

High School-NUTRITIONAL INFORMATION

ENTREES	SERVE SIZE	CHO GRAMS	Vegetables	Serve Size	CHO Grams
Beefy Nachos	1/3 cup beef mixture and 2 oz chips	42	Beans, Baked	1/2 cup	42
Breadsticks w/ cheese and marinara sauce	2 each	38	Beans, Refried	1/2 cup	25
Burrito, Fiesta	1 each	63	Broccoli w/ cheese sauce	1/2 cup	10
Chicken Fajitas	1 each	37	California Blend	1/2 cup	6
Chicken Filet Sandwich on Bun	1 Sandwich	43	Carrot Souffle	1/2 cup	42
Chicken Nuggets	5	13	Carrots, Glazed	1/2 cup	21
Chicken Pot Pie	8 oz	20	Casserole, Green Bean	1/2 cup	8
Chicken Tenders	4 oz.	14	Coleslaw	1/2 cup	5
Chicken Teriyaki Nuggets, Rice, roll	4 Nuggets and 1/2 cup rice, 1 roll	67	Corn- Sweet, Buttered	1/2 cup	20
Chicken Tetrzinni with roll	3/4 cup + 1 roll	47	Green Beans	1/2 cup	2
Chilli topping for hot dog	1/4 cup	5	Lima Beans	1/2 cup	22
Corn Dog	1 portion	32	Macaroni and Cheese	1/2 cup	32
Hamburger on Bun	1 Sandwich	31	Okra- Breaded	1/2 cup	18
Hot Dog on Bun- Beef	1 frank /1 bun	23	Peas and Carrots	1/2 cup	9
Lasagna , Veggie	1 square lasagana	48	Peas, Black-eyed	1/2 cup	24
Lasagna with Texas toast	1 square lasagna + 1 piece toast	44	Salad, Tossed	1/2 cup	2
Meatloaf	3 oz. portion	8	Squash Casserole	1/2 cup	11
Pimento Cheese Salad Plate with Saltine Crackers	1 portion salad + 2 packages saltine crackers	29	Turnip Greens	1/2 cup	7

Pizza, Big Daddy's - Cheese	1 Slice	47	Veggie Dippers	1/2 cup	3
Pizza, Tony's Pepperoni Pizza	1 Slice	37	BREAKFAST ENTREES	SERVE SIZE	CHO GRAMS
Pizza, Tony's Cheese Pizza	1 Slice	42	Beef Steak Patty	1.97 oz	12
Quesadilla, Max Snax Cheesiest	3 triangles	36	Cereal Bar- Cheerios	1 each	28
Quesadilla, Taco	3 pieces	27	Cereal Bar- Fruity Cheerios	1 each	28
Salad, Asian Salad	1 portion salad + 2 packages saltine crackers	54	Cereal Bar- Cinn.Toast Crunch	1 each	28
Salad, California Chicken	1 portion salad + 2 packages saltine crackers	32	Cereal Frosted Mini Wheat	(1) 1 oz bowl	23
Salad, Chef Salad	1 portion salad + 2 packages saltine crackers	28	Cereal GM Apple Cinnamon Cheerios Wheat Grain	(1) 0.938 oz. Bowl	22
Salad, Chicken Ceasar	1 portion salad + 2 packages saltine crackers	28	Cereal GM Cheerios	(1) 0.688 oz. bowl	14
Salad, Chicken Tenders Salad	1 portion salad + 2 packages saltine crackers	28	Cereal GM Cinnamon Toast Crunch 1Bx	(1) 1.13 oz. Bowl	22
Salad, Chicken Waldorf Salad	1 portion salad + 2 packages saltine crackers	34	Cereal GM Golden Grahams	(1) 0.99 oz. Bowl	23
Salad, Grilled Chicken Salad	1 portion salad + 2 packages saltine crackers	34	Cereal GM Kix	(1) 0.625 oz. Bowl	14
Salad, Ham and Cheese	1 portion salad + 2 packages saltine crackers	28	Cereal Kellog Frosted Flakes 1/3 Less Sugar	(1) 1 oz Bowl	25

Salad, Southwestern Chicken Salad	1 portion salad + 2 packages saltine crackers	65	Cereal Kellogg Honey Smacks	(1) 1 oz Bowl	22
Salad, Tuna Salad	1 portion salad + 2 packages saltine crackers	31	Cereal, Bran Flakes	(1) 1.2 oz Bowl	23
Salad, Turkey and Cheese Salad	1 portion salad + 2 packages saltine crackers	33	Cereal, GM Honey Nut	(1) 1 oz. Bowl	22
Salad, Fiesta Salad	1 portion	45	Chicken Biscuit	1 Portion	31
Sandwich Peanut Butter, double-decker	1 sandwich	69	Chicken Breakfast Pattie	1.65 oz.	7
Sandwich, BBQ	1 bun and 2 oz. Meat	42	Crackers, Chocolate Bear Grahams	.9 oz	18
Sandwich, Breaded Chicken Wrap (with 10" wrap) Box	1 box	120	Crossiant, ham and cheese	1 Portion	23
Sandwich, Chicken mild	1 each	38	Egg Scrambler	1 Portion	26
Sandwich, Chicken spicy	1 sandwich	41	Eggs	2 oz.	1.5
Sandwich, Grilled Cheese (prepared with Texas toast)	1 sandwich	42	Grilled Cheese Sandwich	1 each	29
Sandwich, Ham and Cheese Deli Box	1 box	83	Grits	4 oz.	20
Sandwich, Ham and Cheese Deli Sandwich	1 portion	40	Ham and Cheese Biscuit	1 Portion	26
Sandwich, Ham and Cheese Wrap Box	1 portion	45	Ham, S. Lee Ham	1.25 oz.	
Sandwich, Philly cheese steak	1 sandwich	38	Hashbrowns	1 each	8
Sandwich, Sloppy Joe	1 sandwich	40	Oatmeal	1/2 cup	10

