

Portion		Cafeteria Hot Line Entrees	Calories	Total Fat grams	Sat. Fat grams	Protein grams	Carb. grams	Calcium (mg)	Iron (mg)	Vit. C (mg)	Vit. A (IU)	Sodium (mg)	Chol. (mg)	Fiber (grams)
1.00	taco	Bean & Cheese Taco	237.5	6.2	2.3	10.1	31.7	173.6	2.2	1.5	172.1	489.5	10.0	3.4
1.00	serving	Beef & Cheese Nachos	420.6	22.5	9.3	18.9	34.2	379.2	5.7	1.8	1,474.6	933.8	55.2	3.0
1.00	each	Beef, Chicken Fried Steak	300.7	18.4	5.3	14.4	18.4	40.0	2.7	0.0	0.3	765.4	30.0	1.5
4.00	each	Beef, Steak Fingers	307.4	18.7	6.3	18.9	19.5	30.3	2.7	0.3	126.6	814.3	45.9	2.0
1.00	burrito	Burrito Grande, Beef*	417.0	14.0	7.0	20.0	44.3	281.5	3.3	2.9	223.2	792.5	40.8	3.7
1.00	burrito	Burrito Grande, Chicken*	365.4	11.2	4.5	22.1	45.1	281.2	2.8	2.4	555.3	951.2	38.5	3.6
1.00	chalupa	Chalupa w/ Cheese	191.7	7.4	3.1	9.1	31.1	127.3	1.7	1.5	468.4	344.0	8.8	4.4
1.00	each	Cheese Enchiladas	196.4	11.5	5.6	8.3	13.9	190.4	0.7	0.4	573.2	535.6	21.7	1.3
1.50	oz.	Cheese, Shredded for Baked Potato	134.3	10.4	6.1	10.7	0.8	305.3	0.1	0.0	1,265.6	382.5	26.3	0.0
0.50	oz.	Cheese, Shredded on Chili Dog*	44.8	3.5	2.0	3.6	0.3	101.8	0.0	0.0	421.9	127.5	8.8	0.0
5.00	each	Chicken Nuggets	246.0	15.3	3.1	14.0	13.1	2.0	1.2	2.0	98.0	500.0	35.0	0.0
1.00	each	Chicken Pattie on Wheat Bun	408.0	17.0	3.0	20.0	45.0	62.8	3.0	1.0	98.0	625.0	47.0	2.0
1.00	serving	Chicken Pepperoni Pasta*	352.6	16.9	5.1	23.5	29.4	244.5	5.6	5.3	786.6	965.1	44.1	2.4
4.00	each	Chicken Tenders, BBQ	217.5	6.0	1.7	28.4	12.3	48.3	2.4	0.3	113.1	394.5	62.9	1.8
4.00	each	Chicken Tenders, Teriyaki	217.5	6.0	1.7	28.4	12.3	48.3	2.4	0.3	113.1	394.5	62.9	1.8
1.00	each	Chicken, Grilled on Wheat Bun	316.0	7.5	2.2	25.6	37.3	89.5	3.0	0.0	28.4	724.6	49.7	3.0
1.00	each	Chicken, Spicy Breaded on Wheat Bun	422.0	16.0	2.7	20.4	49.9	80.0	3.3	1.5	0.0	766.7	52.1	1.0
2.00	fl. oz.	Chili on Cheese Enchiladas	80.8	4.3	1.6	5.9	4.4	24.1	1.1	2.6	342.3	291.6	18.5	0.8
1.00	fl. oz.	Chili on Hot Dog*	40.4	2.2	0.8	2.9	2.2	12.0	0.5	1.3	171.1	145.8	9.3	0.4
1.00	each	Corn Dogs	270.0	14.0	4.0	10.0	27.0	80.0	2.7	0.0	0.0	740.0	30.0	1.0
1.00	taco	Crispy Taco	171.5	10.3	3.6	9.6	19.8	67.7	1.6	1.4	51.2	208.9	30.8	1.2
1.00	each	Fish Sandwich on Wheat Bun	340.0	10.5	1.5	13.0	51.0	60.0	2.9	0.0	0.0	560.0	30.0	3.0
1.00	sandwich	Ham, Turkey, Cheese Hoagie*	396.2	13.6	6.7	29.5	38.6	181.1	3.1	1.2	319.4	1,960.5	74.3	1.5
1.00	each	Hamburger on Wheat Bun	304.4	11.1	4.3	20.4	34.3	81.3	3.4	0.0	55.6	637.6	32.9	3.2
1.00	each	Hot Dog on Wheat Bun	260.0	13.0	3.5	11.0	26.0	100.0	2.5	0.0	0.0	690.0	40.0	0.0
