

**SECONDARY (6-12) MENU ITEM NUTRIENT ANALYSIS
2019-2020**

Item Name (Serving Size)	Calories (Kcal)	Carb (g)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Total Fiber (g)	Protein (g)
Apple Chips - (1 Bag)Contains Strawberries.	40.0	10.0	0.0	0.0	0.0	0.0	0.0	2.0	0.0
Apple Juice - (4 oz.)Contains Apples.	60.0	14.0	0.0	0.0	0.0	0.0	15.0	0.0	0.0
Apple Spice Muffin - (1 ea.)Contains Milk, Egg, Wheat, Soy.	411.6	53.4	19.3	8.4	0.0	70.0	616.1	3.2	6.4
Apple, Red Delicious - (1 large (3-1/4" dia))Contains Apples.	116.4	30.8	0.4	0.1	0.0	0.0	2.5	5.4	0.6
Applesauce Pouch - (1 ea.)	50.0	15.0	0.0	0.0	0.0	0.0	0.0	1.0	0.0
Baby Carrots - (1 Bag)	29.8	7.0	0.1	0.0		0.0	66.3	2.5	0.5
Bacon & Egg Breakfast Taco - (1 ea.)Contains Milk, Egg, Wheat, Turkey, Onion.	233.6	18.8	11.5	4.3	0.0	187.1	658.6	1.0	14.1
Bacon Bits - Salad Bar - SB-6 (1 Tbsp.)Contains Turkey.	22.5	0.3	1.5	0.4	0.0	6.3	107.5	0.0	1.8
Bacon Bits (1 Tbsp.)Contains Turkey.	22.5	0.3	1.5	0.4	0.0	6.3	107.5	0.0	1.8
Bacon Cheeseburger - (1 ea.)Contains Milk, Wheat, Soy, Beef, Turkey.	405.5	30.2	21.6	8.1	0.0	62.6	565.8	3.0	23.2
Bacon Mac & Cheese Pizza - LE59 (1 slice)Contains Milk, Wheat, Soy, Gluten, Corn/Corn Products, Turkey, Onion.	491.0	44.6	21.5	8.8	0.0	45.7	941.2	3.9	27.9
Baked Beans - (4 fl oz slotted spoodle)	158.3	33.9	0.6	0.0	0.0	0.0	418.3	6.8	5.7
Baked Potato (1 ea.)Contains Olives.	306.1	65.6	2.6	0.4	0.0	0.0	17.6	4.8	7.8
Baked Potato w/ Broccoli & Cheese - (5 oz spoodle + 1 potato)Contains Milk, Wheat, Soy, Corn/Corn Products, Onion.	528.2	75.4	14.7	7.0	0.03(M)	33.4	681.6	5.7	22.3
Baked Potato w/ Chili & Beans - (1/2 cup + baked potato + 1 oz cheese) Contains Milk, Beef. May contain Cayenne Pepper, Citrus, Onion.	508.0	82.3	9.8	4.3	0.8	36.0	598.1	9.6	23.1
Baked Potato with Pulled Pork (3 1/2 oz. + baked potato)Contains Milk, Soy, Corn/Corn Products, Pork, Onion.	565.8	75.8	11.3	4.6	2.02(M)	101.3	716.0	5.0	30.1
Baked Tostitos Scoops - (1 Bag)	110.0	19.0	2.5	0.0	0.0	0.0	125.0	2.0	2.0
Balsamic Dressing - (2 fl. oz.)Contains Olives.	185.5	34.2	5.4	0.8	0.0	0.0	124.2	0.0	0.2
Banana - (1 ea.)Contains Banana.	121.0	31.1	0.5	0.2		0.0	1.4	3.5	1.5
Banana Bread - (1 slice)Contains Milk, Egg, Wheat, Banana.	200.0	37.9	4.0	1.8	0.0	23.7	188.4	2.7	4.4
BBQ Beef on Bun - (1 no. 8 scoop on bun)Contains Wheat, Soy, Beef.	390.0	50.0	12.5	5.0	0.0	35.0	1050.0	5.0	22.0
BBQ Chicken - (1 Thigh or 1 breast or 2 legs)Contains Milk, Soy, Gluten. May contain Cayenne Pepper, Corn/Corn Products, Onion.	251.2	9.8	12.8	3.2	0.0	115.4	581.0	0.1	26.3
BBQ Chicken & Jalepeno Pizza (1 slice)Contains Milk, Wheat, Soy, Chicken, Corn/Corn Products, Onion.	420.2	38.5	17.1	6.7	0.0	58.4	926.5	3.3	28.2
BBQ Chicken Sandwich (1 no. 8 scoop on bun)Contains Wheat, Soy, Chicken, Tomatoes.	323.8	46.6	5.0	0.5	0.0	50.4	955.6	3.0	23.4
BBQ Sauce Dip - (1 pkg.)	40.0	10.0	0.0	0.0	0.0	0.0	370.0	0.0	0.0
Beef and Cheese Nachos - HIGH SCHOOL - (1 no. 16 scoop meat + 1 no. 8 scoop cheese + 2 oz chips)Contains Milk, Wheat, Soy, Beef. May contain Cayenne Pepper, Corn/Corn Products, Rice, Sunflower Seeds, Onion.	641.3	52.9	33.0	11.0	1.5	72.3	999.1	5.7	29.6
Beef and Cheese Nachos - MIDDLE SCHOOL - (1 no. 16 scoop meat + 1 no. 16 scoop cheese + 2 oz chips)Contains Milk, Wheat, Soy, Beef. May contain Cayenne Pepper, Corn/Corn Products, Rice, Sunflower Seeds, Onion.	523.8	48.7	25.8	7.5	1.5	55.6	670.6	5.7	22.7
Beef Soft Tacos - (2 tortillas + no. 10 scoop meat + 1/2 oz cheese)Contains Milk, Wheat, Beef. May contain Cayenne Pepper, Onion.	469.4	41.4	22.4	8.2	2.4	69.8	865.2	4.5	28.0
Beef Soft Tacos (2 tacos)Contains Wheat, Beef. May contain Cayenne Pepper, Onion.	428.9	40.3	20.2	6.9	2.4	62.2	723.5	4.5	25.0
Berry Cobbler - (1 #6 scoop)Contains Milk, Wheat, Soy, Berries (all kinds), Corn/Corn Products.	282.4	52.9	7.6	3.3	0.0	0.0	84.7	2.1	2.6
Blueberry Banana Muffin - (1 ea.)Contains Milk, Egg, Wheat, Soy, Banana, Berries (all kinds).	291.7	53.5	7.2	3.1	0.0	30.3	270.5	3.3	6.2
Breaded Chicken Sandwich - (1 ea.)Contains Milk, Wheat, Soy.	379.0	44.0	10.3	2.0	0.0	63.0	740.0	4.0	28.0
Breadsticks for Entree Salad - 1 ea.)Contains Milk, Egg, Wheat.	127.9	22.2	2.5	1.1	0.0	17.5	187.3	2.3	4.5
Breakfast Round - (1 ea.)Contains Milk, Egg, Wheat, Soy.	270.0	44.0	8.0	2.5	0.0	5.0	180.0	6.0	5.0

Menus subject to change.

