

Arlington Food Service Department - Nutritional Specifications

Menu Item (updated 5/15/2024)	Portion Size	Calorie Counts	Carbs g	Sodium mg	Cholesterol mg	Sugars g	Protein g	Total Fat g	Saturated Fat g
Beans, Refried	1/2 cup	107	16	420	0	1	6	0	1
Biscuit, Honey Wheat	2.5oz	190	30	320	30	6	4	6	2
Bread, Bagel WG 2.4 oz	2.4oz	160	36	192	0	24	6	269	5
Bread, French WG Baguette	2 ounces	140	27	270	0	1	5	1	0
Bread, Irish Soda	1 ounces	80	15	170	14	3	3	1.5	0
Bread, Muffin	2 ounces	239	32	110	10	16	2	8	1
Bread, Stuffing, 6-12	4 oz	147	21	240	10	3	4	5	3
Bread, Stuffing, Elemenatry Grades	2.5 ounce	74	11	120	5	1	2	3	1
Bread, WG Texas Toast Apple Cinnamon	1 slice	260	45	300	0	17	8	6	1
Bread, Whole Grain Bagel Plain	2.5 ounce	190	36	368	0	6	3	1	0
Bread, Whole Grain Bagel with Cream Cheese	2.5 ounce	294	39	405	31	6	17	13	0
Bread, Whole Grain Club Roll	2.4oz	160	32	290	0	2	6	2	0
Bread, Whole Grain Dinner Roll	1.5 ounce	111	28	201	0	2	2	1	0
Bread, Whole Grain Garlic	2 ounces	204	24	224	6	0	2	10	1
Bread, Whole Grain Kaiser	3 oz	190	38	330	0	2	7	2	0
Bread, Whole Grain Kaiser	2.4oz	150	31	260	0	1	6	2	0
Bread, Whole Grain Tortilla 6 Inch (Tyson)	1Piece	90	15	185	0	2	5	5	1.5
Bread, Whole Grain Vegetable Focaccia	3 ounces	180	26	280	0	3	5	2	0
Breadsticks, Bosco Whole Grain Low Fat	2 ounces	280	30	410	30	2	18	10	5
Breadsticks, Cheese Filled	2 Sticks	280	28	700	30	*N/A*	20	12	6
Breadsticks, Cheesy	3ea	258	24	530	24	*N/A*	17	11	6
Burrito, Bean and Cheese	1 each	350	47	485	20	*N/A*	14	21	9
Calzone, Cheese, WG	1 piece	372	36	400	30	*N/A*	24	13	7
Cereal Bar, Cinnamon Toast Crunch, Cocoa Puff, Trix	1 Bar	150	30	115	0	8	3	3	1
Cereal Bar, Nutri Grain	1 Bar	120	24	110	0	12	2	3	1
Cereal, Portion Pack Bowl, Cherrios	1 oz	70	6	100	0	6	1	0	0
Cereal, Portion Pack Bowl, Cherrios Apple Cinnamon	1 oz	70	22	110	0	10	2	1.5	0
Cereal, Portion Pack Bowl, Frosted Flakes	1 oz	100	24	160	0	7	2	0	0
Cereal, Portion Pack Bowl, Honey Nut Cherrios	1oz	110	22	160	0	9	2	2	0
Cereal, Portion Pack Bowl, KIX	1 oz	70	16	100	0	4	1	0	0
Cheeseburger on WG Bun	1 Sandwich	293	22	540	59	*N/A*	22	14	6

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Menu Item (updated 5/15/2024)	Portion Size	Calorie Counts	Carbs g	Sodium mg	Cholesterol mg	Sugars g	Protein g	Total Fat g	Saturated Fat g
Chicken, Buffalo Glazed Drumstick	1pc.	170	4	300	20	2	17	10	2.5
Chicken, General Tso's	3 ounces	330	37	775	29	*N/A*	12	14	2
Chicken, Korean BBQ	3 ounces	160	11	300	65	9	15	3	2
Chicken, Lemon Sauce	4 ounces	253	14	464	36	2	13	15	3
Chicken, Oven Roasted	1 pc.	96	1	28	28	0	8	7	0
Chicken, Tangerine Sauce	3 ounces	280	14	360	115	11	23	15	3
Chicken, Teriyaki	3 ounces	108	15	195	15	3	6	3	0
Chicken, WG Breaded Chicken Tenders	3 pcs	246	15	384	12	*N/A*	4	15	12
Chicken, WG Breaded Drumstick	1 PC.	190	5	450	50	0	16	0	2.5
Chicken, WG Nuggets	5 pieces	237	13	502	74	*N/A*	16	13	3
Chicken, WG Patty	1 Each	240	12	447	36	*N/A*	12	15	3
Chicken, WG Patty on WG Bun	1 Sandwich	380	38	707	36	1	12	18	3
Chicken, WG Popcorn	3oz	306	18	516	32	0	15	21	6
Cinnamon Roll, Mini Pillsbury	1 package	230	41	280	0	14	5	0	2
Cookies, Chocolate Chip WG	1.8oz	165	27	98	0	9	2	4	0
Cookies, Chocolate Chocolate Chip	1.8oz	165	28	98	0	8	2	4	1.8
Cookies, Holiday Frosted	1.5oz	172	27	78	6.5	15	1.7	6.7	1.8
Cookies, M&M style	1.5 oz	165	26	78	8	14	1.6	7.9	2.9
Cookies, Oatmeal Raisin WG	1.8oz	165	18	150	0	8	2	4	0
Cookies, Snickerdoodle WG	1.0 oz	104	16	69	7	7	1	4	0.9
Corn Dog, Chicken WG	1 Dog	300	26	380	50	8	13	15	3
Corn Dog, Mini WG, Chicken	6 pcs.	310	26	420	60	1	10	10	2.5
Cracker, Whole Grain Mini	.39 ounce	50	7	60	0	0	1	1.5	0
Cracker, Whole Wheat	.26 ounce	32	5	59	0	0	1	1	0
Empanada, Beef Corn WG	4 oz	230	32	310	25	1	17	5	1
Empanada, Chicken Corn WG	4 oz	240	36	320	0	1	16	4	0
French Toast Stick WG	3 pcs	221	27	278	0	6	4	12	3
French Toast Stick WG, Maple Glazed	3 Pcs.	221	28	278	0	278	4	3	3
Fruit, Apple	1 Each	95	25	2	0	19	1	0	0
Fruit, Applesauce	1/2 cup	52	13	7				0	0
Fruit, Banana	1 Each	90	23	1			1	0	0

