

**NUTRITIONAL INFORMATION SY 09/10 LUNCH**

		<b>PORTION</b>	<b>CALORIES</b>	<b>PROTEIN</b>	<b>CARBS</b>	<b>FAT</b>
<b>LUNCH ENTREES</b>						
BARBEQUE CHICKEN SANDWICH	All	SANDWICHES	292	20.37	41.57	6.12
BARBEQUE RIB SANDWICH, ELEM	Elem	SANDWICH	303	14.65	40.69	10.05
BARBEQUE RIB SANDWICH, SCDRY	Scdry	SANDWICH	373	17.65	55.69	10.05
BARBEQUE RIB SAND, SPICY	Scdry	SANDWICH	373	17.65	55.69	10.05
BARBEQUE STEAK SUB, SCDRY	Scdry	SANDWICHES	380	19.87	51.71	11.63
BOLOGNA & CHEESE SANDWICH	All	SANDWICH	312	19.16	31.06	12.14
CHEESE SALAD BOX	All	1 BOX	168	15	9.25	9.21
CHEESEBURGER W/ROLL	All	SANDWICHES	317	23.73	31.01	12.13
CHEESE, SLICED, AMERICAN	All	SLICE	35	3.54	1.01	2.03
CHEESESTEAK SUB, ELEM	Elem	SANDWICHES	344	21.23	27.97	17.44
CHEESESTEAK SUB, SCDRY	Scdry	SANDWICHES	414	24.23	42.97	17.44
CHEF SALAD BOX, HAM	All	1 BOX	174	17.19	9.91	7.45
CHEF SALAD BOX, TURKEY	All	1 BOX	163	17.87	7.91	6.94
CHICKEN, POPCORN	All	SRVGS	232	13.13	17.17	12.12
CHICKEN, BREADED PIECES	All	SRVGS	543	41.98	17.28	34.57
CHICKEN, ROASTED PIECES	All	SERVINGS	378	44.44	0	22.22
CHICKEN, ROASTED PIECES, BBQ	All	SERVINGS	409	44.72	7.93	22.31
CHICKEN CAESAR BOX	Scdry	BOXES	154	17.62	4.63	7.38
CHICKEN CAESAR WRAP	Scdry	WRAP	300	21.51	30.8	10.92
CHICKEN NUGGETS	All	SERVINGS	284	18.36	17.13	14.69
CHICKEN NUGGETS, TERIYK	All	SERVINGS	187	18	13.27	6.8
CHICKEN PARMESAN	Scdry	SERVINGS	268	16.31	14.46	16.3
CHICKEN PARMESAN SANDWICH	Scdry	SERVINGS	418	21.31	44.46	18.3
CHICKEN PATTY, DELI LINE	Scdry	1 EACH	218	13.5	10.8	13.5
CHICKEN PATTY SANDWICH	All	SANDWICH	369	18.53	40.83	15.53
CHICKEN PATTY SANDWICH, SPICY	Scdry	SANDWICHES	351	20.09	42.07	13.07
CHICKEN SALAD	All	(1/2 CUP SERVG)	153	17.62	2.61	8.45
CHICKEN SALAD BOX	All	1 BOX	182	18.62	7.87	8.67
CHICKEN SALAD SANDWICH	All	SANDWICH	270	17.08	28.82	9.15
CHICKEN STRIPS, SPICY	All	3 STICK SRVNGS	236	18.29	16.25	13.21
CHICKEN STRIPS, SPICY WRAP	Scdry	WRAP	367	20.82	39.59	16
CHILI	Scdry	SERVINGS	262	17.84	11.54	15.74
CHILI DOGS, SCNDRY	Scdry	SERVINGS	562	29.57	53.61	27.92
COLD CUT SUB	All	1 SANDWICH	377	23.14	43.04	13.38
CORN DOG	All	1 EACH	258	8.73	24.18	13.85
CUBAN PORK SANDWICH	Scdry	SANDWICH	390	33.94	40	10.6
EGG SALAD	All	(1/2 CUP SERVG)	242	16.09	4.42	18.83
EGG SALAD BOX	All	1 BOX	271	17.09	9.67	19.04
EGG SALAD SANDWICH	All	SANDWICH	402	20.09	36.42	20.83
FIESTA MACARONI & BEEF	All	SRVGS	350	19	32	16
FISH & STAR NUGGETS	All	4 PC SRVG	324	18.9	25.65	16.2
FISH HOAGIE, ELEM	Elem	SERVINGS	378	16.32	46.4	13.82
FISH HOAGIE, SCDRY	Scdry	SERVINGS	448	19.32	61.4	13.82
FLATBREAD	Scdry	2 DIPPERS/SVG	385	17	51.5	13.75
GENERAL TSO'S BEEF	Scdry	SRVG	321	14.19	35.38	15.23
GENERAL TSO'S CHICKEN	Scdry	SRVG	282	25.4	24.17	9.7
GRILLED CHEESE SANDWICH	All	SANDWICHES	302	18.17	36.05	10.1
HAM & CHEESE SANDWICH	All	SANDWICH	281	22.09	30.02	7.55

