

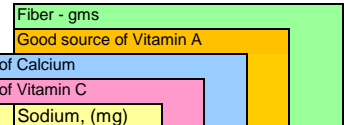
# Nutritional Analysis of Menu Items

2021

ES=Elementary School

MS=Middle School

HS=High School



	Carbohydrate, grams	Protein, grams	Fat, grams	Calories	Sodium, (mg)	VitC	Calc	VitA	Fiber
<b>Beverages</b>									
Apple Juice- 100% juice (4 oz.)	13	0	0	50	10				0.0
Apple Juice - after-school snack - 100% juice (6.75 oz.)	21	0	0	90	5				0.0
Fruit juice blend - 100% juice (4 oz.)	15	0	0	60	15				0.0
Fruit punch juice cup (4 oz.)	14	0	0	70	15				0.0
Gold Rush Juice (4.23 oz.)	10	0	0	40	60				0.0
Grape Juice - 100% juice (4 oz.)	19	0	0	80	20				0.0
Orange Juice, 100% juice (4 oz)	13	0	0	60	0				0.0
Milk, 1%	12	8	2.5	110	130				0.0
Milk, chocolate (1%)	30	9	3	180	240				0.0
Milk, skim (fat free)	12	8	0	90	130				0.0
Milk, strawberry (1%)	27	8	3	160	140				0.0
Strawberry kiwi juice - after-school snack - 100% juice (6.75 oz.)	22	0	0	90	10				0.0
<b>Breads</b>									
Cinnamon Roll, whole wheat w/icing - 2 ounces	29	3	5	171	177				1.7
Cornbread	20	4	3	121	93				0.6
Roll, whole wheat 2 ounces	23	3	4	146	176				1.4
Rolls, whole wheat, garlic- 2 ounces	23	3	5	151	182				1.4
<b>Breakfast Items</b>									
Bacon - 1 slice	0	3	4	40	150				0.0
Bagels, mini, cinnamon cream cheese	42	6	6	230	190				2.0
Bagels, mini, strawberry cream cheese	42	6	6	230	190				2.0
Biscuit-1	28	5	10	220	490				2.0
Breakfast slider- sausage, egg, and cheese	22	8	4.5	160	290				2.0
Breakfast slider- southwest egg and cheese	21	8	5	160	310				1.0
Breakfast bar, apple cinnamon	41	3	5	210	140				5.0
Cereal - Apple Jacks, Red Sugar	24	2	1	110	160				2.0
Cereal - Honey Nut Cheerios	22	3	2	110	190				2.0
Cereal - Honey Nut Cheerios (2 oz eq)	45	5	3	210	320				4.0
Cereal - Cheerios	21	4	2	100	140				3.0
Cereal - Cinnamon Toast Crunch	22	1	3	120	190				1.0
Cereal - Cinnamon Toast Crunch (2 oz eq)	45	5	6	240	320				3.0
Cereal - Cocoa Puffs	21	1	1	100	140				<1.0
Cereal - Cocoa Puffs (2 oz eq)	47	3	3	230	220				3
Cereal - Froot Loops, 1/3 less sugar	16	1	1	70	105				<1.0
Cereal - Frosted Flakes, 1/3 less sugar	25	1	0	100	160				<1.0
Cereal - Golden Grahams	23	1	1	110	260				1.0
Cereal - Lucky Charms	23	2	1	110	190				1.0
Cereal - Lucky Charms (2 oz eq)	46	5	3	210	360				4.0
Cereal - Trix	18	1	1	80	130				<1.0
Cereal - Raisin Bran	28	2	<1	120	140				3
Cereal - Rice Krispies	16	1	0	70	90				0
Cereal Bar - Team Strawberry Cheerios	30	2	4	150	85				3
Cereal Bar - Trix	29	2	4	160	105				3
Cereal Bar - Cinnamon Toast Crunch	30	2	4	160	120				3
Cereal Bar - Cocoa Puffs	30	3	4	160	105				3
Cereal Bar - NutriGrain Strawberry	25	2	4	130	140				1
Cinnis-Mini (cinnamon rolls)	40	4	7	240	270				3
Chicken biscuit	31	13	14	308	895				1.0
Cheese stick/string cheese	1	7	3	60	200				0.0
Crescent, filled grape	35	5	6	220	260				2.0
Crescent, filled chocolate	37	6	8	240	270				3.0
Donuts, mini chocolate	41	3	18	330	240				3.0
Donuts, mini powdered sugar	52	3	11	310	250				2.0
Donuts, glazed	23	2	6	160	160				1.0
Egg, scrambled	<1	6	4	66	203				0.0
Frudel Strudel, apple	36	4	6	210	250				2.0
Frudel Strudel, cherry	36	4	6	210	260				2.0
French toast sticks - 4	28	4	9	210	200				2.0
French toast, mini, apple cinnamon rush	37	3	7	220	380				2.0
French toast sticks, chocolate chip, mini	35	5	6	210	260				4.0
Honey bun - ( whole wheat)	39	6	6	249	273				3.0
Muffin top, chocolate chip	28	3	11	220	135				2.0
Muffin top, blueberry	26	3	10	200	140				1.0
Oatmeal, 1 cup	26	7	3	152	53				4.1
Oatmeal rounds, banana chocolate	39	5	12	280	240				4.0
Oatmeal rounds, apple cinnamon	38	5	12	280	240				4.0
Pancake - 1	12	0	2	60	297				0.4
Pancakes, mini	34	4	6	200	370				2.0
Pancakes with blueberry glaze	35	4	4	190	270				2.0
Pancakes with cinnamon glaze	35	4	7	220	260				2.0
Pancakes, mini chocolate chip	43	4	6	240	280				3.0
Pancake on a stick (turkey pancake wrap)	21	9	6	170	510				3.0
Pizza, breakfast w/sausage	25	10	8	210	430				2.0
Pop tarts, low-fat, frosted brown sugar cinnamon	37	2	2.5	180	190				3.0
Pop tarts, low-fat, frosted strawberry	38	2	2.5	180	180				3.0