**SECONDARY (6-12) MENU ITEM NUTRIENT ANALYSIS
2019-2020**

Cy-Fair Nutrition Services

Item Name (Serving Size)	Calories (Kcal)	Carb (g)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Total Fiber (g)	Protein (g)
Breakfast Taco - (2 ea.)Contains Milk, Egg, Wheat, Turkey.	433.3	39.1	19.6	6.4	0.0	386.0	1191.1	2.0	25.4
Broccoli Salad - (1 #8 scoop)Contains Milk, Egg, Soy, Carrot, Mustard, Turkey, Onion.	82.0	9.3	4.1	0.7	0.0	4.0	348.2	0.8	3.6
Brown Gravy - (1 fl. oz.)Contains Milk. Processed in a facility that also processes Egg, Wheat, Soy, Gluten, Beef.	0.3	0.1	0.0	0.0	0.0	0.0	4.1	0.0	0.0
Brown Rice Pilaf - (1 #8 scoop)Contains Chicken, Onion.	113.1	22.8	1.2	0.0	0.0	0.0	109.8	1.4	2.7
Carrot & Broccoli Slaw - (4 fl oz solid spoodle)Contains Broccoli, Carrot, Olives.	31.3	5.8	0.7	0.1	0.0	0.2	40.1	1.0	1.2
Carrots - Salad Bar - (2 OZ SPOODLE)Contains Carrot.	11.6	2.7	0.1	0.0	0.0	0.0	19.6	0.8	0.3
Cheddar Jalapeno Cornbread - (1 slice)Contains Milk. May contain Egg, Wheat, Soy, Gluten, Corn/Corn Products.	204.3	28.9	8.3	3.3	0.0	7.3	477.3	1.7	3.8
Cheese Croissant - (1 ea.)Contains Milk, Egg, Wheat, Soy.	301.5	33.0	12.8	6.3	0.0	22.8	735.3	3.0	14.1
Cheese Enchiladas - (1 ea.)Contains Milk, Wheat, Soy. May contain Cayenne Pepper, Citrus, Onion.	494.9	46.0	23.1	14.4	0.0	50.2	929.2	4.9	18.3
Cheese Enchiladas - (2 ea.)Contains Milk, Wheat, Soy. May contain Cayenne Pepper, Citrus, Onion.	432.3	46.4	18.1	11.1	0.0	36.7	788.5	4.9	13.8
Cheese Nachos - HIGH SCHOOLS - (4 fl oz Cheese +2 oz chips)Contains Milk, Wheat, Soy, Corn/Corn Products, Rice, Sunflower Seeds, Onion.	498.2	49.0	23.6	7.9	0.0	33.4	859.4	4.1	17.7
Cheese Nachos - MIDDLE SCHOOLS - (1 4 OZ SPOODLE CHEESE + 1 BAG OF CHIPS)Contains Milk, Wheat, Soy, Corn/Corn Products, Onion.	344.9	27.5	16.9	6.9	0.0	33.4	781.9	2.1	15.7
Cheese Pizza - (1 slice)Contains Milk, Wheat, Soy.	340.0	31.0	15.0	6.0	0.0	30.0	640.0	3.0	20.0
Cheese Stuffed Breadsticks - (2 ea.)Contains Milk, Wheat, Soy.	287.8	30.0	10.7	5.3	0.0	31.1	449.3	2.0	18.6
Cheeseburger - (1 ea.)Contains Milk, Wheat, Soy, Beef.	385.5	30.2	20.1	8.1	0.0	57.6	470.8	3.0	21.2
Chef's Salad Entrée (1 ea.)Contains Milk, Egg, Soy, Carrot, Turkey.	368.0	20.3	23.8	8.3	0.0	157.3	1008.3	4.9	20.2
Chicken & Vegetable Pot Stickers (6 ea.)Contains Olives.	299.0	31.6	13.6	1.4	0.0	35.0	550.3	2.0	17.1
