

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

2021-2022 Menu Item	Portion Size	Calories	Protein (g)	Carbohydrates (g)	Total Fat (g)	Sat. Fat (g)
<b>Breakfast Entrees</b>						
Bagel- Whole Grain Wheat Bagel/Cream Cheese	1 Each	223	8	34.5	5.6	3.1
Bar- Buttermilk Breakfast Twin Bar	1 Each	249	2.6	43	7.3	0.8
Bread- Pan Dulce (White Concha)	1 Each	200	5	34.11	6	1.5
Cereal- 25 % Reduced Sugar Cinnamon Toast Crunch	1 Each	110	1	22	3	0.5
Cereal- 25% Reduce Sugar Coco Puffs	1 Each	100	2	23	1	0
Cereal- Multi-Grain Cheerios	1 Each	110	2	25	1.5	0
Cheese- String, Mozzarella	1 Stick	80	6	1	6	4
Cinnamon Roll	1 Each	280	6	43	9	2
French Toast Sticks	1 Pack (2 Sticks)	239.8	5.99	37.9	6.99	0.99
Muffin- Double Chocolate Chip	1 Each	280	5	44	10	2
Pancake- Turkey Sausage Wrap on Stick	1 Each	200	7	17	10	2.5
Pancake- Mini Blueberry Pancakes	1 Pack	200	5	36	4.5	0.5
Pancake- Mini Maple Burst Pancakes	1 Pack	220	4	39	6	0.5
Parfait- Fruit, Vanilla Yogurt, Granola	1 Parfait	237	6.8	44.5	4.4	0.8
Pastry- Glazed Breakfast Bun	1 Each	230	6	39	7	2
Pastry- Mini Breakfast Bites	1 Pack	260	5	38	10	2.5
Pizza- Breakfast Pepperoni Pizza Stick	1 Stick	240	11	29	9	4.5
Pop-Tarts- Strawberry	1 Pack (2 Pop-Tarts)	360	4	75	5	2
Sandwich- Beef Sausage Pancake Sandwich	1 Sandwich	142.7	9	15.7	4.69	1.57
Sandwich- Egg & Cheese Bagel	1 Sandwich	270	12	35	8.6	3.6
Sandwich- Egg & Cheese Croissant	1 Sandwich	220	10	25	9	4
Sandwich- Sausage Biscuit Sandwich	1 Sandwich	280	10	28	14.5	10.5
Sandwich- Sausage & Cheese English Muffin	1 Sandwich	245	15	23	10.5	4
Waffle- Buttery Maple	1 Waffle	250	6	37	9	4

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<b>Lunch Entrées</b>						
<b>"The Whole Package" Lunch Specials</b>						
Bowl- BBQ Bowl (Mac & Cheese)	1 Bowl	656	34	85	22	7
Macaroni & Cheese	1/2 Cup	210	12	23	8	4
BBQ Pulled Pork	4 Oz	176	17	17	6	2
Yellow Corn	1/2 Cup	80	2	33	2	1
Cornbread Muffin	1 Muffin	190	3	12	6	0
Bowl- Orange Chicken/Fried Rice/Broccoli	1 Bowl	300	22.2	33.4	8	3.1
Orange Chicken	4 Oz	121.3	14	5.4	4.6	2.3
Fried Rice	1/2 Cup	149	6.2	23	3.4	.80
Broccoli	1/2 Cup	30	2	5	0	0
Bowl- Meatloaf/Mashed Potatoes/Green Beans/Garlic Breadstick	1 Bowl	480	16.3	53	18	6
Meatloaf	1 Loaf	170	12	8	10	5
Mashed Potatoes	1/2 Cup	70	1	15	1	0
Green Beans	1/2 Cup	40	1.33	0	0	0
Garlic Breadstick	2 Breadsticks	200	2	30	7	1
Bowl- Popcorn Chicken/Mashed Potatoes/Gravy/Corn/Buttermilk Biscuit	1 Bowl	489	19	58.8	22.2	7
Popcorn Chicken	12 Pieces	250	15	16	15	2.5
Mashed Potatoes	1/2 Cup	70	1	15	1	0
Gravy	1 Oz	9.4	0	1.8	.23	0
Corn	1/2 Cup	60	1	13	1	4.5
Buttermilk Biscuit	1 Each	100	2	13	5	0
Bowl- Southwest Chicken Bowl	1 Bowl	366	30.2	42.5	5.5	0.86
Chicken with Green Chile Sauce	4 Oz	183.5	26.1	4.9	4.1	.82
Cilantro Lime Rice with Black Beans & Corn	1/2 Cup	182.4	4.1	37.6	1.4	.04
Bowl- Teriyaki Chicken/Fried Rice/Broccoli	1 Bowl	319.1	24.3	38.7	7.1	1.8
Teriyaki Chicken	4 Oz	139.9	16.1	10.7	3.7	1.0
Fried Rice	1/2 Cup	149.2	6.2	23	3.4	.80
Broccoli	1/2 Cup	30	2	5	0	0
Burrito- BRC (Beans/Rice/Cheese)	1 Burrito	704	32	90	25	13
Pinto Beans	1/2 Cup	141	9	25	1	0
Cilantro Lime Rice	1/2 Cup	98	2	21	1	0
Cheddar Cheese	2 Oz	220	14	2	18	12
Flour Tortilla 12"	1 Each	245	7	42	6	1

