

Items Offered at Lunch - Secondary Schools

Menu Item	Serving Size	Carbs (g)	Sodium (g)	Calories	Total Fat (g)
BREAD, DINNER ROLL, BIMBO	1 EACH	20	130	110	1
BREAD, SANDWICH, BIMBO	1 SLICE	16	95	80	1
CONDIMENTS, BBQ SAUCE	1 FL OZ	9	75	40	0
CONDIMENTS, DOROTH LYNCH DRESSING	1 FL OZ	11	160	100	7
CONDIMENTS, KETCHUP HEINZ	1 EACH	2	101	8	0
CONDIMENTS, MAYO PACKET	1 EACH	0	90	45	5
CONDIMENTS, MUSTARD PACKET	1 EACH	0	57	3	0
CONDIMENTS, RANCH DRESSING CUP	1 PKG	2	420	100	11
CONDIMENTS, RC RANCH MRS CLARKS	1 FL OZ	2	290	70	7
CONDIMENTS, SALSA	2 FL OZ	4	140	20	0
COOKIE, CANDY	1 EACH	26	120	160	5
COOKIE, CHOCLATE CHIP	1 EACH	26	100	160	5
COOKIE, DOUBLE CHOPCLATE CHIP	1 EACH	27	140	160	5
COOKIE, SUGAR	1 EACH	28	115	160	5
FRUIT, APPLE SLICES - 2 oz	1 PACKAGE	8	0	30	0
FRUIT, APPLE WHOLE (138 CT)	1 EACH	20.5	1	77	0
FRUIT, APRICOTS	1/2 CUP	15			
FRUIT, APRICOTS DICED	1/2 CUP	14			
FRUIT, MANDARIN ORANGES	1/2 CUP	17	10	70	0
FRUIT, MIXED FRUIT	1/2 CUP	17	10	60	0
FRUIT, ORANGE WHOLE (lg)	1 EACH	21.5	0	86	0
FRUIT, ORANGE WHOLE (sm 113 ct)	1 EACH	15	0	52	0
FRUIT, PEACHES DICED	1/2 CUP	17	10	70	0
FRUIT, PEARS DICED	1/2 CUP	20	5	80	0
FRUIT, PINAPPLE TIDBITS	1/2 CUP	17	10	70	0
FRUIT, RAISINS RAISELS ALL FLAVORS	1 BOX	35	10	130	0
GRAVY, BEEF	1 FL OZ	1	160	7	0
GRAVY, CHICKEN	1 FL OZ	1	175	10	0
GRAVY, COUNTRY	1 FL OZ	2	110	15	0
MARGARINE, SINGLES MRS CLARK	1 EACH	0	40	25	2.5
MILK, 1% WHITE	1 EACH	11	120	100	2.5
MILK, FAT FREE CHOCOLATE	1 EACH	20	180	100	0
MILK, FAT FREE STRAWBERRY	1 EACH	22	90	120	0
POTATOES, CRINKLE CUT	3 OZ WT	25	200	180	6
POTATOES, MASHED	1/2 CUP	17	310	80	1
POTATOES, SMILE FRIES	6 EACH	30	270	190	6
POTATOES, TRI TATERS	2 EACH	24	400	194	6
POTATOES, TWISTERS	3 OZ WT	20	420	160	8
SALAD, CHEF - GISH JET LINE STUDENT - LARGE WHEAT CRACKER	1 EACH	45	1882	543	32
SALAD, CHEF - STUDENT	1 EACH	29	1682	473	29
SALAD, CHEF - STUDENT - GOLDFISH CRACKER	1 EACH	29	1682	473	29