Chicken Alfredo - (1 no. 6 scoop noodles + no. 6 scoop chicken)Contains Milk, Wheat, Soy, Gluten, Chicken.	323.6	44.7	6.3	1.0	0.0	75.7	1085.3	2.0	22.9
Chicken Biscuit - (1 ea.)Contains Milk, Wheat, Soy, Chicken.	278.0	31.3	9.9	4.7	0.0	31.2	592.6	1.6	14.6
Chicken Caesar Entree Salad (1 ea.)Contains Milk, Egg, Fish, Wheat, Soy, Chicken	479.4	17.7	31.4	9.6	0.0	107.7	1493.7	3.0	35.6
Chicken Chunks - (3 3/4 oz.)Contains Milk, Wheat, Soy, Chicken.	207.9	15.0	8.0	1.0	0.0	42.0	545.6	2.0	19.0
Chicken Sandwich - (1 ea.)Contains Milk, Wheat, Soy.	379.0	44.0	10.3	2.0	0.0	63.0	740.0	4.0	28.0
Chicken Supreme Nachos - HIGH SCHOOL - (1 #12 scoop chicken + 4 oz spoodle cheese + 2 oz chips)Contains Milk, Wheat, Soy, Corn/Corn Products, Rice, Olives, Sunflower Seeds, Tomatoes, Onion.	618.1	51.0	28.0	8.3	0.0	84.2	1307.9	4.6	35.5
Chicken Supreme Nachos - MIDDLE SCHOOL (1 #16 scoop of chicken + #16 scoop of cheese + 2 oz chips)Contains Milk, Wheat, Soy, Chicken, Corn/Corn Products, Rice, Olives, Sunflower Seeds, Tomatoes, Onion.	515.3	47.8	22.3	5.7	0.0	78.6	922.2	4.5	28.9
Chicken Teriyaki - (1 #10 scoop)Contains Wheat, Soy.	123.8	9.5	3.3	1.0	0.0	66.7	457.1	0.0	15.2
Chili & Beans (1 c.)Contains Beef. May contain Cayenne Pepper, Citrus, Onion.	281.7	29.4	9.9	3.3	1.6	41.6	594.0	9.7	18.6
Chili Cheese Turkey Hot Dog - (1 hot dog + 1 fl oz chili + 1 fl oz cheese)Contains Milk, Wheat, Beef. May contain Cayenne Pepper, Onion.	301.5	24.9	14.2	4.2	0.2	68.0	635.2	2.7	18.2
Chimichurri Chicken - (1 Thigh or 1 breast or 2 legs)Contains Milk, Olives.	373.2	6.4	25.2	5.2	0.0	141.2	651.4	0.3	32.3
Chorizo & Egg Breakfast Taco - (1 ea.)Contains Milk, Egg, Wheat, Soy, Onion.	210.1	18.8	9.4	3.8	0.0	147.2	571.3	1.3	13.0
Chorizo Mac & Cheese - (2 #12 scoop)Contains Milk, Wheat, Soy, Gluten, Corn/Corn Products, Onion.	342.3	36.1	12.4	5.4	0.0	35.6	656.0	3.0	19.0
Cilantro Brown Rice - (1 #8 scoop)Contains Chicken, Onion.	112.5	23.0	1.1	0.0	0.0	0.0	37.4	1.5	2.8
Cinnamon Rice Chex Cereal Bowl (1 ea.)	197.5	47.4	1.0	0.0	0.0	0.0	493.8	2.0	4.0
Cinnamon Toast Crunch Cereal Bowl - (1 ea.)Contains Wheat, Soy.	230.0	44.0	5.0	0.5	0.0	0.0	320.0	6.0	3.0
Citrus Salad - (4 fl oz solid spoodle)Contains Citrus, Grapefruit.	61.5	15.1	0.1	0.0	0.0	0.0	9.9	0.8	1.0
Clementines - (2 ea.)Contains Citrus, Oranges/Orange Juice.	37.1	9.3	0.2	0.0	0.0	0.0	1.4	1.3	0.6
Cole Slaw - (4 fl oz solid spoodle)Contains Soy.	53.8	7.0	2.9	0.4	0.0	0.0	25.0	1.5	0.8