		<b>PORTION</b>	<b>CALORIES</b>	<b>PROTEIN</b>	<b>CARBS</b>	<b>FAT</b>
HAMBURGER W/ROLL	All	1 EACH	282	20.19	30	10.1
HOT DOG W/ROLL (ELEM)	Elem	SERVING	240	12	25	11.5
HOT DOGS W/ROLLS (SCDRY)	Scdry	SERVING	480	24	50	23
MACARONI AND CHEESE	All	SERVINGS	277	16.67	33.33	9.37
MEATBALL SUB	Scdry	SANDWICHES	403	20.91	53.46	13.32
MEATBALL SUB W/CHEESE	Scdry	SANDWICH	452	25.22	51.58	17.03
MEATBALL SUB, SWEET & SOUR	Scdry	SANDWICHES	503	19.77	74.04	16.18
MOZZARELLA DIPPERS	All	2 DIPPERS	325	21	35.5	13.75
MARINARA SAUCE	All	2 OZ. SERVINGS	40	0.89	6.64	1.55
NACHO GRANDE	Scdry	SRVGS	359	22.88	28.19	18.25
PANCAKE & EGG LUNCH	All	SRVGS	237	8.88	39.01	6.53
PANCAKE & SAUSAGE LUNCH	All	SERVING	252	13.88	39.01	6.03
PIZZA, 4x6, PEPPERONI	All	SLICE	448	26.28	46.23	17.54
PIZZA, 4x6, PLAIN	All	SERVINGS	420	25.01	46.01	15
PIZZA, 5 INCH GALAXY	ELEM	SERVINGS	330	15	32	13
PIZZA, ST CRUST, PEPP	Scdry	WEDGE	418	19.27	45.22	17.54
PIZZA, ST CRUST, PLAIN	Scdry	WEDGE	390	18	45.01	15
PIZZA SUB	Scdry	SANDWICH	441	22.72	52.52	16.31
PIZZA SUB W/PEPP	Scdry	SANDWICH	468	23.99	52.73	18.85
PIZZABURGER	Scdry	SERVINGS	330	22.81	33.66	12.8
PORK BBQ SANDWICH, SCDRY	Scdry	SANDWICHES	440	38.99	48.32	10.8
PORK BBQ SANDWICH, SPICY	Scdry	SANDWICHES	440	38.99	48.06	10.8
POTATO, BROCCOLI & CHEESE	Scdry	SRVG	364	17.44	44.88	13.5
POTATO, CHILI	Scdry	SRVG	391	25.81	38.6	16.56
RAVIOLI, BEEF	All	1 C SRVG	282	17.33	37.91	7.58
SOUTHWESTERN SALAD	All	BOX	304	21.03	37.27	8.81
SPAGHETTI W/MEAT SAUCE	All	1 C SERVING	368	23.12	40.27	14.09
TACO, BEEF W/CORN SHELL	All	1 TACO	279	21.58	17.48	13.59
TACO, BEEF W/TORTILLA	All	1 TACO	329	23.58	27.98	14.09
TACO SALAD BOX	All	BOX	216	21.13	9.13	10.7
TERIYAKI BURGER	All	SERVINGS	295	15.4	42.57	9.1
TUNA SALAD	All	1/2 CUP SRVG	145	16.09	2.36	7.39
TUNA SALAD BOX	All	1 BOX	174	17.09	7.61	7.6
TUNA SALAD SANDWICH	All	SANDWICH	285	22.09	28.36	8.39
TURKEY & CHEESE SANDWICH	All	SANDWICH	270	22.76	28.03	7.04
TURKEY SALAD	All	1/2 CUP SRVG	182	13.97	2	13.09
TURKEY SALAD BOX	All	BOX	210	14.97	7.25	13.3
TURKEY SALAD SANDWICH	All	SANDWICH	342	17.97	34	15.08
TURKEY, W/GRAVY	ALL	SERVING	127	22.72	5.89	1.35
VEGETARIAN SUB (ELEM)	Elem	SANDWICH	265	18.45	28.62	9.65
VEGETARIAN SUB (SCDRY)	Scdry	1 SANDWICH	332	21.17	43.05	9.6
YOGURT LUNCH (8 OZ)	All	SERVING	180	6	39	0

