

MENU ITEM	CALORIES	PROTEIN (g)	SODIUM (mg)	FAT (g)	CHO (g)
Updated: January 2016					
PLEASE NOTE:					
FRUIT SERVINGS: 1/2 CUP					
VEGETABLES: 1/2 CUP, unless otherwise noted					
4 Way Mixed Vegetables 1/2 Cup	52	1	45	0	8
4 Way Mixed Vegetables 3/4 Cup	78	2	70	0	12
All Sport's Drink (1 bottle)	25	0	125	0	5
Apple Sauce No Sugar Added, Tree Top 1/2 cup	50	0	0	0	12
Apple Sauce, Unsweetened Cinnamon 1/2 cup	50	0	15	0	14
Apple Sauce, Unsweetened Strawberry 1/2 cup	50	0	15	0	14
Bacon Cheeseburger with the Works, Secondary	387	22	725	19	30
Baked Fries 1/2 cup	90	2	20	2.5	14
Baked Fries 3/4 cup	135	3	30	4	22
BBQ Chicken Teriyaki (1 package)	130	16	480	3.5	10
BBQ Teriyaki Chicken & Brown Rice (Tray Pack)	228	18	480	4	30
Beans, Baked Beans 1/4 cup	70	2	190	0	15
Beans, Black, Low-Sod 1/2 Cup	109	7	140	0	20
Beans, Canned, Garbanzo. Low-Sodium 1/2 Cup	167	8.5	140	3	27
Beans, Green, No Salt Added, Frozen 1/2 Cup	19	1	1	0	4
Beans, Small Red, Low-Sod, Canned 1/2 Cup	130	7	140	0	12
Beans, Vegetarian Refried 1/2 cup	120	6	330	2	20
Beef, Ground	82	7	25	6	0
Bread, 4" Wheat French Roll	170	6	220	2	32
Bread, Artisan Dinner Roll	90	3	130	1	19
Bread, Dinner Rolls (100%)	70	4	190	1	13
Bread, Dinner Roll (51%)	120	4	200	1.5	25
Breaded Popcorn Chicken (10 piece)	170	15	420	3.5	20
Breakfast Grab n' Go #1 (Sandwich)	453	26	777	8.5	66
Breakfast Grab n' Go #2 (French Toast Sticks)	651	17	575	16	106
Breakfast Grab n' Go #3 (Cinnamon Roll)	630	14	420	6	131
Breakfast Grab n' Go #4 (Breakfast Burrito)	517	16	499	5.5	99
Breakfast Sandwich w/Chs (Dishup)	280	17.5	675	12	27
Breakfast Sandwich, Turkey Sausage & Cheese Bagel Thin Elem	245	15.5	485	7.5	31
Bun, Hamburger 100% (ISM)	110	6	300	2	21

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Bun, Hot Dog (Secondary & Dishup)	110	5	190	1.5	21
Bun, Hot Dog 100% (ISM)	90	5	230	1.5	17
Bun, Wheat Hamburger (Secondary & Dishup)	130	4	200	1.5	25
Burrito Bowl	458	33	549	13	48
Burrito, Bean & Cheese (Los Cabos) (1 burrito)	291	16	479	8	41
Burrito, Turkey Carnitas	394	32	273	10	44
Calzone, Chicken & Beef Pepperoni	340	20	510	13	35
Carrot Coins 1/2 cup	27	0	43	0.5	6
Carrot Coins 3/4 cup	41	0	65	8	9
Carrots, Baby Cut Fresh 1/2 cup	20	0	44	0	5
Carrots, Baby Cut Fresh 3/4 cup	30	0	66	0	8
Celery Sticks 1/2 cup	10	0	40	0	1
Celery Sticks 3/4 cup	15	0	60	0	1
Cereal, Apple Cinnamon Cheerios (1 container)	110	2	110	1.5	23
Cereal, Cinnamon Toast Crunch	110	1	160	3	22
Cereal, Frosted Corn Flakes	100	1	190	0.5	24
Cereal, Golden Grahams	110	1	220	1	24
Cheddar Goldfish w/ Whole Grain 1 pouch	100	3	170	3.5	14
Cheese Sauce Land O Lakes (3 oz)	130	8	550	9	5
Cheese, American 2 slices (1 serving)	100	5	450	9	1
Cheeseburger Sliders (per package)	272	19	475	9	30
Cheeseburger Supreme	351	19	643	18	28
Chicken Drumsticks (4 pieces)	140	18	250	4.5	7
Chicken Drumsticks (6 pieces)	210	27	376	7	11
Chicken Fajita Bowl (ISM)	284	26	167	2.5	28
Chicken Fajita Bowl w/Rice (Dishup)	392	28.5	172	3.5	50
Chicken Filet, Flamebroiled	120	14	350	5	4
Chicken Filet, Golden Crispy (1 piece)	230	22	380	10	14
Chicken Fillet on Bun (Dishup)	250	18	540	6.5	29
Chicken Fillet on Bun (ISM)	230	20	650	7	25
Chicken Fillet, Hot 'N Spicy	230	21	480	10	15
Chicken Chipotle Gordita	250	20	350	8	24
Chicken Nuggets, Hot & Spicy					
Chicken Nuggets (5 pieces)	140	21	270	5	2
Chips, Baked Cheetos Flamin' Hot (1 package)	120	2	190	4.5	18
Chips, Baked Ruffles Cheddar & Sour Cream (1 oz serv. bag)	120	2	270	3.5	21
Chips, Oven Baked Lay's Sour Cream & Onion (1 bag)	130	2	190	3.5	24