Menus subject to change.

**SECONDARY (6-12) MENU ITEM NUTRIENT ANALYSIS
2019-2020**

Cy-Fair Nutrition Services

Item Name (Serving Size)	Calories (Kcal)	Carb (g)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Total Fiber (g)	Protein (g)
Corn - Salad Bar - (2 OZ SPOODLE)	38.2	7.9	0.4	0.0	0.0	0.0	25.4	0.4	1.1
Cornbread - G5 MILK (1 slice)Contains Milk. May contain Egg, Wheat, Soy, Gluten	184.5	27.9	7.0	2.5	0.0	3.3	441.3	1.6	2.7
Cornbread Dressing - Thanksgiving (1 #16 scoop)Contains Milk. May contain Egg, Wheat, Soy, Gluten, Chicken, Onion.	123.0	15.9	5.8	2.4	0.0	0.9	243.7	1.0	2.1
Cran Apple Spinach Salad - (8 fl oz solid spoodle)Contains Apples.	22.5	5.3	0.2	0.0	0.0	0.0	23.8	1.1	0.9
Cranberry Apple Entrée Salad (1 ea.)Contains Milk, Soy, Apples, Chicken, Olives	709.9	105.7	24.2	7.3	0.0	65.5	1582.9	10.0	27.3
Cranberry Sauce (1 Tbsp.)Processed in a facility that also processes Milk, Wheat, Soy.	102.2	25.5	0.1	0.0	0.0	0.0	99.3	1.6	0.5
Croutons (2 Tbsp.)Contains Milk, Wheat, Soy.	35.2	4.0	1.5	0.0	0.0	0.0	55.3	0.0	1.0
Cucumber Salad - (1/2 cup scoop)Contains Olives, Onion.	27.3	2.0	2.3	0.3	0.0	0.0	1.0	0.3	0.3
Cucumbers - Salad Bar (2 OZ SPOODLE)Contains Cucumber/Pickles.	5.6	1.4	0.0	0.0	0.0	0.0	0.8	0.2	0.3
Cy-Fair Sauce - (2 fl. oz.)Contains Egg, Soy.	248.6	38.5	11.7	1.3	0.0	13.0	421.3	0.0	0.1
Diced Apples - (4 fl oz solid spoodle)Contains Apples.	32.2	8.7	0.1	0.0	0.0	0.0	1.1	1.6	0.2
Diced Carrots - (4 fl oz slotted spoodle)Contains Milk, Onion.	51.6	9.1	0.1	0.1	0.0	0.0	155.4	2.8	1.4
Diced Pears - (4 fl oz solid spoodle)	80.0	19.0	0.0	0.0	0.0	0.0	15.0	1.0	0.0
Diced Red Onions - (2 Tbsp.)Contains Onion.	7.0	1.6	0.0	0.0		0.0	0.7	0.3	0.2
Diced Tomatoes - (1 Tbsp.)Contains Tomatoes.	2.0	0.4	0.0	0.0		0.0	0.6	0.1	0.1
Egg, Bacon & Cheese English Muffin (1 ea.)Contains Milk, Egg, Wheat, Soy, Turkey	250.5	26.0	11.3	2.8	0.0	107.6	596.8	2.0	13.0
Egg, Bacon Spinach Entrée Salad (1 ea.)Contains Milk, Egg, Soy, Mustard, Turkey	471.8	54.7	17.8	7.7	0.0	223.4	1256.3	3.0	21.6
Egg, Ham & Cheese Croissant (1 ea.)Contains Milk, Egg, Wheat, Soy, Turkey.	246.8	26.2	10.5	3.0	0.0	112.4	588.3	2.0	13.5
Egg, Ham & Cheese English Muffin (1 ea.)Contains Milk, Egg, Wheat, Soy, Turkey	246.8	26.2	10.5	3.0	0.0	112.4	588.3	2.0	13.5
Fish Nuggets - (4 ea.)Contains Milk, Egg, Fish, Wheat, Soy, Gluten.	250.0	19.0	9.0	2.0	0.0	55.0	290.0	1.0	16.0
Fish Sandwich - (1 ea.)Contains Fish, Wheat, Soy.	380.0	49.0	11.5	1.5	0.0	45.0	550.0	5.0	20.0
Fish Sticks - (4 ea.)Contains Fish, Wheat, Soy.	200.0	17.0	9.0	1.5	0.0	40.0	310.0	1.0	14.0
Flour Tortillas (2 ea.)Contains Wheat.	164.7	28.0	4.1	1.7	0.0	0.0	411.8	1.7	4.9
French Toast - (1 ea.)Contains Milk, Egg, Wheat, Soy.	240.0	38.0	7.0	1.0	0.0	10.0	260.0	2.0	6.0
Fresh Apple Slices - (1 ea.)Contains Apples.	29.0	7.8	0.1	0.0	0.0	0.0	1.0	1.4	0.2
Fresh Bell Pepper Sticks - (1/2 c.)	11.3	2.6	0.1	0.0	0.0	0.0	1.7	1.0	0.5
Fresh Berries - F4 (1 no.16 scoop blueberries + 1 no. 16 scoop strawberries)Contains Berries (all kinds).	40.4	10.1	0.3	0.0		0.0	0.9	2.0	0.6
Fresh Broccoli - (1 #8 scoop)	9.5	1.8	0.1	0.0		0.0	9.2	(M)	1.0
Fresh Cantaloupe Chunks - (4 fl oz solid spoodle)	30.8	7.4	0.2	0.1		0.0	14.5	0.8	0.8
Fresh Cilantro - (1 Tbsp.)	0.2	0.0	0.0	0.0		0.0	0.5	0.0	0.0
Fresh Cucumber Slices - (7 slice)	14.9	3.6	0.1	0.0		0.0	2.0	0.5	0.6
Fresh Cucumbers (1/2 c.)Contains Cucumber/Pickles.	11.3	2.7	0.1	0.0	0.0	0.0	1.5	0.4	0.5
Fresh Grape Tomato Medley - (1/2 c.)	15.3	3.3	0.2	0.0		0.0	4.3	1.0	0.8
Fresh Mixed Fruit - (1 ea.)Contains Cantaloupe.	31.0	8.0	0.0	0.0	0.0	0.0	13.0	1.0	1.0
Fresh Mixed Fruit - (4 fl oz solid spoodle)Contains Cantaloupe.	31.0	8.0	0.0	0.0	0.0	0.0	13.0	1.0	1.0
Fresh Orange - (1 ea.)	62.6	15.7	0.2	0.0		0.0	0.0	3.2	1.3
Fresh Pineapple Chunks - (4 fl oz solid spoodle)	45.4	11.9	0.1	0.0		0.0	0.9	1.3	0.5
Fresh Romanesco, Cauliflower & Broccoli Salad - (1 #8 scoop)Contains Broccoli.	33.1	6.5	0.4	0.1		0.0	37.8	2.0	2.8
Fresh Strawberries - (4 fl oz solid spoodle)Contains Berries (all kinds).	29.0	7.0	0.3	0.0		0.0	0.9	1.8	0.6
Fresh Tomato Medley - V54 PD (1 ea.)	6.1	1.3	0.1	0.0		0.0	1.7	0.4	0.3
Frito Pie - (6 fl. Oz. + 1 oz. chips)Contains Beef. May contain Cayenne Pepper, Citrus, Corn/Corn Products, Onion.	325.7	42.2	11.1	2.7	0.8	21.1	613.7	9.6	13.7
Frosted Cinnamon Flakes Cereal - (1 ea.)Contains Wheat.	200.0	48.0	1.0	0.0	0.0	0.0	340.0	5.0	4.0
Frosted Shredded Wheat Cereal - (1 ea.)Contains Wheat.	200.0	46.0	1.0	0.0	0.0	0.0	10.0	6.0	5.0
Fruit & Yogurt Parfait (1 ea.)Contains Milk, Corn/Corn Products, Sunflower Seeds	362.4	62.2	9.0	1.0	0.0	2.5	112.5	4.8	8.0