1.00	pattie	Italian Chicken Cutlet *	303.2	16.6	4.2	20.0	21.2	135.4	2.3	8.7	1,060.3	1,201.6	38.8	2.3
1.00	each	Lunch Muncher - Elementary	217.8	12.6	7.2	13.4	11.7	206.2	0.9	6.8	4,283.8	1,074.9	54.4	1.3
1.00	sandwich	Meatball Sandwich *	438.8	18.1	7.5	26.7	45.2	200.3	4.1	6.4	615.3	932.7	41.8	4.1
1.00	each	Pig in a Blanket	292.7	12.4	4.1	11.3	32.0	16.9	1.8	0.1	0.2	806.8	50.2	1.2
2.00	each	Pizza Cheese Sticks	298.4	13.9	5.0	15.9	29.8	298.4	2.1	0.0	199.0	756.1	19.9	0.0
1.00	slice	Pizza, Cheese - Secondary*	318.6	11.7	6.5	21.5	32.9	430.9	2.1	1.5	540.0	656.3	30.0	1.3
1.00	each	Pizza, Cheese, Wedge - Elementary	320.0	9.0	2.0	16.0	39.0	308.0	3.0	0.0	400.0	640.0	15.0	2.0
1.00	slice	Pizza, Pepperoni - Secondary*	346.1	13.9	7.3	23.0	33.1	435.9	2.3	1.5	540.0	783.8	36.3	1.3
1.00	each	Pizza, Pepperoni Wedge - Elementary	330.0	11.0	3.0	17.0	39.0	295.0	3.0	0.0	550.0	730.0	20.0	2.0
1.00	each	Pizza, Pepperoni Stuffed Crust	390.0	16.0	5.0	18.0	45.0	30.0	30.0	0.0	10.0	1,000.1	20.0	2.0
1.00	each	Potato, Baked	263.6	0.0	0.0	5.5	61.8	14.5	0.9	36.4	0.0	14.5	0.0	4.2
1.00	serving	Spaghetti w/Meat Sauce	344.0	13.0	5.2	21.8	34.9	131.2	3.3	3.4	530.8	723.7	49.3	2.9
1.00	serving	Spiral Spaghetti	388.5	13.0	6.2	25.6	47.5	451.6	3.4	11.8	1,684.8	1,130.0	30.4	4.1
0.50	sandwich	Sub Sandwich, Ham - Elementary	165.0	4.5	1.3	12.5	19.0	8.7	1.4	0.0	0.0	620.0	35.0	0.7
1.00	sandwich	Sub Sandwich, Ham - Secondary*	330.0	9.0	2.5	25.0	38.0	17.3	2.9	0.0	0.0	1,240.0	70.0	1.5
1.00	sandwich	Sub Sandwich, Turkey - Secondary*	289.2	4.8	1.2	22.6	38.8	17.3	2.7	0.0	0.0	1,046.2	35.4	1.5
0.50	sandwich	Sub Sandwich, Turkey - Elementary	169.4	3.1	0.8	15.2	20.1	8.7	1.5	0.0	0.0	689.7	26.6	0.7
1.00	salad	Taco Salad*	346.6	18.6	6.9	20.7	24.3	203.6	5.1	9.5	2,278.0	496.5	53.8	4.0
2.75	oz.	Turkey Roast, Sliced	85.6	3.4	0.8	14.6	0.4	3.5	0.6	0.9	0.0	465.8	38.5	0.0

Portion		Cafeteria Hot Line Entrees	Calories	Total Fat grams	Sat. Fat grams	Protein grams	Carb. grams	Calcium (mg)	Iron (mg)	Vit. C (mg)	Vit. A (IU)	Sodium (mg)	Chol. (mg)	Fiber (grams)
0.50	wrap	Wrap, Ham & Cheese - Elementary	145.1	6.9	3.2	10.4	9.4	108.5	1.1	0.5	195.3	754.9	35.3	1.1
1.00	wrap	Wrap, Ham & Cheese - Secondary*	260.2	12.9	6.2	16.8	18.3	217.0	1.8	1.0	377.5	1,214.8	55.5	2.1
0.50	wrap	Wrap, Turkey & Cheese - Elementary	145.1	6.2	2.8	12.7	8.7	108.5	1.1	0.5	175.5	619.9	35.3	1.1
1.00	wrap	Wrap, Turkey & Cheese - Secondary*	245.2	11.6	5.7	17.1	17.3	217.0	1.6	1.0	351.1	932.3	48.0	2.1
1.00	each	Yogurt, 4 oz., Danimals	110.0	2.0	2.0	5.0	19.0	300.0	0.0	0.0	0.0	70.0	10.0	0.0
1.00	each	Yogurt, 6 oz., Light & Fit*	170.0	1.5	1.0	6.0	33.0	200.0	0.0	2.4	0.0	125.0	10.0	0.0
