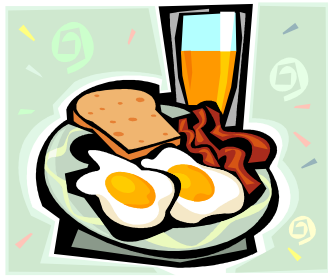




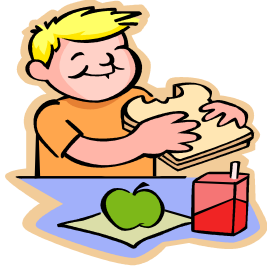
# School Meal Nutritional Information



## BREAKFAST MENU ITEMS

	Portion Size	Cals	Fiber G	Calc MG	Protn G	Carb G	Total Fat G*
Muffin, Blueberry	2 oz.	167	0.72	14.88	2.25	21.07	8.18
Biscuit	2 oz.	170	1.08	10.77	4.42	31.41	2.95
Sausage, Turkey	2 oz.	73	0.00	5.67	10.73	0.21	2.88
Cereal, Rice Krispies	.5 cup	51	0.08	1.06	0.84	11.29	0.05
Cereal, Cheerios	.5 cup	55	1.40	49.95	1.50	11.39	0.90
Wheat Toast	1 slice	92	1.40	15.00	2.77	16.92	1.55
Pancakes	1 pc.	92	0.98	29.11	2.19	16.11	2.12
Lil Smokies Pork Sausage	1 oz.	90	0.00	0.00	30.00	0.00	8.50
Breakfast Sausage Pizza	3 oz.	230	1.00	156.00	10.00	24.00	10.00
Cinnamon Toast	1 slice	222	2.74	52.77	2.96	33.44	9.21
Applesauce	.5 cup	52	1.46	3.66	0.21	13.77	0.06
French Toast Strips (baked)	2 pcs.	155	0.77	94.71	6.55	22.56	4.16
Pancake/Turkey Sausage on stick	1 pc	240	1.00	0.00	6.00	22.00	14.00
Boiled Egg	1 ea.	78	0.00	25.00	6.29	0.56	5.31
Waffles	2 pcs.	200	1.54	215.60	4.53	30.09	6.79
Jelly	1 tsp.	0	0.00	0.00	0.00	0.00	0.00
Margarine	1 tsp.	34	0.00	1.41	0.04	0.04	3.78
Syrup, Pancake	1 oz.	92	0.27	1.18	0.00	24.13	0.00
Juice, Orange	4 fl oz.	55	0.25	12.44	1.00	12.51	0.34
Juice, Apple	4 fl oz.	53	0.11	7.94	0.07	13.24	0.12
Juice, Grape	4 fl oz	77	0.13	11.38	0.71	18.91	0.10
Milk	8 fl oz.	124	0.00	283.92	7.99	11.33	5.16

\* 0 Trans Fat



# LUNCH ENTRÉE ITEMS

	Portion					Total	
	Size	Cals	Fiber G	Calcm MG	Protn G	Carb G	Fat G*
Turkey/Cheese Pasta Salad	3/8 cup	271	1.96	102.30	15.54	18.27	14.93
Salisbury Steaks (Beef)	3 oz.	180	0.00	60.00	18.00	2.00	11.00
Cheese Ravioli	4 pcs.	269	2.27	243.49	15.48	33.31	9.11
Turkey and Rice	.5 cup	319	1.27	35.56	17.02	50.28	5.00
Hamburger (Beef) on Wheat Bun	2.5 oz.	349	2.33	87.91	15.51	28.41	19.00
Sloppy Joe (Beef) on Wheat Bun	1 ea.	289	3.00	114.15	16.77	33.70	9.58
Spanish Rice/Beef Crumbles	.5 cup	133	1.48	31.16	4.46	25.08	1.57
Chicken Pattie (grilled)	2 oz.	173	0.00	0.00	30.90	0.00	4.50
Fish Shapes	3 oz.	176	0.38	90.00	11.63	12.67	8.25
Turkey Deli Meat	1.5 oz.	59	0.28	4.54	9.68	2.39	0.94
Macaroni and Meat (Beef) Sauce	.75 cup	113	0.84	70.68	4.73	16.31	3.09
Beef Meatballs and Gravy	1.5 oz.	108	0.78	32.18	8.92	5.63	5.41
Turkey Hot Dog	1 ea.	222	1.15	59.11	9.61	22.39	10.17
Turkey, Tomato, Macaroni	.5 cup	212	2.82	34.20	14.49	27.77	4.64
Chicken Thighs (skinless, baked)	3.5 oz.	253	0.00	15.00	26.00	0.00	15.80
Toasted Cheese Sandwich	1 ea.	235	0.07	277.55	11.59	15.03	14.22
Pork Rib Sandwich	2.5 oz.	115	1.14	31.44	12.67	8.31	5.74
Turkey Corndog	1 ea.	290	2.00	40.00	11.00	28.00	15.00
Chicken Fajita	1 ea.	328	2.25	65.61	18.21	32.58	14.01
Beef & Bean Tamale Pie	1 slice	265	5.55	158.58	10.05	37.08	8.92
Beef Taco Soup	.75 cup	115	3.39	41.15	11.46	13.92	6.26
Beef/Bean Cheese Nachos	.5 cup	153	4.40	58.92	11.32	12.82	6.25
Cheese Pizza	1 slice	310	2.00	269.00	15.00	36.00	11.00
Spaghetti/Ground Beef	#6 scoop	131	0.89	86.64	5.80	17.69	3.99