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Fruit, Canned Fruit	1/2 Cup	73	19	6	0	12	0	0	0
Fruit, Diced in Syrup	1/2 cup	60	14	5	0	12	0	0	0
Fruit, Grab Apples	1 bag	35	18	5		7	0	0	0
Fruit, Mandarin Orange	1/2 cup	70	17	10			1	0	0
Fruit, Mixed	1/2 cup	60	12	5		13		0	0
Fruit, Orange	1 Each	47	12	1	0	*N/A*	1	0	0
Fruit, Peaches	1/2 cup	50	12	5		10		0	0
Fruit, Pears	1/2 cup	60	14	5		10		0	0
Fruit, Pineapple	1/2 cup	55	14	1	0	13	1	0	0
Gluten Free Bread	1 Slice	100	20	170	0	4	1	2	0
Gluten Free Chicken Nuggets	4 oz	234	14	646	75	2	22	10	1
Gluten Free Grilled Cheese	1 Sandwich	420	42	875	21	8	10	22	10
Gluten Free Hot Dog on Gluten Free Bread	1 Hot Dog	200	22	338	35	5	6	8	2
Gluten Free Pasta w/ Meatsauce	1 cup	380	49	250	46	3	16	11	3
Gluten Free Pizza	5oz	400	46	550	25	4	13	16	6
Gravy, Turkey	2 ounce	28	2	324	2	0	2	1	0
Hamburger on WG Bun	1 Sandwich	240	22	355	45	*N/A*	19	10	3
Hot Dog on WG BUN	1 each	180	24	440	20	2	14	3	1
Hummus w/ Carrot Sticks	2 oz	127	15	275	0	0	5	2	0
Hummus w/ Pita Points	4 ounces	247	29	406	0	0	6	9	0
Ice Cream, Low fat Vanilla/Chocolate Cup	3 ounces	80	16	60	5	13	2	1	1
Juice, Apple	4oz	52	12	10	0	12	0	0	0
Juice, Apple	8oz	114	28	*N/A*	*N/A*	28	0	0	0
Juice, Orange	4oz	48	12	*N/A*	*N/A*	11	0	0	0
Juice, Orange	8oz	110	25	2	0	22	0	0	0
Juice, Orange	8oz	120	26	*N/A*	*N/A*	*N/A*	0	0	0
Juice, Suncup Apple	4oz	53	13	*N/A*	*N/A*	*N/A*	1	0	0
Juice, Suncup Fruit Punch	4oz	60	15	*N/A*	*N/A*	*N/A*	0	0	0
Juice, Suncup Grape	4oz	80	19	*N/A*	*N/A*	*N/A*	0	0	0
Juice, Suncup Orange	4oz	50	13	*N/A*	*N/A*	*N/A*	1	0	0
Ketchup, PC	packet	13	3	125	0	*N/A*	0	0	0

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Lasagna, Roll Up	4.5 oz	210	30	250	5	3	16	35	1.5
Mac and Cheese	6 ounces	350	23	520	10	1	6	5	2
Mac and Cheese, Beefy	6 ounces	391	24	530	20	6	11	7	4
Mayonnaise, PC	packet	39	0.15	31	3	0	0	4	1
Meatballs, BEEF	3 Balls	170	5	490	0	*N/A*	16	9	
Meatballs, Chicken	3 Balls	170	5	200	50	0	15	0	2.5
Meatballs, Glutenfree Soy Free Beef	4 Balls	140	4	290	40	0	13	9	4
Meatloaf, Beef Salisbury Steak	1 slice	120	5	240	30	1	12	7	3
Milk, 1% unflavored	1/2 Pint	100	12	125	10	*N/A*	8	2.5	1.5
Milk, Fat Free Flavored Milk, Chocolate & Strawberry	1/2 pint	130	24	120	0	*N/A*	8	0	0
Mozzarella Sticks, Breaded	4 pcs	300	34	524	30	*N/A*	12	14	5
Mustard, PC	PC	3	0	57	0	0	0	0	0
Nachos w/ Meat and Cheese Sauce 9-12	1 portion	600	55	1140	50	16	26	30	9
Nachos w/ Meat and Cheese Sauce K-8	1 portion	530	46	1080	50	16	25	26	9
Nutri Grain Bar, Apple Cinnamon	1 pc.	130	23	105	0	23	2	3	5
Nutri Grain Bar, B Bar Brownie Bar	1 Bar	150	26	85	5	13	2	5	1.5
Nutri Grain Bar, Blueberry	1pc.		24	105	0	24	2	3	0.5
Pasta	3oz	315	16	3	0	38	15	3	0.5
Pasta Primavera w/ Chicken 9-12	1 cup	586	60	938	116	2	43	14	5
Pasta Primavera w/ Chicken K-8	1/2 Cup	400	35	851	86	1	30	14	5
Pasta with Meat Sauce	3/4 cup	350	42	420	48	0	18	18	12
Pasta, Beef a Roni Style	3/4 cup	257	37	181	24	0	13	6	2
Pasta, Chicken Aioli	1/2 cup	450	52	471	31		19	28	6
Pasta, Chicken Alfredo 9-12	1 cup	487	48	752	113	2	39	15	6
Pasta, Chicken Alfredo k-8	1/2 cup	339	27	735	84	1	27	14	5
Pasta, WG	1 cup	217	42	18	0	*N/A*	6.19	6.03	0.67
Peanut Butter	1 ounce	165	7	129	0	*N/A*	7	14	3
Pickle, Boars Head Hans Jurgen whole pickle	1 pickle	5	0	240	0	0	0	0	0
Pickles, slices	2 Slices	2	0	123	0	0	0	0	0
Pierogies, Cheese	3 oz.	140	27	390	2	1	4	2	0.5
Pizza, French Bread	3 ounces	217	25	376	17	2	9	9	3

