Contains Milk. | 110.00 | 19.00 | 0.00 | 0.00 | 0.00 | 5.00 | 100.00 | 0.00 | 8.00 |
| Milk, White, 1% - 11 oz - (1ea.)Contains Milk. | 140.00 | 3.50 | 2.00 | 0.00 | 14.00 | 170.00 | 16.00 | 0.00 | 11.00 |
| Milk, White, 1% - 8 oz - (1 ea.)Contains Milk. | 100.00 | 12.00 | 2.50 | 1.50 | 0.00 | 10.00 | 125.00 | 0.00 | 8.00 |
| Mini Corn Dogs - (6 ea.)Contains Egg, Wheat, Soy, Chicken. | 271.30 | 30.14 | 12.06 | 3.52 | 0.00 | 40.19 | 411.98 | 5.02 | 10.05 |
| Mini Pancakes - (1 ea.)Contains Milk, Egg, Wheat. | 220.00 | 40.00 | 7.00 | 0.50 | 0.00 | 0.00 | 180.00 | 3.00 | 4.00 |
| Mini Pizza Bagels - (4 ea.)Contains Milk. Processed in a facility that also processes Egg, Wheat, Soy. | 260.00 | 24.00 | 9.00 | 5.00 | 0.00 | 20.00 | 560.00 | 4.00 | 21.00 |
| Mixed Fruit, fresh - (4 fl oz solid spoodle)Contains Cantaloupe. | 31.00 | 8.00 | 0.00 | 0.00 | 0.00 | 0.00 | 13.00 | 1.00 | 1.00 |
| Mixed Vegetables - (4 fl oz slotted spoodle)Contains Milk. | 80.54 | 16.27 | 0.12 | 0.09 | 0 | 0.07 | 117.64 | 4.28 | 3.17 |
| Mustard - (1 ea.) | 3.86 | 0.50 | 0.20 | 0.01 | 0.00 | 0.00 | 64.90 | 0.17 | 0.22 |
| Orange Chicken - (chicken only) (1 #10 scoop)Contains Egg, Wheat, Soy. | 111.11 | 14.07 | 2.22 | 0.37 | 0.00 | 29.63 | 207.40 | 0.00 | 8.15 |
| Orange Chicken & Lomein - (1 ea.) Contains Egg, Wheat, Soy, Gluten, Chicken, Corn/Corn Products, Sesame | 331.43 | 58.44 | 3.77 | 0.59 | 0 | 40.00 | 379.84 | 1.97 | 15.40 |
| Orange Juice - (1 ea.)Contains Oranges/Orange Juice. | 60.00 | 13.00 | 0.00 | 0.00 | 0.00 | 0.00 | 1.00 | 0.00 | 0.00 |
| Orange Smiles - F17 (1 ea.) | 62.63 | 15.66 | 0.16 | 0.02 | | 0.00 | 0.00 | 3.20 | 1.25 |
| Orange, Fresh (1 ea.) | 62.63 | 15.66 | 0.16 | 0.02 | | 0.00 | 0.00 | 3.20 | 1.25 |
| Overnight Oats (2 #6 scoop)Contains Milk, Corn/Corn Products. | 389.32 | 7.84 | 4.15 | 0 | 24.47 | 157.32 | 68.29 | 2.79 | 12.04 |
| Peach Cobbler - (1 #6 scoop)Contains Milk, Wheat, Soy, Corn/Corn Products. | 271.94 | 49.47 | 7.34 | 3.26 | 0 | 0.00 | 82.29 | 0.45 | 2.20 |

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**SECONDARY (6-12) MENU ITEM NUTRIENT ANALYSIS
2018-2019**

| Item Name (Serving Size) | Calories | Carb (g) | Fat (g) | Sfat (g) | TFat (g) | Chol (mg) | Na (mg) | Fiber (g) | Pro (g) |