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Burrito- Chicken Hand Wrapped	1 Burrito	768	51	93	21	8
Fajita Chicken	4 Oz	175	26	3	4	1
Pinto Beans	1/2 Cup	141	9	25	1	0
Cilantro Lime Rice	1/2 Cup	98	2	21	1	0
Cheddar Cheese	2 Oz	110	7	1	9	6
Flour Tortilla 12"	1 Each	245	7	42	6	1
Chicken and Waffles	1 Serving	450	18	65	15	2
Crispy Chicken Tenders	3 Tenders	210	15	13	11	2
Maple Chip Waffles	3 Waffles	120	3	21	4	0
Breakfast Syrup	1 Packet	120	0	31	0	0
Nachos- Beef Taco Meat/Beans/Cheese/Tortilla Chips	1 Serving	570	29.1	52.5	26.7	9.4
Beef Taco Meat	3 Oz	105.4	11.9	4.25	4.2	1.70
Refried Beans	1/2 Cup	144.7	8	24	1.5	9.5
Tortilla Chips	1 Pack/ 2 OZ	209.9	2.2	23.2	11.9	1.7
Shredded Cheddar Cheese	1 Oz	110	7	1	9	6
Nachos- Beans/Cheese/Tortilla Chips (Vegetarian)	1 Serving	452	16.2	55.1	18.4	4.8
Refried Beans	3/4 Cup	183.1	10.4	31.4	1.9	.06
Tortilla Chips	1 Pack/ 2 OZ	209.9	3.5	23.2	11.9	1.7
Shredded Cheddar Cheese	.50 Oz	55	2.7	.50	4.5	3
<b>"The Grill" Lunch Specials</b>						
Bread- Cheesy Pull-Apart	1 Each	290	15	29	14	5
Breadstick- Cheese Stick	2 Each	300	20	34	10	5
Burrito- Bean & Cheese	1 Each	320	16.7	44.17	8.79	3.54
Burger- B4 the Burger (Vegetarian) Burger	1 Each	300	21	44	42	16.5
Burger- Bacon Cheeseburger	1 Each	451	34.6	29.6	21.5	8.3
Burger- Beef (patty only)	1 Patty	231	25.2	0.13	13.5	5.3
Burger- Cheeseburger	1 Each	431	32.7	29.6	20	8.3
Chicken- Nuggets	1 Serving	260	16	16	15	2.5
Chicken- Breaded Chicken, Regular (patty only)	1 Patty	200	15	13	11	2
Chicken- Breaded Chicken, Spicy (patty only)	1 Patty	177	13	11	9	2
Chicken- Spicy Tenders	3 Tenders	260	15	17	15	2.5
Hot Dog (turkey)	1 Each	280	12	28	13.5	3.5
Hot Dog (beef)	1 Each	380	13	31	23	9.5
Pizza- Cheese, Papa Johns Wedge	1 Slice	330	21	40	10	4
Pizza- Pepperoni, Papa Johns Wedge	1 Slice	360	21	40	14	5
Sandwich- BBQ Pork Rib Sandwich	1 Sandwich	400	20	50	12.5	4.5