1	each	Yogurt, 6 oz., Lowfat	150.0	2.0	1.0	6.0	28.0	250.0	0.0	2.4	0.0	110.0	5.0	0.0
1.00	serving	Zesty Orange Chicken	248.5	10.5	2.3	14.0	24.1	23.4	1.3	0.0	0.0	504.9	46.8	0.0
Portion		Entrée Salads & Salad Condiments	Calories	Total Fat grams	Sat. Fat grams	Protein grams	Carb. grams	Calcium (mg)	Iron (mg)	Vit. C (mg)	Vit. A (IU)	Sodium (mg)	Chol. (mg)	Fiber (grams)
1.00	salad	Chef Salad w/ Chicken	192.8	8.9	4.6	24.6	5.6	233.1	1.5	6.9	4,895.9	298.3	64.2	2.5
1.00	salad	Chef Salad w/ Ham	221.5	15.2	10.9	16.4	6.0	248.5	1.5	6.9	4,895.9	900.9	60.6	2.5
1.00	salad	Chicken & Cheese Salad *	183.5	9.3	3.9	20.8	7.2	259.0	2.0	34.5	1,816.7	411.3	39.9	2.5
1.00	salad	Chicken BLT Salad	233.8	14.2	6.5	20.7	7.7	208.1	3.3	15.0	4,438.4	802.1	45.2	2.9
1.00	salad	Chicken Salad Plate w/ Grapes*	357.4	15.2	1.9	16.2	35.5	27.4	5.6	9.8	3,928.9	794.6	37.0	1.8
1.00	salad	Southwestern Salad w/ Chicken*	231.1	9.7	3.7	20.6	18.4	321.5	4.2	28.9	1,438.8	1,684.0	31.8	6.7
1.00	salad	Tuna Salad Plate w/ Grapes*	412.6	12.8	2.3	26.9	43.5	32.7	1.9	9.4	3,972.9	963.1	28.1	1.9
1.00	each	Crackers, Saltines	50.0	1.0	0.0	1.0	9.0	0.0	0.4	0.0	0.0	190.0	0.0	0.0
0.75	oz.	Croutons	91.1	3.0	0.0	3.0	15.2	0.0	1.1	0.0	0.0	212.6	0.0	0.0
1.00	each	Dressing, Caesar, Packet*	118.7	12.9	2.5	1.0	0.0	0.0	0.0	0.0	0.0	158.2	29.7	0.0
1.00	each	Dressing, Italian, Packet*	89.0	8.9	1.5	0.0	3.0	0.0	0.0	0.0	0.0	425.3	0.0	0.0
1.00	each	Dressing, Ranch, Packet*	98.9	10.9	1.5	1.0	1.0	19.8	0.0	0.0	0.0	187.9	9.9	0.0
1.00	fl. oz.	Dressing, Italian Fat Free	35.4	0.0	0.0	0.0	7.1	0.0	0.0	0.0	0.0	513.8	0.0	0.0
1.00	fl. oz.	Dressing, Caesar	120.0	13.0	2.5	1.0	0.0	0.0	0.0	0.0	0.0	170.0	30.0	0.0
1.00	fl. oz.	Dressing, Ranch Reduced Fat	46.2	3.6	0.6	0.5	1.8	17.8	0.0	0.1	6.5	138.3	5.6	0.0
Portion		Secondary Combos	Calories	Total Fat grams	Sat. Fat grams	Protein grams	Carb. grams	Calcium (mg)	Iron (mg)	Vit. C (mg)	Vit. A (IU)	Sodium (mg)	Chol. (mg)	Fiber (grams)
1.00	combo	Ham & Cheese Wrap & Fresh Fruit	341.2	12.9	6.2	16.8	39.3	227.0	2.0	9.0	384.5	1,214.8	55.5	5.8
1.00	combo	Turkey & Cheese Wrap & Fresh Fruit	326.2	11.6	5.7	17.1	38.3	227.0	1.8	9.0	358.1	932.3	48.0	5.8
1.00	combo	6 oz. L&F Yogurt, Goldfish & Fresh Fruit	351.0	9.0	2.0	10.0	59.0	200.0	1.6	9.2	507.0	450.0	10.0	4.7
Portion		Secondary A La Carte Sandwiches	Calories	Total Fat grams	Sat. Fat grams	Protein grams	Carb. grams	Calcium (mg)	Iron (mg)	Vit. C (mg)	Vit. A (IU)	Sodium (mg)	Chol. (mg)	Fiber (grams)
1.00	sandwich	Chicken Salad Sandwich	324.4	11.9	1.7	18.4	32.4	48.8	7.1	0.5	13.1	760.8	49.5	0.2