Potatoes, hash browns	13	2	5	101	10					0.0
Sausage biscuit	23	4	23	353	877					1.8
Sausage link	2	10	19	220	450					0.0
Smoothie, blueberry (12 oz)	41	7	2	201	92					2.5
Smoothie, strawberry (12 oz)	70	8	1	302	70					3.0
<b>Breakfast Items continued</b>	<b>Carbohydrate, grams</b>	<b>Protein, grams</b>	<b>Fat, grams</b>	<b>Calories</b>	<b>Sodium, (mg)</b>	<b>VitC</b>	<b>Calc</b>	<b>VitA</b>	<b>Fiber</b>	
Toast, wheat, with margarine	13	3	8	132	212					2.0
Waffles	32	5	6	200	490					3.0
Waffles, mini, blueberry bash	37	4	6	210	170					2.0
Waffles, mini, maple madness	37	3	6	210	170					2.0
<b>Condiments</b>	<b>Carbohydrate, grams</b>	<b>Protein, grams</b>	<b>Fat, grams</b>	<b>Calories</b>	<b>Sodium, (mg)</b>	<b>VitC</b>	<b>Calc</b>	<b>VitA</b>	<b>Fiber</b>	
Barbeque Sauce, 1 pack	11	0	0	42	476					0.0
Ken's Boom Boom Sauce, 1 oz	2	0	16	150	240					0.0
Cheese, American processed - 1 oz	1	5	9	110	450					0.0
Dressing, Ranch, lite	4	0	3	40	240					0.0
Dressing, Ranch, regular 7/16 oz.	<1	0	7	60	120					0.0
Gravy, Brown 2Tbsp	2	0	<1	10	150					0.0
Gravy, chicken	6	0	1	35	282					0.0
Gravy, White, peppered	5	0	3	50	222					0.0
Honey Mustard, 1 pack	8	0	11	133	231					0.0
Jelly, Grape	9	0	0	35	0					0.0
Jelly, Strawberry	9	0	0	35	0					0.0
Ketchup, 1 pack	2	0	0	10	100					0.0
Marinara sauce, homemade - 1 oz	8	0	0	33	464					1.0
Mayonnaise	0	0	6	58	80					0.0
Mustard, 1 pack	0	0	0	5	50					0.0
Salsa- 1 oz	2	0	0	10	135					0.0
Sour cream - 1 oz	1	1	6	61	15					0.0
Soy sauce - .28 oz.	0	0	0	0	150					0.0
Sweet & sour sauce - 1 oz.	12	0	0	49	154					0.0
Syrup- 1 pack	26	0	0	100	40					0.0
Taco Sauce- 1 pack	1	0	0	5	40					0.0
Tartar sauce - 1 pack	2	0	2	23	128					0.0
<b>Desserts</b>	<b>Carbohydrate, grams</b>	<b>Protein, grams</b>	<b>Fat, grams</b>	<b>Calories</b>	<b>Sodium, (mg)</b>	<b>VitC</b>	<b>Calc</b>	<b>VitA</b>	<b>Fiber</b>	
Apple Crisp (homemade)	32	2	8	200	113					2.3
Blueberry cake (homemade)	42	2	4	212	79					0.7
Brownies	24	3	10	188	72					1.7
Cookie, chocolate chip	28	2	5	170	105					2.0
Cookie, chocolate brownie	27	2	5	160	125					2.0
Cookie, oatmeal raisin	28	2	6	170	105					2.0
Cookie, peanut butter (1 cookie)	17	2	8	140	140					1.0
Cookie, sugar	28	2	5	160	125					2.0
Congo bar (homemade)	42	3	9	260	162					0.4