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Chips, RF Doritos Nacho Cheese Tortilla (1 bag serving)	130	2	200	5	20
Chips, Tortilla 1 oz serving	140	2	120	7	18
Chicken Tenders (3 strips)	203	14	393	11	12
Chili Cheese Bowl	302	24	268	14	20
Chuckwagon Corn 1/2 cup	68	1	0	0	14
Chuckwagon Corn 3/4 cup	102	0.5	0	0	21
Cinnamon Roll	316	7	528	6	60
Cinnamon Roll (Maple flavored)	316	7	528	6	60
Condiment, BBQ Sauce (Van Law)	35	0	380	0	9
Condiment, Guacamole (Simplot) 2 Tbsp	45	1	135	4	2
Condiment, Heinz BBQ Sauce 1 packet	15	0	85	0	4
Condiment, Heinz Ketchup 1 packet	10	0	100	0	3
Condiment, Heinz Mayo 1 packet	80	0	70	9	1
Condiment, Heinz Mustard 1 packet	0	0	85	0	0
Condiment, Heinz Syrup (28 g) (1 packet)	80	0	0	0	21
Condiment, Heinz Syrup (43 g) (1 packet)	130	0	10	0	32
Condiment, Heinz Taco Sauce 1 packet	5	0	95	0	1
Condiment, Mayo Lite (1 Tbsp)	40	0	95	4	1
Condiment, Sour Cream 2 Tbsp	60	1	15	5	2
Cookie, Celebration (Individually Wrapped)	143	2	107	4.5	24
Cookie, Chocolate Chip	130	2	120	4	22
Cookie, Double Cocoa	135	2	156	4	24
Cookie, Vanilla/Sugar	140	2	117	4	24
Corn Dogs, Mini (6 pieces)	250	10	420	10	30
Corn, Frozen, Whole Kernel 1/2 Cup	67	2	1	0.5	16
Corn, Frozen, Whole Kernel 3/4 Cup	100	3	1	0.5	24
Country Gravy w/Pepper	20	1	150	0	4
Craisins Dried Cranberries (1 pouch) 1/2 cup	110	0	0	0	28
Croutons 2 Tbsp	35	1	70	2	4
Crumb Cake	260	5	370	10	37
Double Dog, Bagel	260	15	449	8	32
Dressing, Hellman's Zesty Italian (1 oz)	110	0	470	10	3
Dressing, Lite Italian 1.5 oz	45	0	420	3.5	3
Dressing, Lite Ranch (1 oz)	90	1	220	9	1
Edamame, Dry Roasted (1 bag serving) 1/2 cup	120	13	136	3.5	9
Edamame, Dry Roasted Spicy Wasabi (1 bag serving) 1/2 cup	120	13	100	3.5	9
Edamame, Fresh (1 bag serving) 1/2 cup	110	10	5	4	9
Empanada, Apple	320	6	220	8	58
Empanada, Cherry	170	3	200	3.5	32
Fish Sticks, Nacho (4 sticks)	230	15	300	10	19
French Toast Cinnamon Rush (1 pouch)	220	4	380	7	37
French Toast Sticks 51% (3 pieces)	390	7	310	13	39
French Toast Triple Berry Blast (1 pouch)	220	3	380	7	37
Fruit Cup, Diced Peaches 1/2 Cup	90	0	15	0	20
Fruit Cup, Diced Peaches (Del Monte) 1/2 Cup	60	0	5	0	14
Fruit Cup, Diced Pears 1/2 Cup	70	0	10	0	17
Fruit Cup, Mandarin Orange, Canned 1/2 Cup	70	1	0	0	17

