

2022 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
BEEFY NACHOS (ELEMENTARY) USING TACO FILLING	1 SERVING	425	4	22.1	35	21	8.8
BEEFY NACHOS (MIDDLE/HIGH) USING TACO FILLING	1 SERVING	433	4	23.1	36	21	8.1
BEEF TACO	2 TACO	374	2.96	23.9	23.42	20.8	10.1
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
CHICKEN STRIPS W/ MAC & CHEESE	1 SERVING	386	*3.25	29.42	33.61	15.62	*7.27
CINNAMON SWEET POTATOES	1/2 CUP	132	4.9	2.4	30.98	0.08	0.03
COOKIE, HOLIDAY FALL	1 EACH	160	1	2	17	9	5
CUCUMBER SALAD	1/2 CUP	28	0.61	0.59	6.92	0.05	0
FRUIT PUNCH 6OZ JUICE, AFTERSCHOOL ONLY	1 EACH	90	*N/A*	0	22	0	*N/A*
GARDEN SALAD W/USDA GRILLED CHICKEN	1 EACH	625	7.14	19.86	73.21	28.6	5.25
MACARONI AND CHEESE ELEMENTARY ENTREE	1 CUP	440	*3.74	28.5	38.26	21.58	*13.16
MINI BEEF STEAK BURGER W/ CHEESE	2 EACH	460	3	27	40	20.5	9.5
ORANGE CHICKEN	1 SERVING	150	0	11	19	3	*N/A*
PBJ UNCRUSTABLE LARGE 5.3 OZ SANDWICH, HIGH SCHOOLS ONLY	1 EACH	600	8	18	64	33	7
RANCH CHICKEN SANDWICH	1 EACH	286	*3.15	25.06	32.53	7.13	0.92
SWEET POTATO WAFFLE FRIES	1/2 CUP	180	2	1	23	9	0
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.

UPDATED 11/2022