Cake, Devil's food w/chocolate glaze	61	5	4	288	505					2.0
Cake, Harvest w/glaze (homemade)	37	3	10	246	99					1.2
Cake, red velvet w/glaze (homemade)	27	2	14	236	112					0.4
Cake, red velvet w/creamcheese icing (homemade)	47	2	17	348	145					0.0
Cake, yellow w/ chocolate glaze	36	2	3	176	290					0.2
Fortune Cookie	5	<1	2	35	21					0.2
Fruit pop, strawberry	9	<1	0	42	5					0.6
Ice cream, chocolate - frozen yogurt	17	3	1	90	60					0.0
Ice Cream, vanilla - light	15	2	1.5	80	50					0.0
Ice cream, Sherbet cup	21	1	0.5	90	25					0.0
Jell-O w/ topping	18	1	1	85	95					0.0
Juice bar, orange	15	0	0	60	5					0.0
Juice bar, fruit punch	10	0	0	40	5					2.0
Juice bar, cherry	9	0	0	40	5					2.0
Peach cobbler (homemade)	64	2	7	322	118					2.6
Cherry Cobbler (homemade)	51	3	12	317	105					2.0
Pudding, banana w/topping	33	1	8	201	157					0.5
Pudding, brownie batter	20	2	4	120	125					0.0
Pudding, cake batter	19	2	3.5	120	120					0.0
Pudding, chocolate w/topping	29	2	6	180	158					1.0
Pudding, chocolate Oreo (Muddy mess)	42	3	12	283	238					1.6
Pumpkin bar (homemade)	25	1	7	166	200					0.9
Rice Krispie treat (homemade)	16	<1	3	93	115					0.1
Yogurt parfait, blueberry	49	7	2	242	106					2.0
<b>Entrées</b>	<b>Carbohydrate, grams</b>	<b>Protein, grams</b>	<b>Fat, grams</b>	<b>Calories</b>	<b>Sodium, (mg)</b>	<b>VitC</b>	<b>Calc</b>	<b>VitA</b>	<b>Fiber</b>	
Beef & cheese nachos	43	20	29	487	1028					2.4
Beef & cheese taco	22	17	12	263	398					1.6
Beef a roni	23	26	14	321	581					3.2
<b>Entrées continued</b>	<b>Carbohydrate, grams</b>	<b>Protein, grams</b>	<b>Fat, grams</b>	<b>Calories</b>	<b>Sodium, (m</b>	<b>VitC</b>	<b>Calc</b>	<b>VitA</b>	<b>Fiber</b>	
Cheese Sticks (3)	19	10	12	176	330					1.0
Cheese Sticks (6)	38	20	12	341	795					5.0
Cheesy Pull-Aparts, italian cheese	32	14	13	300	520					2.0
Cheesy Pull-Aparts, southwest queso	33	14	13	300	580					2.0
Chicken Alfredo	9	18	10	221	597					0.0
Chicken, Asian bites	23	14	5	190	750					1.0
Chicken, Baked seasoned	4	23	11	210	741					0.0
Chicken BBQ	5	23	11	214	405					0.0
Chicken filet breast w/o bun	10	21	8	186	89					0.0
Chicken chicken bites, Whole grain	15	19	8	208	546					2.0
Chicken breast bites, chipotle, Whole grain	18	24	6	210	570					2.0