<b>PRE-K BAGGED LUNCHES</b>		<b>PORTION</b>	<b>CALORIES</b>	<b>PROTEIN</b>	<b>CARBS</b>	<b>FAT</b>
BOLOGNA & CHEESE SAND pre-k	Pre-K	SANDWICH	297	15.64	35.04	10.1
HAM & CHEESE SANDWICH pre-k	Pre-K	SANDWICH	253	17.78	28.53	7.28
SLICED CHEESE & CRACKERS pre-k	Pre-K	SRVG	206	10.63	19.04	8.08
STRING CHEESE & CRACKERS pre-k	Pre-K	SRVG	280	15.85	22.27	14.89
YOGURT & ELF GRAHMS pre-k	Pre-K	SERVING	310	8	60	4

		PORTION	CALORIES	PROTEIN	CARBS	FAT
<b>ALTERNATIVE MEALS</b>		PORTION	CALORIES	PROTEIN	CARBS	FAT
CEREAL BOWL, EGGO	All	BOWL	20	0.23	4.31	0.23
CEREAL BOWL, FROOT LOOPS	All	BOWL	79	0.79	18.9	0.79
CEREAL BOWL, MINI-SWIRLZ	All	BOWL	90	1	18	1.5
CEREAL BOWL, MINI-WHEATS	All	BOWL	100	3.06	22.99	0.38
CEREAL BOWL, RICE KRISPIES	All	BOWL	64	1.42	15.59	0
MILK, 1% CHOCOLATE, BCPS	All	CARTON	160	8	26	2.5
MILK, 1% STRAWBERRY, BCPS	All	CARTON	180	8	30	2.5
MILK, 2%, BCPS	All	CARTON	130	8	13	5
MILK, SKIM BCPS	All	CARTON	90	9	13	0

		PORTION	CALORIES	PROTEIN	CARBS	FAT
<b>SNACKS &amp; MORE ENTREES</b>		PORTION	CALORIES	PROTEIN	CARBS	FAT
CLUX DELUX SANDWICH	Scdry	SANDWICH	353	23.13	47.54	8.03
PIZZA, BIG DADDY'S, PEPP	Scdry	SERVINGS	473	26.62	51.38	18.34
PIZZA, BIG DADDY'S, PLAIN	Scdry	SERVINGS	436	24.93	51.1	14.96

		PORTION	CALORIES	PROTEIN	CARBS	FAT
<b>BREADS</b>		PORTION	CALORIES	PROTEIN	CARBS	FAT
ANIMAL CRACKERS		BAG	121	2.03	22.27	3.04
BISCUIT		1 EACH	209	4.4	25.3	9.9
BREAD, WHEAT SLICED		SLICE	70	3	13	0.5
BREAD, WHITE		SLICE	70	2	15	0.5
CORNBREAD LOAF		1 EACH	200	3	28	8
CRACKERS, DOLPHIN		BAG	110	2	16	4.5
CRACKERS, GRAHAM		PKG	130	2	21	4
CRACKERS, SALTINES		PKG	25	0	4	0.5
FUNNEL CAKE		1 EACH	280	5	45	9
HAMBURGER ROLL, WHITE		1 EACH	150	5	30	2
HARD PRETZELS, BAG		1 EACH	110	2	22	1
HOT DOG ROLL		1 EACH	120	4	24	1.5
ROLL, SPLIT TOP		1 EACH	80	3	16	0.5
SOFT PRETZEL, WHEAT		1 EACH	170	6	35	1
SUB ROLL		1 EACH	190	7	39	1.5
TORTILLA, FLOUR 8"		1 EACH	120	3	20	3.5
TORTILLA, FLOUR, 10"		1 EA	170	5	28	5
TOSTITOS SCOOPS, BULK		BAG	120	2	22	3