|----------------------------------------------------------------------------------------------------------------------------------|-----------------|-----------------|----------------|-----------------|-----------------|------------------|----------------|------------------|----------------|
| Pears, diced - (4 fl oz solid spoodle) | 80.03 | 19.01 | 0.00 | 0.00 | 0.00 | 0.00 | 15.01 | 1.00 | 0.00 |
| Peppered Gravy - (1 fl. oz.)Contains Milk, Egg, Wheat, Soy. | 23.26 | 3.32 | 1.33 | 0.66 | 0.00 | 0.00 | 93.02 | 0.00 | 0.00 |
| Pepperoni Pizza - (1 slice)Contains Milk, Wheat, Soy. | 359.47 | 37.19 | 13.47 | 7.19 | 0.00 | 39.73 | 517.88 | 4.00 | 22.14 |
| Pickles - (5 ea.) | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 150.00 | 0.00 | 0.00 |
| Pico de Gallo (1 Tbsp.) Contains Citrus, Tomatoes, Onion. | 2.71 | 0.60 | 0.03 | 0.00 | | 0.00 | 0.90 | 0.19 | 0.13 |
| Pineapple Chunks, Fresh (4 fl oz solid spoodle) | 45.36 | 11.90 | 0.11 | 0.01 | | 0.00 | 0.91 | 1.27 | 0.49 |
| Pineapple Tidbits - (4 fl oz solid spoodle) | 94.55 | 23.64 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 1.18 | 0.00 |
| Pink Lady Apple - TR1050 (1 ea.) | 95.00 | 0.31 | 0.06 | 0.00 | 0.00 | 2.00 | 25.13 | 4.40 | 0.47 |
| Plantains - V29 (4 ea.) | 262.61 | 4.78 | 0.00 | 0.00 | 0.00 | 21.49 | 52.52 | 4.78 | 0.00 |
| Pork Banh Mi Sandwich (1 ea.)Contains Egg, Fish, Wheat, Soy, Pork, Onion. | 393.19 | 11.51 | 3.30 | 1.47 | 76.73 | 737.15 | 44.84 | 4.44 | 21.96 |
| Pork Carnitas Soft Tacos w/ Tomatillo Salsa (2 tortillas + 3.5 oz meat)Contains Wheat, Chicken, Corn/Corn Products, Pork, Onion. | 404.90 | 13.42 | 4.09 | 2.02 | 101.28 | 1057.28 | 28.77 | 2.75 | 26.72 |
| Potato Wedges - (3 oz.)Contains Soy. | 150.09 | 5.00 | 0.63 | 0.00 | 5.00 | 175.10 | 25.01 | 2.50 | 2.50 |
| Pumpkin Muffin, ind - (1 ea.)Contains Milk, Egg, Wheat. | 320.28 | 51.25 | 10.43 | 5.01 | 0.07 | 37.26 | 288.45 | 3.93 | 6.84 |
| Raisin Bran Cereal - (1 ea.) | 200.00 | 45.00 | 1.00 | 0.00 | 0.00 | 0.00 | 280.00 | 6.00 | 4.00 |
| Raisins - (1 Box) | 115.22 | 27.48 | 0.00 | 0.00 | 0.00 | 0.00 | 8.86 | 1.77 | 0.89 |
| Ranch Dressing -(1 fl. oz.)Contains Milk, Egg, Soy. | 89.1 | 5.98 | 7.47 | 0.87 | 0 | 9.58 | 223.17 | 0 | 0.43 |
| Red Grapes - (1 #8 scoop) | 60.78 | 15.56 | 0.32 | 0.10 | | 0.00 | 1.81 | 0.82 | 0.57 |
| Red Onions, diced - (2 Tbsp.)Contains Onion. | 6.98 | 1.63 | 0.02 | 0.01 | | 0.00 | 0.70 | 0.30 | 0.19 |
| Rice Chex - (2 ea.) | 200.00 | 48.00 | 1.00 | 0.00 | 0.00 | 0.00 | 500.00 | 2.00 | 4.00 |
