

**High Schools Nutrient Analysis and Carbohydrate Counts
2019-2020 Menu**

2019-2020 Menu Item	Portion Size	Calories	Protein (g)	Carbohydrates (g)	Total Fat (g)	Sat. Fat (g)	Sodium (mg)
Breakfast Entrees							
Bagel- Whole Grain Wheat Bagel/Cream Cheese	1 Each	223	8	34.5	5.6	3.1	277
Bread- Pan Dulce (White Concha)	1 Each	200	5	34.11	6	1.5	90.3
Burrito- Breakfast (egg/turkeybacon/tater tot/cheese)	1 Burrito	466.8	21.1	41.6	23.2	7.6	1046
Cereal- 25 % Reduced Sugar Cinnamon Toast Crunch	1 Each	110	1	22	3	0.5	160
Cereal- 25% Reduce Sugar Coco Puffs	1 Each	100	2	23	1	0	110
Cereal- Multi-Grain Cheerios	1 Each	110	2	25	1.5	0	160
Cheese- String, Mozzarella	1 Stick	80	6	1	6	4	200
Cinnamon Roll	1 Each	280	6	43	9	2	300
French Toast Sticks	1 Pack (2 Sticks)	239.8	5.99	37.9	6.99	0.99	259.85
Muffin- Double Chocolate Chip	1 Each	280	5	44	10	2	250
Pancakes- Plain	2 Each	140	4	28	4	0	220
Pancake- Turkey Sausage Wrap on Stick	1 Each	200	7	17	10	2.5	310
Pancake- Mini Maple Burst Pancakes	1 Pack	220	4	39	6	0.5	130
Parfait- Fruit, Vanilla Yogurt, Granola	1 Parfait	237	6.8	44.5	4.4	0.8	116.8
Pizza- Breakfast Pepperoni Pizza Stick	1 Stick	240	11	29	9	4.5	500
Pop-Tarts- Strawberry	1 Pack (2 Pop-Tarts)	360	4	75	5	2	360
Sandwich- Bacon, Egg & Cheese Croissant	1 Sandwich	270	10.4	28.5	13	5.5	639
Sandwich- Egg & Cheese English Muffin	1 Sandwich	239.8	12.4	24.5	10.9	3.5	694
Sandwich- Sausage Biscuit Sandwich	1 Sandwich	280	10	28	14.5	10.5	700
Sausage- Turkey Link	1 Link	60	6	0	4	1	100
Sausage- Pork Link	1 Link	70	7	0	5	1.5	260
Waffle- Dutch Waffle	1 Waffle	300	4	43	13	3	350
Lunch Entrées							
"The Grill" Lunch Specials							
Breadstick- Cheese Stick	2 Each	300	20	34	10	5	440
Burrito- Bean & Cheese	1 Each	222	11.8	31.4	6.3	2.7	359
Burger- B4 the Burger (Vegetarian) Burger	1 Each	300	21	44	42	16.5	330
Burger- Bacon Cheeseburger	1 Each	451	34.6	29.6	21.5	8.3	989
Burger- Beef (patty only)	1 Patty	231	25.2	0.13	13.5	5.3	429
Burger- Cheeseburger	1 Each	431	32.7	29.6	20	8.3	894

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Chicken- Nuggets	1 Serving	260	16	16	15	2.5	400
Chicken- Breaded Chicken, Regular (patty only)	1 Patty	200	15	13	11	2	710
Chicken- Breaded Chicken, Spicy (patty only)	1 Patty	177	13	11	9	2	470
Chicken- Breaded Tenders	3 Tenders	200	14	12	10	2	680
Chicken- Spicy Tenders	3 Tenders	260	15	17	15	2.5	390
Hot Dog (beef)	1 Each	380	13	31	23	9.5	940
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
Sandwich- BBQ Pork Rib Sandwich	1 Sandwich	400	20	50	12.5	4.5	980
Sandwich- Crispy Chicken	1 Sandwich	350	20	42	13	2.5	950
Sandwich- Spicy Chicken	1 Sandwich	327	18	40	11	2.5	710
Sandwich- Grilled Cheese	1 Sandwich	280	17.85	31	9.91	5.56	580.8
Quesadilla- Cheddar Cheese	1 Each	510	26	32	31.5	19.5	820
Quesadilla- Chicken & Cheddar Cheese	1 Each	586	36.5	33.2	34.7	20.4	1273
FRESH & FIT							
Salad- Chef (without dinner roll)	1 Salad	484.6	25.5	51.7	21.1	8.8	1695
Salad- Chicken Caesar (without dinner roll)	1 Salad	617	36.6	54	30.4	7.2	1747
Salad- Chinese Chicken (without dinner roll)	1 Salad	433	20.9	30.2	25	5	1506
Salad- Cranberry Chicken (without dinner roll)	1 Salad	626	34	85	18.7	2.1	762
Sandwich- Ham & Cheese Hoagie	1 Sandwich	347	24.1	39.1	10.2	3.6	1712
Sandwich- Turkey & Cheese Hoagie	1 Sandwich	355	24	38.5	11.3	4.4	1179
Wrap- Buffalo Chicken & Ranch	1 Wrap	389	17.1	28.8	3	0	1461
Wrap- Chicken Caesar	1 Wrap	484	33	28.4	22.1	4.4	1084
Wrap- Turkey Ranch	1 Wrap	499	35.5	27	26.5	9	1648
Bar Specials							
Asian Bowl							
Beef & Broccoli	4 Oz Meat/4 Oz Veg	230	16	19.5	9.2	3.7	662
Orange Chicken	4 Oz	170	12	21	3.4	0.5	317.5
Sweet & Sour Chicken	4 Oz	158.7	12	20	3	0.5	226
Teriyaki Chicken	3 Oz	186	21	14	5	1	688
Fried Rice	1/2 Cup	149	6	23	3.4	1	595
Noodles	6 Oz	130	5	26	0.7	0	405

