

**High Schools Nutrient Analysis and Carbohydrate Counts  
2020-2021 Menu**

2020-2021 Menu Item	Portion Size	Calories	Protein (g)	Carbohydrates (g)	Total Fat (g)
<b>Breakfast Entrees</b>					
Bagel- Whole Grain Wheat Bagel/Cream Cheese	1 Each	223	8	34.5	5.6
Bread- Pan Dulce (White Concha)	1 Each	200	5	34.11	6
Burrito- Breakfast (egg/turkeybacon/tater tot/cheese)	1 Burrito	466.8	21.1	41.6	23.2
Cereal- 25 % Reduced Sugar Cinnamon Toast Crunch	1 Each	110	1	22	3
Cereal- 25% Reduce Sugar Coco Puffs	1 Each	100	2	23	1
Cereal- Multi-Grain Cheerios	1 Each	110	2	25	1.5
Cheese- String, Mozzarella	1 Stick	80	6	1	6
Cinnamon Roll	1 Each	280	6	43	9
French Toast Sticks	1 Pack (2 Sticks)	239.8	5.99	37.9	6.99
Muffin- Double Chocolate Chip	1 Each	280	5	44	10
Pancakes- Plain	2 Each	140	4	28	4
Pancake- Turkey Sausage Wrap on Stick	1 Each	200	7	17	10
Pancake- Mini Maple Burst Pancakes	1 Pack	220	4	39	6
Parfait- Fruit, Vanilla Yogurt, Granola	1 Parfait	237	6.8	44.5	4.4
Pizza- Breakfast Pepperoni Pizza Stick	1 Stick	240	11	29	9
Pop-Tarts- Strawberry	1 Pack (2 Pop-Tarts)	360	4	75	5
Sandwich- Bacon, Egg & Cheese Croissant	1 Sandwich	270	10.4	28.5	13
Sandwich- Egg & Cheese English Muffin	1 Sandwich	239.8	12.4	24.5	10.9
Sandwich- Sausage Biscuit Sandwich	1 Sandwich	280	10	28	14.5
Sausage- Turkey Link	1 Link	60	6	0	4
Sausage- Pork Link	1 Link	70	7	0	5
Waffle- Dutch Waffle	1 Waffle	300	4	43	13
<b>Lunch Entrées</b>					
<b>"The Grill" Lunch Specials</b>					
Breadstick- Cheese Stick	2 Each	300	20	34	10
Burrito- Bean & Cheese	1 Each	320	16.7	44.17	8.79
Burger- B4 the Burger (Vegetarian) Burger	1 Each	300	21	44	42
Burger- Bacon Cheeseburger	1 Each	451	34.6	29.6	21.5
Burger- Beef (patty only)	1 Patty	231	25.2	0.13	13.5
Burger- Cheeseburger	1 Each	431	32.7	29.6	20
Chicken- Nuggets	1 Serving	260	16	16	15

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Chicken- Breaded Chicken, Regular (patty only)	1 Patty	200	15	13	11
Chicken- Breaded Chicken, Spicy (patty only)	1 Patty	177	13	11	9
Chicken- Breaded Tenders	3 Tenders	200	14	12	10
Chicken- Spicy Tenders	3 Tenders	260	15	17	15
Hot Dog (beef)	1 Each	380	13	31	23
Pizza- Cheese, Papa Johns Wedge	1 Slice	330	21	40	10
Pizza- Pepperoni, Papa Johns Wedge	1 Slice	360	21	40	14
Sandwich- BBQ Pork Rib Sandwich	1 Sandwich	400	20	50	12.5
Sandwich- Crispy Chicken	1 Sandwich	350	20	42	13
Sandwich- Spicy Chicken	1 Sandwich	327	18	40	11
Sandwich- Grilled Cheese	1 Sandwich	280	17.85	31	9.91
Quesadilla- Cheddar Cheese	1 Each	510	26	32	31.5
Quesadilla- Chicken & Cheddar Cheese	1 Each	586	36.5	33.2	34.7
<b>FRESH &amp; FIT</b>					
Salad- Chef (without dinner roll)	1 Salad	484.6	25.5	51.7	21.1
Salad- Chicken Caesar (without dinner roll)	1 Salad	617	36.6	54	30.4
Salad- Chinese Chicken (without dinner roll)	1 Salad	433	20.9	30.2	25
Salad- Cranberry Chicken (without dinner roll)	1 Salad	626	34	85	18.7
Sandwich- Ham & Cheese Hoagie	1 Sandwich	347	24.1	39.1	10.2
Sandwich- Turkey & Cheese Hoagie	1 Sandwich	355	24	38.5	11.3
Wrap- Buffalo Chicken & Ranch	1 Wrap	389	17.1	28.8	3
Wrap- Chicken Caesar	1 Wrap	484	33	28.4	22.1
Wrap- Turkey Ranch	1 Wrap	499	35.5	27	26.5