| RiPS Fruit Slush - (1 ea.) | 60.00 | 16.00 | 0.00 | 0.00 | 0.00 | 0.00 | 15.00 | 0.00 | 0.00 |
| Salad Bar Bacon Bits- (1 Tbsp.)Contains Turkey. | 22.50 | 1.50 | 0.38 | 0.00 | 6.25 | 107.50 | 0.25 | 0.00 | 1.75 |
| Salad Bar Corn (2 OZ SPOODLE) | 38.20 | 0.38 | 0.00 | 0.00 | 0.00 | 25.40 | 7.94 | 0.38 | 1.13 |
| Salad Bar Fresh Cucumbers (2 OZ SPOODLE) | 10.63 | 0.08 | 0.03 | | 0.00 | 1.42 | 2.57 | 0.35 | 0.46 |
| Salad Bar Garbanzo Beans (2 OZ SPOODLE) | 65.00 | 1.08 | 0.00 | 0.00 | 0.00 | 75.83 | 10.83 | 2.71 | 3.25 |
| Salad Bar Grape Tomatoes (2 OZ SPOODLE) | 13.60 | 0.15 | 0.02 | | 0.00 | 3.78 | 2.94 | 0.91 | 0.67 |
| Salad Bar Lettuce (8 OZ SPOODLE) | 7.01 | 0.12 | 0.02 | | 0.00 | 3.30 | 1.36 | 0.87 | 0.51 |
| Salad Bar Shredded Carrots (2 OZ SPOODLE) | 11.62 | 0.07 | 0.01 | 0.00 | 0.00 | 19.56 | 2.72 | 0.79 | 0.26 |
| Salad Bar Sliced Mushrooms (2 OZ SPOODLE) | 5.54 | 0.09 | 0.01 | | 0.00 | 1.26 | 0.82 | 0.25 | 0.78 |
| Salsa - (2 fl. oz.)Contains Onion. | 28.62 | 6.06 | 0.22 | 0.03 | 0 | 0 | 162.46 | 1.86 | 1.27 |
| Sausage & Cheese Biscuit - (1 ea.)Contains Milk. May contain Egg, Wheat, Soy, Pork, Turkey. | 291.50 | 29.51 | 13.08 | 6.97 | 0.00 | 30.59 | 547.75 | 2.10 | 14.14 |
| Sausage & Cheese Croissant - (1 ea.)Contains Milk, Egg, Wheat, Soy, Pork, Turkey. | 291.50 | 31.51 | 13.08 | 5.47 | 0.00 | 30.59 | 577.75 | 3.10 | 14.14 |
| Sausage & Cheese English Muffin(1 ea.)Contains Milk, Wheat, Soy, Pork, Turkey. | 232.46 | 25.70 | 8.59 | 2.97 | 0.00 | 30.59 | 519.75 | 2.12 | 14.18 |
| Sausage & Cheese Kolache - (1 ea.)Contains Milk, Egg, Wheat, Pork. | 268.80 | 25.75 | 13.11 | 5.45 | 0.01 | 44.77 | 644.19 | 2.45 | 10.92 |
| Sausage & Cheese Kolache - (1 ea.)Contains Milk, Egg, Wheat, Pork. | 268.80 | 25.75 | 13.11 | 5.45 | 0.01 | 44.77 | 644.19 | 2.45 | 10.92 |
| Sausage & Pepperjack Cheese Kolache - (1 ea.)Contains Milk, Egg, Wheat, Pork. | 274.99 | 27.34 | 13.84 | 5.90 | 0.01 | 48.23 | 578.59 | 2.71 | 10.66 |
| Sausage Biscuit - (1 ea.)Contains Milk. May contain Egg, Wheat, Soy, Pork, Turkey. | 251.00 | 28.50 | 10.80 | 5.70 | 0.00 | 23.00 | 406.00 | 2.10 | 11.10 |
| Sausage Croissant - (1 ea.)Contains Milk, Egg, Wheat, Soy, Pork, Turkey. | 251.00 | 30.50 | 10.80 | 4.20 | 0.00 | 23.00 | 436.00 | 3.10 | 11.10 |
| Sausage Kolache - (1 ea.)Contains Milk, Egg, Wheat, Pork. | 235.34 | 25.95 | 10.97 | 4.25 | 0.01 | 38.10 | 512.68 | 2.57 | 8.12 |
