

CATEGORY	BRAND	PORTION SIZE	CALORIES	CARBS. (grams)	PROTEIN (grams)	NOTE
MILK:						
Skim	Turners	8 ounces	90	13	8	
1% White	Turners	8 ounces	110	12	8	
Skim Strawberry	Turners	8 ounces	150	27	8	
Skim Vanilla	Turners	8 ounces	140	24	8	
Skim Chocolate	Turners	8 ounces	130	24	8	
LACTAID	Turners	8 ounces	80	13	8	
MEAT:						
Sunflower Seeds	Sun Opta	1 pk	158	8	6	
Diced Turkey Ham	Jennie O	1oz	35	0.66	4.7	
Chicken Patty	Tyson	1 ea	270	11	15	
Chicken Nuggets	Tyson	5 ea (elem)	270	11	15	6 JR/HS
Popcorn Chicken	Tyson	15 ea	210	16	15	
Chicken Tenders	Tyson	3 ea	230	11	12	
Sausage Patty	Jones Farm	1 ea	100	0	7	lite
Sausage Links	Jones Farm	2 ea	100	0	7	lite
American Cheese	Land O Lakes	3 sl=1.5 oz	105	3	14	RF
String Cheese	Land O Lakes	1 ea	80	0	7	RF
Hamburger Patty	Pierre	1 ea	143	2.1	16.3	low-fat
RibBQ Patty	Pierre	1 ea	212	11.5	13	
Yogurt	Trix	1 ea	120	23	4	
Diced Egg	Sunny Fresh	1 oz	45	1	3	
Chicken Nuggets	Specialty Pierre	5 ea (elem)	181	11.6	12.6	
Yogurt	Chobani	1 ea	115	15	9	Champions
Chicken Sticks	Tyson	8 ea	180	9	14	
Yogurt for Bar	Yoplait Parfait Pro	1/2 cup	100	18.5	3.5	elem
ENTREES:						
Peanut Butter	USDA	2Tbsp	190	5.1	9.1	
MAX Pizza	Gilardi	1 pc	380	46	18	
Refried Beans	Basic America	1/2 c	160	23	8	
Hot Dog	Berk's	1 ea	150	0	7	
Corn Dog	Foster Farms	1 ea	300	34	10	
Macaroni & Cheese	Land o Lakes	1 cup	420	48	24	elem=1/2 c
Turkey in Gravy	Jennie o	5 2/3 oz	147	4	19	
Pizzata	Riches	1 ea	320	37	20	1 ea
Bosco Pizza	Bosco	1 pc	300	35	20	WG/RF
Pizza Dippers	Farm Rich	4 ea	320	30	20	WG/RF
Mozzarella Sticks	Golden Crisp	4 ea	320	28	12	HS only
Turkey Breast	JennieO	2.4 oz(3 sl)	60	0	13.5	
Taco Crumbles	Pierre	2.5 oz	122	2	12.6	
Ravioli	Chef Boyardee	1 cup	220	36	6	
French Bread Pizza	Tony's	1 ea	320	33	14	

Quesadilla, chse	Gilardi	1 ea	360	42	18	
Quesadilla, chix	Gilardi	1 ea	320	38	18	
MAX Breadstick	Gilardi	1 ea	160	16	8	WG/RF
MAX Luncharound	Gilardi	1 ea	340	43	10	WG/RF
BIG DADDY Pizza	Schwanns	1 tenth	340	39	19	WG/RF
Mexican Pizza	Schwanns	1 ea	390	38	19	
Bosco Stix	Bosco	2 ea	380	52	26	7" HS
Mini Bosco Stix	Bosco	2 ea	300	32	20	6"elem/AEO
Mexican Bosco Stix	Bosco	1 ea	230	31	12	
Teriyaki Beef Dipper	Pierre	4 ea	152	4	16.3	
Grilled Cheese	Schoolmade	1 ea	275	25	19	elem
12 Grain Grl chs	School made	1 ea	340			HS only