Chicken & cheese nachos	23	33	17	368	1188				1.7
Chicken fajitas	22	28	9	289	603				1.3
Chicken fried chicken w/gravy	12	21	10	211	199				0.2
Chicken, oven fried	5	13	10	162	164				0.0
Chicken over rice	33	25	12	348	575				1.3
Chicken pasta bake	28	14	3	200	455				2.2
Chicken taco	21	20	8	236	281				1.8
Chicken tenders- 3	13	18	9	202	489				1.0
Chili cheese fries	39	20	20	408	712				4.9
Chili cheese nachos	33	27	26	466	761				4.2
Corn dog	40	7	17	340	1040				2.0
Corn dog minis - 6	27	11	20	330	795				1.0
Country fried steak w/ peppered gravy	26	14	13	286	442				0.0
Fish fillet	11	13	6	150	360				1.0
Grilled chicken with Italian cheese sauce penne pasta	46	26	14	411	800				4.2
Italian chicken feast	47	36	15	460	1018				3.9
Macaroni and cheese	23	20	13	283	905				1.7
Orange chicken	60	20	8	402	877				3.7
Pasta bake w/meat sauce	41	34	18	468	1350				3.9
Pork, roast w/gravy - 2oz.	5	35	10	261	938				0.3
Quesadilla, cheese	41	15	13	339	908				3.0
Quesadilla, chicken	36	15	16	350	960				4.0
Salisbury steak	18	36	22	422	1032				1.0
Spaghetti w/meat sauce	40	27	14	394	816				3.0
Turkey, roast w/ gravy- 2 oz.	7	19	5	155	1023				0.0
<b>Entrée-Sandwiches &amp; baskets</b>	<b>Carbohydrate, grams</b>	<b>Protein, grams</b>	<b>Fat, grams</b>	<b>Calories</b>	<b>Sodium, (mg)</b>	<b>VitC</b>	<b>Calc</b>	<b>VitA</b>	<b>Fiber</b>
Bacon cheeseburger on bun - HS	28	41	27	525	883				2.0
BBQ chicken sandwich	43	21	6	315	1250				2.0
BBQ pork sandwich	37	28	8	333	832				2.0
Beef pattv melt	28	24	28	470	849				4.2
Cheeseburger on bun	32	28	31	515	1023				3.0
Chicken filet sandwich	37	25	10	326	359				2.2
Kickin' Chicken Sandwich									
<b>Entrée-Sandwiches &amp; baskets</b>	<b>Carbohydrate, grams</b>	<b>Protein, grams</b>	<b>Fat, grams</b>	<b>Calories</b>	<b>Sodium, (mg)</b>	<b>VitC</b>	<b>Calc</b>	<b>VitA</b>	<b>Fiber</b>
Deli basket w/ fruit - ES	78	24	25	619	1400				10.0
Deli basket w/ fruit - MS	78	24	25	619	1400				10.0
Deli basket w/ fruit - HS	111	29	29	804	1535				15.0
Fish sandwich w/cheese	42	21	12	362	826				2.0
Grilled chicken sandwich	31	25	7	295	723				2.0
Grilled chicken bacon sandwich	32	38	26	505	1553				2.0