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Steamed Vegetables	1/2 Cup	41	2	9	0	0	33
Backyard BBQ							
BBQ Pulled Pork	4 Oz	237	28	5.6	10	3	638
BBQ Chicken	4 Oz	165.2	15	10	6	1	916
Cowboy Beans	1/2 Cup	110	7	20	1	0	161
Coleslaw	1/2 Cup	25	0.3	2.5	1.7	0.25	40
Golden Corn	1 Cob	100	3	21	1	0	0
Onion Rings	1 Each	40	0.6	5.6	1.6	0.3	40
Hamburger Bun	1 Bun	150	5	29	2	0.5	240
Breakfast for Lunch							
French Toast Sticks	3 Stick	270	7	43	8	1	290
Scrambled Eggs	1/3 Cup	90	6	2	6	2	260
Pork Sausage Patty	1 Patty	70	6	1	4.5	1.5	240
Tater Tots	1/2 Cup	150	2	19	7	1	360
BYO Burger							
Beef Burger Patty	1 Patty	190	17	0	13	5	260
B4 Burger Patty	1 Patty	150	11	4	12	5	90
Hamburger Bun	1 Bun	150	5	29	2	0.5	240
Seasoned Fries	1/2 Cup	110	2	17	2.5	0	25
Chicken & Waffles							
Boneless Chicken Wings	4 Wings	228	29	17	8.5	1.5	383
Waffles	3 Waffles	120	3	21	3.7	0	142.5
Southern Green Beans	1/2 Cup	78.5	5	2	3	0	270
Chicken Noodle Soup Bar							
Herbed Chicken	2 Oz	97	21	0	1.7	0.4	30.9
Soup Broth	6 Oz	5	0.2	1	0	0	327
Pasta	6 Oz	125	4.5	31	2	0	262
Roasted Vegetables	1/2 Cup	56	1	8	2.6	0.3	66
Cheese Breadstick	1 Breadstick	150	10	17	5	2.5	220

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Chili Bar							
Chili Tots	1/2 Cup Tots/ 4 Oz Chili	271.5	17	24	11	2.2	765
Chili Dog	1 Hot Dog/ 2 Oz Chili	440.7	20.6	33	25	10	1142
Cornbread	1 Each	190	3	33	6	0.5	170
Tater Tots	1/2 Cup	150	2	19	7	1	360
Enchilada Style Burrito							
Bean & Cheese Burrito (with Sauce)	1 Burrito	355	20	35	16	8.7	927
Fiesta Rice	1/2 Cup	104	2.5	18.7	2.6	0.17	107
Mexicali Corn	1/2 Cup	71	1	13	2	0.02	315
Flatbread							
Cheese Flatbread	1 Flatbread	393	20.5	35	18.3	8.4	898
Pepperoni Flatbread	1 Flatbread	477	23.7	35	26.7	11.6	1238
Tossed Caesar Salad	1/2 Cup	64	2.25	10.17	2.4	0.98	1340
Homestyle Favorite							
Meatloaf	1 Slice	170	12	8	10	5	390
Au Gratin Potatoes	1/2 Cup	120	2	25	1	0	270
Green Beans	1/2 Cup	31.7	1.69	7.3	0	0	1.1
Dinner Roll	1 Roll	160	5	34	2	0	270
Nacho Bar							
Tortilla Chips	2 Oz	210	2	23	12	1.7	225
Beef Taco Meat	4 Oz	96.4	6.4	7.5	2.3	0.9	749
Fajita Chicken	4 Oz	174	26	3.2	4	0.8	517
Refried Beans	1/2 Cup	180	10	30	1.5	0	640
Nacho Cheese	2 Oz	89.5	5	2.8	6.2	3.9	556
Off-The-Hook							
Breaded Fish	4 Fish Sticks	230	14	20	10	2	470
Seasoned Fries	1/2 Cup	110	2	17	2.5	0	25
Coleslaw	3 Oz	25	0.3	2.5	1.7	0.25	40
Dinner Roll	1 Roll	160	5	34	2	0	270
French Roll (sandwich style)	1 Roll	200	7	38	2.5	0.5	210