White Pizza	Kasa	1 ea	350	42	20	WG
WG Moz Chs Stix	Riches	3 ea	222	21	11	elem
CATEGORY	BRAND	PORTION	CALORIES	CARBS.	PROTEIN	
		SIZE		(grams)	(grams)	
FRUIT/JUICE:						
Apples-Fresh Whole		medium	80	21.1	0.3	
Apples-Sliced/Canned	USDA	1/2 cup	48	24.4	0.4	
Fruit Cup		1/2 cup	80	18	1	
Mandarin Oranges		1/2 cup	90	20	1	
Peaches in syrup	USDA	1/2 cup	70	17	1	
Pears - Fresh		medium	100	25.1	0.7	
Pears in syrup	USDA	1/2 cup	70	18	0	
Pineapple-canned		1/2 cup	70	16.8	0.6	
Applesauce	USDA	1/2cup	97	27	0	
ApplesauceCups	Motts	1/2 cup	50	13	0	lite
Whole Fruit Cup	JJ	1/2 cup	70	18	0	
Juice Bar/Icee	J & J Foods	3 oz/1 bar	50	14	0	
Sherbet	Luigi's	1/2 cup	110	23	1	
Apples, sliced	US Foods	1 bag	30	8	0	
Pineapple Fluff	School made	1/2 cup	150	34	1.3	
Strawberries, frsh		1/2 cup	23	5.25	0	
Kiwi		1/2 each	23	5.5	0	
Fresh Orange		2-1/4's	30	7	0	
Mr J's Juice	MB products	4 oz	60	14	0	all flavors
VEGETABLES:						
Baked Potato	PPI	1 each-3 oz	93	21.2	2	
Whipped Potatoes	Basic American	1/2 cup	75	15	1.5	
Spaghetti Sauce	RedPack	1/2 cup	80	11	3	
Sauerkraut	GFS	1/4 cup	12	2.5	0	
Smiles/Cosmic	McCain	4 ea	170	24	2	
Tater Tots	McCain	8 ea	140	17	2	
Evercrisp Fries	Mccain	3 oz	160	22	2	
Waffle Fries	McCain	1/2 cup	160	21	8	
Spiral Fries	McCain	1/2 cup	150	18	2	

Onion Rings	Moore	5ea	140	18	2	
Crinkle Fries	McCain	1/2 cup	120	18	2	
Steamed Broccoli	US Foods	1/2 cup	20	5	0	
Steamed Carrots	US Foods	1/2 cup	26	6.5	0	
Mixed Vegetables	US Foods	1/2 cup	54	12	0	
Peas	US Foods	1/2 cup	62	11	4	
Oriental Vegetables	US Foods	1/2 cup	20	5	0	
Calif Vegetables	US Foods	1/2 cup	54	12	0	
Tomato Soup	Campbells	6 oz	135	30	3	
Lettuce		1/2 cup	5	1	0	
Carrot Sticks		1/4 cup	15	3	0	
Celery Sticks		1/4 cup	3	1	0	
Corn	US Foods	1/2 cup	60	15	0	
Tater Triangle	McCain	1 ea	110	13	1	
Green Beans	US Food sevice	1/2 cup	19	4	1	
Hash Brown Patty	McCain	1 ea	280	22	2	
Baked Beans	US Foods	1/2 cup	130	26	7	
Sweet Potato Tots	Mccain	1/2 cup	130	23	1	11 ea
BREAD:						
Mini Pancakes	Pillsbury	1 pkg	190	34	4	straw/mapl
Mini Cinni	Pillsbury	1 pkg	190	34	4	
Mini French Toast	Pillsbury	1 pkg	180	27	5	
Goldfish Crackers	Pepperridge farms	1 pk	100	13	2	WG
Mini Waffles	Pillsbury	1 pkg	190	34	4	
Any Soft Pretzel	JJ	2.5 oz	170	36	6	
Cracker Chips	Pepperidge Farm	1 bg	120	22	2	