Grilled/Toasted Cheese Sandwich	30	18	31	440	1314				4.0
Grilled/Toasted Cheese Basket	66	21	41	670	1647				9.3
Grilled/Toasted ham & cheese sandwich	28	19	15	321	1098				4.0
Hamburger on bun	32	24	27	461	880				3.0
Hot Dog on bun - ES + MS	34	12	18	339	996				3.0
Hot Dog on bun - Jumbo - HS	36	15	28	441	1333				3.0
PBJ Pocket sandwich, uncrustable (strawberry)	32	10	17	320	320				3.0
PBJ pocket sandwich, uncrustable (grape)	33	9	16	320	350				3.0
PBJ basket w/fruit	73	12	27	561	712				8.6
PBJ basket w/juice	72	12	27	560	714				6.3
Peanutbutter & jelly sandwich (homemade)	50	17	22	477	494				5.0
Sloppy Joe sandwich	39	21	11	319	871				3.0
Wrap, Buffalo style chicken	39	22	9	323	1045				0.5
Wrap, chicken filet basket w/fruit	74	30	26	612	875				6.7
Wrap, chicken filet basket w/juice	73	30	26	612	877				4.4
Wrap, chicken tender	35	21	15	351	807				1.3
Wrap, chicken teriyaki basket w/juice	68	29	31	649	1457				4.0
Wrap, turkey basket w/fruit	67	17	21	501	1303				6.5
Wrap, deli turkey	27	13	11	257	946				
<b>Fruit</b>	<b>Carbohydrate, grams</b>	<b>Protein, grams</b>	<b>Fat, grams</b>	<b>Calories</b>	<b>Sodium, (mg)</b>	<b>VitC</b>	<b>Calc</b>	<b>VitA</b>	<b>Fiber</b>
Apple, Fresh	19	0	0	70	1				3.0
Apples, slices	8	<1	<1	29	1				1.3
Apples w/cinnamon	12	<1	3	73	38				0.8
Applesauce	19	<1	<1	73	3				1.2
Apricot cup	32	<1	<1	124	5				2.9
Banana, fresh	27	1	0	105	1				3.0
Blueberries, sweetened	16	<1	<1	61	0				1.2
Cantaloupe	9	<1	0	37	19				0.7
Fruit cup, mixed fruit	19	0	0	80	0				1.0
Fresh fruit cup (summer fruit)	16	1	<1	62	15				1.4
Grapes	15	<1	<1	55	2				0.7
Mixed berry medley	17	0	0	64	1				1.3
Mixed fruit	12	<1	<1	48	6				1.1
Orange, fresh	15	1	0	62	0				3.1
Orange, mandarin segments	21	1	0	87	16				1.1
Peaches, Sliced canned	18	1	0	70	5				2.0
Peach cup	29	0	<1	117	7				2.0
Peaches and blueberries	22	1	0	86	3				1.5
Peach, fresh	12	1	<1	51	0				1.9
Pears, canned	15	0	0	61	4				1.5
Pineapple tidbits in natural juice	13	<1	0	52	7				0.8
Raisins- 1.5oz box	31	1	0	130	10				2.0
Strawberry cup	33	<1	<1	122	4				2.4
Strawberries, sweetened	14	<1	<1	55	1				1.2