\*0 Trans fat



# SIDE DISHES

	Portion Size	Cals	Fiber G	Calc Mg	Prot n G	Carb G	Total Fat G*
Mashed Potatoes	.5 cup	103	1.44	9.12	1.85	17.71	3.01
Green Beans	.25 cup	2	0.16	2.19	0.10	0.38	0.01
Pinto Beans	.25 cup	57	2.40	16.03	3.47	10.42	0.20
Potato Puffs	.25 cup	61	0.80	4.48	0.07	8.88	2.76
Spinach	.25 cup	14	1.00	69.50	1.50	2.55	0.01
Corn	.25 cup	35	0.85	1.00	1.35	10.30	0.55
Carrots	.25 cup	7	0.60	6.39	0.11	1.41	0.01
Peas	.25 cup	32	1.50	9.50	2.00	5.70	0.01
Cauliflower	.25 cup	31	3.13	27.50	2.48	6.63	0.13
Coleslaw	.25 cup	97	0.22	2.34	0.13	1.51	0.06
Baked Beans	.25 cup	88	2.90	34.02	4.06	18.65	0.65
Refried Beans	.25 cup	59	3.34	22.05	3.46	9.78	0.79
Lettuce/Tomato	.25 cup	4	0.31	6.17	0.31	0.86	0.06
Potato Wedge	3 oz.	55	0.00	2.00	0.85	8.50	2.20
Broccoli (raw)	.25 cup	6	0.30	0.00	10.00	1.15	0.01
Mixed Vegetables	.25 cup	30	2.00	11.38	1.30	5.96	0.07
Sweet Potato	.5 cup	92	0.00	22.00	1.65	21.00	0.02
Applesauce	.5 cup	121	3.40	20.41	1.33	28.48	0.27
Apricots (canned)	.5 cup	121	3.95	24.70	1.48	30.88	0.25
Oranges	.5 ea	23	1.15	19.20	0.45	5.64	0.06
Baked Apples	.5 cup	128	2.95	12.92	0.35	32.92	0.46
Apples	.5 ea.	36	1.66	4.14	0.18	9.53	0.12
Pears (light syrup)	.5 cup	62	1.98	11.16	0.42	16.05	0.09
Strawberries (frozen)	.5 cup	109	0.00	0.00	0.62	29.40	0.00
Strawberries (fresh)	.5 cup	23	1.44	11.52	0.48	5.53	0.22
Pineapple	.25 cup	75	0.95	17.00	0.05	18.61	0.01
Banana	.5 ea	45	1.31	2.53	0.55	11.53	0.17
Mixed Fruit	.5 cup	82	1.13	1.13	0.42	21.27	0.11
Peaches (light syrup)	.5 cup	68	1.63	3.77	0.56	18.26	0.04
Melon (fresh)	.5 cup	27	0.72	7.20	0.67	6.53	0.15
Cornbread	1 ea.	108	0.61	69.51	2.59	18.22	2.74
Rolls	1 pcs.	110	1.00	100.00	4.00	20.00	1.50

\*0 Trans Fat