Menus subject to change.

SECONDARY (6-12) MENU ITEM NUTRIENT ANALYSIS

2019-2020

Item Name (Serving Size)	Calories (Kcal)	Carb (g)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Total Fiber (g)	Protein (g)
Gala Apple - (1 large (3- 1/4" dia))Contains Apples.	116.4	30.8	0.4	0.1	0.0	0.0	2.5	5.4	0.6
Garbanzo Beans - Salad Bar (2 OZ SPOODLE)	65.0	10.8	1.1	0.0	0.0	0.0	75.8	2.7	3.3
Garden Fresh Kale slaw, (1 ea.)Contains Soy, Apples, Broccoli, Carrot.	45.5	6.0	2.1	0.3	0.0	0.1	53.2	1.3	1.9
Garden Salad - (8 fl oz solid spoodle)Contains Carrot, Tomatoes.	19.4	4.2	0.2	0.0	0.0	0.0	19.3	1.7	0.9
Gardenburger Veggie Burger (1 ea.)Contains Milk, Wheat, Soy.	244.5	36.1	5.4	0.8	0.0	0.0	649.0	7.8	18.2
Garlic Breadsticks - (1 ea.)Contains Milk, Egg, Wheat.	127.9	22.2	2.5	1.1	0.0	17.5	187.3	2.3	4.5
Garlic Roll (1 ea.)Contains Milk, Egg.	126.6	21.7	2.8	1.2	0.0	17.8	198.2	2.0	4.4
Goldfish (1 ea.)Contains Milk, Wheat, Gluten.	100.0	14.0	3.5	1.0	0.0	4.0	170.0	1.0	3.0
Granny Smith Apple - (1 large (3-1/4" dia))Contains Apples.	116.4	30.8	0.4	0.1	0.0	0.0	2.5	5.4	0.6
Grape Jelly - (1 ea.)	35.0	9.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Green & Red Grapes - (1 #8 scoop)	60.8	15.6	0.3	0.1		0.0	1.8	0.8	0.6
Green Onions (1 #30 scoop)Contains Onion.	3.0	0.6	0.1	0.0	0.0	0.0	1.7	0.2	0.1
Grilled Cheese Croissant - (1 ea.)Contains Milk, Egg, Wheat, Soy.	301.5	33.0	12.8	6.3	0.0	22.8	735.2	3.0	14.1
Grilled Chicken Club Sandwich - (1 ea.)Contains Milk, Wheat, Soy, Turkey.	360.0	30.0	12.0	4.0	0.0	80.0	820.0	3.0	34.0
Grilled Chicken Sandwich - (1 ea.)Contains Wheat, Soy.	260.0	30.0	4.5	0.5	0.0	55.0	680.0	3.0	26.0
Ham & Cheese Croissant - (1 ea.)Contains Milk, Egg, Wheat, Soy, Turkey.	270.5	31.5	10.5	4.5	0.0	37.6	716.8	3.0	15.5
Ham & Cheese English Muffin (1 ea.)Contains Milk, Wheat, Soy, Turkey.	210.5	25.5	6.0	2.0	0.0	37.6	656.8	2.0	15.5
Hamburger - (1 ea.)Contains Wheat, Soy, Beef.	345.0	29.2	17.8	6.8	0.0	50.0	329.0	3.0	18.2
Hatch Green Chili Tamales - (2 ea.)Contains Milk, Corn/Corn Products.	320.0	34.0	16.0	6.0	0.0	30.0	340.0	6.0	12.0
Hawaiian Pizza (1 slice)Contains Milk, Wheat, Soy, Turkey.	408.3	34.3	17.6	6.9	0.0	64.3	943.1	3.2	28.6
Homestyle Chicken Tenders - (4 2/3 oz.)Contains Milk, Wheat, Soy.	387.9	22.2	12.2	2.2	0.0	68.9	439.0	6.7	31.1
Honey Mustard (1 fl. oz.)Contains Mustard.	99.8	23.7	0.0	0.0	0.0	0.0	285.8	0.1	0.1
Honey Mustard Dip - (1 pkg.)Contains Egg, Soy.	80.0	7.0	6.0	1.0	0.0	10.0	125.0	0.0	0.0
Honey Scooters Cereal - (1 ea.)Contains Wheat.	219.4	45.2	2.6	0.4		0.0	394.1	3.6	4.9
Honey Sriracha Chicken - (1 1 Thigh or 1 Breast or 1 Leg +Wing)Contains Milk.	459.3	51.5	15.1	3.8	0.0	141.2	667.3	0.1	32.1
Hot Dog - (1 ea.)Contains Milk, Wheat.	230.0	21.0	10.5	2.5	0.0	55.0	470.0	2.0	13.0
Hot Green "Finch Fire" Salsa - (1 fl. oz.)Contains Soy, Tomatoes, Onion.	12.0	1.8	0.5	0.1	0.0	0.0	151.3	0.6	0.3
House Vinaigrette Dressing (1 fl. oz.)Contains Mustard, Olives, Onion.	109.4	0.5	12.5	1.8	0.0	0.0	193.1	0.1	0.0
Hummus Lunch Box - (1 ea.)Contains Milk, Wheat, Soy, Chickpeas, Citrus, Sesame, Olives.	349.8	51.0	9.1	3.5	0.0	15.0	506.3	10.5	16.5
Hummus, 3 oz. (1 ea.)Contains Chickpeas, Citrus, Sesame, Olives.	110.0	18.0	2.0	0.0	0.0	0.0	100.0	5.0	6.0
Jalapenos - (1 #16 scoop)	5.0	1.0	0.0	0.0	0.0	0.0	360.0	0.0	0.0
Juice, 100% Fruit Punch, 6 OZ, After School Snack Program Only. Contains Apples	90.0	5.0	21.0	0.0	0.0	0.0	0.0	0.0	0.0
Kale Slaw (1 #8 scoop)Contains Soy, Apples, Broccoli, Carrot.	45.5	6.0	2.1	0.3	0.0	0.1	53.2	1.3	1.9
Ketchup - (1 pkg.)	10.0	3.0	0.0	0.0	0.0	0.0	25.0	0.0	0.0
Key Lime - (1 ea.)Contains Citrus.	3.0	1.1	0.0	0.0		0.0	0.2	0.3	0.1
Kimchi Slaw (4 fl oz solid spoodle)Contains Fish, Carrot, Cayenne Pepper, Onion	30.2	7.1	0.2	0.0	0.0	0.0	140.7	2.2	1.2
Korean BBQ Oven Roasted Chicken - (1 Thigh or 1 breast or 2 legs)Contains Milk, Soy, Corn/Corn Products, Sesame, Onion.	288.0	20.5	11.8	2.9	0.0	108.6	967.3	0.2	25.8
Lasagna - (1 slice)Contains Milk, Soy, Beef, Cayenne Pepper, Citrus, Corn/Corn Products, Olives, Onion.	434.8	44.2	19.5	7.5	2.0	65.1	491.8	7.0	24.8
Lasagna Rolls (1 ea.)Contains Milk, Wheat, Soy, Gluten, Cayenne Pepper, Citrus, Corn/Corn Products, Olives, Onion.	327.3	40.3	9.5	4.9	0.0	24.4	591.4	4.0	18.6
Lasagna w/ Italian Sausage (1 slice)Contains Milk, Soy, Beef, Cayenne Pepper, Citrus, Corn/Corn Products, Olives, Onion.	469.2	47.0	20.6	8.1	1.5	70.8	819.1	8.0	29.1
Lettuce - Salad Bar - (8 OZ SPOODLE)	7.0	1.4	0.1	0.0		0.0	3.3	0.9	0.5
Lettuce - Salad Bar (8 OZ SPOODLE)	7.0	1.4	0.1	0.0		0.0	3.3	0.9	0.5
Lime Cabbage Slaw - (1 4 oz. spoodle)Contains Citrus.	17.4	4.2	0.1	0.0	0.0	0.0	198.5	1.8	0.9