Strawberries, fresh	6	<1	<1	27	1				1.7
Tangerine, fresh	11	<1	<1	45	2				1.5
Watermelon Chunks	6	<1	0	23	1				1.0
<b>Pizza</b>	<b>Carbohydrate, grams</b>	<b>Protein, grams</b>	<b>Fat, grams</b>	<b>Calories</b>	<b>Sodium, (mg)</b>	<b>VitC</b>	<b>Calc</b>	<b>VitA</b>	<b>Fiber</b>
Pizza, Buffalo chicken (MS)	60	30	9	440	1090				7.7
Pizza, cheeseburger (MS)	58	29	12	451	772				7.0
Pizza, cheese, whole grain (MS)	58	20	6	359	738				7.0
<b>Pizza- Continued</b>	<b>Carbohydrate, grams</b>	<b>Protein, grams</b>	<b>Fat, grams</b>	<b>Calories</b>	<b>Sodium, (mg)</b>	<b>VitC</b>	<b>Calc</b>	<b>VitA</b>	<b>Fiber</b>
Pizza, fiestada, beef, whole grain	41	18	14	360	780				5.0
Pizza, Hawaiian (MS)	64	25	7	413	998				7.3
Pizza, homemade-cheese (HS)	63	20	12	472	878				5.2
Pizza, homemade-meat lovers (HS)	63	28	19	569	962				5.2
Pizza, homemade-pepperoni (HS)	63	21	16	507	996				5.2
Pizza, pepperoni, whole grain (ES, MS)	36	19	11	320	580				4.0
Pizza, taco (MS)	61	28	12	458	989				7.0
Pizza, veggie (MS)	69	23	7	420	819				10.0
Pizza, cheese (ES)	34	20	17	360	510				3.0
Pizza, pepperoni (ES)	34	20	18	370	580				3.0
<b>Salads &amp; salad plates</b>	<b>Carbohydrate, grams</b>	<b>Protein, grams</b>	<b>Fat, grams</b>	<b>Calories</b>	<b>Sodium, (mg)</b>	<b>VitC</b>	<b>Calc</b>	<b>VitA</b>	<b>Fiber</b>
Caesar salad	8	3	11	143	328				1.0
Chef's salad plate w/ turkey & ham	43	19	28	485	1458				5.1
Chicken salad plate	49	39	44	730	1077				6.4
Chicken tender salad plate	57	30	35	640	1342				7.1
Coleslaw	23	1	5	139	566				2.9
Garden salad, no dressing	2	1	<1	8	9				0.7
Pasta salad	22	6	16	243	886				2.5
Pimento cheese salad plate	48	19	40	592	1375				6.3
Potato salad	13	1	3	88	491				1.0
Salad plate w/ yogurt, cheese, & fruit	64	23	29	596	958				6.0
Salad plate w/cheese, crackers, & fruit	44	12	26	438	853				6.1
Spinach salad	8	2	1	52	451				0.7
Tuna salad plate	49	40	37	681	1471				6.2
<b>Snacks</b>	<b>Carbohydrate, grams</b>	<b>Protein, grams</b>	<b>Fat, grams</b>	<b>Calories</b>	<b>Sodium, (mg)</b>	<b>VitC</b>	<b>Calc</b>	<b>VitA</b>	<b>Fiber</b>
Cheetos, Baked crunchy (7/8 oz.)	17	2	5	120	210				0.0
Cheetos, Crunchy Flamin' Hot (3 oz.)	46	6	33	520	760				2.0
Cheetos, Baked hot crunchy (0.88 oz.)	16	2	5	120	200				1.0
Chex, Cheddar (0.92 oz.)	20	2	3	110	130				2.0
Chex, Hot & Spicy (0.92 oz.)	20	2	3	110	150				1.0
Chex, Honey Nut (1.75 oz.)	39	3	6	220	250				2.0
Chex, Chocolate Carmel (1.03 oz.)	22	2	4	130	50				2.0
Chex, Strawberry Yogurt (1.03 oz.)	23	2	3	130	55				2.0