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Pizza, Slice	1/8 Slice	213	24	362	11	3	19	10	3
Pizza, Square	3 ounces	243	34	501	19	2	19	10	3
Pizza, With Topping	1/8 Slice	270	28	457	12	3	13	7	3
Potato, Baked	1 each	161	37	17	0	2	4	0	0
Potato, Broccoli and Cheese	1 each	350	47	485	20	2	14	21	9
Potato, Crispy Oven Fries	1/2 Cup	180	29	212	0	0	3	6	1
Potato, Mashed	1/2 cup	118	31	310	0	1	2	1	0
Potato, Mashed with Turkey Gravy	5 ounces	68	19	522	0	1	4	2	0
Potato, Reg Fries	3oz	120	18	420		1	2	17	0
Potato, Smiles	5 pieces	180	24	230		0	2	8	0
Potato, Spudsters	5 each	150	23	380		0	2	6	0
Potato, Sweet Potato Fries	1/2 cup	216	28	216	0	8	1	11	1
Potato, Taco and Cheese	1each	350	53	530	20	2	21	26	11
Pretzel	3.5 ounces	259	55	210	0	2	8	2	0
Pudding, Chocolate	4 ounces	130	22	190	0	15	1	5	1
Pudding, Vanilla	4 ounces	160	29	180	0	22	2	5	2
Pulled Pork BBQ	3oz	320	24	500	100		31	16	5
Rice, Mexican	1/2 cup	124	24	56	5	1	5	3	0
Rice, Steamed Brown Rice	1 cup	264	48	111	10	1	5	6	3
Salad Dressing, Balsamic Vinaigrette	1.5 ounce	170	3	330	0	3	0	17	3
Salad Dressing, Creamy Caesar lite	1 ounce	176	8	259	10	1	1	18	3
Salad Dressing, French Fat Free	1.5 ounce	45	12	440	0	9	0	0	0
Salad Dressing, Italian low fat	1 ounce	125	2	198	0	0	0	14	2
Salad Dressing, Ranch low fat	1 ounce	99	8	193	10	*N/A*	1	10	1
Salad, Caesar	2 cups	208	16	400	16	0	16	16	0
Salad, Chick Pea	1/2 cup	183	27	359	0	0	6	2	0
Salad, Chicken Caesar	2cups	295	16	520	64	4	20	20	6
Salad, Cole Slaw	3 ounces	135	10	188	7	8	1	10	1.6
Salad, Mediterranean Chicken	2.5 cups	415	36	520	77		37	17	5
Salad, Strawberry Spinach 9-12	2 cups	240	32	520	0	16	16	16	0
Salad, Strawberry Spinach K-8	1.5 cups	180	24	420	0	12	12	12	0

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Salad,Tossed with Vegetables	2 Cups	44	8	2	0	0	2	0	0
Sandwich, BBQ Beef on a WG Bun	3	343	38	420	46		21	12	4
Sandwich, Chicken Breaded with Cheese/WG Club	Sandwich	370	38	694	50	*N/A*	28	12	5
Sandwich, Chicken Crispy with WG Bun	1 Sandwich	380	43	707	36	1	12	18	3
Sandwich, Chicken Parmesan	1 Sandwich	437	40	769	25	5	14	9	4
Sandwich, Chicken Sausage Biscuit Whole Grain	3.4 ounces	270	28	440	55	5	14	11	0
Sandwich, Chicken, Buffalo with Cheese WG Bun	6 ounces	364	39	528	0	10	19	13	0
Sandwich, Chicken, Grilled on WG Bun	6 ounces	300	36	550	55	8	24	7	2
Sandwich, Egg and Cheese and Bacon on English Muffin	Sandwich	325	27	710	132	27	14	15	6
Sandwich, Egg and Cheese and Turkey Sausage on English Muffin	Sandwich	340	35	710	128	1	20	17	1
Sandwich, Egg and Cheese on English Muffin	1 each	280	34	530	123	0	15	13	4
Sandwich, Grilled Cheese	1 Each	290	28	285	4	2	12	16	0
Sandwich, Ham with Cheese WG Bun	6 ounces	379	41	545	0	2	0	14	0
Sandwich, Meatball Sub	6 ounces	321	46	532	30	12	21	18	7
Sandwich, Panini Reuben with Boars Head Turkey Pastrami	6 ounces	350	31	350	20	3	13	3.5	3
Sandwich, Panini WG 3 Cheese and Bacon	1Sandwich	320	34	410	0	4	16	16	0
Sandwich, Panini WG Balboa	1 Sandwich	280	31	420	0	4	24	10	0
Sandwich, Panini WG BBQ Chicken and Bacon	1Sandwich	324	32	410	0	10	19	10	0
Sandwich, Panini WG Cheese Steak	1 Sandwich	280	32	420	0	4	24	10	0
Sandwich, Panini WG Cuban	1Sandwich	260	31	420	0	12	19	10	0
Sandwich, Peanut Butter and Jelly	Sandwich	360	46	375	0	16	12	18	3
Sandwich, Peanut Butter and Jelly Uncrustables	Sandwich	210	25	220	0	10	6	9	2
Sandwich, Roast Beef & Cheese/WG	Sandwich	381	43	968	55	*N/A*	29	14	6
Sandwich, Roast Beef with Cheese WG Bun	7 ounces	389	39	536	0	3	0	14	0
Sandwich, Turkey & Cheese/WG Club	Sandwich	350	39	606	50	*N/A*	29	12	5
Sandwich, Whole Grain Wrap, Ham and Cheese	1 Sandwich	318	27	140	0	14	29	12	5
Sandwich, Whole Grain Wrap, Hawaiian Chicken	1 Sandwich	307	41	408	53	19	24	6	2
Sandwich, Whole Grain Wrap, Vegetable	1 Sandwich	299	37	636	21	18	14	11	5
Sandwich, Whole Grain Wrap,Turkey & Cheese	1 Sandwich	320	27	140	0	14	29	12	5
Sauce, Cheese	1/4 Cup	45	9	320	0	*N/A*	0	1	0
Sauce, Honey Mustard	1 ounce	100	6	190	20	6	0	9	1