Rice	GFS	1/2 cup	108	23	2.5	Whole Grain
Soft Pretzel Rod	JJ	1 ea	70	14	2	
Flour Tortilla	Azteca	1 ea	150	26	4	9" soft
5" Taco Shell	Mission	1 ea	150	21	2	elem
Bagel	Lenders	1 ea	120	24	5	WG
Pasta Noodles	any	1 cup	197	39.7	6.7	
Nacho Chips	Barrel Of Fun	1.5 oz	210	27	3	elem
Hamburger Bun	Nickles	1 ea	100	20	4	White Wh
Hot Dog Bun	Nickles	1 ea	100	20	4	White Wh
Wheat Roll	Nickles	1 ea	80	15	3	8 grain
Warm Breadstick	Marzetti	1 ea	180	33	6	6"
White Wheat Brd	Nickles	2 slices	110	22	5	all schools
Goldfish Bread	Pepperidge Farm	1 ea	100	20	5	WG
Garlic Breadstick	New York	1 ea	180	33	6	8"
French Toast Sticks	Farm Rich	1 ea	90	13	2	
WG Biscuit	Rich's	1 ca	170	23	4	WG
Pretzel Bun	JJ	1 ea	340	65	8	
Wheat Burger Bun	Nickles	1 ea	130	24	5	HS Only
12 Grain Bread	Nickles	2 slices	200	34	10	HS only
Sunchips	Frito Lay	1 bag	140	19	2	
WG Sub Bun	Nickles	1 ea	170	32	8	

Bread Bowl	Super Bakery	1 ea	160	28	5	
Goldfish Cookies	Pep Farm					WG
CATEGORY		PORTION	CALORIES	CARBS.	PROTEIN	
		SIZE		(grams)	(grams)	
OTHER:						
Teddy Grahams	Nabisco	1 pk	90	16	1	
Vanilla Pudding	Thank You	1/2 cup	110	27	2	Fat Free
Chocolate Pudding	Thank You	1/2 cup	120	28	2	Fat Free
Jello	GFS	1/2 cup	70	17	1	
Fortune Cookie	Gordon Food Service	1 ea	30	6	0	
Hi C Gummy	Brachs	1 pk	80	19	2	
Whip Topping	Rich's	1T	12	1	0	
Mini Pretzel	Frito Lay	1 pkg	50	11	1	
Syrup	Gordon Food	1 pkg	120	31	0	
Mini Rice Krispie	Kelloggs	1 ea	45	8.5	0.5	
Pickle Chips	US Foods	1/2 oz =3	0	0	0	
Chicken Noodle Soup	Campbells	6 oz	90	10.5	4.5	
Saltine Crackers	Nabisco	1 pk	30	4	0	
Oyster Crackers	Nabisco	1 pk	60	10	1	
Baked Beans	GFS	1/2 cup	120	24	7	
Cheese Sauce	US Foodservice	2 oz	80	7	0	
Cheese Cup	Land O Lakes	1 each	130	5	8	RF/RS
Iced Cupcake	Super Bakery	1 ea	135	28	2	
WG Sugar Cookie	Bonzer	1 ea	150	23	1	elem
WG Choc Chip Cooki	Bonzer	1 ea	150	23	1	elem
Fruit Roll Up	G Mills	1 ea	50	11	0	
Curious George	Con agra	1 pk	100	22	0	
Holiday Theme cookie	Camden Creek	1ea	170	19	2	
Chocolate Chip Muf	Otis Spunkmeyer	1 ea	170	28	1	
Frito Lay Mini	Frito Lay	1 pkg	100	10	1	Cheeto
Mexican Rice	Uncle Ben's	1/2 cup	97	22	2.5	
RF Cookie	Redi Bake	1 ea	112	18	1.5	chchip/sug
Sweetheart Pretzl	Frito Lay	1 bag	120	23	1.5	
Butter Buds	Butter Buds	1 tsp	10	2	0	on all vegies
Revised 10/25/12						