Cookies, Oreo (0.78 oz.)	16	1	5	100	120				<1.0
Cookies, Smart (1.1 oz.)	22	2	4	120	65				2
Crackers, Honey graham (.81 oz.)	17	2	3	100	100				2.0
Crackers, Cinn.Teddy Graham-(0.5 oz.)	10	0	2	60	70				0.0
Crackers, Cheez-Its (0.75 oz.)	14	2	4	100	150				1.0
Crackers, Cheez-Its, Atomic cheddar (0.75 oz.)	14	2	4	100	200				1.0
Crackers, Animal (0.75 oz.)	22	2	4	120	115				2
Crackers, Annie's Cheddar Bunnies (0.75 oz.)	13	2	4	90	130				1
Crackers, Saltines Mini Whole Grain (0.39 oz.)	7	1	2	50	60				<1
Chips, tostitos, crispy rounds (0.875 oz.)	18	2	4.5	120	105				2.0
Chips, baked Lay's, original (0.875 oz.)	19	2	3.0	110	140				1.0
Chips, baked Lay's, original (HS) (1.125 oz.)	24	2	4.0	140	180				2.0
Chips, baked Lay's, BBQ (0.875 oz.)	19	2	3.0	110	140				1.0
Chips, baked Lay's, BBQ (HS) (1.125 oz.)	24	2	3.5	140	180				2.0
Chips, flamin' hot munchies (0.09 oz.)	17	2	4.0	110	90				2.0
Chips, Cheetos Fantastix chili cheese (1 oz.)	19	2	5.0	130	200				2.0
Chips, Cheetos Fantastix hot (1 oz.)	20	2	5.0	130	200				2.0
Chips, baked ruffles, sour cream and onion	21	2	4.0	120	170				1.0
Pretzels, Heartzels (1 oz.)	16	2	1.0	80	200				2.0
Doritos, nacho cheese, reduced fat (1 oz.)	20	2	5	130	200				2.0
Doritos, cool ranch, reduced fat	19	2	5	130	160				2.0
Doritos, sweet chili, reduced fat (1 oz.)	20	2	5	130	200				2.0
Doritos, Flamas (1 oz.)	20	2	5	130	200				2.0
Doritos, wild white nacho (1 oz.)	20	2	5	130	170				2.0
Fritos corn chips (125 oz.)	16	2	10	160	160				1.0
Fruit roll up, reduced sugar (.5 oz.)	11	0	1	45	55				2.0
Fruit snacks, Scooby doo, reduced sugar (0.9 oz)	21	0	0	70	35				5.0
Fruit snacks, Motts mixed berry (1.6 oz.)	38	0	0	130	65				9.0
Grahams, Scooby Doo!, cinnamon (1 oz.)	21	2	4	120	115				1.0
Grahams, Bug Bites, cinnamon (1 oz.)	21	2	4	120	115				1.0
Grahams, cinnamon elf (1 oz.)	21	2	4	120	105				1.0
Grahams, vanilla elf (1 oz.)	21	2	4	120	105				1.0
Grahams, chocolate elf (1 oz.)	21	2	4	120	125				2.0
Granola bar, chewy, PB & chocolate chip (0.84 oz)	17	2	3	100	90				1.0
Granola bar, chewy, maple brown sugar (0.84 oz)	28	2	2.5	140	120				1.0
Granola bar, chewy, reduced fat, choc chip	17	1	4	100	75				3.0
Granola bar, s'mores	19	1	2	90	75				<1
Goldfish Pretzels (0.75 oz.)	16	2	2	90	200				1.0
Goldfish Crackers, Original Cheddar (0.75 oz.)	14	2	4	100	170				1.0
Ritz Bits, sandwiches, cheese	16	2	8	150	135				0.0
Sunchips, multigrain, original (1 oz.)	19	2	6	140	110				2.0
Sunchips, garden salsa (1 oz.)	19	2	6	140	140				2.0