Menus subject to change.

**SECONDARY (6-12) MENU ITEM NUTRIENT ANALYSIS
2019-2020**

Cy-Fair Nutrition Services

Item Name (Serving Size)	Calories (Kcal)	Carb (g)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Total Fiber (g)	Protein (g)
Lo Mein - (1 #8 scoop)Contains Wheat, Soy, Gluten, Broccoli, Carrot, Chicken, Corn/Corn Products, Sesame, Onion.	173.2	37.4	0.8	0.1	0.0	0.0	89.8	2.0	4.4
Macaroni & Cheese - (2 #8 scoop)Contains Milk, Wheat, Soy, Gluten, Corn/Corn Products, Onion.	558.8	53.9	22.8	10.5	0.1	50.2	989.7	3.5	28.3
Mandarin Chicken Entrée Salad - FPC- SA230 (1 ea.)Contains Wheat, Soy, Carrot, Chicken, Sesame.	505.9	74.2	11.0	1.7	0.0	65.0	1097.1	9.0	31.0
Mandarin Oranges - (4 fl oz solid spoodle)	70.0	17.0	0.0	0.0	0.0	0.0	10.0	1.0	1.0
Mandarin, Grape & Apple Fruit Salad (1 #8 scoop)Contains Apples.	62.4	15.6	0.1	0.0	0.0	0.0	6.0	1.3	0.7
Marinara Sauce - (2 fl. oz.)Contains Cayenne Pepper, Citrus, Corn/Corn Products, Olives, Onion.	36.6	6.3	1.0	0.1	0.0	0.0	82.3	1.1	1.2
Mashed Potatoes - (1 #8 scoop)Contains Milk.	96.8	19.4	1.3	0.0	0.0	0.0	217.3	1.3	2.5
Mayonnaise - (1 ea.)Contains Egg, Soy.	90.0	0.0	10.0	1.5	0.0	10.0	80.0	0.0	0.0
Meat & Cheese Nachos - ALTERNATIVE CAMPUS ONLY - (1 EACH + 2 BAGS CHIPS)Contains Milk, Soy, Beef. May contain Cayenne Pepper, Onion.	443.62 (M)	44.08(M)	19.41(M)	5.20(M)	1.91(M)	57.34(M)	570.53 (M)	6.01(M)	22.20(M)
Meat Lovers Pizza (1 slice)Contains Milk, Wheat, Soy, Beef, Pork, Turkey.	387.7	31.5	18.4	7.0	0.0	45.5	870.0	3.3	23.7
Meatball Sub - (1 ea.)Contains Milk, Wheat, Soy, Beef, Cayenne Pepper, Citrus, Corn/Corn Products, Olives, Onion.	349.2	32.1	15.8	6.0	0.6	49.6	477.8	3.4	19.9
Milk, 1% White, 11 oz (1 ea.)Contains Milk.	140.0	16.0	3.5	2.0	0.0	14.0	170.0	0.0	11.0
Milk, Chocolate, Fat-free, 11 oz (1 ea.)Contains Milk.	200.0	38.0	0.0	0.0	0.0	5.0	360.0	0.0	11.0
Mini Cinnamon Animal Crackers - (1 pkg.)Contains Wheat, Soy.	100.0	18.0	3.0	1.0	0.0	0.0	140.0	1.0	1.0
Mini Corn Dogs - (6 ea.)Contains Egg, Wheat, Soy, Chicken.	271.3	30.1	12.1	3.5	0.0	40.2	411.9	5.0	10.1
Mini Pancakes - (1 ea.)Contains Milk, Egg, Wheat.	220.0	40.0	7.0	0.5	0.0	0.0	180.0	3.0	4.0
Mini Pizza Bagels - (4 ea.)Contains Milk. Processed in a facility that also processes Egg, Wheat, Soy.	260.0	24.0	9.0	5.0	0.0	20.0	560.0	4.0	21.0
Mixed Fruit (Fruit Cocktail) (4 fl oz solid spoodle)	89.7	22.4	0.0	0.0	0.0	0.0	22.4	1.1	0.0
Mixed Greens w/ Turkey Bacon (4 fl oz slotted spoodle)Contains Turkey.	63.3	10.4	1.3	0.1	0.0	1.9	207.8	7.2	6.2
Mixed Vegetables - (4 fl oz slotted spoodle)Contains Milk, Onion.	80.5	16.3	0.1	0.1	0.0	0.1	171.2	4.3	3.2
Mushrooms - Salad Bar (2 OZ SPOODLE)	5.5	0.8	0.1	0.0	0.0	0.0	1.3	0.3	0.8
Mushrooms for Swiss Burger (1 #16 scoop)Contains Milk, Wheat, Olives, Onion.	37.1	4.0	2.2	0.3	0.0	0.0	64.2	0.8	1.7
Mustard - (1 ea.)	3.9	0.5	0.2	0.0	0.0	0.0	64.9	0.2	0.2
Orange (1 ea.)	75.4	18.9	0.2	0.0	0.0	0.0	0.0	3.9	1.5
Orange Chicken - (1 #10 scoop)Contains Egg, Wheat, Soy.	149.9	19.0	3.0	0.5	0.0	40.0	279.8	0.0	11.0
Orange Chicken & Lomein - (1 ea.)Contains Egg, Wheat, Soy, Gluten, Broccoli, Carrot, Chicken, Corn/Corn Products, Sesame, Onion.	323.2	56.4	3.8	0.6	0.0	40.0	369.8	2.0	15.4
Orange Juice - (1 ea.)Contains Oranges/Orange Juice.	60.0	13.0	0.0	0.0	0.0	0.0	1.0	0.0	0.0
Pancake & Turkey Sausage Minis - Breakfast serving (3 ea.) Contains Egg, Wheat, Soy, Gluten.	180.0	15.0	9.0	2.5	0.0	25.0	280.0	3.0	6.0
Pancake & Turkey Sausage Minis - Lunch Serving (6 ea.)Contains Egg, Wheat, Soy, Gluten.	360.0	30.0	18.0	5.0	0.0	50.0	560.0	6.0	12.0
Parmesan - (1 ea.)	14.7	0.5	1.0	0.5	0.0	3.0	63.1	0.0	1.0
Parmesan Cheese (1 #70 scoop)Contains Milk.	28.4	0.0	2.1	1.4	0.0	5.7	141.8	0.0	2.8
Peach Cobbler - (1 #6 scoop)Contains Milk, Wheat, Soy, Corn/Corn Products.	271.9	49.5	7.3	3.3	0.0	0.0	82.3	0.5	2.2
Peach, fresh (1 ea.)Contains Peaches.	58.5	14.3	0.4	0.0	0.0	0.0	0.0	2.3	1.4
Pear, fresh (1 medium (2-1/2" dia))	101.5	27.1	0.3	0.0	0.0	0.0	1.8	5.5	0.6
Peppered Gravy - (1 fl. oz.)Contains Milk, Egg, Wheat, Soy.	23.3	3.3	1.3	0.7	0.0	0.0	93.1	0.0	0.0
Pepperoni Pizza - (1 slice)Contains Milk, Wheat, Soy, Beef, Pork.	375.4	31.1	18.2	7.2	0.0	37.2	781.3	3.0	21.4
Pickles - (5 ea.)	0.0	0.0	0.0	0.0	0.0	0.0	150.0	0.0	0.0
Pico de Gallo - (1 Tbsp.)Contains Citrus, Tomatoes, Onion.	2.7	0.6	0.0	0.0	0.0	0.0	0.9	0.2	0.1
Pineapple Tidbits - (4 fl oz solid spoodle)	94.6	23.6	0.0	0.0	0.0	0.0	0.0	1.2	0.0
Pink Lady Apple - (1 ea.)	95.0	25.1	0.3	0.1	0.0	0.0	2.0	4.4	0.5

Menus subject to change.