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Fruit Cup, Mixed Fruit Cup w/Apples 1/2 Cup	80	0	50	0	21	
Fruit Cup, Pineapple Tidbits in Natural Juice 1/2 cup	70	0	0	0	17	
Fruit Cup, Tropical Fruit Cocktail in Light Syrup 1/2 cup	79	0	35	35	19	
Fruit Smoothie, Tree Top Mango 1/2 cup	130	0	5	0	31	
Fruit Smoothie, Tree Top Strawberry 1/2 cup	130	0	10	0	31	
Fruit, Apple Slices, Frozen, Unsweetened 1/2 Cup	48	0	3	0	12	
Fruit, Apples Sliced, Unpeeled, Pouches (1 pouch) 1/2 cup	29	0	1	0	8	
Fruit, Tangerine (Cuties Brand) 1/2 cup	35	0.5	1	0	9	
Fruit, Orange Wedges (1/2 cup serving)	65	1	1	0	17	
Fruit, Seedless Grapes (1 bag) 1/2 cup	60	0	10	0	15	
Fruit, Whole Apple (Medium) (1 cup serving)	80	0	0	0	22	
Giant Oats And Honey Goldfish Grahams 1 pouch	120	1	50	4.5	19	
Green Beans, Breaded (25 pieces) 1/2 cup	140	3	170	4.5	22	
Green Beans, Seasoned, 1/2 Cup	29	0	77	0	6	
Green Beans, Seasoned, 3/4 Cup	44	0	115	0	9	
Hamburger on Bun (Dishup)	247	17	397	10	25	
Hamburger on Bun (ISM)	220	18	380	19	21	
Juice, Apple & Eve Apple 1/2 Cup	60	0	5	0	14	
Juice, Fruitables Plus 1/2 cup	average*	75	0	13	0	16
Juice, Snapple 1/2 cup	average*	170	0	15	0	43
Juice, Suncup 100% Apple 1/2 cup	90	0	0	0	23	
Juice, Suncup 100% Natural Fruit Punch 1/2 cup	90	0	0	0	23	
Juice, V Blend Wango Mango 1/2 cup	90	0	40	0	23	
Juice, Veryfine 1/2 cup	average*	170	0	35	0	44
Loaded Nacho Bowl, Secondary	395	16	802	18	41	
Lunch Grab n' Go #1, BLT Sandwich, HS	781	31	1568	31	92	
Lunch Grab n' Go #1, BLT Sandwich, MS	681	30	1485	27	77	
Lunch Grab n' Go #2, Spicy Turkey Wrap, HS	919	36	1436	43	115	
Lunch Grab n' Go #2, Spicy Turkey Wrap, MS	749	34	1275	36	88	
Lunch Grab n' Go #3, Crispy Chicken Salad, HS	1029	43	1704	51	104	
Lunch Grab n' Go #3, Crispy Chicken Salad, MS	782	33	1369	38	77	
Macaroni & Cheese, Beef (ISM)	390	21	430	16	37	
Macaroni & Cheese (Dishup, Lunch)	343	23	366	6	51	
Mandarin Orange Chicken, No Rice (1 packet tray)	150	11	280	3	19	
Mandarin Orange Chicken, with Rice	258	14	410	9	41	
Marinara Sauce (Villa Frizzoni) 1/2 cup	60	0	490	1.5	10	

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Meatloaf (3oz serving)	130	12	460	6	8
Milk, Fat-Free Chocolate	140	8	180	0	24
Milk, Soy Vanilla	110	5	120	2.5	15
Milk, White 1%	100	8	125	2.5	12
Mini Pancakes (8 ct)	240	5	190	6	42
Mini Stuffed Bagels Cinnamon (1 package)	240	6	180	6	41
Mini Stuffed Bagels Strawberry (1 package)	230	6	180	6	41
Muffin, Apple Cinnamon (1 muffin)	332	4.5	180	11	57
Muffin, Banana Choc Chip (1 large muffin)	336	5	201	11	56
Muffin, Banana Choc Chip (1 small muffin)	174	2	116	6	30
Muffin, Double Chocolate	260	4	200	8	41
Muffin, Orange	250	4	290	7	45
Muffin, Pumpkin Spice	155	2	90	5	27
Muffin, Sunrise	280	6	230	8	48
Muffin, Sweet Potato Oatmeal	260	5	220	8	44
Nachos, ISM and Dishup	349	20	257	19	22
Natural Fruit Chiller (1 tube) Peach	55	0	0	0	13
Natural Fruit Chiller (1 tube) Straw/Ban	70	0	5	0	17
Onion Rings, Breaded (5 pieces)	200	3	230	8	28
Pan Dulce, Pink	200	5	85	7	29
Pepperoncini (1 oz)	10	0	550	0	2
Pickle Crinkle Cut Slices	5	0	390	0	0
Pizza, Ardella's 3 x 5 WG Cheese (1 pizza)	318	18	595	14	31
Pizza, Ardella's 3 x 5 WG Pepperoni (1 pizza)	324	18	649	14	31
Pizza, Beef Breakfast	170	10	370	4	25
Pizza, Cheese (Wild Mike's) (1 slice)	360	20	510	17	34
Pizza, Cheese French Bread (Wild Mike's)	350	22	560	13	34
Pizza, Cheese Papa John's (1 slice)	313	20	570	9.2	38
Pizza, Pepperoni (Red Baron) (1 slice)	360	18	460	16	35
Pizza, Turkey Pepperoni Papa John's (1 slice)	312	20	593	9.2	37
Pizza, Turkey Sausage Breakfast	240	11	500	7	32
Popcorn Chicken Smackers (10 pieces)	269	18	590	13	20
Popcorn Chicken (Hot & Spicy)					
Potatoes, Mashed 3/4 Cup	90	2	38	0	20
Potatoes, Mashed 1/2 Cup	60	1	25	0	13
Potatoes, Purely Slices 1/2 cup	70	2	50	0	15
Potatoes, Purely Slices 3/4 cup	105	3	75	0	23
Potatoes, Red Sod Smile 1/2 cup	130	2	180	4.5	20
Potatoes, Red Sod Smile 3/4 cup	195	3	270	7	30
Potatoes, Seasoned Diced 1/2 cup	140	2	160	3.5	25
Potatoes, Seasoned Diced 3/4 cup	210	3	240	5	38
Potatoes, Wedge Fries (1/2 cup)	120	2	140	4	20
Potatoes, Wedge Fries (3/4 cup)	180	3	210	6	30
Powerade Zero	0	0	150	0	0
Pretzel, BV	260	10	450	2	51
Pretzel, Soft WG	140	5	150	0.5	30
Pudding, Snack Pack Chocolate Fat Free	80	2	140	0	20
Pudding, Snack Pack Vanilla Fat Free	80	1	140	0	18