Sunchips, french onion (1 oz.)	19	2	6	140	140				2.0
Sunchips, harvest cheddar (1 oz.)	19	2	6	140	170				2.0
Sunkist mixed fruit flavor - 100% Vit.C (0.9 oz.)	19	0	1	80	55				0.0
Yogurt, all kinds -4oz.	22	3	0	110	75				0.0
Yogurt, peach (4 oz.)	19	3	0	90	75				0.0
Yogurt, raspberry (4 oz.)	19	3	0	90	75				0.0
Yogurt, raspberry rainbow (4 oz.)	15	4	1	80	65				0.0
Yogurt, strawberry (4 oz.)	19	3	0	90	50				0.0
Yogurt, strawberry banana, Trix (4 oz.)	15	4	1	80	60				0.0
<b>Soups</b>	<b>Carbohydrate, grams</b>	<b>Protein, grams</b>	<b>Fat, grams</b>	<b>Calories</b>	<b>Sodium, (mg)</b>	<b>VitC</b>	<b>Calc</b>	<b>VitA</b>	<b>Fiber</b>
Beef vegetable soup	21	13	6	198	868				2.4
Black bean chili	14	20	12	275	500				3.3
Chicken noodle soup	13	13	5	147	624				0.9
Chili w/cheese	13	18	11	223	467				3.2
White chili	17	30	16	327	676				4.6
<b>Vegetables &amp; Sides</b>	<b>Carbohydrate, grams</b>	<b>Protein, grams</b>	<b>Fat, grams</b>	<b>Calories</b>	<b>Sodium, (mg)</b>	<b>VitC</b>	<b>Calc</b>	<b>VitA</b>	<b>Fiber</b>
Beans, baked	33	8	2	173	491				7.6
Beans, black w/cheese	13	6	<1	173	348				3.3
Beans, black w/salsa	13	6	<1	170	342				3.3
<b>Vegetables &amp; Sides- Continued</b>	<b>Carbohydrate, grams</b>	<b>Protein, grams</b>	<b>Fat, grams</b>	<b>Calories</b>	<b>Sodium, (mg)</b>	<b>VitC</b>	<b>Calc</b>	<b>VitA</b>	<b>Fiber</b>
Beans, green	4	1	0	20	321				1.5
Beans, lima	13	4	<1	64	245				3.5
Beans, refried w/ cheese	15	7	3	117	363				4.4
Broccoli cheese pilaf	25	4	3	137	323				0.0
Broccoli, steamed	6	2	0	30	59				3.0
Broccoli w/cheese	4	4	2	50	65				2.4
Broccoli, cheese, & rice casserole	20	7	3	137	390				1.6
Broccoli, raw	2	1	0	12	12				1.0
Cabbage, steamed	6	<1	<1	28	94				1.8
Carrots, baby raw	7	<1	<1	30	66				2.5
Carrots & Celery	5	1	<1	24	60				1.8
Carrots, orange glazed	13	<1	4	84	247				1.4
Carrots, steamed	9	1	<1	44	110				3.3
Cauliflower au gratin	4	4	2	50	65				2.4
Cucumber, slices	2	<1	<1	9	2				0.6
Coleslaw	27	1	5	152	646				3.0
Corn, seasoned	14	2	<1	66	271				1.5
<b>Vegetables &amp; Sides continued</b>	<b>Carbohydrate, grams</b>	<b>Protein, grams</b>	<b>Fat, grams</b>	<b>Calories</b>	<b>Sodium, (mg)</b>	<b>VitC</b>	<b>Calc</b>	<b>VitA</b>	<b>Fiber</b>
Corn, fiesta	10	1	2	60	219				1.2
French Fries, baked, 1/2 cup ES/MS	29	3	8	200	792				2.7
French Fries, deep fried, 1/2 cup HS	29	3	9	205	266				2.7
Grape tomatoes	6	1	<1	27	8				1.8
Lettuce & Tomato	2	1	<1	11	5				0.4
Macaroni & cheese - 1/2 cup	18	15	10	214	686				1.3
Peas, black eyed	13	4	<1	70	488				2.2
Peas, green	14	4	0	75	244				5.0
Peas and carrots	9	2	0	49	83				1.5
Potato, Au Gratin	15	2	3	88	512				1.0
Potato, baked	19	2	0	80	8				2.0
Potato, Hash Browned	15	1	7	120	250				1.0
Potatoes, Mashed	16	2	1.5	80	370				2.0
Potato rounds/ Tater Tots	19	2	7	154	520				0.0
Rice pilaf, vegetable	43	5	0.5	190	820				2.0
Rice, brown	22	2.52	1	108	5				2.0
Rice, Sante fe, whole grain medley	42	7	3	220	700				5.0
Squash casserole	15	14	13	218	797				2.7
Stir fry vegetables	8	2	2	50	107				2.3
Sweet potato fries	19	1	4	120	350				3.0
Sweet potato souffle	37	2	6	212	111				2.3
Tater Tots	19	2	7	154	520				0.0
Vegetables, California blend	8	2	0	35	39				2.0
Vegetables, mixed	10	2	<1	56	50				0.8
Vegetable, Oriental steamed	8	2	0	39	115				2.5

Citrus fruit, strawberries, kiwi, & tomatoes are the best sources of Vitamin C

Dairy products including cheese are the best sources of dietary Calcium

Fruit and vegetables with a dark orange or green color are best sources of Vitamin A

Fruit, vegetables, and whole grains are best sources of dietary fiber

Sodium should be consumed in amounts of no more that 2400 mg per day.

Diabetes: For persons controlling carbohydrate intake- 15 grams of carbohydrate = 1 exchange. The average child/adult needs 3-4 exchanges or 45-60 grams carbohydrates per meal.

Online Resources: <http://www.usda.gov>

Click on browse by subject, then Food and Nutrition website

<http://www.doe.k12.ga.us/schools/nutrition>

Under Program Information, click on Initiatives and then Food Fun For Kids

Updated August 2021

**Note:** Our menus are rotated in 3 cycles throughout the school year, so the food choices listed here may not be available during each cycle. Not all food items are available at all schools. Please refer to the monthly menus for current food choices. Menu subject to change without notice.

All amounts for carbohydrate, protein, and fat are rounded to the nearest whole number.

Fiber is rounded to the nearest tenth of a gram.