	<b>PORTION</b>	<b>CALORIES</b>	<b>PROTEIN</b>	<b>CARBS</b>	<b>FAT</b>
<b>FRUIT</b>	<b>PORTION</b>	<b>CALORIES</b>	<b>PROTEIN</b>	<b>CARBS</b>	<b>FAT</b>
APPLE, WHOLE, MEDIUM	1 EACH	72	0.36	19.06	0.23
APPLE CRISP	SRVG	259	1.65	42.59	10.12
APPLE JUICE, BCPS	4 OZ. SERVING	60	0	14	0
APPLESAUCE, CANNED	1/2 CUP	97	0.23	25.39	0.23
APPLESAUCE CUP	INDVID CUP	86	0.2	22.58	0.2
APRICOT CUP	INDVID CUP	119	0.85	30.37	0.12
BANANAS	1 EACH	90	1.1	23.07	0.33
BLUEBERRIES (FROZEN)	1/2 CUP	62	0.33	15.03	0.49
CANTELOPE	1/2 CUP SRVG	54	1.34	13.06	0.3
CINNAMON APPLES	SRVG	101	0.32	26.15	0.41
FROZEN JUICE BAR - SOUR APPLE	SERVING	40	0	10	0
FROZEN JUICE BAR - VERY BERRY	SERVING	40	0	10	0
FRUITED GELATIN	SQUARES	124	1.39	31.23	0.07
GRAPES, FRESH	1/2 CUP SRVG	57	0.55	14.15	0.45
KIWI, FRESH	1 EACH	46	0.87	11.14	0.4
LUIGI'S SHERBET, ORANGE	INDVID CUP	120	0	27	1.5
LUIGI'S SHERBET, RASPBERRY	INDVID CUP	120	0	27	1.5
MIXED FRUIT, CANNED	1/2 CUP	72	0.5	18.81	0.09
ORANGE JUICE, BCPS	4 OZ. CARTON	50	1	13	0
ORANGE, FRESH, CUT	1/2 CUP SRVG	45	0.9	11.28	0.12
PEACH CRISP	1/2 CUP SRVG	258	2.52	40.73	10.53
PEACH CUPS, FREESTONE	1 CUP	117	0	29	0.1
PEACHES, CANNED	1/2 CUP	68	0.56	18.26	0.04
PEACHES, FRESH	1 EACH	34	0.79	8.3	0.22
PEARS, CANNED	1/2 CUP	71	0.24	18.89	0.04
PEARS, FRESH	1 EACH	96	0.63	25.66	0.2
PINEAPPLE, CANNED	1/2 CUP	66	0.45	16.95	0.15
RAISINS, IND BOX	BOX	129	1.32	34.05	0.2
STRAWBERRIES, FRESH	1/2 CUP	13	0.28	3.19	0.12
WATERMELON	1/2 CUP	24	0.49	6.04	0.12

	<b>PORTION</b>	<b>CALORIES</b>	<b>PROTEIN</b>	<b>CARBS</b>	<b>FAT</b>
<b>VEGETABLES</b>	<b>PORTION</b>	<b>CALORIES</b>	<b>PROTEIN</b>	<b>CARBS</b>	<b>FAT</b>
BABY CARROTS BAG	1.6 Oz	16	0.29	3.74	0.06
BAKED BEANS	1/2 CUP	136	7.9	26.92	0.04
BROCCOLI, FROZEN	1/2 CUP	24	2.55	4.34	0.26
BROCCOLI SALAD	1/2 CUP	66	2.69	3.19	5.25
BROCCOLI W/DIP	1/2 C SRVG	15	1.28	3.01	0.17
BROCCOLI W/CHEESE SAUCE	1/2 CUP	74	5.75	5.54	4.26
CAESAR SALAD (SIDE)	SERVINGS	30	1.36	2.13	1.78
CARROTS, BABY GLAZED	1/2 CUP	104	0.75	20.5	2.59
COLESLAW, HOMEMADE	1/2 CUP	118	0.67	9.99	8.09
CORN, CANNED	1/2 CUP	80	2.58	18.46	0.99
CORN, FROZEN	1/2 CUP	80	2.74	18.88	0.7
CORN COBBETTES	1 EACH	35	1	8	0
CORNBREAD LOAF	1 EACH	200	3	28	8
CUCUMBER SALAD	1/2 CUP	33	0.32	7.66	0.06
FRENCH FRIES, SHOESTRING	3 OZ. SERVING	178	1.48	22.22	8.89
GRAVY, BROWN	2 OZ	25	0	5	0
GRAVY, CHICKEN	2 OZ	30	1	6	1
GREEN BEANS, CANNED	1/2 CUP	18	0.95	4.18	0.12
MIXED VEGETABLES, FROZEN	1/2 CUP	27	1.07	5.33	0
POTATO, BAKED	1 EACH	128	3.45	29.19	0.18
POTATO, CHESAPEAKE	SRVGS	90	1.73	20.74	0
POTATO, MASHED	1/2 CUP	76	1.5	15	1
POTATO, ROASTED	SRVGS	120	3	21	3
POTATO SALAD, BOWIE	1/2 CUP	161	1.07	25.69	6.42
POTATO WEDGES	SERVINGS	158	2.11	18.96	7.37
REFRIED BEANS W/CHEESE	1/2 CUP SRVG	150	10.22	18.19	4.19
RICE, CHICKEN	1/2 CUP SRVG	187	3.23	38.45	1.68
RICE, MEXICAN	SERVINGS	198	3.72	42.65	0.73
RICE, PLAIN	1/2 CUP	94	1.6	19.21	0.84
RICE, TERIYAKI	1/2 CUP SRVG	228	3.22	45.53	3.1
SAUERKRAUT	SERVINGS	67	1.1	16.59	0.22
SOUP, TOMATO	1 CUP	90	2	19	1
SPINACH, FROZEN	1/2 CUP	58	6.82	8.16	1.48
SWEET POTATO, BAKED	SVGS	204	4.56	46.97	0.34
SWEET POTATO, CANNED	1/2 CUP SVG	164	1.43	39.61	0.28
SWEET POTATO STICKS	SRVGS	112	0	20.43	3.06