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Sauce, Lemon	1 ounce	13	2	17	1	2	1	0	0
Sauce, Marinara	1/4 Cup	35	7	240	1	5	1	1	0
Shepherds Pie, Beef	5 ounces	294	24	442	52	21	20	13	5
Soup, Chicken and Rice	4 ounces	67	13	390	0.5	1	2	2	0
Soup, Chicken Noodle	4 ounces	66	10	387	14	0	3	2	1
Soup, Cream Of Broccoli	4 ounces	70	11	670	5	2	2	2	1
Soup, Cream Of Potato	4 ounces	80	14	600	5	0	1	2	1
Soup, Ministrone	4 ounces	80	14	800	5	2	3	1	1
Soup, Southwest Chicken	4 ounces	99	19	420	2	3	5	1	0
Soup, Tomato	4 ounces	82	19	415	0	11	2	0	0
Soup, Vegetable	4 ounces	90	19	890	65	6	3	1	0
Stromboli, Cheese and Pepperoni	4oz	252	28	396	28	0	15	8	4
Syrup, PC	1 ounce	121	32	30	0	*N/A*	0	0	0
Taco Seasoned Beef with Whole Grain Tortilla	1/3 Cup	111	34	292	35	*N/A*	13	5	2
Taco, Chicken Tyson	2oz	100	31	210	65	0	13	4.5	1
Tamale Pie, Beef and Bean	5 ounces	281	24	430	58	21	19	12	5
Turkey, Boars Head Roasted	2 ounces	60	0	350	20	1	13	1	0
Turkey, Jeannie O	2 ounce	50	1	490	20	1	11	0.5	0
Vegetable, Baby Carrots	1/2 Cup	26	6	59	0	4	1	0	0
Vegetable, Beans, Vegetarian	1/2 Cup	120	26	460	0	4	7	1	0
Vegetable, Broccoli Florets	1/2 Cup	19	4	19	0	1	2	0	0
Vegetable, Carrot, Cooked	3/4 cup	41	8	61	0	6	1	0	0
Vegetable, Carrot, Raw Sticks	3/4 cup	50	9	61	0	6	1	0	0
Vegetable, Celery	1/2 Cup	12	2	59	0	1	1	0	0
Vegetable, Cherry Tomatoes	1/2 Cup	13	3	4	0	2	1	0	0
Vegetable, Corn Seasoned	1/2 cup	66	16	201	0	3	2	0	0
Vegetable, Cucumber Rings	1/2 Cup	11	3	1	0	1	1	0	0
Vegetable, Cucumber Sticks	1/2 Cup	11	3	1	0	1	1	0	0
Vegetable, Green Beans	3/4 cup	29	6	1	0	1	1	0	0
Vegetable, Green Peppers	1/2 Cup	9	2	1	0	1	1	0	0
Vegetable, Roasted Mixed Vegetables	1/2 Cup	86	15	58	2	*N/A*	4	2	1

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Vegetable, Romaine Lettuce	1 Cup	10	2	4	0	*N/A*	1	0	0
Vegetable, Steamed Broccoli Florets	1/2 Cup	41	5	34	2	*N/A*	3	1	1
Vegetable, Sweet Red Pepper Strips	1/2 Cup	14	3	2	0	2	1	0	0
Vegetable, Sweet Yellow Cut Corn	1/2 Cup	89	16	184	5	3	2	3	1
Veggie Burger/WG Bun	1 Sandwich	271	41	658	25	*N/A*	12	6	2
Yogurt Frozen, TCBY Cake Batter	3 ounces	78	12	77	0	12	4	1.5	1
Yogurt Frozen, TCBY Chocolate	3 ounces	75	13	104	0	12	4	2	1
Yogurt Frozen, TCBY Cookies & Cream	3 ounces	84	14	98	0	14	4	2	1
Yogurt Frozen, TCBY Vanilla	3 ounces	78	12	77	0	12	4	2	1
Yogurt, Parfait with Blueberry 4 oz.	4 ounces	127	24	77	7	18	4	2	0
Yogurt, Parfait with Blueberry 6 oz.	6 ounces	178	35	98	8.5	22	5	5	0
Yogurt, Plain	4 ounces	69	6	52	15	5	4	4	0
Yogurt, Trix	4 oz	120	23	55	0	20	4	2	0