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SALAD, CHEF - STUDENT - PIZZA CRACKER	1 EACH	30	1702	453	28
SALAD, CHEF - STUDENT - SMALL WHEAT CRACKER	1 EACH	29	1702	453	29
SALAD, CHICKEN FAJITA - STUDENT	1 EACH	36	1778	491	28
SALAD, TACO -STUDENT	1 EACH	35	1496	498	29
SALAD, TUNA - STUDENT - GISH JET LINE - LARGE WHEAT CRACKER	1 EACH	46	1470	509	27
SALAD, TUNA - STUDENT - PIZZA CRACKER	1 EACH	31	1290	419	23
SALAD, TUNA - STUDENT - SMALL WHEAT CRACKER	1 EACH	30	1290	419	23
SALAD, TUNA - STUDENT -GOLDFISH CRACKER	1 EACH	30	1270	439	24
SALAD, VEGGIE - GISH JET LINE STUDENT - LARGE WHEAT CRACKER	1 EACH	41	1367	492	32
SALAD, VEGGIE - STUDENT - GOLDFISH CRACKER	1 EACH	25	1167	428	29
SALAD, VEGGIE - STUDENT - PIZZA CRACKER	1 EACH	26	1187	408	28
SALAD, VEGGIE - STUDENT - SMALL WHEAT CRACKER	1 EACH	25	1187	408	29
SANDWICH, HAM & CHEESE HOAGIE	1 EACH	44	1091	343	11
SANDWICH, PBJ w CHEESE- MS/HS	1 EACH	53	541	492	21
SANDWICH, PBJ w YOGURT- MS/HS	1 EACH	69	401	492	16
SANDWICH, TURKEY & CHEESE HOAGIE	1 EACH	44	878	370	13
VEGETABLE, BEAN GARBANZO	1/4 CUP	10.5	220	60	0
VEGETABLE, BROCCOLI	1/4 CUP	1	6	6	0
VEGETABLE, CARROTS BABY	1/4 CUP	3	29	13	0
VEGETABLE, CELERY	1/4 CUP	1	26	5	0
VEGETABLE, ROMAINE	1/2 CUP	1	3	6	0
VEGETABLE, TOMATOES	1/4 CUP	1.5	2	7	0

Menu Item	Serving Size	Carbs (g)	Sodium (g)	Calories	Total Fat (g)
Monday, November 12, 2018					
HOT DOG -TURKEY	1 EACH	2	300	110	9
BUN, CONEY, BIMBO	1 EACH	31	200	160	2
CHILI	1 FL OZ	3	117	28	0
PORK, BREADED CHOP	1 EACH	11	330	260	17
BUN, HAMBURGER, BIMBO	1 EACH	31	200	160	2
Tuesday, November 13, 2018					
PIZZA, CHEESE FRENCH BREAD NARDONE	1 EACH	33	380	310	11
SPAGHETTI SAUCE	2 FL OZ	5	222	23	0
SLOPPY JOE MEAT	1/3 CUP	12	557	116	2
BUN, HAMBURGER, BIMBO	1 EACH	31	200	160	2
Wednesday, November 14, 2018					
BEEF, HAMBURGER PATTY	1 EACH	1	270	110	6
CHEESE, AMERICAN	1 SLICE	0	135	55	4
BUN, HAMBURGER, BIMBO	1 EACH	31	200	160	2
CHEF'S CHOICE					
Thursday, November 15, 2018					
ROASTED TURKEY	2 OZ WT	0	388	114	6
BREAD, DINNER ROLL, BIMBO	1 EACH	20	130	110	1
POTATOES, MASHED	1/4 CUP	8.5	205	45	0
GRAVY, TURKEY	1 FL OZ	1.5	145	10	0
CHEF'S CHOICE					
Friday, November 16, 2018					
WALKING TACO BAG CHIPS	1 EACH	25	300	210	13
TACO MEAT	3.2 OZ WT	5	292	111	5
CHEESE, CHEDDAR SHREDDED USDA	1/2 OZ WT	0	140	40	2
CHEF'S CHOICE					

Menu Item	Serving Size	Carbs (g)	Sodium (g)	Calories	Total Fat (g)
Monday, November 19, 2018					
MAX STICKS	2 EACH	34	800	320	14
SPAGHETTI SAUCE	2 FL OZ	5	222	23	0
PORK, BBQ RIB	1 EACH	7	480	168	9
BUN, HAMBURGER, BIMBO	1 EACH	31	200	160	2
Tuesday, November 20, 2018					
CHICKEN, GENERAL TSO'S	3.6 OZ	23	361	170	3
RICE, VEG FRIED MINH	1/2 CUP	38	315	189	2
SANDWICH, PHILLY CHEESE STEAK	1 EACH	46	1078	487	21
Wednesday, November 21, 2018					
NO SCHOOL					
Thursday, November 22, 2018					
NO SCHOOL					
Friday, November 23, 2018					
NO SCHOOL					