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<b>Bar Specials</b>					
<b>Asian Bowl</b>					
Beef & Broccoli	4 Oz Meat/4 Oz Veg	230	16	19.5	9.2
Orange Chicken	4 Oz	170	12	21	3.4
Sweet & Sour Chicken	4 Oz	158.7	12	20	3
Teriyaki Chicken	3 Oz	186	21	14	5
Fried Rice	1/2 Cup	149	6	23	3.4
Noodles	6 Oz	130	5	26	0.7
Steamed Vegetables	1/2 Cup	41	2	9	0
<b>Backyard BBQ</b>					
BBQ Pulled Pork	4 Oz	237	28	5.6	10
BBQ Chicken	4 Oz	165.2	15	10	6
Cowboy Beans	1/2 Cup	110	7	20	1
Coleslaw	1/2 Cup	25	0.3	2.5	1.7
Golden Corn	1 Cob	100	3	21	1
Onion Rings	1 Each	40	0.6	5.6	1.6
Hamburger Bun	1 Bun	150	5	29	2
<b>Breakfast for Lunch</b>					
French Toast Sticks	3 Stick	270	7	43	8
Scrambled Eggs	1/3 Cup	90	6	2	6
Pork Sausage Patty	1 Patty	70	6	1	4.5
Tater Tots	1/2 Cup	150	2	19	7
<b>BYO Burger</b>					
Beef Burger Patty	1 Patty	190	17	0	13
B4 Burger Patty	1 Patty	150	11	4	12
Hamburger Bun	1 Bun	150	5	29	2
Seasoned Fries	1/2 Cup	110	2	17	2.5
<b>Chicken &amp; Waffles</b>					
Boneless Chicken Wings	4 Wings	228	29	17	8.5
Waffles	3 Waffles	120	3	21	3.7
Southern Green Beans	1/2 Cup	78.5	5	2	3

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<b>Chicken Noodle Soup Bar</b>					
Herbed Chicken	2 Oz	97	21	0	1.7
Soup Broth	6 Oz	5	0.2	1	0
Pasta	6 Oz	125	4.5	31	2
Roasted Vegetables	1/2 Cup	56	1	8	2.6
Cheese Breadstick	1 Breadstick	150	10	17	5
<b>Chili Bar</b>					
Chili Tots	1/2 Cup Tots/ 4 Oz Chili	271.5	17	24	11
Chili Dog	1 Hot Dog/ 2 Oz Chili	440.7	20.6	33	25
Cornbread	1 Each	190	3	33	6
Tater Tots	1/2 Cup	150	2	19	7
<b>Enchilada Style Burrito</b>					
Bean & Cheese Burrito (with Sauce)	1 Burrito	355	20	35	16
Fiesta Rice	1/2 Cup	104	2.5	18.7	2.6
Mexicali Corn	1/2 Cup	71	1	13	2
<b>Flatbread</b>					
Cheese Flatbread	1 Flatbread	393	20.5	35	18.3
Pepperoni Flatbread	1 Flatbread	477	23.7	35	26.7
Tossed Caesar Salad	1/2 Cup	64	2.25	10.17	2.4
<b>Homestyle Favorite</b>					
Meatloaf	1 Slice	170	12	8	10
Au Gratin Potatoes	1/2 Cup	120	2	25	1
Green Beans	1/2 Cup	31.7	1.69	7.3	0
Dinner Roll	1 Roll	160	5	34	2
<b>Nacho Bar</b>					
Tortilla Chips	2 Oz	210	2	23	12
Beef Taco Meat	4 Oz	96.4	6.4	7.5	2.3
Fajita Chicken	4 Oz	174	26	3.2	4
Refried Beans	1/2 Cup	180	10	30	1.5
Nacho Cheese	2 Oz	89.5	5	2.8	6.2