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Sandwich- BBQ Pulled Pork	1 Sandwich	359	27	34	12	4
Sandwich- Chicken Parmesan	1 Sandwich	406	23	45	16	4
Sandwich- Crispy Chicken	1 Sandwich	350	20	42	13	2.5
Sandwich- Spicy Chicken	1 Sandwich	327	18	40	11	2.5
Sandwich- Grilled Cheese	1 Sandwich	280	17.85	31	9.91	5.56
Tacos- Beef	1 Pack (2 per pack)	257	18.5	27.8	9	2.6
Quesadilla- Cheddar Cheese	1 Each	510	26	32	31.5	19.5
Quesadilla- Chicken & Cheddar Cheese	1 Each	586	36.5	33.2	34.7	20.4
<b>Pick Up Stix</b>						
House Chicken/Brown Rice	1 Serving					
Orange Chicken/Brown Rice	1 Serving					
Teriyaki Chicken/Brown Rice	1 Serving					
<b>FRESH &amp; FIT</b>						
Bento Box- Mediterranean	1 Box	242.8	8	40.7	3	0
Bento Box- Protein Pack	1 Box	221	9.64	28.3	8	1.5
Salad- BBQ Chicken	1 Salad	510	25	40	28	6
Salad- Chef	1 Salad	484.6	25.5	51.7	21.1	8.8
Salad- Chicken Caesar	1 Salad	617	36.6	54	30.4	7.2
Salad- Chinese Chicken	1 Salad	433	20.9	30.2	25	5
Salad- Cranberry Chicken	1 Salad	626	34	85	18.7	2.1
Sandwich- Ham & Cheese Hoagie	1 Sandwich	347	24.1	39.1	10.2	3.6
Sandwich- Turkey & Cheese Hoagie	1 Sandwich	355	24	38.5	11.3	4.4
Sandwich- Turkey & Ham Hoagie	1 Sandwich	340	22	39	10	4
Sandwich- Turkey Club Hoagie	1 Sandwich	375	26	38	13	4
Wrap- Buffalo Chicken & Ranch	1 Wrap	389	17.1	28.8	3	0
<b>Fruits and Vegetables</b>						
Fruit- Apple Slices	1 Each	28.6	0.14	7.5	0	0
Fruit- Applesauce	1 Pack	50	0	13	0	0
Fruit- Banana	1 Each	90	1.1	23	0.33	0.11
Fruit- Grapes, Red	1 Pack	30.8	0.3	7.9	0.16	0.05
Fruit- Mandarin Oranges	1 Barrel	70	0	17	0	0
Fruit- Mixed Berry, Frozen Cup	1 Each	35	1	9	0	0
Fruit- Mixed, Canned	1 Each	64.6	0.5	16.7	0.113	0
Fruit- Mixed, Dried	1 Each	88	0.7	23	0.1	0

