

## 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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<b>Monday, March 18, 2019</b>					
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
<b>Tuesday, March 19, 2019</b>					
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
<b>Wednesday, March 20, 2019</b>					
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					
<b>Thursday, March 21, 2019</b>					
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
<b>Friday, March 22, 2019</b>					
CHICKEN, BREADED PATTY	1 EACH	12	280	230	15
BUN, HAMBURGER, BIMBO	1 EACH	31	200	160	2
CHEF'S CHOICE					

Menu Item	Serving Size	Carbs (g)	Sodium (g)	Calories	Total Fat (g)
<b>Monday, March 25, 2019</b>					
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
<b>Tuesday, March 26, 2019</b>					
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
<b>Wednesday, March 27, 2019</b>					
CHICKEN FAJITA MEAT & VEGGIES	4.75 oz	3	626	127	4
TORTILLA, FLOUR 6"	2 EACH	26	380	160	5
CHEF'S CHOICE					
<b>Thursday, March 28, 2019</b>					
PIZZA, FOUR MEAT BIG DADDY	1 EACH	36	650	370	17
CHEF'S CHOICE					
<b>Friday, March 29, 2019</b>					
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