**SECONDARY (6-12) MENU ITEM NUTRIENT ANALYSIS
2019-2020**

Cy-Fair Nutrition Services

Item Name (Serving Size)	Calories (Kcal)	Carb (g)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Total Fiber (g)	Protein (g)
Pita Bread (1 ea.)Contains Wheat, Soy.	130.0	26.0	1.0	0.0	0.0	0.0	140.0	3.0	4.0
Plantains - (4 ea.)	262.6	52.5	4.8	0.0	0.0	0.0	21.5	4.8	0.0
Pork Banh Mi Sandwich (1 ea.)Contains Egg, Fish, Wheat, Soy, Carrot, Cucumber/Pickles, Pork, Onion.	393.2	44.8	11.5	3.3	1.5	76.7	737.2	4.4	22.0
Pork Carnitas Tacos - (2 tortillas + 3.5 oz meat)Contains Wheat, Pork.	430.9	34.0	15.1	6.1	2.0	101.3	988.0	2.0	28.3
Potato Wedges - (3 oz.)Contains Soy.	150.1	25.0	5.0	0.6	0.0	5.0	175.1	2.5	2.5
Poultry Gravy - Thanksgiving Only (2 fl. oz.)Contains Wheat, Chicken, Corn/Corn Products.	67.0	4.1	5.4	2.7	0.0	0.0	47.9	0.1	0.4
Pulled Pork BBQ Sandwich - (1 ea.)Contains Milk, Wheat, Soy, Corn/Corn Products, Pork, Onion.	439.7	39.2	13.5	5.0	2.0	101.3	948.4	3.2	29.3
Pumpkin Spice Muffin (1 ea.)Contains Milk, Egg, Wheat.	320.3	51.3	10.4	5.0	0.1	37.3	288.5	3.9	6.8
Queso for Tamales (1 #16 scoop)Contains Milk, Wheat, Soy, Citrus, Corn/Corn Products, Olives, Onion.	104.47 (M)	4.49(M)	6.19(M)	2.94(M)	0.01(M)	14.27(M)	295.30 (M)	0.20(M)	6.00(M)
Raisin Bran Cereal - (1 ea.)	200.0	45.0	1.0	0.0	0.0	0.0	280.0	6.0	4.0
Raisins - (1 Box)	115.2	27.5	0.0	0.0	0.0	0.0	8.9	1.8	0.9
Ranch Dressing - (1 fl. oz.)Contains Milk, Egg, Soy.	70.3	4.7	5.9	0.7	0.0	7.6	217.0	0.0	0.3
Ranch Flavored Baby Carrots (1 Bag)	30.0	7.0	0.0	0.0	0.0	0.0	200.0	2.0	1.0
Red Cabbage, Shredded - (1/4 cup chopped)	6.9	1.6	0.0	0.0	0.0	0.0	6.0	0.5	0.3
Red Grapes (1 ea.)	60.8	15.6	0.3	0.1	0.0	0.0	1.8	0.8	0.6
Red Pepper Flakes (1 ea.)	5.0	1.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Rice Chex - (2 ea.)	200.0	48.0	1.0	0.0	0.0	0.0	500.0	2.0	4.0
Roasted Beets (1/2 c.)Contains Olives, Onion.	67.5	12.2	1.7	0.3	0.0	0.0	186.5	3.5	2.0
Roasted Broccoli (4 fl oz solid spoodle)Contains Olives.	16.2	2.4	0.6	0.1	0.0	0.0	85.2	0.0	1.3
Roasted Cauliflower - (1/2 c.)	37.1	4.6	1.3	0.7	0.0	2.2	29.7	1.8	2.9
Roasted Corn - (1 ea.)Contains Milk.	95.7	20.1	1.0	0.1	0.0	0.0	35.3	1.0	2.8
Roasted Corn in a Cup - (4 fl oz slotted spoodle)Contains Milk.	118.7	24.9	1.2	0.1	0.0	0.0	97.3	1.2	3.4
Roasted Root Vegetables (1 #8 scoop)Contains Olives.	49.0	8.6	1.6	0.2	0.0	0.0	102.3	2.4	0.8
Roasted Sweet Potatoes (1 #8 scoop)Contains Milk, Potatoes.	91.1	21.5	0.1	0.1	0.0	0.0	80.6	2.7	1.4
Salisbury Steak - LE61 (1 ea.)	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Salsa - (2 fl. oz.)Contains Citrus, Olives, Onion.	26.40(M)	5.56(M)	0.19(M)	0.03(M)	0.00(M)	0.00(M)	93.83(M)	1.09(M)	1.07(M)
Sausage & Cheese Biscuit - (1 ea.)Contains Milk, Wheat, Pork.	281.5	25.5	13.1	7.0	0.0	30.6	617.8	1.1	13.1
Sausage & Cheese Croissant - (1 ea.)Contains Milk, Egg, Wheat, Soy, Pork.	291.5	31.5	13.1	5.5	0.0	30.6	577.8	3.1	14.1
Sausage & Cheese Kolache - (1 ea.)Contains Milk, Egg, Wheat, Pork.	268.8	25.8	13.1	5.5	0.0	44.8	644.2	2.5	10.9
Sausage Biscuit - (1 ea.)Contains Milk, Wheat, Pork.	241.0	24.5	10.8	5.7	0.0	23.0	476.0	1.1	10.1
Sausage Croissant - (1 ea.)Contains Milk, Egg, Wheat, Soy, Pork.	251.0	30.5	10.8	4.2	0.0	23.0	436.0	3.1	11.1
Sausage Kolache - (1 ea.)Contains Milk, Egg, Wheat, Pork.	235.3	26.0	11.0	4.3	0.0	38.1	512.7	2.6	8.1
Sausage Pizza - (1 slice)Contains Milk, Wheat, Soy.	390.0	32.0	18.0	6.5	0.0	50.0	930.0	4.0	25.0
Scooters Cereal (1G PK) - (1 ea.)Contains Wheat. May contain Soy.	100.0	18.0	1.5	0.0	0.0	0.0	120.0	2.0	3.0
Seasoned Black Beans - (4 fl oz slotted spoodle)Contains Citrus, Olives, Onion	115.96 (M)	20.93(M)	0.07(M)	0.01(M)	0.00(M)	0.00(M)	199.58 (M)	6.31(M)	7.48(M)
Seasoned Green Beans - (4 fl oz slotted spoodle)Contains Milk, Onion.	29.0	5.9	0.1	0.1	0.0	0.0	200.6	2.4	0.1
Seasoned Peas - (4 fl oz slotted spoodle)Contains Milk, Onion.	89.6	16.1	0.5	0.1	0.00(M)	0.1	107.8	5.0	5.7
Seasoned Pinto Beans - (4 fl oz slotted spoodle)Contains Citrus, Olives, Onion.	139.60 (M)	25.66(M)	0.07(M)	0.01(M)	0.00(M)	0.00(M)	152.30 (M)	6.31(M)	7.48(M)
Shredded Cheese - (1/2 oz.)Contains Milk.	40.5	1.0	2.3	1.3	0.0	7.6	141.8	0.0	3.0
Shredded Lettuce - (1/4 cup shredded)	2.5	0.5	0.0	0.0	0.0	0.0	1.8	0.2	0.2
Side Salad - ALC CAMPUS ONLY - (1 ea.)Contains Carrot, Tomatoes.	139.2	26.3	1.8	0.1	0.0	0.0	169.5	6.1	6.0
Sliced Peaches - (4 fl oz solid spoodle)	70.0	17.0	0.0	0.0	0.0	0.0	10.0	0.0	0.0
Smoothie - Very Berry -(20 fl. oz.)Contains Milk, Berries (all kinds), Corn/Corn Products.	236.3	45.7	0.9	0.3	0.0	7.6	183.3	2.7	11.7

Menus subject to change.