1.00	sandwich	Ham & Cheese Large Sub Sandwich	434.8	15.8	7.3	23.1	52.2	240.6	3.5	1.0	323.0	1,590.1	62.5	2.0
1.00	sandwich	Ham & Cheese Sandwich	273.0	8.4	3.2	14.7	31.5	117.7	2.2	0.0	179.5	1,138.8	42.8	0.0
1.00	sandwich	Ham Sandwich	220.9	4.0	0.5	12.1	31.1	41.3	2.2	0.3	38.0	890.6	30.0	0.1
1.00	sandwich	Peanut Butter & Jelly Sandwich	482.4	22.0	3.3	13.3	60.6	66.6	2.4	0.0	0.0	620.7	0.0	1.3
1.00	sandwich	Tuna Salad Sandwich	289.4	7.4	1.1	16.0	36.3	46.9	2.2	0.2	32.8	585.6	14.0	0.1
1.00	sandwich	Turkey Large Sub Sandwich	366.3	7.0	1.8	24.7	53.0	80.0	3.2	0.0	0.0	1,123.8	38.0	2.0
1.00	sandwich	Turkey Sandwich	220.9	3.0	0.0	15.1	30.1	41.3	2.2	0.3	11.6	710.6	30.0	0.1

Portion		Secondary A La Carte Entrees	Calories	Total Fat grams	Sat. Fat grams	Protein grams	Carb. grams	Calcium (mg)	Iron (mg)	Vit. C (mg)	Vit. A (IU)	Sodium (mg)	Chol. (mg)	Fiber (grams)
1.00	each	Asian 2 Go - Orange Chicken & Rice	507.3	7.4	1.9	12.4	94.9	16.4	4.2	5.6	0.0	472.9	17.6	0.8
1.00	each	Baked Potato w/ Cheese Sauce	413.7	10.5	6.8	14.5	66.3	389.6	1.4	36.4	450.1	914.8	30.0	4.2
1.00	each	Burrito, Bean & Cheese	419.2	15.3	6.8	16.4	54.1	240.8	4.0	15.8	940.9	1,101.4	28.5	4.2
1.00	each	Burrito, Chili Cheese	426.4	19.2	7.5	20.3	42.6	172.7	4.2	6.4	1,061.8	1,050.1	53.3	2.1
1.00	each	Cheese Nachos	410.0	19.5	7.8	13.0	44.5	415.1	6.3	2.4	3,285.1	956.2	30.0	4.0
1.00	each	Cheeseburger on Wheat Bun	357.4	15.5	7.0	23.1	34.8	158.9	3.4	0.0	208.7	886.3	45.7	3.2
1.00	each	Chicken Chunks, BBQ Deluxe	226.8	5.7	1.1	14.7	27.2	11.3	1.1	1.1	226.8	935.6	34.0	0.0
4.00	each	Chicken Chunks, Regular Deluxe	205.7	6.9	0.0	18.3	14.9	13.7	1.1	1.1	80.0	708.6	45.7	0.0
1.00	each	Chicken Sandwich, Deluxe	350.0	9.5	2.0	24.0	41.0	101.0	2.4	1.0	50.0	880.0	50.0	0.0
1.00	each	Chopped BBQ Poorboy	447.5	10.2	4.1	20.5	63.8	130.0	4.5	6.0	5,670.0	997.5	25.0	4.5
1.00	each	Egg Roll	170.4	6.0	2.0	9.0	19.0	32.0	2.0	8.0	1,044.0	410.0	40.0	2.0
1.00	each	Fish & Cheese Sandwich	453.0	16.4	3.7	18.7	60.5	157.7	2.9	0.0	153.1	888.8	42.8	2.0
1.00	each	Grilled Cheese Sandwich	333.6	18.4	7.0	9.6	33.0	238.2	1.5	0.0	642.4	886.2	25.5	0.0
1.00	each	Grilled Chicken & Cheese on Wheat Bun	428.6	13.3	3.7	30.5	46.8	192.6	3.1	0.0	182.5	1,053.4	62.3	1.0
1.00	each	Meatball Sub, Packaged	270.0	9.0	2.5	12.0	34.0	15.0	10.0	0.0	0.0	870.0	25.0	2.0
1.00	each	Pizza, Pepperoni Red Baron	570.6	19.4	11.2	26.5	71.3	313.8	4.1	3.1	456.5	1,375.6	35.7	3.1
1.00	each	Pocket Sandwich, Pepperoni	302.2	11.6	5.3	11.6	37.3	142.2	2.5	0.0	371.6	586.7	13.3	1.8
		* Offered in secondary schools only												