

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 |
| 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 |

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| 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 |
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| Menu Item | Serving Size | Carbs (g) | Sodium (g) | Calories | Total Fat (g) |
|---|--------------|-----------|------------|----------|---------------|
| Monday, February 4, 2019 | | | | | |
| PASTA, SPAGHETTI NOODLES | 1 CUP | 41 | 14 | 219 | 2 |
| MEATSAUCE, SPAGHETTI | 1/2 CUP | 11 | 503 | 85 | 1 |
| CHEF'S CHOICE | | | | | |
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| Tuesday, February 5, 2019 | | | | | |
| PIZZA, STUFFED CRUST PEPPERONI | 1 EACH | 35 | 870 | 330 | 14 |
| MESTLOAF, CHEESY | 1 EACH | 8 | 390 | 190 | 12 |
| POTATOES, MASHED | 1/4 CUP | 8 | 155 | 40 | 0 |
| GRAVY | 1 FL OZ | 1.5 | 145 | 10 | 0 |
| BREAD, DINNER ROLL, BIMBO | 1 EACH | 20 | 130 | 110 | 1 |
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| Wednesday, February 6, 2019 | | | | | |
| CHICKEN, BRAEDED PATTY -TYSON | 1 EACH | 14 | 380 | 230 | 10 |
| BUN, HAMBURGER, BIMBO | 1 EACH | 31 | 200 | 160 | 2 |
| CHEESEBURGER MAC CASSEROLE | 2/3 CUP | 19 | 630 | 168 | 4 |
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| Thursday, February 7, 2019 | | | | | |
| CHICKEN, POPCORN SMACKERS 110452 | 4.3 OZ WT | 20 | 590 | 269 | 13 |
| BREAD, DINNER ROLL, BIMBO | 1 EACH | 20 | 130 | 110 | 1 |
| CHEF'S CHOICE | | | | | |
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| Friday, February 8, 2019 | | | | | |
| BEEF, BREADED PATTY | 1 EACH | 17 | 440 | 130 | 18 |
| BUN, HAMBURGER, BIMBO | 1 EACH | 31 | 200 | 160 | 2 |
| BURRITO, BEEF CHILI, CHEESE AND BEAN FIESTA | 1 EACH | 35 | 530 | 320 | 13 |
| BURRITO, CHEESE & RED BEAN | 1 EACH | 40 | 480 | 330 | 12 |
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| Menu Item | Serving Size | Carbs (g) | Sodium (g) | Calories | Total Fat (g) |
|-------------------------------------|--------------|-----------|------------|----------|---------------|
| Monday, February 11, 2019 | | | | | |
| BEEF, TACO MEAT JTM | 2.6 OZ | 4 | 240 | 91 | 4 |
| TORTILLA, FLOUR 6" | 2 EACH | 26 | 380 | 160 | 5 |
| LETTUCE, SHREDDED | 1/4 CUP | 0.5 | 1.75 | 2.5 | 0 |
| CHEESE, CHEDDAR, SHREDDED | 0.5 OZ WT | 0.5 | 101 | 40 | 2.5 |
| CHICKEN TETRAZZINI | 2/3 CUP | 16 | 488 | 221 | 8 |
| Tuesday, February 12, 2019 | | | | | |
| MAC & CHEESE | 1/2 CUP | 15 | 610 | 171 | 8 |
| SAUSAGE, LIL' SMOKIES | 3 EACH | 2 | 533 | 128 | 10 |
| FLAT BREAD | 1 EACH | 28 | 330 | 180 | 5 |
| PORK, SHREDDED 4 OZ = 2M/MA | 4 OZ | 0 | 482 | 228 | 10 |
| Wednesday, February 13, 2019 | | | | | |
| QUESADILLA, CHEESE | 1 EACH | 37 | 790 | 300 | 10 |
| HOT HAM & CHEESE ON BUN | 1 EACH | 32 | 1011 | 263 | 8 |
| Thursday, February 14, 2019 | | | | | |
| No School | | | | | |
| Friday, February 15, 2019 | | | | | |
| No School | | | | | |

| Menu Item | Serving Size | Carbs (g) | Sodium (g) | Calories | Total Fat (g) |
|-------------------------------------|--------------|-----------|------------|----------|---------------|
| Monday, February 18, 2019 | | | | | |
| 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, February 19, 2019 | | | | | |
| PIZZA, CHEESE FRENCH BREAD NARDONE | 1 EACH | 33 | 380 | 310 | 11 |
| SPAGHETTI SAUCE | 2 FL OZ | 5 | 222 | 23 | 0 |
| OR CRAZY CHEESY BREAD | 1 EACH | 30 | 460 | 280 | 11 |
| SLOPPY JOE MEAT | 1/3 CUP | 12 | 557 | 116 | 2 |
| BUN, HAMBURGER, BIMBO | 1 EACH | 31 | 200 | 160 | 2 |
| Wednesday, February 20, 2019 | | | | | |
| 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 |
| OR MINI CHEESE BURGER TWINS | 1 EACH | 36 | 480 | 320 | 13 |
| CHEF'S CHOICE | | | | | |
| Thursday, February 21, 2019 | | | | | |
| 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 |
| FISH, SPICY BRD PATTY | 1 EACH | 15 | 310 | 190 | 9 |
| OR FISH, BRD PATTY | 1 EACH | 14 | 280 | 180 | 8 |
| BUN, HAMBURGER, BIMBO | 1 EACH | 31 | 200 | 160 | 2 |
| Friday, February 22, 2019 | | | | | |
| CHICKEN, BREADED PATTY | 1 EACH | 12 | 280 | 230 | 15 |
| BUN, HAMBURGER, BIMBO | 1 EACH | 31 | 200 | 160 | 2 |
| CHEF'S CHOICE | | | | | |
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| Menu Item | Serving Size | Carbs (g) | Sodium (g) | Calories | Total Fat (g) |
|--|--------------|-----------|------------|----------|---------------|
| Monday, February 25, 2019 | | | | | |
| 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, February 26, 2019 | | | | | |
| CHICKEN, BREADED CHERRY BLOSSOM | 3.9 OZ | 27 | 350 | 200 | 4 |
| OR CHICKEN, UNBREADED TERIYAKI | 2.85 OZ | 14 | 414 | 146 | 2.5 |
| OR CHICKEN, UNBREADED SPICY SICHUAN | 2.8 OZ | 11 | 350 | 140 | 3.5 |
| RICE, VEG FRIED MINH | 1/2 CUP | 38 | 315 | 189 | 2 |
| SANDWICH, PHILLY CHEESE STEAK | 1 EACH | 46 | 1078 | 487 | 21 |
| Wednesday, February 27, 2019 | | | | | |
| CHICKEN FAJITA MEAT & VEGGIES | 4.75 oz | 3 | 626 | 127 | 4 |
| TORTILLA, FLOUR 6" | 2 EACH | 26 | 380 | 160 | 5 |
| CHEF'S CHOICE | | | | | |
| Thursday, February 28, 2019 | | | | | |
| PIZZA, FOUR MEAT BIG DADDY | 1 EACH | 36 | 650 | 370 | 17 |
| CHEF'S CHOICE | | | | | |
| Friday, March 1, 2019 | | | | | |
| MINI CORN DOGS | 6 EACH | 27 | 540 | 250 | 11 |
| OVEN FRIED CHICKEN (THIGH or BREAST or WING & LEG) | 1 SVG | 11 | 591 | 215 | 13 |
| CORNBREAD JALAPENO | 1 PKG | 26 | 125 | 160 | 5 |