**SECONDARY (6-12) MENU ITEM NUTRIENT ANALYSIS
2019-2020**

Item Name (Serving Size)	Calories (Kcal)	Carb (g)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Total Fiber (g)	Protein (g)
Sour Cream - (1 ea.)Contains Milk.	54.7	0.8	5.6	3.3		14.7	13.3	0.0	0.6
Sour Raisins - (1 ea.)	117.0	29.7	0.5	0.0	0.0	0.0	4.5	1.8	0.9
Southwest Chicken Entrée Salad (1 ea.)Contains Milk, Soy, Chicken, Citrus, Olives, Tomatoes, Onion.	312.92 (M)	23.59(M)	11.52(M)	4.92(M)	0.00(M)	82.59(M)	845.92 (M)	7.20(M)	30.86(M)
Soy Milk - (1 ea.)Contains Soy.	120.0	15.0	3.0	0.0	0.0	0.0	170.0	1.0	8.0
Soy Sauce - (1 packet)Contains Soy.	3.7	0.4	0.0	0.0	0.0	0.0	223.8	0.0	0.5
Spaghetti & Meatballs - (5 meatballs + 1 no. 8 scoop pasta)Contains Wheat, Gluten, Beef, Cayenne Pepper, Citrus, Corn/Corn Products, Olives, Onion.	369.5	43.0	14.1	4.4	0.7	48.0	256.1	4.8	19.3
Spaghetti & Meatsauce - (2 #8 scoop)Contains Milk, Wheat, Soy, Gluten, Beef, Corn/Corn Products, Onion.	537.2	52.8	22.8	9.4	2.5	82.2	486.2	5.9	30.5
Spiced Apple Muffin - (1 ea.)Contains Milk, Egg, Wheat, Soy.	411.6	53.4	19.3	8.4	0.0	70.0	616.1	3.2	6.4
Spicy Breaded Chicken Sandwich - (1 ea.)Contains Milk, Egg, Wheat, Soy, Chicken.	381.0	44.8	10.4	2.0	0.0	61.8	612.0	4.6	28.0
Spicy Chicken Tenders - (4 2/3 oz.)Contains Milk, Wheat, Soy.	387.9	22.2	12.2	2.2	0.0	68.9	439.0	6.7	31.1
Spicy Spinach Salad (8 fl oz solid spoodle)Contains Milk, Cayenne Pepper, Onion	18.1	2.5	0.6	0.3	0.0	1.3	57.7	0.7	1.5
Steak Fingers - (4 ea.)Contains Milk, Wheat, Soy, Beef.	287.0	17.8	17.8	6.7	0.0	39.0	389.0	3.1	15.2
Steamed Broccoli - FPC-PD620 BASKET (1 ea.)Contains Milk, Onion.	26.7	5.5	0.1	0.1	0.0	0.0	118.4	2.6	2.5
Steamed Rice - (1 #8 scoop)	117.8	24.3	1.1	0.0	0.0	0.0	0.0	1.5	2.9
Stir Fried Rice - (1 #6 scoop)Contains Soy, Chicken, Sesame.	145.6	27.8	2.3	0.0	0.0	0.0	71.0	2.4	3.8
Stir Fried Vegetables (4 fl oz slotted spoodle)Contains Milk, Onion.	32.2	6.5	0.1	0.0	0.0	0.0	44.5	2.9	1.9
Supreme Pizza - (1 slice)Contains Milk, Wheat, Soy, Beef, Pork, Onion.	387.3	32.6	18.2	6.9	0.0	43.6	856.3	3.8	23.5
Sweet n Sour Sauce - (1 ea.)	15.0	4.0	0.0	0.0	0.0	0.0	70.0	0.0	0.0
Sweet Potato Fries - (3 oz.)	180.7	26.4	7.0	1.4	0.0	0.0	173.8	4.2	1.4
Swiss Cheeseburger (1 ea.)Contains Milk, Wheat, Soy, Beef.	425.0	29.2	23.8	10.3	0.0	70.0	374.0	3.0	24.2
Syrup - (1 ea.)	120.0	30.0	0.0	0.0	0.0	0.0	30.0	0.0	0.0
Taco Pizza - (1 slice)Contains Milk, Wheat, Soy, Tomatoes.	387.8	33.1	17.3	7.0	0.0	42.5	800.4	3.7	24.7
Tajin - (1 ea.)	2.0	0.0	0.0	0.0	0.0	0.0	127.0	0.0	0.0
Tartar Sauce - (2 fl. oz.)Contains Egg, Soy, Onion.	149.8	12.1	12.0	1.3	0.0	13.3	442.5	0.1	0.1
Thanksgiving Turkey - (3 oz.)	110.0	1.0	3.0	1.0	0.0	45.0	430.0	0.0	21.0
Tomatoes - Salad Bar (2 oz. spoodle)Contains Tomatoes.	13.6	2.9	0.2	0.0		0.0	3.8	0.9	0.7
Turkey & Cheese Croissant - (1 ea.)Contains Milk, Egg, Wheat, Soy, Turkey.	295.5	31.9	10.8	4.6	0.0	40.9	760.1	3.0	20.5
Turkey Ham & Cheese Croissant - (1 ea.)Contains Milk, Egg, Wheat, Soy, Turkey.	303.8	31.9	12.0	5.0	0.0	57.6	893.4	3.0	20.5
Vegetable Egg Roll - (1 ea.)Contains Egg, Wheat, Soy.	140.0	22.0	3.5	1.0	0.0	0.0	150.0	4.0	4.0
Vegetable Pizza - (1 slice)Contains Milk, Wheat, Soy, Onion.	77.3	8.2	3.1	1.2	0.0	6.0	129.4	1.1	4.6
Watermelon - (1 slice)	42.4	10.7	0.2	0.0		0.0	1.4	0.6	0.9
Wheat Roll - (1 ea.)Contains Milk, Egg.	165.6	28.9	3.5	1.5	0.0	23.2	249.1	2.7	5.5
White Roll - Thanksgiving Only - (1 ea.)Contains Milk, Wheat.	196.0	32.3	5.7	2.7	0.0	0.9	275.7	1.0	5.3
Whole Kernel Corn - (4 fl oz slotted spoodle)Contains Milk.	118.7	24.9	1.2	0.1	0.0	0.0	97.3	1.2	3.4
Whole Milk, Age 1-2 ONLY (1 c.)Contains Milk.	148.8	11.7	7.9	4.6		24.4	104.9	0.0	7.7
Whole Wheat Cinnamon Roll - (1 ea.)Contains Milk, Wheat, Soy.	309.0	56.2	6.2	2.5	0.0	0.0	58.7	5.1	8.1
Yogurt & Granola - Contains Milk, Carrot, Corn/Corn Products, Sunflower Seeds, Strawberries.	340.0	55.0	9.0	1.0	0.0	4.9	125.0	4.0	9.0
Zucchini - (4 fl oz slotted spoodle)Contains Milk, Onion.	26.8	4.1	0.1	0.0	0.0	0.0	198.7	1.5	0.1
A LA CARTE									
Chocolate Chip Cooke - 1 ea	177.0	29.5	3.7	0.0	12.1	153.5	30.5	1.9	2.9
Goldfish - WG - 1 ea.	100.0	14.0	1.0	0.0	3.5	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		

Menus subject to change.

**SECONDARY (6-12) MENU ITEM NUTRIENT ANALYSIS
2019-2020**

Cy-Fair Nutrition Services

Item Name (Serving Size)	Calories (Kcal)	Carb (g)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Total Fiber (g)	Protein (g)
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		
Juice Rush Slush - Cherry/Raspberry (1 ea.)Contains Apples, Red Dye.	110.0	27.0	0.0	0.0	0.0	20.0	27.0	0.0	1.0
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		