

2021 MENU ITEMS	Portion Size	Cals	G Fiber	G Protn	G Carb	G T-Fat	G S-Fat
APPLE CINNAMON BREAD	1 EACH	300	2	8	45	9	2
BURRITO	1 EACH	340	4	16	42	13	4
CHICKEN NACHOS w/ QUESO CHEESE	SERVING	381	3	24.63	33.06	15.77	4.72
CHICKEN NACHOS w/ SHREDDED CHEESE	SERVING	428	3	26.89	33.02	19.91	7.83
CINNAMON SWEET POTATOES	1/2 CUP	132	4.9	2.4	30.98	0.08	0.03
GARDEN SALAD W/USDA GRILLED CHICKEN	1 EACH	625	7.14	19.86	73.21	28.6	5.25
MINI BEEF STEAK BURGER W/ CHEESE	2 EACH	460	3	27	40	20.5	9.5
RANCH CHICKEN SANDWICH	1 EACH	286	*3.15	25.06	32.53	7.13	0.92
TOMATOES, FRESH	1/2 CUP	13	0.89	0.66	2.9	0.15	0.02
USDA GRILLED CHICKEN SANDWICH	1 EACH	260	*3.00	25	32	4.5	0.5

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.