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Beans, Refried	1/2 cup	107	16	420	0	1	6	0	1
Biscuit, Honey Wheat	2.5oz	190	30	320	30	6	4	6	2
Bread, Bagel WG 2.4 oz	2.4oz	160	36	192	0	24	6	269	5
Bread, French WG Baguette	2 ounces	140	27	270	0	1	5	1	0
Bread, Irish Soda	1 ounces	80	15	170	14	3	3	1.5	0
Bread, Muffin	2 ounces	239	32	110	10	16	2	8	1
Bread, Stuffing, 6-12	4 oz	147	21	240	10	3	4	5	3
Bread, Stuffing, Elemenatry Grades	2.5 ounce	74	11	120	5	1	2	3	1
Bread, WG Texas Toast Apple Cinnamon	1 slice	260	45	300	0	17	8	6	1
Bread, Whole Grain Bagel Plain	2.5 ounce	190	36	368	0	6	3	1	0
Bread, Whole Grain Bagel with Cream Cheese	2.5 ounce	294	39	405	31	6	17	13	0
Bread, Whole Grain Club Roll	2.4oz	160	32	290	0	2	6	2	0
Bread, Whole Grain Dinner Roll	1.5 ounce	111	28	201	0	2	2	1	0
Bread, Whole Grain Garlic	2 ounces	204	24	224	6	0	2	10	1
Bread, Whole Grain Kaiser	3 oz	190	38	330	0	2	7	2	0
Bread, Whole Grain Kaiser	2.4oz	150	31	260	0	1	6	2	0
Bread, Whole Grain Tortilla 6 Inch (Tyson)	1Piece	90	15	185	0	2	5	5	1.5
Bread, Whole Grain Vegetable Focaccia	3 ounces	180	26	280	0	3	5	2	0
Breadsticks, Bosco Whole Grain Low Fat	2 ounces	280	30	410	30	2	18	10	5
Breadsticks, Cheese Filled	2 Sticks	280	28	700	30	*N/A*	20	12	6
Breadsticks, Cheesy	3ea	258	24	530	24	*N/A*	17	11	6
Burrito, Bean and Cheese	1 each	350	47	485	20	*N/A*	14	21	9
Calzone, Cheese, WG	1 piece	372	36	400	30	*N/A*	24	13	7
Cereal Bar, Cinnamon Toast Crunch, Cocoa Puff, Trix	1 Bar	150	30	115	0	8	3	3	1
Cereal Bar, Nutri Grain	1 Bar	120	24	110	0	12	2	3	1
Cereal, Portion Pack Bowl, Cherrios	1 oz	70	6	100	0	6	1	0	0
Cereal, Portion Pack Bowl, Cherrios Apple Cinnamon	1 oz	70	22	110	0	10	2	1.5	0
Cereal, Portion Pack Bowl, Frosted Flakes	1 oz	100	24	160	0	7	2	0	0
Cereal, Portion Pack Bowl, Honey Nut Cherrios	1oz	110	22	160	0	9	2	2	0
Cereal, Portion Pack Bowl, KIX	1 oz	70	16	100	0	4	1	0	0
Cheeseburger on WG Bun	1 Sandwich	293	22	540	59	*N/A*	22	14	6
Chicken, Buffalo Glazed Drumstick	1pc.	170	4	300	20	2	17	10	2.5
Chicken, General Tso's	3 ounces	330	37	775	29	*N/A*	12	14	2

Menu Item updated 5/15/2024	Portion Size	Calories	Carbs g	Sodium mg	Cholesterol mg	Sugars g	Protein g	Total Fat g	Saturated Fat g
Chicken, Korean BBQ	3 ounces	160	11	300	65	9	15	3	2
Chicken, Lemon Sauce	4 ounces	253	14	464	36	2	13	15	3
Chicken, Oven Roasted	1 pc.	96	1	28	28	0	8	7	0
Chicken, Tangerine Sauce	3 ounces	280	14	360	115	11	23	15	3
Chicken, Teriyaki	3 ounces	108	15	195	15	3	6	3	0
Chicken, WG Breaded Chicken Tenders	3 pcs	246	15	384	12	*N/A*	4	15	12
Chicken, WG Breaded Drumstick	1 PC.	190	5	450	50	0	16	0	2.5
Chicken, WG Nuggets	5 pieces	237	13	502	74	*N/A*	16	13	3
Chicken, WG Patty	1 Each	240	12	447	36	*N/A*	12	15	3
Chicken, WG Patty on WG Bun	1 Sandwich	380	38	707	36	1	12	18	3
Chicken, WG Popcorn	3oz	306	18	516	32	0	15	21	6
Cinnamon Roll, Mini Pillsbury	1 package	230	41	280	0	14	5	0	2
Cookies, Chocolate Chip WG	1.8oz	165	27	98	0	9	2	4	0
Cookies, Chocolate Chocolate Chip	1.8oz	165	28	98	0	8	2	4	1.8
Cookies, Holiday Frosted	1.5oz	172	27	78	6.5	15	1.7	6.7	1.8
Cookies, M&M style	1.5 oz	165	26	78	8	14	1.6	7.9	2.9
Cookies, Oatmeal Raisin WG	1.8oz	165	18	150	0	8	2	4	0
Cookies, Snickerdoodle WG	1.0 oz	104	16	69	7	7	1	4	0.9
Corn Dog, Chicken WG	1 Dog	300	26	380	50	8	13	15	3
Corn Dog, Mini WG, Chicken	6 pcs.	310	26	420	60	1	10	10	2.5
Cracker, Whole Grain Mini	.39 ounce	50	7	60	0	0	1	1.5	0
Cracker, Whole Wheat	.26 ounce	32	5	59	0	0	1	1	0
Empanada, Beef Corn WG	4 oz	230	32	310	25	1	17	5	1
Empanada, Chicken Corn WG	4 oz	240	36	320	0	1	16	4	0
French Toast Stick WG	3 pcs	221	27	278	0	6	4	12	3
French Toast Stick WG, Maple Glazed	3 Pcs.	221	28	278	0	278	4	3	3
Fruit, Apple	1 Each	95	25	2	0	19	1	0	0
Fruit, Applesauce	1/2 cup	52	13	7				0	0
Fruit, Banana	1 Each	90	23	1			1	0	0
Fruit, Canned Fruit	1/2 Cup	73	19	6	0	12	0	0	0
Fruit, Diced in Syrup	1/2 cup	60	14	5	0	12	0	0	0
Fruit, Grab Apples	1 bag	35	18	5		7	0	0	0
Fruit, Mandarin Orange	1/2 cup	70	17	10			1	0	0