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Pasta Bar							
Alfredo Sauce	3 Oz	74	1.5	8.8	3.7	1.5	414
Marinara Sauce	3 Oz	40	1.3	6.6	1	0	259
Seasoned Chicken	3 Oz	174	26	3.2	4	0.8	517
Seasoned Beef	3 Oz	120	13	1	7	3	430
Pasta	3/4 Cup	125	4.5	31	2	0	262
Garlic Breadstick	1 Breadstick	100	1	15	3.5	0.5	95
Pickn' Chickn'							
Crispy Chicken Patty	1 Patty	180	12	12	9	2	420
Grilled Chicken Patty	1 Patty	118	15	1	6	1	331
American Cheese	1 Slice	50	2.5	0.5	4.5	2.5	450
Swiss Cheese	1 Slice	50	2.5	0.5	4.5	2.5	450
Hamburger Bun	1 Bun	150	5	29	2	0.5	240
Seasoned Fries	1/2 Cup	110	2	17	2.5	0	25
Popcorn Chicken							
Popcorn Chicken	12 Pieces	250	15	16	15	2.5	380
Mashed Potatoes	1/2 Cup	70	1	15	1	0	118
Gravy	1 Oz	9.4	0	1.8	0.23	0	320
Golden Corn	1/2 Cup	60	1	13	1	4.5	230
Buttermilk Biscuit	1 Each	100	2	13	5	0	320
Saucy							
Boneless Chicken Wings	4 Wings	228	29	17	8.5	1.5	383
<i>in Teriyaki Sauce</i>		278	29.5	29	8.5	1.5	633
<i>in BBQ Sauce</i>		253	29	22	8.5	1.5	693
<i>in Buffalo Sauce</i>		233	29	17	8.5	1.5	553
Seasoned Fries	1/2 Cup	110	2	17	2.5	0	25
Garlic Breadstick	1 Breadstick	100	1	15	3.5	0.5	95

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Street Taco Bar							
Carne Asada	4 Oz	238	14.7	9.7	15	4.4	625
Chicken Fajita	4 Oz	174	26	3.2	4	0.8	517
Corn Tortillas	2 Each	94	3	21	0	0	30
Charro Beans	1/2 Cup	180	11	32.2	1.4	0.2	366.7
Cilantro Lime Rice	1/2 Cup	124	3.2	25.7	1	0	325
Taco Bar							
Beef Taco Meat	4 Oz	96.4	6.4	7.5	2.3	0.9	749
Seasoned Chicken	4 Oz	174	26	3.2	4	0.8	517
Corn Hard Shell Taco	2 Each	180	2	22	8	2	230
Charro Beans	1/2 Cup	180	11	32.2	1.4	0.2	366.7
Cilantro Lime Rice	1/2 Cup	124	3.2	25.7	1	0	325
Tortilla Soup Bar							
Green Chile Soup Broth	6 Oz	18.6	0.3	3	0.3	0	327
Diced Chicken	2 Oz	86	12	0.6	3.3	1	83
Tortilla Chips	1 Bag/ 2 Oz	210	2	23	12	1.7	225
Black Beans	1/2 Cup	100	7	19	0	0	30
Cut Corn	1/2 Cup	80	2	14	1	0	140
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- Peaches Frozen	1 Each	80	1	19	0	0	0
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

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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- Corn	1/2 Cup	54	1.8	11.7	1	0.2	168
Vegetable- Cucumber	1 Pack	7.8	0.3	1.9	0	0	1.04
Vegetable- Fries, Crinkle Cut 1/2"	1/2 Cup	150	2.3	23	5	1.2	349
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
Vegetable- Tater Tots	1/2 Cup	150	2	19	7	1	360
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- Soy Milk	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
Juice- SWITCH Apple	8 Fl Oz	120	0	29	0	0	7
Juice- SWITCH Black Cherry	8 Fl Oz	120	0	30	0	0	5
Juice- SWITCH Fruit Punch	8 Fl Oz	120	0	30	0	0	5
Juice- SWITCH Grape	8 Fl Oz	120	0	30	0	0	5
Juice- SWITCH Kiwi Berry	8 Fl Oz	120	0	30	0	0	5
Juice- SWITCH Orange Tangerine	8 Fl Oz	120	0	30	0	0	5
Juice- SWITCH Tropical Pineapple	8 Fl Oz	120	0	50	0	0	5
Juice- SWITCH Watermelon Strawberry	8 Fl Oz	120	0	29	0	0	5
Slushie- Blue Raspberry	12 Fl Oz	180	0	43.5	0	0	15
Slushie- Cherry	12 Fl Oz	165	0	43.5	0	0	15
Slushie- Coco Freeze	12 Fl Oz	180	0	43.5	0	0	14