| Sausage Pizza - (1 slice) Contains Milk, Wheat, Soy. | 400.00 | 38.00 | 16.00 | 7.50 | 0.00 | 55.00 | 770.00 | 5.00 | 26.00 |
| Seasoned Black Beans - (4 fl oz slotted spoodle)Contains Onion. | 116.77 | 21.11 | 0.08 | 0.01 | | 0 | 224.53 | 6.59 | 7.55 |
| Seasoned Green Beans - (4 fl oz slotted spoodle)Contains Milk. | 28.96 | 5.91 | 0.08 | 0.06 | 0 | 0.04 | 200.59 | 2.38 | 0.11 |
| Seasoned Peas - (4 fl oz slotted spoodle)Contains Milk. | 89.63 | 16.13 | 0.52 | 0.14 | 0 | 0.05 | 162.88 | 5.00 | 5.73 |

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**SECONDARY (6-12) MENU ITEM NUTRIENT ANALYSIS
2018-2019**

Cy-Fair Nutrition Services

| Item Name (Serving Size) | Calories | Carb (g) | Fat (g) | Sfat (g) | TFat (g) | Chol (mg) | Na (mg) | Fiber (g) | Pro (g) |
|--------------------------------------------------------------------------------------------------------------|-----------------|-----------------|----------------|-----------------|-----------------|------------------|----------------|------------------|----------------|
| Seasoned Pinto Beans - (4 fl oz slotted spoodle)Contains Onion. | 140.41 | 25.84 | 0.08 | 0.01 | | 0 | 177.26 | 6.59 | 7.55 |
| Shredded Cheese - (1/2 oz.)Contains Milk. | 40.50 | 1.01 | 2.28 | 1.27 | 0.00 | 7.59 | 141.75 | 0.00 | 3.04 |
| Shredded Lettuce - (1/4 cup shredded) | 2.52 | 0.54 | 0.03 | 0.00 | | 0.00 | 1.80 | 0.22 | 0.16 |
| Sliced Peaches - (4 fl oz solid spoodle) | 70.03 | 17.01 | 0.00 | 0.00 | 0.00 | 0.00 | 10.00 | 0.00 | 0.00 |
| Sour Cream - (1 ea.)Contains Milk. | 54.72 | 0.82 | 5.59 | 3.26 | | 14.74 | 13.32 | 0.00 | 0.59 |
| Sour Raisins - (1 ea.) | 130.00 | 33.00 | 0.50 | 0.00 | 0.00 | 0.00 | 5.00 | 2.00 | 1.00 |
| Southwest Chicken Salad - (1 ea.)Contains Milk, Soy, Chicken, Citrus, Tomatoes, Onion | 315.19 | 24.09 | 11.56 | 4.93 | 0 | 82.59 | 916.19 | 7.98 | 31.07 |
| Soy Milk - (1 ea.)Contains Soy. | 120.00 | 15.00 | 3.00 | 0.00 | 0.00 | 0.00 | 170.00 | 1.00 | 8.00 |
| Soy Sauce - (1 packet)Contains Soy. | 3.66 | 0.41 | 0.00 | 0.00 | 0.00 | 0.00 | 223.80 | 0.04 | 0.49 |
| Spaghetti & Meatballs - (5 meatballs + 1 no. 8 scoop pasta)Contains Wheat, Gluten, Beef, Corn/Corn Products. | 375.43 | 43.81 | 14.45 | 4.50 | 0.7 | 48.00 | 530.90 | 6.74 | 19.70 |
| Spicy Chicken Sandwich - (1 ea.)Contains Milk, Egg, Wheat, Soy, Chicken. | 381.00 | 44.80 | 10.37 | 1.98 | 0.00 | 61.84 | 611.99 | 4.64 | 28.04 |