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Fruit- Peaches	1 Each	54	0.92	12.8	0	0
Fruit- Peaches Frozen	1 Each	80	1	19	0	0
Fruit- Pears	1 Each	56.7	0.46	14	0.1	0
Fruit- Pineapple, Barrels	1 Barrel	80	0	18	0	0
Fruit- Raisins	1 Box	120	1	29	0	0
Fruit- Strawberry, Frozen Cup	1 Each	81	0.5	20.8	0	0
Vegetable- Broccoli	1 Pack	15.5	1.2	3	0.2	0
Vegetable- Carrots	1 Pack	25	0.5	5.8	0.1	0
Vegetable- Corn	1/2 Cup	54	1.8	11.7	1	0.2
Vegetable- Cucumber	1 Pack	7.8	0.3	1.9	0	0
Vegetable- Fries, Crinkle Cut 1/2"	1/2 Cup	150	2.3	23	5	1.2
Vegetable- Go'Bonzos (garbanzo beans)	1 Pack	160	8	24	4	0
Vegetable- Jicama	1 Pack	24.7	0.5	5.7	0	0
Vegetable- Side Salad	1 Each	10	0	2	0	0
Vegetable- Tater Tots	1/2 Cup	150	2	19	7	1
<b>Drinks</b>						
Milk- 1% Low Fat Milk	1 Carton (8 Oz)	120	11	16	2.5	1.5
Milk- Lactose Free Milk	1 Carton (8 Oz)	90	8	13	0	0
Milk- Non Fat Chocolate	1 Carton (8 Oz)	120	7	23	0	0
Milk- Soy Milk	1 Carton (8 Oz)	130	8	15	4.5	0.5
Juice- Apple	1 Each (4 Oz)	55	0	15	0	0
Juice- Orange	1 Each (4 Oz)	60	0	13	0	0
Juice- Wild Berry	1 Each (4 Oz)	60	0	15	0	0
Juice- SWITCH Apple	8 Fl Oz	120	0	29	0	0
Juice- SWITCH Black Cherry	8 Fl Oz	120	0	30	0	0
Juice- SWITCH Fruit Punch	8 Fl Oz	120	0	30	0	0
Juice- SWITCH Grape	8 Fl Oz	120	0	30	0	0
Juice- SWITCH Kiwi Berry	8 Fl Oz	120	0	30	0	0
Juice- SWITCH Orange Tangerine	8 Fl Oz	120	0	30	0	0
Juice- SWITCH Tropical Pineapple	8 Fl Oz	120	0	50	0	0
Juice- SWITCH Watermelon Strawberry	8 Fl Oz	120	0	29	0	0
Slushie- Blue Raspberry	12 Fl Oz	180	0	43.5	0	0
Slushie- Cherry	12 Fl Oz	165	0	43.5	0	0
Slushie- Coco Freeze	12 Fl Oz	180	0	43.5	0	0

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<b>Misc.</b>						
Chips- Baked BBQ KC Masterpiece Lays	1.125 Oz Bag	140	2	24	3.5	0.5
Chips- Baked Flamin' Hot Cheetos	.875 Oz Bag	120	2	17	4.5	0.5
Chips- Baked Flamin' Hot Cheetos	1.5 Oz Bag	200	3	30	8	1
Chips- Baked Cheetos Cheese	1.5 Oz Bag	200	3	30	8	1.5
Chips- Funyuns Baked Not Fried	.75 Oz Bag	100	2	14	3.5	0.5
Chips- Reduced Fat Flamas Doritos	1 Oz Bag	130	2	20	5	0.5
Chips- Reduced Fat Nachos Cheese Doritos	1 Oz Bag	130	2	20	5	1
Chips- Reduced Fat Kettle Cooked Original	1.375 Oz Bag	180	3	27	7	1
Chips- Reduced Fat Kettle Cooked Jalapeno	1.375 Oz Bag	180	3	27	7	1
Chips- Sunchips Garden Salsa	1 Oz Bag	140	2	19	6	0.5
Condiment- BBQ Sauce	1 Packet	15	0	4	0	0
Condiment- Cheese Sauce	2 Oz	70	0	0	5	2.5
Condiment- Ketchup	1 Packet	10	0	2	0	0
Condiment- Maple Breakfast Syrup	1 Packet	80	0	20	0	0
Condiment- Marinara Sauce	1 Portion Cup	40	1	8	1	0
Condiment- Mayonnaise	1 Packet	5	0	0	0	0
Condiment- Mustard	1 Packet	60	0	1	6	1
Condiment- Ranch	1 Packet	24	0	2	2	0
Condiment- Salsa Picante	1 Packet	10	0	2	0	0
Condiment- Soy Sauce	1 Packet	0	0	0	0	0
Condiment- Taco Sauce	1 Packet	5	0	1	0	0
Condiment- Tajin	1 Packet	2	0	0	0	0
Crackers- Cheez-It Crackers	1 Oz Bag	130	3	19	4.5	1
Cookie- Chocolate Chip Cookie	1 Each	198.5	3	32.7	6.6	2
Cookie Dough- Chocolate Chip Cookie Dough Bites	1 Pack	190	3	29	5	2
Dressing- Asian Sesame	1 Packet	180	0	8	16	2.5
Dressing- Light Ranch	1 Packet	60	1	9	2.5	0
Dressing- Royal Caesar	1 Packet	180	1	2	18	3
Ice Cream- Crumbled Cookie Cone	1 Each	150	2	29	2.5	1.5
Ice Cream- Frozen Fruit Punch	1 Each	80	0	20	0	0
Ice Cream- Fudge Frenzy	1 Each	90	3	19	0	0

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