Menu Item updated 5/15/2024	Portion Size	Calories	Carbs g	Sodium mg	Cholesterol mg	Sugars g	Protein g	Total Fat g	Saturated Fat g
Fruit, Mixed	1/2 cup	60	12	5		13		0	0
Fruit, Orange	1 Each	47	12	1	0	*N/A*	1	0	0
Fruit, Peaches	1/2 cup	50	12	5		10		0	0
Fruit, Pears	1/2 cup	60	14	5		10		0	0
Fruit, Pineapple	1/2 cup	55	14	1	0	13	1	0	0
Gluten Free Bread	1 Slice	100	20	170	0	4	1	2	0
Gluten Free Chicken Nuggets	4 oz	234	14	646	75	2	22	10	1
Gluten Free Grilled Cheese	1 Sandwich	420	42	875	21	8	10	22	10
Gluten Free Hot Dog on Gluten Free Bread	1 Hot Dog	200	22	338	35	5	6	8	2
Gluten Free Pasta w/ Meatsauce	1 cup	380	49	250	46	3	16	11	3
Gluten Free Pizza	5oz	400	46	550	25	4	13	16	6
Gravy, Turkey	2 ounce	28	2	324	2	0	2	1	0
Hamburger on WG Bun	1 Sandwich	240	22	355	45	*N/A*	19	10	3
Hot Dog on WG BUN	1 each	180	24	440	20	2	14	3	1
Hummus w/ Carrot Sticks	2 oz	127	15	275	0	0	5	2	0
Hummus w/ Pita Points	4 ounces	247	29	406	0	0	6	9	0
Ice Cream, Low fat Vanilla/Chocolate Cup	3 ounces	80	16	60	5	13	2	1	1
Juice, Apple	4oz	52	12	10	0	12	0	0	0
Juice, Apple	8oz	114	28	*N/A*	*N/A*	28	0	0	0
Juice, Orange	4oz	48	12	*N/A*	*N/A*	11	0	0	0
Juice, Orange	8oz	110	25	2	0	22	0	0	0
Juice, Orange	8oz	120	26	*N/A*	*N/A*	*N/A*	0	0	0
Juice, Suncup Apple	4oz	53	13	*N/A*	*N/A*	*N/A*	1	0	0
Juice, Suncup Fruit Punch	4oz	60	15	*N/A*	*N/A*	*N/A*	0	0	0
Juice, Suncup Grape	4oz	80	19	*N/A*	*N/A*	*N/A*	0	0	0
Juice, Suncup Orange	4oz	50	13	*N/A*	*N/A*	*N/A*	1	0	0
Ketchup, PC	packet	13	3	125	0	*N/A*	0	0	0
Lasagna, Roll Up	4.5 oz	210	30	250	5	3	16	35	1.5
Mac and Cheese	6 ounces	350	23	520	10	1	6	5	2
Mac and Cheese, Beefy	6 ounces	391	24	530	20	6	11	7	4
Mayonnaise, PC	packet	39	0.15	31	3	0	0	4	1
Meatballs, BEEF	3 Balls	170	5	490	0	*N/A*	16	9	
Meatballs, Chicken	3 Balls	170	5	200	50	0	15	0	2.5

Menu Item updated 5/15/2024	Portion Size	Calories	Carbs g	Sodium mg	Cholesterol mg	Sugars g	Protein g	Total Fat g	Saturated Fat g
Meatballs, Glutenfree Soy Free Beef	4 Balls	140	4	290	40	0	13	9	4
Meatloaf, Beef Salisbury Steak	1 slice	120	5	240	30	1	12	7	3
Milk, 1% unflavored	1/2 Pint	100	12	125	10	*N/A*	8	2.5	1.5
Milk, Fat Free Flavored Milk, Chocolate & Strawberry	1/2 pint	130	24	120	0	*N/A*	8	0	0
Mozzarella Sticks, Breaded	4 pcs	300	34	524	30	*N/A*	12	14	5
Mustard, PC	PC	3	0	57	0	0	0	0	0
Nachos w/ Meat and Cheese Sauce 9-12	1 portion	600	55	1140	50	16	26	30	9
Nachos w/ Meat and Cheese Sauce K-8	1 portion	530	46	1080	50	16	25	26	9
Nutri Grain Bar, Apple Cinnamon	1 pc.	130	23	105	0	23	2	3	5
Nutri Grain Bar, B Bar Brownie Bar	1 Bar	150	26	85	5	13	2	5	1.5
Nutri Grain Bar, Blueberry	1pc.		24	105	0	24	2	3	0.5
Pasta	3oz	315	16	3	0	38	15	3	0.5
Pasta Primavera w/ Chicken 9-12	1 cup	586	60	938	116	2	43	14	5
Pasta Primavera w/ Chicken K-8	1/2 Cup	400	35	851	86	1	30	14	5
Pasta with Meat Sauce	3/4 cup	350	42	420	48	0	18	18	12
Pasta, Beef a Roni Style	3/4 cup	257	37	181	24	0	13	6	2
Pasta, Chicken Aioli	1/2 cup	450	52	471	31		19	28	6
Pasta, Chicken Alfredo 9-12	1 cup	487	48	752	113	2	39	15	6
Pasta, Chicken Alfredo k-8	1/2 cup	339	27	735	84	1	27	14	5
Pasta, WG	1 cup	217	42	18	0	*N/A*	6.19	6.03	0.67
Peanut Butter	1 ounce	165	7	129	0	*N/A*	7	14	3
Pickle, Boars Head Hans Jurgen whole pickle	1 pickle	5	0	240	0	0	0	0	0
Pickles, slices	2 Slices	2	0	123	0	0	0	0	0
Pierogies, Cheese	3 oz.	140	27	390	2	1	4	2	0.5
Pizza, French Bread	3 ounces	217	25	376	17	2	9	9	3
Pizza, Slice	1/8 Slice	213	24	362	11	3	19	10	3
Pizza, Square	3 ounces	243	34	501	19	2	19	10	3
Pizza, With Topping	1/8 Slice	270	28	457	12	3	13	7	3
Potato, Baked	1 each	161	37	17	0	2	4	0	0
Potato, Broccoli and Cheese	1 each	350	47	485	20	2	14	21	9
Potato, Crispy Oven Fries	1/2 Cup	180	29	212	0	0	3	6	1
Potato, Mashed	1/2 cup	118	31	310	0	1	2	1	0
Potato, Mashed with Turkey Gravy	5 ounces	68	19	522	0	1	4	2	0