| Spicy Chicken Tenders - (3 ea.)Contains Wheat, Soy. | 220.00 | 9.00 | 12.00 | 2.00 | 0.00 | 50.00 | 370.00 | 1.00 | 20.00 |
| Spicy Spinach Salad - (8 fl oz solid spoodle)Contains Milk, Soy, Onion. | 15.96 | 0.44 | 0.23 | 0.00(M) | 1.05 | 38.76 | 2.47 | 0.69 | 1.30 |
| Steak Fingers - (4 ea.)Contains Milk, Wheat, Soy, Beef. | 287.00 | 17.80 | 17.80 | 6.70 | 0.00 | 39.00 | 389.00 | 3.10 | 15.20 |
| Steamed Broccoli - (1 ea.)Contains Milk. | 26.74 | 5.47 | 0.08 | 0.06 | 0 | 0.04 | 64.82 | 2.60 | 2.54 |
| Stir Fried Rice - (1 #6 scoop)Contains Soy, Chicken, Sesame. | 145.56 | 27.79 | 2.27 | 0.00 | 0 | 0.00 | 71.03 | 2.42 | 3.77 |
| Strawberries, Fresh (4 fl oz solid spoodle)Contains Berries (all kinds). | 29.03 | 6.97 | 0.27 | 0.01 | | 0.00 | 0.91 | 1.81 | 0.61 |
| Strawberries, ind - (1 ea.)Contains Berries (all kinds). | 29.03 | 6.97 | 0.27 | 0.01 | | 0.00 | 0.91 | 1.81 | 0.61 |
| Strawberry Applesauce Cup - (1/2 c.) | 50.00 | 13.00 | 0.00 | 0.00 | 0.00 | 0.00 | 15.00 | 1.00 | 0.00 |
| Supreme Pizza - (1 slice)Contains Milk, Wheat, Soy, Onion. | 360.60 | 13.38 | 7.08 | 0 | 37.47 | 513.47 | 38.10 | 4.35 | 21.90 |
| Sweet n Sour Sauce - (1 ea.) | 15.00 | 4.00 | 0.00 | 0.00 | 0.00 | 0.00 | 70.00 | 0.00 | 0.00 |
| Syrup - (1 ea.) | 120.00 | 30.00 | 0.00 | 0.00 | 0.00 | 0.00 | 30.00 | 0.00 | 0.00 |
| Taco Pizza - (1 slice)Contains Milk, Wheat, Soy, Tomatoes. | 397.76 | 39.08 | 15.31 | 7.97 | 0 | 47.53 | 640.41 | 4.69 | 25.71 |
| Tajin - (1 ea.) | 2.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 127.00 | 0.00 | 0.00 |
| Tartar Sauce - (2 fl. oz.)Contains Egg, Soy, Onion. | 149.80 | 12.14 | 11.97 | 1.33 | 0 | 13.30 | 442.49 | 0.10 | 0.10 |
| Thanksgiving Turkey - (3 oz.) | 110.00 | 1.00 | 3.00 | 1.00 | 0.00 | 45.00 | 430.00 | 0.00 | 21.00 |
| Tomatoes, diced - (1 Tbsp.)Contains Tomatoes. | 2.02 | 0.44 | 0.02 | 0.00 | | 0.00 | 0.56 | 0.14 | 0.10 |
| Turkey & Cheese Hoagie - (1 ea.)Contains Milk, Wheat, Soy, Turkey. | 275.50 | 36.85 | 5.78 | 2.10 | 0.00 | 40.93 | 680.08 | 3.00 | 20.54 |
| Turkey ham & Cheese Hoagie - (1 ea.)Contains Milk, Wheat, Soy, Turkey. | 283.83 | 36.85 | 7.03 | 2.52 | 0.00 | 57.59 | 813.42 | 3.00 | 20.54 |
| Vegetable Egg Roll - (1 ea.)Contains Egg, Wheat, Soy. | 140.00 | 20.00 | 6.00 | 0.50 | 0.00 | 9.00 | 290.00 | 3.00 | 4.00 |
| Vegetable Pizza - (1 slice)Contains Milk, Wheat, Soy, Onion. | 359.30 | 38.95 | 13.07 | 7.02 | 0 | 35.00 | 481.36 | 4.50 | 21.57 |
