

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

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 CHICKEN & JALAPENO PIZZA (1 slice)Contains Milk, Wheat, Soy, Chicken, Corn/Corn Products.	420.17	38.46	17.05	6.65	0	58.44	926.48	3.25	28.17
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
Black Bean & Mushroom Tacos (2ea.)Contains Milk, Wheat, Soy, Onion.	414.69	53.02	14.27	7.17	0	20.00	933.92	7.79	20.61
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
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
Breakfast Egg Taco for Lunch (2 ea.)Contains Milk, Egg, Wheat, Turkey.	433.27	39.14	19.63	6.38	0	386.01	1191.07	2.02	25.38
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
Broccoli Salad - (1 scoop)Contains Milk, Egg, Soy, Turkey, Onion	82.03	9.30	4.10	0.68	0	4.00	348.19	0.79	3.60
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

Menus subject to change.

For the most updated nutrient analysis visit SchoolCafe.com.

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

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)
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
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	155.35	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.	340.00	31.00	15.00	6.00	0.00	30.00	640.00	3.00	20.00
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 Fajita Tacos (2 each)Contains Wheat, Soy, Chicken, Onion.	348.50	37.96	12.24	3.43	0	61.90	924.67	2.43	24.07
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 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
Chilantro 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

Menus subject to change.

For the most updated nutrient analysis visit SchoolCafe.com.

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

Item Name (Serving Size)	Calories	Carb (g)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Fiber (g)	Pro (g)
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
Cornbread Dressing (Thanksgiving only) -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
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
Cran Apple Spinach Salad - side - (8 fl oz solid spoodle)	22.5	0.2	0.0	0.0	0.0	23.8	5.3	1.1	0.9
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

Menus subject to change.

For the most updated nutrient analysis visit SchoolCafe.com.

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

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)
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 Cheese Croissant Sandwich (1 ea.) Contains Milk, Egg, Wheat, Soy	301.5	33.04	12.83	6.3	0	22.78	735.25	3	14.11
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
HAWAIIAN PIZZA (1 slice)Contains Milk, Wheat, Soy, Turkey.	408.26	34.31	17.59	6.86	0.00(M)	64.30	943.11	3.23	28.61
Homestyle Chicken Tenders (4 2/3 oz.) Milk, Wheat, Soy.	349.07	11.00	2.00	0.00	62.01	395.08	20.00	6.00	28.01
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	423.63	46.82	17.61	6.87	1.49	55.34	698.93	8.45	24.46
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
Macaroni & Cheese - Plain (2 scoop)Contains Milk, Wheat, Soy, Gluten, Corn/Corn Products, Onion.	558.80	53.89	22.79	10.47	0.05(M)	50.16	989.71	3.50	28.26
Mac & Cheese - Chorizo (2 scoop)Contains Milk, Wheat, Soy, Gluten, Corn/Corn Products, Onion.	342.32	36.08	12.41	5.37	0.02	35.59	655.97	3.01	19.02
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	217.26	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	179.64	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, Fat-Free Chocolate - 11 oz - (1 ea.)Contains Milk.	200.00	38.00	0.00	0.00	0.00	5.00	360.00	0.00	11.00
Milk, Fat-Free Chocolate Milk - 8 oz - (1 ea.)Contains Milk.	120.00	20.00	0.00	0.00	0.00	5.00	140.00	0.00	8.00
Milk, Fat-Free Strawberry - 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 - (1 ea.)Contains Milk.	140.00	16.00	3.50	2.00	0.00	14.00	170.00	0.00	11.00

Menus subject to change.

For the most updated nutrient analysis visit SchoolCafe.com.

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

Item Name (Serving Size)	Calories	Carb (g)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Fiber (g)	Pro (g)
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 Greens w/ Turkey Bacon (1/2 cup) - Contains Turkey.	63.29	10.36	1.25	0.07	0	1.92	207.84	7.23	6.20
Mixed Vegetables - (4 fl oz slotted spoodle)Contains Milk.	80.54	16.27	0.12	0.09	0	0.07	171.23	4.28	3.17
MUSHROOMS FOR SWISS BURGER - (1 #16 scoop)Contains Milk, Wheat, Onion.	37.13	3.96	2.18	0.33	0	0.02	64.17	0.81	1.70
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
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, Beef, Pork.	375.37	31.14	18.24	7.23	0.00	37.23	781.25	3.00	21.35
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 Tacos - (2 tortillas + 3.5 oz meat)Contains Wheat, Pork.	430.85	34.00	15.13	6.05	2.02	101.25	988.02	2.00	28.27
Potato Wedges - (3 oz.)Contains Soy.	150.09	25.00	0.63	0.00	5.00	175.10	5.00	2.50	2.50
Pulled Pork Baked Potato - Contains Milk, Soy, Corn/Corn Products, Pork.	565.81	11.30	4.56	2.02(M)	101.25	716.01	75.76	5.01	30.09
Pulled Pork BBQ Sandwich (1 ea.)Contains Milk, Wheat, Soy, Corn/Corn Products, Pork.	439.68	39.19	13.51	4.95	2.02	101.25	948.41	3.23(M)	29.33
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
Roasted Corn - (4 fl oz slotted spoodle)Contains Milk.	118.66	24.94	1.22	0.06	0	0.04	97.34	1.18	3.44
ROASTED SWEET POTATOES - (1 #8 scoop)Contains Milk, Potatoes.	91.10	21.46	0.10	0.06	0.00	0.03	80.63	2.68	1.39
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

Menus subject to change.

For the most updated nutrient analysis visit SchoolCafe.com.

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

Item Name (Serving Size)	Calories	Carb (g)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Fiber (g)	Pro (g)
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 - LE38 (1 slice)Contains Milk, Wheat, Soy.	390.00	32.00	18.00	6.50	0.00	50.00	930.00	4.00	25.00
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	219.01	5.00	5.73
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 Sandwich w/Pepperjack Cheese - (1 ea.)Contains Milk, Egg, Wheat, Soy, Chicken.	451.00	44.80	16.37	5.48	0.00	81.84	731.99	4.64	33.04
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	2.47	0.23	0.00(M)	1.05	38.76	0.44	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

Menus subject to change.

For the most updated nutrient analysis visit SchoolCafe.com.

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

Item Name (Serving Size)	Calories	Carb (g)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Fiber (g)	Pro (g)
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
SWISS CHEESEBURGER - (1 ea.)Contains Milk, Wheat, Soy, Beef.	425.00	29.20	23.80	10.30	0.00	70.00	374.00	3.00	24.20
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
Tamales, Hatch Green Chili - (2 ea.)Contains Milk, Corn/Corn Products.	320.00	34.00	16.00	6.00	0.00	30.00	340.00	6.00	12.00
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	198.67	1.53	0.12
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		
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.	110.00	27.00	0.00	0.00	0.00	20.00	27.00	0.00	1.00
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		

Menus subject to change.

For the most updated nutrient analysis visit SchoolCafe.com.