		<b>PORTION</b>	<b>CALORIES</b>	<b>PROTEIN</b>	<b>CARBS</b>	<b>FAT</b>
SWEET POTATOES & APPLES		1/2 CUP SVG	157	1.16	38.48	0.38
THREE BEAN SALAD		SRVGS	128	3.51	13.43	6.87
TOSSED SALAD (SIDE)		SERVING	7	0.33	0.99	0
VEGGIES, FRESH COMBO		1/2 CUP	18	0.86	3.81	0.19

<b>MILK / DAIRY</b>		<b>PORTION</b>	<b>CALORIES</b>	<b>PROTEIN</b>	<b>CARBS</b>	<b>FAT</b>
MILK, 2%, BCPS		CARTON	130	8	13	5
MILK, 1% CHOCOLATE, BCPS		8 OZ. CARTON	160	8	26	2.5
MILK, 1% STRAWBERRY, BCPS		CARTON	180	8	30	2.5
MILK, SKIM BCPS		CARTON	90	9	13	0
PARMALAT MILK, CHOC		SERVING	200	12	33	2.5
PARMALAT MILK, VAN		SERVING	190	12	30	2.5
YOGURT, BLUEBERRY, BCPS		8 OZ. CARTON	180	6	39	0
YOGURT, RASPBERRY, BCPS		8 OZ. CARTON	180	6	39	0
YOGURT, STRAWBERRY BCPS		8 OZ. CARTON	180	6	36	0

<b>CONDIMENTS</b>		<b>PORTION</b>	<b>CALORIES</b>	<b>PROTEIN</b>	<b>CARBS</b>	<b>FAT</b>
CREAM CHEESE, PACKET		1 EACH	100	2	1	10
DRESSING FRENCH, PC		1 EACH	51	0	1.7	4.2
DRESSING, HONEY MUSTARD		OZ.	110	0	9	8
DRESSING, HONEY MUSTARD, PC		1 EACH	20	0	4	0
DRESSING, ITALIAN, PC		1 EACH	11	0	0.8	0.8
DRESSING, LITE CAESAR		2 TBS	70	1	3	6
DRESSING, RANCH, PC		1 EACH	50	0	0.8	5.9
GRAVY, BROWN		2 OZ SRVGS	12	0	2.5	0
GRAVY, CHICKEN		2 OZ. SRVGS	15	0.5	3	0.5
KETCHUP, PUMPABLE		1 OUNCE	29	0.43	7.74	0.1
KETCHUP PC, PPI		1 EA	10	0	3	0
MAYONNAISE, PC		1 EA	85	0	0.8	8.5
MUSTARD, PC		1 EACH	5	0	0	0
RELISH, PC		1 EA	9	0	1.8	0
SALSA		2 OUNCES	5	0	0.98	0
SOUR CREAM		TABLESPOON	60	1	2	5
SWEET & SOUR SAUCE, PC, PPI		1 EA	20	0	5	0
SYRUP, PC		1 EA	165	0	39	0
TACO SAUCE, PC, PPI		1 EA	5	0	1	0
WHIPPED TOPPING		2 TBS	25	0	2.02	2.02