| Watermelon - (1 slice) | 42.36 | 10.66 | 0.21 | 0.02 | | 0.00 | 1.41 | 0.56 | 0.86 |
| Wheat Roll - (1 ea.)Contains Milk, Egg. | 165.62 | 28.86 | 3.46 | 1.47 | 0.02 | 23.21 | 249.11 | 2.66 | 5.51 |
| Whole Kernel Corn - (4 fl oz slotted spoodle) Contains Milk. | 118.66 | 24.94 | 1.22 | 0.06 | 0 | 0.04 | 43.76 | 1.18 | 3.44 |
| Whole Kernel Corn, ind - V13-PD (1 ea.)Contains Milk. | 95.74 | 20.12 | 0.99 | 0.05 | 0 | 0.04 | 35.32 | 0.95 | 2.78 |
| Whole Milk, Age 1-2 - (1 c.)Contains Milk. | 148.84 | 11.71 | 7.93 | 4.55 | | 24.40 | 104.92 | 0.00 | 7.69 |
| Whole Wheat Cinnamon Roll - (1 ea.)Contains Milk, Wheat, Soy. | 308.97 | 56.19 | 6.20 | 2.54 | 0 | 0.00 | 58.72 | 5.07 | 8.09 |
| Yogurt & Granola Breakfast (1 Yogurt + Granola) Contains Milk. | 340.00 | 63.00 | 6.00 | 0.50 | 0.00 | 0.00 | 165.00 | 4.00 | 10.00 |
| Yogurt Box Lunch Entree - (1 ea.) Contains Milk. | 420.00 | 63.00 | 12.00 | 4.00 | 0.00 | 15.00 | 365.00 | 4.00 | 16.00 |
| Zucchini - (4 fl oz slotted spoodle) Contains Milk. | 26.81 | 4.14 | 0.06 | 0.04 | 0 | 0.03 | 51.31 | 1.53 | 0.12 |

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2018-2019**

| Item Name (Serving Size) | Calories | Carb (g) | Fat (g) | Sfat (g) | TFat (g) | Chol (mg) | Na (mg) | Fiber (g) | Pro (g) |
|-------------------------------------------|-----------------|-----------------|----------------|-----------------|-----------------|------------------|----------------|------------------|----------------|
| A la Carte | | | | | | | | | |
| Chocolate Chip Cooke - 1 ea | 177.0 | 5.1 | 1.9 | 0.0 | 12.1 | 153.5 | 30.5 | 1.9 | 2.9 |
| Goldfish - WG - 1 ea. | 100.0 | 3.5 | 1.0 | 0.0 | 4.0 | 170.0 | 14.0 | 1.0 | 3.0 |
| Ice cream - chocolate cup - 1 ea. | 70.0 | | | | | | 12.0 | | |
| Ice cream - sandwich - mini - 1 ea. | 120.0 | | | | | | 12.0 | | |
| Ice cream - vanilla cup - 1 ea. | 60.0 | | | | | | 12.0 | | |
| Ice Cream Cone, Chocolate & Vanilla Twist | 168.0 | | | | | | 28.0 | | |
| Ice Cream Cone, Cookies & Cream | 70.0 | | | | | | 12.0 | | |
| Ice Cream Sandwich, Vanilla | 150.0 | | | | | | 31.0 | | |
| Reduced Fat Minty Mint Ice Cream Sandwich | 120.0 | | | | | | 12.0 | | |
| Rice Krispie - WG - 1 ea. | 160.0 | 4.0 | 1.0 | 0.0 | 0.0 | 140.0 | 30.0 | 0.0 | 2.0 |
| Strawberry Fruit Bar | 66.0 | | | | | | 17.0 | | |

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