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<b>Off-The-Hook</b>					
Breaded Fish	4 Fish Sticks	230	14	20	10
Seasoned Fries	1/2 Cup	110	2	17	2.5
Coleslaw	3 Oz	25	0.3	2.5	1.7
Dinner Roll	1 Roll	160	5	34	2
French Roll (sandwich style)	1 Roll	200	7	38	2.5
<b>Pasta Bar</b>					
Alfredo Sauce	3 Oz	74	1.5	8.8	3.7
Marinara Sauce	3 Oz	40	1.3	6.6	1
Seasoned Chicken	3 Oz	174	26	3.2	4
Seasoned Beef	3 Oz	120	13	1	7
Pasta	3/4 Cup	125	4.5	31	2
Garlic Breadstick	1 Breadstick	100	1	15	3.5
<b>Pickn' Chickn'</b>					
Crispy Chicken Patty	1 Patty	180	12	12	9
Grilled Chicken Patty	1 Patty	118	15	1	6
American Cheese	1 Slice	50	2.5	0.5	4.5
Swiss Cheese	1 Slice	50	2.5	0.5	4.5
Hamburger Bun	1 Bun	150	5	29	2
Seasoned Fries	1/2 Cup	110	2	17	2.5
<b>Popcorn Chicken</b>					
Popcorn Chicken	12 Pieces	250	15	16	15
Mashed Potatoes	1/2 Cup	70	1	15	1
Gravy	1 Oz	9.4	0	1.8	0.23
Golden Corn	1/2 Cup	60	1	13	1
Buttermilk Biscuit	1 Each	100	2	13	5
<b>Roast Turkey Dinner</b>					
Roasted Turkey/Gravy	4 Oz	120	15	2	6
Mashed Potatoes	1/2 Cup	70	1	15	1
Golden Corn	1/2 Cup	60	1	13	1
Dinner Roll	1 Roll	160	5	34	2

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<b>Saucy</b>					
Boneless Chicken Wings	4 Wings	228	29	17	8.5
<i>in Teriyaki Sauce</i>		278	29.5	29	8.5
<i>in BBQ Sauce</i>		253	29	22	8.5
<i>in Buffalo Sauce</i>		233	29	17	8.5
Seasoned Fries	1/2 Cup	110	2	17	2.5
Garlic Breadstick	1 Breadstick	100	1	15	3.5
<b>Street Taco Bar</b>					
Carne Asada	4 Oz	238	14.7	9.7	15
Chicken Fajita	4 Oz	174	26	3.2	4
Corn Tortillas	2 Each	94	3	21	0
Charro Beans	1/2 Cup	180	11	32.2	1.4
Cilantro Lime Rice	1/2 Cup	124	3.2	25.7	1
<b>Taco Bar</b>					
Beef Taco Meat	4 Oz	96.4	6.4	7.5	2.3
Seasoned Chicken	4 Oz	174	26	3.2	4
Corn Hard Shell Taco	2 Each	180	2	22	8
Charro Beans	1/2 Cup	180	11	32.2	1.4
Cilantro Lime Rice	1/2 Cup	124	3.2	25.7	1
<b>Tortilla Soup Bar</b>					
Green Chile Soup Broth	6 Oz	18.6	0.3	3	0.3
Diced Chicken	2 Oz	86	12	0.6	3.3
Tortilla Chips	1 Bag/ 2 Oz	210	2	23	12
Black Beans	1/2 Cup	100	7	19	0
Cut Corn	1/2 Cup	80	2	14	1

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<b>Fruits and Vegetables</b>					
Fruit- Apple Slices	1 Each	28.6	0.14	7.5	0
Fruit- Applesauce	1 Pack	50	0	13	0
Fruit- Banana	1 Each	90	1.1	23	0.33
Fruit- Grapes, Red	1 Pack	30.8	0.3	7.9	0.16
Fruit- Mandarin Oranges	1 Barrel	70	0	17	0
Fruit- Mixed Berry, Frozen Cup	1 Each	35	1	9	0
Fruit- Mixed, Canned	1 Each	64.6	0.5	16.7	0.113
Fruit- Mixed, Dried	1 Each	88	0.7	23	0.1
Fruit- Peaches	1 Each	54	0.92	12.8	0
Fruit- Peaches Frozen	1 Each	80	1	19	0
Fruit- Pears	1 Each	56.7	0.46	14	0.1
Fruit- Pineapple, Barrels	1 Barrel	80	0	18	0
Fruit- Raisins	1 Box	120	1	29	0
Fruit- Strawberry, Frozen Cup	1 Each	81	0.5	20.8	0
Vegetable- Broccoli	1 Pack	15.5	1.2	3	0.2
Vegetable- Carrots	1 Pack	25	0.5	5.8	0.1
Vegetable- Corn	1/2 Cup	54	1.8	11.7	1
Vegetable- Cucumber	1 Pack	7.8	0.3	1.9	0
Vegetable- Fries, Crinkle Cut 1/2"	1/2 Cup	150	2.3	23	5
Vegetable- Go'Bonzos (garbanzo beans)	1 Pack	160	8	24	4
Vegetable- Jicama	1 Pack	24.7	0.5	5.7	0
Vegetable- Side Salad	1 Each	10	0	2	0
Vegetable- Tater Tots	1/2 Cup	150	2	19	7