Sandwich, Smoky Grill Rib	1 sandwich	46	Pancakes	2 each	28
Sandwich, Turkey and cheese wrap (with 10" wrap) deli box	1 portion	76	Pizza, Tony's Breakfast Pizza	3.2 oz Portion	25
Seafood Basket	1 Basket	30	Pizza, Tony's Sausage/Gravy Breakfast Pizza	3.2 oz Portion	24
Soup Campbell Chicken Noodle	1/2 cup	3	Rich's Biscuit	1 each	24
Soup Campbell Veggie Beef	1/2 cup		Sausage Link-Turkey	1 oz	0.3
Soup Heinz Tomato	1/2 cup	6	Sausage Patty-Turkey	2 patties	0.5
Spaghetti Meal w/ Beef Sauce	4 oz. sauce and 1/2 cup pasta	43	Steak Biscuit	1 Portion	36
Sun Chips	1 oz.	18	Toast	1 slice	14
Turkey/Ham Cheese Sub	1 sandwich	39	Ham, S. Lee Ham	1.25 oz.	
Wings, chicken buffalo wings with Texas toast	3 wings and 1 piece toast	23	Fruits	SERVE SIZE	CHO GRAMS
Yogurt, Fruit, Muffin Plate	1 portion	63	Apple	1 whole	19
Taco, Soft shell with beef	1 taco	48	Apple Juice	4 oz.	10
Taco, Hard shell with beef	1 taco	33	Applesauce	1/2 cup	27
Chicken, Baked with roll	1 portion	19	Banana	1 whole	29
Potato, Baked and Loaded	1 each	77	Fruit Cup (fresh)	1/2 cup	17
Potatoes	SERVE SIZE	CHO GRAMS	Fruit Cup (mixed)	1/2 cup	20
Crinkle Cut	1/2 cup	20	Fruit Punch Drink	4 oz.	17

Potato, Baked	1 each	67	Grape Juice	4 oz.	12
Potatoes, Mashed	1/2 cup	15	Orange Juice	4 oz.	14
Potatoes, Oven (average of various shapes)	1/2 cup	21	Oranges, Mandarin	1/2 cup	18
Potatoes, Scalloped	1/2 cup	25	Peaches	1/2 cup	19
SEASONINGS CONDIMENT DRESSING	SERVE SIZE	CHO GRAMS	Peaches and Cream	1/2 cup	14
Bacon Bits	0.25 oz.	0.2	Pears, Rainbow	1/2 cup	15
BBQ Sauce	1 package	0.5	Pineapple cup	1/2 cup	23
Croutons	2 T	4	Pineapple with Kiwi	1/2 cup	24
Heinz Ketchup	1 T	4	Stawberry Banana Compote	1/2 cup	28
Hot Sauce	1/2 t	0	Pears with Marachino Cherry	1/2 cup	19
Kraft Lt. Mayo	.4 oz	0.1	Fruit Cup (mixed)	1/2 cup	20
Naturally Fresh Honey French	1 packet	5	BREADS	SERVE SIZE	CHO GRAMS
Naturally Fresh Honey Mustard	1 packet	5	Bread Wheat	26 gr	13
Naturally Fresh Lite Ranch	1 packet	2	Bread White bread, whole grain	1 slice	14
Naturally Fresh Lt. Italian	1 packet	1.25	Bun Hamburger, S.Lee	54 gm	27
Naturally Fresh Oriental Sesame Dressing	1 packet	11	Bun Hot Dog	43 gm	21
Sour Cream	2 T	2	Cornbread	1 square	21

Mustard	1 packet	0.5	Efl Graham Crackers	(2) 28 gr	21
Dairy	SERVE SIZE	CHO GRAMS	Keebler Club Crax	2 Crax 7 gr	4
Cottage Cheese, Lowfat	1/2 c	5	Keebler WG Wheat	1 pkg 7gr	5
Milk Unflav.	8 oz	12	Muffin Apple Cinn.	2.25	30
Milk Vanilla	8 oz	23	Muffin Banana-Nut, Reduced Fat	2.25	37
Milk, Chocolate	8 oz.	23	Muffin Wild Blueberry, Lowfat	2.25	36
Milk, Strawberry	8 oz.	23	Pretzels	1 oz	23
Yogurt, Assorted Flavors	4 oz.	22	Rice, Mexican Fiesta/Spanish	1/2 cup	30
Desserts	SERVE SIZE	CHO GRAMS	Rice, Pilaf Uncle Ben's	1/2 c	21
Brownie	1 square	26	Roll, Bridgeford	1.5 oz 36 gm	18
Ottis Spunkmeyer Reduced Fat Cookie	1 oz. cookie	18	Taco Shells	(2) 35 gm	23
Minute Maid Juice Bar	2.5 oz.	15	Taco Shells White	(3) 32 gr	21
<p style="text-align: center;">Use MealpayPlus to pay for meals in advance and to track student purchases. Register at https://www15.mealpayplus.com/default.aspx</p>			Teddy Grahams	1.25 oz	26
			Texas Toast	41 gr	20
			Tomato Basil Wrap 12 inch	1 ea./10 gr	55
			Tortilla Chips	2 oz	36
			Tortilla Corn, 10"	61 gm	32



Tortilla Flour 10 inch	66 gm	36
Tortilla Spinach 12 inch	101 gm	50
Tortilla, whole wheat, 10 inch	1 ea.	34
Zesta/Keebler Saltine (4)	1 pkg; 12 gm	9