

High School Meals	Serving Size	Calories	Total Fat (gms)	Saturated Fat (gms)	Cholesterol (mgs)	Carbohydrates (gms)	Protein (gms)	Dietary Fiber (gms)	Snacks	Serving Size	Calories	Total Fat (gms)	Saturated Fat (gms)	Cholesterol (mgs)	Carbohydrates (gms)	Protein (gms)	Dietary Fiber (gms)
	ENTREES									SB12 Compliant							
Breakfast									Fresh Fruit-average								
Blueberry Muffin	Each	245.0	6.5	0.9	29.0	38.0	3.5	0.8	Baby Carrots	Bag	20.0	0.0	0.0	0.0	4.7	0.4	1.6
Breakfast Bowl **	Bowl	242.0	15.7	8.9	139.0	10.8	16.8	1.0	Red.fat Cookie	Each	249	6.75	2.75	21	44.08	2.98	0.65
Breakfast Burrito **	Each	379.0	20.9	9.8	166.0	27.0	20.7	1.0	Lowfat Brownie	Each	193	2.77	1.16	1	39.55	3.06	1.15
Breakfast Sandwich	Each	319.0	15.5	7.2	169.0	26.3	19.9	1.0	Marshm. Bar	Each	180	4	2	0	33	2	0
Choc. Muffin	Each	245.0	6.5	0.9	29.0	38.0	3.5	0.8	Single Pop Tart	Each	200	5	1.5	0	37	2	0.5
Cin.Tst Cereal Bar - Whole Grain	Bowl	150.0	3.5	0.0	0.0	28.0	2.0	1.0	Bagel	Each	240	1	0	0	52	8	2
Frt'y. Cheerios Cereal Bar-Whole Grain	Bowl	150.0	4.0	0.5	0.0	28.0	2.0	1.0	Cr. Cheese	Each	70.0	7.0	4.0	15.0	1.0	1.0	0.0
P,B&J Uncrustable	Each	320.0	16.0	3.5	0.0	33.0	10.0	3.0	Quakes Caramel	Bag	100	0.5	0	0	23	1	1
Pancakes Mini Maple	Bag	200.0	6.0	1.0	10.0	34.0	4.0	2.0	Quakes Cheddar	Bag	80	3	0.5	0	13	1	1
Plain Bagel	Each	240.0	1.0	0.0	0.0	52.0	8.0	2.0	Super Pop	Each	90	0	0	0	23	0	0
Trix Cereal Bar-Whole Grain	Each	150.0	3.5	0.0	0.0	28.0	2.0	2.0	Corn Nuts BBQ	Bag	180	6	1	0	28	3	2
Lunch									Corn Nuts Ranch								
Bean and Cheese Burrito	Each	437.0	17.2	6.3	24.0	54.9	16.7	6.3	Lowfat Fudge Bar	Each	110	0	0	0	24	3	0
Hamburger & Baked Garlic Fries	Each	745.0	26.3	8.8	84.0	61.6	42.6	4.4	Baked Chips								
Chicken Burger Spicy-wheat bun	Each	380.0	17.0	3.5	55.0	37.0	17.0	5.0	Chex Traditional	Bag	210	6	1	0	36	4	1
Chicken Burger -wheat bun	Each	353.0	14.2	2.5	46.0	37.2	18.2	3.0	BBQ Lays	Bag	140	3.5	0.5	0	25	2	2
Spicy Chicken Wrap	Each	279.0	19.5	6.5	49.0	11.1	14.3	0.3	Southwestern Lays	Bag	120	3	0.5	0	21	2	2
Salad, Harvest w/FF Rasp.Vinaigare	Each	281.0	6.2	4.3	25.0	50.6	5.1	2.4	Ched. Snack Mix	Bag	230	8	1.5	0.5	34	4	2
Cheese Pizza Slice	Slice	370.0	12.6	3.6	21.0	50.6	15.4	2.3	Chex Hot & Spicy	Bag	210	7	1	0	35	4	2
Pepperoni Pizza Slice **	Slice	399.0	15.5	4.8	25.0	50.2	16.2	2.6	Flamin Cheetos	Bag	200	8	1	0	29	4	0.5
French Bread Pizza Pepperoni **	Each	360.0	18.0	9.0	45.0	30.0	19.0	1.0	Kettlecorn	Bag	130	5	0	0	21	1	2
French Bread Pizza Cheese	Each	400.0	24.0	8.0	35.0	28.0	16.0	1.0	Munchies Flamin	Bag	110	4	0	0	18	2	1
BBQ Beef Rib Sandwich	Each	392.0	15.3	5.2	35.0	44.5	18.9	2.4	Red.fat Doritos	Bag	200	8	1.5	0	29	3	3
Turkey Sandwich-whole wheat	Each	393.0	11.9	5.9	70.0	35.6	35.6	2.1	RF Spicy Sweet Doritos	Bag	130	5	0.5	0	20	2	2
Pasta Bowl	Bowl	675.0	6.5	2.2	3.0	134.4	26.8	6.2	SC/Cheddar	Bag	140	4	0.5	0	25	2	2
Asian Bowl Kung Pao	Bowl	334.0	3.3	0.8	38.0	60.9	13.0	1.0	SC/Onion	Bag	140	3	0.5	0	24	2	2
Asian Bowl Orange Chicken	Bowl	357.0	5.8	1.2	48.0	59.4	14.3	0.3	Drinks								
SIDES									Smoothie/Strawb.								
Baby Carrots	Bag	20.0	0.0	0.0	0.0	4.7	0.4	1.6	Smoothie/Waterm.	Each	150	0	0	0	37.5	0	0
Cream Cheese (breakfast only)	Each	70.0	7.0	4.0	15.0	1.0	1.0	0.0	Smoothie/Grape	Each	125	0	0	0	23.75	0	0
Fresh Fruit-average	1 piece	75.0	0.3	0.1	0.0	19.3	0.8	2.8	Smoothie/Lemon	Each	138	0	0	0	35	0	0
Goldfish Crackers	Bag	100.0	4.5	1.0	4.0	13.0	2.0	1.0	Smoothie/Mango	Each	125	0	0	0	31.25	0	0
Juice, Orange (breakfast only)	Carton	60.0	0.0	0.0	0.0	14.0	1.0	0.0	Smoothie/Stra-Lem	Each	138	0	0	0	33.75	0	0
Potato Triangle	Each	170.0	9.0	1.5	0.0	20.0	2.0	3.0	Water	Each	0	0	0	0	0	0	0
Raisins	1.33 oz. box	113.0	0.2	0.0	0.0	30.0	1.2	1.4	Gatorade 20 Oz.								
MILK									Izze-100%								
1% Low Fat White	Carton	120.0	2.5	1.5	15.0	16.0	11.0	0.0	Izze - Grapfruit	Each	100	0	0	0	25	0	0
Non Fat Chocolate	Carton	140.0	0.0	0.0	5.0	28.0	8.0	0.0	Powerade	Each	90	0	0	0	25.5	0	0
									Orange Juice								

*A complete breakfast must include a minimum of 2 or a maximum of 3 menu items.

8/26/2009

Breakfast entrées, side choices and milk.