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<b>Drinks</b>					
Milk- 1% Low Fat Milk	1 Carton (8 Oz)	120	11	16	2.5
Milk- Lactose Free Milk	1 Carton (8 Oz)	90	8	13	0
Milk- Non Fat Chocolate	1 Carton (8 Oz)	120	7	23	0
Milk- Soy Milk	1 Carton (8 Oz)	130	8	15	4.5
Juice- Apple	1 Each (4 Oz)	55	0	15	0
Juice- Orange	1 Each (4 Oz)	60	0	13	0
Juice- Wild Berry	1 Each (4 Oz)	60	0	15	0
Juice- SWITCH Apple	8 Fl Oz	120	0	29	0
Juice- SWITCH Black Cherry	8 Fl Oz	120	0	30	0
Juice- SWITCH Fruit Punch	8 Fl Oz	120	0	30	0
Juice- SWITCH Grape	8 Fl Oz	120	0	30	0
Juice- SWITCH Kiwi Berry	8 Fl Oz	120	0	30	0
Juice- SWITCH Orange Tangerine	8 Fl Oz	120	0	30	0
Juice- SWITCH Tropical Pineapple	8 Fl Oz	120	0	50	0
Juice- SWITCH Watermelon Strawberry	8 Fl Oz	120	0	29	0
Slushie- Blue Raspberry	12 Fl Oz	180	0	43.5	0
Slushie- Cherry	12 Fl Oz	165	0	43.5	0
Slushie- Coco Freeze	12 Fl Oz	180	0	43.5	0
<b>Misc.</b>					
Bread- Dinner Roll	1 Roll	160	5	34	2
Breadstick- Garlic Breadstick	1 Each	100	1	15	3.5
Chips- Baked BBQ KC Masterpiece Lays	1.125 Oz Bag	140	2	24	3.5
Chips- Baked Flamin' Hot Cheetos	.875 Oz Bag	120	2	17	4.5
Chips- Baked Flamin' Hot Cheetos	1.5 Oz Bag	200	3	30	8
Chips- Baked Cheetos Cheese	1.5 Oz Bag	200	3	30	8
Chips- Funyuns Baked Not Fried	.75 Oz Bag	100	2	14	3.5
Chips- Reduced Fat Flamas Doritos	1 Oz Bag	130	2	20	5
Chips- Reduced Fat Nachos Cheese Doritos	1 Oz Bag	130	2	20	5
Chips- Reduced Fat Kettle Cooked Original	1.375 Oz Bag	180	3	27	7
Chips- Reduced Fat Kettle Cooked Jalapeno	1.375 Oz Bag	180	3	27	7
Condiment- BBQ Sauce	1 Packet	15	0	4	0



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Condiment- Cheese Sauce	2 Oz	70	0	0	5
Condiment- Ketchup	1 Packet	10	0	2	0
Condiment- Maple Breakfast Syrup	1 Packet	80	0	20	0
Condiment- Marinara Sauce	1 Portion Cup	40	1	8	1
Condiment- Mayonnaise	1 Packet	5	0	0	0
Condiment- Mustard	1 Packet	60	0	1	6
Condiment- Ranch	1 Packet	24	0	2	2
Condiment- Salsa Picante	1 Packet	10	0	2	0
Condiment- Soy Sauce	1 Packet	0	0	0	0
Condiment- Taco Sauce	1 Packet	5	0	1	0
Condiment- Tajin	1 Packet	2	0	0	0
Crackers- Cheez-It Crackers	1 Oz Bag	130	3	19	4.5
Cookie- Chocolate Chip Cookie	1 Each	198.5	3	32.7	6.6
Cookie Dough- Chocolate Chip Cookie Dough Bites	1 Pack	190	3	29	5
Dressing- Asian Sesame	1 Packet	180	0	8	16
Dressing- Light Ranch	1 Packet	60	1	9	2.5
Dressing- Royal Caesar	1 Packet	180	1	2	18
Ice Cream- Crumbled Cookie Cone	1 Each	150	2	29	2.5
Ice Cream- Frozen Fruit Punch	1 Each	80	0	20	0
Ice Cream- Fudge Frenzy	1 Each	90	3	19	0
Ice Cream- Sour Swell Cherry	1 Each	70	3	12	1
Ice Cream- Strawberry Shortcake	1 Each	130	1	23	3.5
Popcorn- Kettle corn	1 Oz Bag	130	1	21	5
Popcorn- Pirate's Booty	.75 Oz Bag	100	2	14	4
Pop-Tarts- Chocolate Fudge	1 Pack (1 Pop-Tart)	190	3	38	3
Pop-Tarts- Cinnamon	1 Pack (1 Pop-Tart)	190	2	38	3
Pop-Tarts- Strawberry	1 Pack (1 Pop-Tart)	180	2	38	2.5
Pretzel- Snowman	1 Pretzel	140	5	30	0.5
Snacks- Rice Krispies Treat	1 Each	160	2	30	4
Snack- Welchs Fruit Snack, Berries 'N Cherries	1.55 Oz Pouch	130	2	32	0
Snack- Welchs Fruit Snack, Mixed Fruit	1.55 Oz Pouch	130	2	32	0