

**CASA Program Nutrient Analysis and Carbohydrate Counts
2019-2020 Menu**

2019-2020 CASA Menu Item	Portion Size	Calories	Protein	Carbs (g)	Total Fat	Sat. Fat	Sodium
Lunch Entrées							
ANYTIMERS- Turkey Ham, Cheese & Crackers Kit	1 Kit	360	18	37	16	5	910
ANYTIMERS- Pepperoni Pizza Kit	1 Kit	390	22	41	14	7	930
Cereal- 25% Less Sugar Cinnamon Toast Crunch	1 Bowl	130	1	25	3	0.5	180
Cereal- Fruity Cheerios	1 Bowl	120	2	25	1.5	0	140
Cheese- Mozzarella String Cheese	1 Each	80	6	1	6	4	200
Chips- Whole Grain Tortilla	1 Package	280	3	31	16	2.3	300
Crackers- Apple-Cinnamon Bear Grahams	1 Package	120	1	21	3.5	0.5	100
Crackers- Cheez-It	1 Package	130	3	19	4.5	1	200
Crackers- Sunrise Maple Grahams	1 Package	110	2	20	3.5	0	115
Crackers- Whole Grain Goldfish	1 Package	100	2	14	4	0.5	170
Crackers- Whole Grain Wheat	1 Package	170	3	30	6	1	370
Hummus- Taco	1 Each	140	4	10	10	2	250
Sandwich- SunButter & Grape Jelly Sandwich	1 Each	310	9	33	15	2	300
Sandwich- Turkey & Cheese Hoagie	1 Sandwich	270	19	32	8	2	770
Sandwich- Turkey & Cheese Wedge	1 Sandwich	250	19	28	9	3.5	470
Seeds- Sunflower Kernels	1 Package	170	6	6	14	1.5	110
SunButter Cup (2.2 Oz)	1 Each	390	14	14	31	4	230
Turkey- Snack Stick, Turkey	1 Each	40	8	0	1	0	180
Yogurt- Various Flavors	1 Each	100	4	20	1	0.5	60
Pick Up Stix							
Firecracker Chicken with Brown Rice	1 Bowl	290	16	35	10	2	280
Honey Chicken with Brown Rice	1 Bowl	290	15	35	9	2	440
House Chicken with Brown Rice	1 Bowl	300	16	35	10	2	370
House Tofu (steamed) with Brown Rice	1 Bowl	230	13	33	5	1	400
Orange Chicken with Brown Rice	1 Bowl	280	15	31	10	2	240
Pineapple Chili Chicken with Brown Rice	1 Bowl	290	16	35	10	2	360
Teriyaki Chicken with Brown Rice	1 Bowl	210	14	30	3.5	1	410
Papa Johns Pizza							
Pizza- Cheese, Papa Johns Wedge	1 Slice	330	21	40	10	4	670
Pizza- Pepperoni, Papa Johns Wedge	1 Slice	360	21	40	14	5	800

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Fruits and Vegetables							
Fruit- Apple Slices	1 Each	28.6	0.14	7.5	0	0	0.5
Fruit- Applesauce	1 Pack	50	0	13	0	0	0
Fruit- Banana	1 Each	90	1.1	23	0.33	0.11	1
Fruit- Grapes, Red	1 Pack	30.8	0.3	7.9	0.16	0.05	0.92
Fruit- Mandarin Oranges	1 Barrel	70	0	17	0	0	0
Fruit- Mixed Berry, Frozen Cup	1 Each	35	1	9	0	0	0
Fruit- Mixed, Canned	1 Each	64.6	0.5	16.7	0.113	0	6.8
Fruit- Mixed, Dried	1 Each	88	0.7	23	0.1	0	1.4
Fruit- Peaches	1 Each	54	0.92	12.8	0	0	9.1
Fruit- Pears	1 Each	56.7	0.46	14	0.1	0	4.5
Fruit- Pineapple, Barrels	1 Barrel	80	0	18	0	0	0
Fruit- Raisins	1 Box	120	1	29	0	0	5
Fruit- Strawberry, Frozen Cup	1 Each	81	0.5	20.8	0	0	8.9
Vegetable- Broccoli	1 Pack	15.5	1.2	3	0.2	0	15
Vegetable- Carrots	1 Pack	25	0.5	5.8	0.1	0	42
Vegetable- Cucumber	1 Pack	7.8	0.3	1.9	0	0	1.04
Vegetable- Go'Bonzos (garbanzo beans)	1 Pack	160	8	24	4	0	340
Vegetable- Jicama	1 Pack	24.7	0.5	5.7	0	0	2.6
Vegetable- Side Salad	1 Each	10	0	2	0	0	0
Drinks							
Milk- 1% Low Fat Milk	1 Carton (8 Oz)	120	11	16	2.5	1.5	160
Milk- Lactose Free Milk	1 Carton (8 Oz)	90	8	13	0	0	125
Milk- Non Fat Chocolate	1 Carton (8 Oz)	120	7	23	0	0	200
Milk- Soymilk	1 Carton (8 Oz)	130	8	15	4.5	0.5	110
Juice- Apple	1 Each (4 Oz)	55	0	15	0	0	15
Juice- Orange	1 Each (4 Oz)	60	0	13	0	0	10
Juice- Wild Berry	1 Each (4 Oz)	60	0	15	0	0	15