Menu Item updated 5/15/2024	Portion Size	Calories	Carbs g	Sodium mg	Cholesterol mg	Sugars g	Protein g	Total Fat g	Saturated Fat g
Potato, Reg Fries	3oz	120	18	420		1	2	17	0
Potato, Smiles	5 pieces	180	24	230		0	2	8	0
Potato, Spudsters	5 each	150	23	380		0	2	6	0
Potato, Sweet Potato Fries	1/2 cup	216	28	216	0	8	1	11	1
Potato, Taco and Cheese	1each	350	53	530	20	2	21	26	11
Pretzel	3.5 ounces	259	55	210	0	2	8	2	0
Pudding, Chocolate	4 ounces	130	22	190	0	15	1	5	1
Pudding, Vanilla	4 ounces	160	29	180	0	22	2	5	2
Pulled Pork BBQ	3oz	320	24	500	100		31	16	5
Rice, Mexican	1/2 cup	124	24	56	5	1	5	3	0
Rice, Steamed Brown Rice	1 cup	264	48	111	10	1	5	6	3
Salad Dressing, Balsamic Vinaigrette	1.5 ounce	170	3	330	0	3	0	17	3
Salad Dressing, Creamy Caesar lite	1 ounce	176	8	259	10	1	1	18	3
Salad Dressing, French Fat Free	1.5 ounce	45	12	440	0	9	0	0	0
Salad Dressing, Italian low fat	1 ounce	125	2	198	0	0	0	14	2
Salad Dressing, Ranch low fat	1 ounce	99	8	193	10	*N/A*	1	10	1
Salad, Caesar	2 cups	208	16	400	16	0	16	16	0
Salad, Chick Pea	1/2 cup	183	27	359	0	0	6	2	0
Salad, Chicken Caesar	2cups	295	16	520	64	4	20	20	6
Salad, Cole Slaw	3 ounces	135	10	188	7	8	1	10	1.6
Salad, Mediterranean Chicken	2.5 cups	415	36	520	77		37	17	5
Salad, Strawberry Spinach 9-12	2 cups	240	32	520	0	16	16	16	0
Salad, Strawberry Spinach K-8	1.5 cups	180	24	420	0	12	12	12	0
Salad,Tossed with Vegetables	2 Cups	44	8	2	0	0	2	0	0
Sandwich, BBQ Beef on a WG Bun	3	343	38	420	46		21	12	4
Sandwich, Chicken Breaded with Cheese/WG Club	Sandwich	370	38	694	50	*N/A*	28	12	5
Sandwich, Chicken Crispy with WG Bun	1 Sandwich	380	43	707	36	1	12	18	3
Sandwich, Chicken Parmesan	1 Sandwich	437	40	769	25	5	14	9	4
Sandwich, Chicken Sausage Biscuit Whole Grain	3.4 ounces	270	28	440	55	5	14	11	0
Sandwich, Chicken, Buffalo with Cheese WG Bun	6 ounces	364	39	528	0	10	19	13	0
Sandwich, Chicken, Grilled on WG Bun	6 ounces	300	36	550	55	8	24	7	2
Sandwich, Egg and Cheese and Bacon on English Muffin	Sandwich	325	27	710	132	27	14	15	6
Sandwich, Egg and Cheese and Turkey Sausage on English Muffin	Sandwich	340	35	710	128	1	20	17	1