Menu Item	Serving Size	Carbs (g)	Sodium (g)	Calories	Total Fat (g)
Monday, November 26, 2018					
POPCORN CHICKEN BOWL	1 EACH	29	829	324	15
BREAD, DINNER ROLL, BIMBO	1 EACH	20	130	110	1
CHEF'S CHOICE					
Tuesday, November 27, 2018					
PIZZA, FIESTADA - MIDDLE SCHOOL	1 EACH	41	780	360	14
PIZZA, FOUR CHEESE BIG DADDY - SENIOR	1 EACH	34	630	360	16
SANDWICH, RUBEN	1 EACH	43	2015	400	17
Wednesday, November 28, 2018					
CHICKEN, SPICY BREADED PATTY	1 EACH	17	400	270	15
BUN, HAMBURGER, BIMBO	1 EACH	31	200	160	2
BEEF TERIYAKI BITES	4 EACH	7	328	136	6
RICE BROWN	1/2 CUP	20	1	109	0
Thursday, November 29, 2018					
CHILI SOUP	8 FL OZ	29	918	222	2
CINNAMON ROLL 1.5 oz	1 EACH	22	110	120	3
FLATBREAD WRAP	1 EACH	31	1600	377	15
Friday, November 30, 2018					
BEEF, HAMBURGER PATTY	1 EACH	1	270	110	6
CHEESE, AMERICAN	1 SLICE	0	135	55	4
BUN, HAMBURGER, BIMBO	1 EACH	31	200	160	2
CHEF'S CHOICE					

Lunch Items

MENU ITEM	SERVING SIZE	CARBS (g)	SODIUM (mg)	CALORIES	FAT(g)
BEANS, BAKED	1/2 CUP	34	540	160	0
BEANS, PINTO CHILI SEASONED	1/2 CUP	21	550	120	0.5
BEANS, REFRIED	1/2 CUP	28	660	200	5
BEEF, BREADED PATTY	1 EACH	19	320	350	24
BEEF, HAMBURGER	1 EACH	2	270	150	10
BEEF, NACHO MEAT	1/3 CUP	4	405	100	5
BEEF, TACO MEAT	3.17 OZ WT	5	292	111	5
BREAD, DINNER ROLL, BIMBO	1 EACH	20	130	110	1
BREAD, RYE BIMBO	1 SLICE	18	230	100	1.5
BREAD, SANDWICH, BIMBO	1 SLICE	16	95	80	1
BREADSTICKS, RIP STICKS	2 EACH	29	200	160	29
BUN, CONEY, BIMBO	1 EACH	31	200	160	2
BUN, HAMBURGER, BIMBO	1 EACH	31	200	160	2
BUN, HOAGIE BIMBO	1 EACH	43	280	230	3
BUN, HOAGIE BIMBO	1 EACH	43	280	230	3
CARROTS, COOKED	1/2 CUP	6	43	27	1
CHEESE SAUCE	1 FL OZ	3	180	17	0.5
CHEESE STICK	1 EACH	0	200	80	6
CHEESE, CHEDDAR, SHREDDED	0.5 OZ WT	0.5	101	40	2.5
CHEESE, STICK MOZZARELLA	1 EACH	0	200	80	6
CHEEZY BREADSTICKS	1 EACH	30	460	280	11
CHICKEN, BREADED PATTY	1 EACH	12	280	230	15
CHICKEN, FAJITA STRIPS	1 SVG (2.75 OZ)	1	451	109	5
CHICKEN, MANDARIN ORANGE	4 OZ WT	19	280	150	3
CHICKEN, NUGGETS	5 EACH	15	340	240	14
CHICKEN, POPCORN	4.3 OZ SVG	20	590	269	13
CHICKEN, TENDERS	3 EACH	13	390	180	8
CINNAMON ROLL 1.5 oz	1 EACH	22	110	120	3
CONDIMENTS, BBQ SAUCE	1 FL OZ	9	75	40	0
CONDIMENTS, KETCHUP HEINZ	1 EACH	2	101	8	0
CONDIMENTS, MAYO PACKET	1 EACH	0	90	45	5
CONDIMENTS, MUSTARD PACKET	1 EACH	0	57	3	0
CONDIMENTS, RANCH DRESSING CUP	1 PKG	2	420	100	11
CONDIMENTS, SALSA	2 FL OZ	4	140	20	0
COOKIE, CANDY CHIP	1 EACH	26	100	160	5
CORN DOG	1 EACH	30	390	240	8
CORN DOG	1 EACH	30	390	240	8
CORNBREAD JALAPENO	1 PKG	26	125	160	5
CRACKER, CHEESE GOLDFISH	1 EACH	14	170	100	4
CRACKER, CHOCOLATE SPORT BITES	1 EACH	20	105	110	3
CRACKER, LARGE WHEAT	1 EACH	30	370	170	6
CRACKER, LIL GRAHAM SQUARES	1 EACH	24	150	130	3
CRACKER, MAPLE SUNRISE BITES	1 EACH	20	115	110	3.5
CRACKER, PIZZA	1 EACH	15	190	80	2