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Misc.							
Bread- Dinner Roll	1 Roll	160	5	34	2	0	270
Breadstick- Garlic Breadstick	1 Each	100	1	15	3.5	0.5	95
Chips- Baked BBQ KC Masterpiece Lays	1.125 Oz Bag	140	2	24	3.5	0.5	220
Chips- Baked Flamin' Hot Cheetos	.875 Oz Bag	120	2	17	4.5	0.5	200
Chips- Baked Flamin' Hot Cheetos	1.5 Oz Bag	200	3	30	8	1	330
Chips- Baked Cheetos Cheese	1.5 Oz Bag	200	3	30	8	1.5	350
Chips- Funyuns Baked Not Fried	.75 Oz Bag	100	2	14	3.5	0.5	125
Chips- Reduced Fat Flamas Doritos	1 Oz Bag	130	2	20	5	0.5	200
Chips- Reduced Fat Nachos Cheese Doritos	1 Oz Bag	130	2	20	5	1	200
Chips- Reduced Fat Kettle Cooked Original	1.375 Oz Bag	180	3	27	7	1	190
Chips- Reduced Fat Kettle Cooked Jalapeno	1.375 Oz Bag	180	3	27	7	1	160
Condiment- BBQ Sauce	1 Packet	15	0	4	0	0	85
Condiment- Cheese Sauce	2 Oz	70	0	0	5	2.5	560
Condiment- Ketchup	1 Packet	10	0	2	0	0	85
Condiment- Maple Breakfast Syrup	1 Packet	80	0	20	0	0	20
Condiment- Marinara Sauce	1 Portion Cup	40	1	8	1	0	230
Condiment- Mayonnaise	1 Packet	5	0	0	0	0	85
Condiment- Mustard	1 Packet	60	0	1	6	1	60
Condiment- Ranch	1 Packet	24	0	2	2	0	110
Condiment- Salsa Picante	1 Packet	10	0	2	0	0	180
Condiment- Soy Sauce	1 Packet	0	0	0	0	0	430
Condiment- Taco Sauce	1 Packet	5	0	1	0	0	75
Condiment- Tajin	1 Packet	2	0	0	0	0	127
Crackers- Cheez-It Crackers	1 Oz Bag	130	3	19	4.5	1	200
Cookie- Chocolate Chip Cookie	1 Each	198.5	3	32.7	6.6	2	161.4
Cookie Dough- Chocolate Chip Cookie Dough Bites	1 Pack	190	3	29	5	2	50
Dressing- Asian Sesame	1 Packet	180	0	8	16	2.5	580
Dressing- Light Ranch	1 Packet	60	1	9	2.5	0	220
Dressing- Royal Caesar	1 Packet	180	1	2	18	3	400
Ice Cream- Crumbled Cookie Cone	1 Each	150	2	29	2.5	1.5	110
Ice Cream- Frozen Fruit Punch	1 Each	80	0	20	0	0	0

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Ice Cream- Fudge Frenzy	1 Each	90	3	19	0	0	80
Ice Cream- Sour Swell Cherry	1 Each	70	3	12	1	0.5	20
Ice Cream- Strawberry Shortcake	1 Each	130	1	23	3.5	1	45
Popcorn- Kettle corn	1 Oz Bag	130	1	21	5	0	130
Popcorn- Pirate's Booty	.75 Oz Bag	100	2	14	4	1	105
Pop-Tarts- Chocolate Fudge	1 Pack (1 Pop-Tart)	190	3	38	3	1	200
Pop-Tarts- Cinnamon	1 Pack (1 Pop-Tart)	190	2	38	3	1	391
Pop-Tarts- Strawberry	1 Pack (1 Pop-Tart)	180	2	38	2.5	1	180
Pretzel- Snowman	1 Pretzel	140	5	30	0.5	0	150
Snacks- Rice Krispies Treat	1 Each	160	2	30	4	1	140
Snack- Welch's Fruit Snack, Berries 'N Cherries	1.55 Oz Pouch	130	2	32	0	0	15
Snack- Welch's Fruit Snack, Mixed Fruit	1.55 Oz Pouch	130	2	32	0	0	15