Menu Item updated 5/15/2024	Portion Size	Calories	Carbs g	Sodium mg	Cholesterol mg	Sugars g	Protein g	Total Fat g	Saturated Fat g
Sandwich, Egg and Cheese on English Muffin	1 each	280	34	530	123	0	15	13	4
Sandwich, Grilled Cheese	1 Each	290	28	285	4	2	12	16	0
Sandwich, Ham with Cheese WG Bun	6 ounces	379	41	545	0	2	0	14	0
Sandwich, Meatball Sub	6 ounces	321	46	532	30	12	21	18	7
Sandwich, Panini Reuben with Boars Head Turkey Pastrami	6 ounces	350	31	350	20	3	13	3.5	3
Sandwich, Panini WG 3 Cheese and Bacon	1 Sandwich	320	34	410	0	4	16	16	0
Sandwich, Panini WG Balboa	1 Sandwich	280	31	420	0	4	24	10	0
Sandwich, Panini WG BBQ Chicken and Bacon	1 Sandwich	324	32	410	0	10	19	10	0
Sandwich, Panini WG Cheese Steak	1 Sandwich	280	32	420	0	4	24	10	0
Sandwich, Panini WG Cuban	1 Sandwich	260	31	420	0	12	19	10	0
Sandwich, Peanut Butter and Jelly	Sandwich	360	46	375	0	16	12	18	3
Sandwich, Peanut Butter and Jelly Uncrustables	Sandwich	210	25	220	0	10	6	9	2
Sandwich, Roast Beef & Cheese/WG	Sandwich	381	43	968	55	*N/A*	29	14	6
Sandwich, Roast Beef with Cheese WG Bun	7 ounces	389	39	536	0	3	0	14	0
Sandwich, Turkey & Cheese/WG Club	Sandwich	350	39	606	50	*N/A*	29	12	5
Sandwich, Whole Grain Wrap, Ham and Cheese	1 Sandwich	318	27	140	0	14	29	12	5
Sandwich, Whole Grain Wrap, Hawaiian Chicken	1 Sandwich	307	41	408	53	19	24	6	2
Sandwich, Whole Grain Wrap, Vegetable	1 Sandwich	299	37	636	21	18	14	11	5
Sandwich, Whole Grain Wrap, Turkey & Cheese	1 Sandwich	320	27	140	0	14	29	12	5
Sauce, Cheese	1/4 Cup	45	9	320	0	*N/A*	0	1	0
Sauce, Honey Mustard	1 ounce	100	6	190	20	6	0	9	1
Sauce, Lemon	1 ounce	13	2	17	1	2	1	0	0
Sauce, Marinara	1/4 Cup	35	7	240	1	5	1	1	0
Shepherds Pie, Beef	5 ounces	294	24	442	52	21	20	13	5
Soup, Chicken and Rice	4 ounces	67	13	390	0.5	1	2	2	0
Soup, Chicken Noodle	4 ounces	66	10	387	14	0	3	2	1
Soup, Cream Of Broccoli	4 ounces	70	11	670	5	2	2	2	1
Soup, Cream Of Potato	4 ounces	80	14	600	5	0	1	2	1
Soup, Ministrone	4 ounces	80	14	800	5	2	3	1	1
Soup, Southwest Chicken	4 ounces	99	19	420	2	3	5	1	0
Soup, Tomato	4 ounces	82	19	415	0	11	2	0	0
Soup, Vegetable	4 ounces	90	19	890	65	6	3	1	0
Stromboli, Cheese and Pepperoni	4oz	252	28	396	28	0	15	8	4

Menu Item updated 5/15/2024	Portion Size	Calories	Carbs g	Sodium mg	Cholesterol mg	Sugars g	Protein g	Total Fat g	Saturated Fat g
Syrup, PC	1 ounce	121	32	30	0	*N/A*	0	0	0
Taco Seasoned Beef with Whole Grain Tortilla	1/3 Cup	111	34	292	35	*N/A*	13	5	2
Taco, Chicken Tyson	2oz	100	31	210	65	0	13	4.5	1
Tamale Pie, Beef and Bean	5 ounces	281	24	430	58	21	19	12	5
Turkey, Boars Head Roasted	2 ounces	60	0	350	20	1	13	1	0
Turkey, Jeannie O	2 ounce	50	1	490	20	1	11	0.5	0
Vegetable, Baby Carrots	1/2 Cup	26	6	59	0	4	1	0	0
Vegetable, Beans, Vegetarian	1/2 Cup	120	26	460	0	4	7	1	0
Vegetable, Broccoli Florets	1/2 Cup	19	4	19	0	1	2	0	0
Vegetable, Carrot, Cooked	3/4 cup	41	8	61	0	6	1	0	0
Vegetable, Carrot, Raw Sticks	3/4 cup	50	9	61	0	6	1	0	0
Vegetable, Celery	1/2 Cup	12	2	59	0	1	1	0	0
Vegetable, Cherry Tomatoes	1/2 Cup	13	3	4	0	2	1	0	0
Vegetable, Corn Seasoned	1/2 cup	66	16	201	0	3	2	0	0
Vegetable, Cucumber Rings	1/2 Cup	11	3	1	0	1	1	0	0
Vegetable, Cucumber Sticks	1/2 Cup	11	3	1	0	1	1	0	0
Vegetable, Green Beans	3/4 cup	29	6	1	0	1	1	0	0
Vegetable, Green Peppers	1/2 Cup	9	2	1	0	1	1	0	0
Vegetable, Roasted Mixed Vegetables	1/2 Cup	86	15	58	2	*N/A*	4	2	1
Vegetable, Romaine Lettuce	1 Cup	10	2	4	0	*N/A*	1	0	0
Vegetable, Steamed Broccoli Florets	1/2 Cup	41	5	34	2	*N/A*	3	1	1
Vegetable, Sweet Red Pepper Strips	1/2 Cup	14	3	2	0	2	1	0	0
Vegetable, Sweet Yellow Cut Corn	1/2 Cup	89	16	184	5	3	2	3	1
Veggie Burger/WG Bun	1 Sandwich	271	41	658	25	*N/A*	12	6	2
Yogurt Frozen, TCBY Cake Batter	3 ounces	78	12	77	0	12	4	1.5	1
Yogurt Frozen, TCBY Chocolate	3 ounces	75	13	104	0	12	4	2	1
Yogurt Frozen, TCBY Cookies & Cream	3 ounces	84	14	98	0	14	4	2	1
Yogurt Frozen, TCBY Vanilla	3 ounces	78	12	77	0	12	4	2	1
Yogurt, Parfait with Blueberry 4 oz.	4 ounces	127	24	77	7	18	4	2	0
Yogurt, Parfait with Blueberry 6 oz.	6 ounces	178	35	98	8.5	22	5	5	0
Yogurt, Plain	4 ounces	69	6	52	15	5	4	4	0
Yogurt, Trix	4 oz	120	23	55	0	20	4	2	0