Lunch Items

CRACKER, SMALL WHEAT	1 EACH	14	190	80	2
CRACKERS, GRIPZ	1 EACH	20	80	120	3
CRACKERS, SALTINES	4 PKG	40	640	200	0
CRISPITOS	2 EACH	46	740	540	28
EGG, CHEESE OMELET	1 EACH	2	300	130	10
FIESTADA PIZZA	1 EACH	40	860	350	14
FRENCH TOAST STICKS	3 EACH	36	300	250	9
FRUIT CUP, FROZEN PEACHES	1 EACH	19	0	80	0
FRUIT CUP, FROZEN STRAWBERRIES	1 EACH	19	0	80	0
FRUIT FROZEN SIDEKICKS	1 EACH	20	45	80	0
FRUIT, APPLE SLICES - 2 oz	1 PACKAGE	8	0	30	0
FRUIT, APPLESAUCE CUP	1 EACH	21	25	80	0
FRUIT, BANANA WHOLE	1 EACH	27	1	105	0
FRUIT, GRAPES	4 OZ WT	20	0	80	0
FRUIT, MANDARIN ORANGE CUP	1 EACH	18	5	80	0
FRUIT, MIXED	1/2 CUP	17	10	60	0
FRUIT, ORANGE SMILES (1/4 ORANGE)	2 EACH	10	0	40	0
FRUIT, PEACHES, DICED	1/2 CUP	17	10	70	0
FRUIT, PEARS, DICED	1/2 CUP	16	10	65	0
FRUIT, PINEAPPLE TIDBITS	1/2 CUP	17	10	70	0
GRAVY, CHICKEN	1 FL OZ	1.5	175	10	0.25
GRAVY, TURKEY	1 FL OZ	1.5	145	10	0
HOT DOG -TURKEY	1 EACH	2	300	110	9
ITALIAN MEATBALLS	5 EACH	7	297	171	9
JUICE, APPLE CHERRY	1 EACH	14	15	60	0
JUICE, MIXED FRUIT	1 EACH	14	10	60	0
LETTUCE, SHREDDED	1/4 CUP	0.5	1.75	2.5	0
MANDARIN ORANGES	1/2 CUP	17	10	70	0
MARGARINE CUP	1 EACH	0	40	25	2
MAX STICKS	2 EACH	34	800	320	14
MILK, 1% WHITE	8 FL OZ	11	120	100	2.5
MILK, FAT FREE CHOCOLATE	8 FL OZ	20	180	100	0
MILK, FAT FREE STARWBERRY	8 FL OZ	22	90	120	0
MINI CORN DOGS	6 EACH	27	540	250	11
MUFFIN, CORNBREAD	1 EACH	29	90	170	5
PICKLES, DILL CHIPS	5 EACH	0	127	0	0
PIZZA, CHEESE FRENCH BREAD NARDONE	1 EACH	33	380	310	11
PIZZA, PEPPERONI 4X6	1 EACH	33	810	270	9
PORK, BREADED CHOP	1 EACH	11	330	260	17
POTATOES, CRINKLE CUT	3 OZ WT	25	199	180	7
POTATOES, MASHED	1/2 CUP	17	310	80	1
POTATOES, SMILE FRIES	4 EACH	20	180	130	4
POTATOES, TRI TATERS	1 EACH	12	200	70	7
POTATOES, TWISTERS	3 OZ WT	20	420	160	8
QUESADILLA , CHEESE	1/2 EACH	16	280	160	6
RAISELS, FLAVORED GOLDEN RAISINS	1 EACH	35	0	140	0
RICE, BROWN	1/2 CUP	20	1	109	0

Lunch Items

ROASTED TURKEY	2 OZ WT	0	388	114	6
SANDWICH, PHILLY CHEESE STEAK	1 EACH	46	1078	487	21
SANDWICH, RUBEN	1 EACH	43	2015	400	17
SAUCE, CHEESE JALAPENO USDA	1 FL OZ	0	190	43	3
SIDE SALAD	1 EACH	1.5	3	8	0
SOUP, CHICKEN NOODLE	6 FL OZ	11	457	123	3
SOUP, CHILI	6 FL OZ	22	688	167	2
SPAGHETTI MEATSAUCE	1/2 CUP	11	503	85	1
SPAGHETTI SAUCE	1/8 CUP	2	122	15	0
SYRUP, PANCAKE	1 FL OZ	26	52	105	0
TORTILLA CHIPS	1 OZ WT	18	110	130	7
TORTILLA, FLOUR 6"	1 EACH	13	190	80	2.5
UNCRUSTABLE, PB&J SMALL	1 EACH	32	320	320	17
VEG, CORN	1/2 CUP	16	1	67	1
VEG, GREEN BEANS	1/2 CUP	4	380	25	0
VEG, PEAS	1/2 CUP	11	58	62	0
VEGGIE CUP	1 EACH	4	36	19	0
YOGURT	1 EACH	16	65	80	0