

**Summer Menu Nutrient Analysis and Carbohydrate Counts
2019-2020 Menu**

Summer 2020 Menu	Portion Size	Calories	Protein	Carbs (g)	Total Fat	Sat. Fat	Sodium
Breakfast Entrées							
Bagel- Wheat Bagel /Cream Cheese	1 Each	223	8	34.5	5.6	3.1	277
Bagel- Cheese Pizza	1 Each	192	11.6	23.2	5.7	3	383
Bread- Pan Dulce (Pink Concha)	1 Each	203	5	34.6	6.1	1.5	91.7
Burrito- Bean & Cheese	1 Each	222	11.8	31.4	6.3	2.7	359
Burrito- Egg, Cheese & Bacon Breakfast	1 Each	212	11.25	21.73	9.28	4.07	318.75
Cereal- 25 % Reduced Sugar Cinnamon Toast Crunch/String Cheese	1 Each/ 1 Stick	190	7	23	9	4.5	360
Cereal- 25% Reduce Sugar Coco Puffs/ String Cheese	1 Each/ 1 Stick	190	8	26	7.5	4	360
Cereal- Multi-Grain Cheerios/String Cheese	1 Each/ 1 Stick	180	8	24	7	4	310
Cheese- String, Mozzarella	1 Stick	80	6	1	6	4	200
Cinnamon Roll	1 Each	280	6	43	9	2	300
Muffin- Double Chocolate Chip	1 Each	280	5	44	10	2	250
Pancake- Turkey Sausage Wrap on Stick	1 Each	200	7	17	10	2.5	310
Panckes- Mini Banana Pancakes	1 Pack	200	5	37	4	0	240
Pastry- Mini Breakfast Bites	1 Pack	260	5	38	10	2.5	190
Pop-Tarts- Strawberry Frosted	1 Pack (2 Pop-tarts)	362	4.3	75.4	5.5	1.8	359
Sandwich- Sunrise Sausage/Cheese	1 Each	159	9.7	16	6.4	2.6	312
Waffles- Mini Maple	1 Pack	210	4	38	6	1	170
Wrap- Turkey Sausage, Egg & Cheese	1 Wrap	200	11	17	10	4	290
Lunch Entrées							
Bean & Cheese Dip with Tortilla Chips	1 Serving	455	14	46	23.7	6	761
Burrito- Bean & Cheese	1 Each	222	11.8	31.4	6.3	2.7	359
Burger- Cheeseburger	1 Each	279	17.7	30	10	4	409
Burger- Cheeseburger Sliders	1 Pack	272	19.7	31.3	7.8	2.9	355
Burger- Hamburger	1 Each	276	17.7	28.8	10	3.7	260
Cheese Breadsticks with Marinara	1 Serving (2 sticks)	240	21	42	11	5	670

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Corn Dog	1 Each	240	9	30	8	2.5	390
Hot Dog- Chili	1 Each	298	16.86	32.5	11	3.8	628
Pasta- Three Cheese Pasta	1 Serving	428	21	36	22	12.3	1070
Pizza- Cheese Personal Round	1 Each	280	15	29	12	6	440
Pizza- Pepperoni Personal Round	1 Each	290	16	29	12	6	520
Sandwich- BBQ Rib	1 Each	234	13.7	26.6	8.2	2.8	443
Sandwich- Crispy Chicken Sliders	1 Pack	350	19	45	11	2	580
Sandwich- Grilled Cheese	1 Each	280	18.55	30.96	9.91	5.56	580.79
Taco Nada- Turkey	1 Each	260	17	31	8	2.5	390
Taco Stick-Beef	1 Each	345	20	31.8	12.8	8.35	630
Toast- Texas Garlic Cheese	1 Each	368	20.5	28.3	19	7.9	447
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, Dried	1 Each	88	0.7	23	0.1	0	1.4
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
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- Celery	1 Pack	9.6	0.4	1.8	0	0	48
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

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Drinks							
Milk- 1% Low Fat Milk	1 Carton (8 Oz)	120	11	16	2.5	1.5	160
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
Misc.							
Chips- RF Doritos Nacho Cheese	1 Bag (1 Oz)	131	2	20	5	1	200
Cookie- Chocolate Chip WG	1 Each	110	2	18	4	1	60
Cookie- Happy Birthday	1 Each	111	1.8	16	4.3	0.83	76
Rice Krispie Treat	1 Each	50	0	9	1	0	45