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Raisels Fruit Raisins 1/2 cup	140	1	5	0	36
Raisin Carton Sun-Maid 1/2 Cup	120	1	5	0	29
Ravioli, Mini Cheese (10 pieces)	240	16	520	5	32
Ravioli Florentine (10 pieces)	314	19	911	8	41
Rice, Brown, Long Grain 1/2 Cup	108	3	5	1	22
Romaine Salad w/Tomatoes, no dressing	19	1	10	0	4
Salsa Pouch (Red Gold)	10	0	70	0	2
Sandwich, BBQ Rib on WG Roll (1 sandwich)	313	18	593	11	36
Sandwich, BLT	366	30	980	10	36
Sandwich, Breakfast Egg, Cheese & Cooked Turkey Sausage	155	8	210	7	16
Sandwich, Chicken BBQ Ranch BLT (Secondary)	460	24	1175	23	38
Sandwich, Chicken Parmesan (Secondary)	490	28	1135	21	50
Sandwich, Deli (ISM)	240	27	895	8	22
Sandwich, Deli (Dishup & Secondary)	260	25	795	8	26
Sandwich, Grilled Cheese	248	15	568	8	30
Sandwich, Hot Ham-N-Cheese (Secondary)	260	17	835	10	28
Sandwich, Italian Combo	310	19	480	11	36
Sandwich, Sloppy Joe (ISM)	244	19	502	10	23
Sandwich, Sloppy Joe, Dishup/Secondary	258	17	394	10	26
Sandwich, Turkey Bacon Ranch Pita (2 Halves)	280	21	995	10	33
Smokehouse Burger	370	25	835	14	37
Spaghetti w/Beef Marinara Sauce (ISM)	396	31	322	4	59
Spicy Chicken Sandwich (Secondary)	359	25	679	12	40
String Cheese	80	7	210	6	1
Tater Tots (8 pieces) 1/2 cup	120	1	180	7	14
Teriyaki Chicken Sliders (2 pack)	290	19	390	7	38
Tortilla (1 Tortilla)	140	5	240	3	25
Turkey & Cheese Wrap (elementary)	230	18	450	10	14
Turkey & Gravy, Pre-Cooked	120	15	460	6	2
Turkey (Dark) & Brown Gravy, Pre-Cooked	150	18	410	8	2
Turkey Bacon	20	2	95	1	0
Turkey Breast Steak, Pre-Sliced	80	18	370	1.5	0
Turkey Frank	120	8	260	9	1
Turkey Ham	80	10	410	3.5	2
Turkey, Ground (90% lean)	120	13	80	8	0
Turkey Shepherd's Pie	289	25	594	11	23
Yogurt, Danimals	80	4	65	0	16
Yogurt, Blueberry Fruit on the Bottom Lowfat	140	6	130	1.5	27
Yogurt, Oikos Greek Strawberry 5.3 oz (1 container)	160	11	55	4.5	18
Yogurt, Oikos Greek Vanilla 5.3 oz (1 container)	120	12	45	0	19

Updated as of January 2016