

Fruits**Updated 04-04-2018**

Apple (1 pc)	22 g.
Applesauce (1/2 C.)	14 g.
Apricots (Frozen cups) 4.5 oz.	37 g.
Banana (Whole Piece)	27 g.
Blueberries (1/4 C.)	2 g.
Cantaloupe (1/4 C.)	7 g.
Clementine	9.4 g.
Cranberry Sauce 2 oz.	27g.
Dried Cherries ¼ c. 4 oz.	27 g.
Grapes (1/4 C.)	4 g.
Honeydew (1/4 C.)	8 g.
Kiwi (1/4 C – Elementary) (1/2 C – 2ndary)	6 g. or 12 g.
Mandarin Oranges (1/2 C.)	20 g.
Mango (1/2 C.)	18 g.
Mixed Fruit (1/2 C.)	18 g.
Fresh Fruit Choice	13 g.
Orange - fresh (1 pc)	16 g.
Peaches (Frozen Cups) 4.4 oz.	19 g.
Peaches (1/2 C.)	14g.
Pear – fresh (1 pc) 4 oz.	25 g.
Pears (1/2 C.) 4 oz.	15 g.
Pineapple Tidbits (1/2 C.) 4 oz.	22 g.
Strawberries (Frozen Cups) 4.5 oz.	33 g.
Tropical Fruit (1/4 C.)	17 g.
Watermelon ¼ c.	3 g.

Rice

Asian Rice ½ c.	22 g.
Brown Rice (1/2 C. cooked)	22 g.
Seasoned Brown Rice 4 oz.	23 g.
Brown & Wild Rice Medley (1/3 C.) 2ndary (1/2 c.)	23 g. or 35 g.
Cous Cous (1/3 C.)	16 g.
Fiesta Rice (1/3 c.)	12 g.
Mexican Rice (1/2 C.)	21 g.
Rice (Plain) (1/3 C.)	14 g.
Vegetable Fried Rice (1/2 C.)	30 g.

Vegetables/Potatoes

Assorted Fresh Vegetable Toppings	4 g.
AuGratin Potatoes (1/2 C.) 4 oz.	25 g.
Baby Carrots (1/2 C.)Cooked	4 g.
Baby Carrots Fresh	5 g.
Baked Beans (1/2 C.)	24 g.
Baked Potato	18 g.
Black Beans (1/2 C.)	19 g.
Calico Beans	27 g.
Broccoli (1/2 C.)	3 g.
California Blend Vegetables (1/2 C.)	3 g.
Carrot Coins (1/2 C.)	4 g.
Celery Sticks (1/2 c.) 4	1 g.
Corn (1/2 C.)	18 g.
Creamy Coleslaw (1/3 C.)	12 g.
Crunch Garden Veggies + Hummus (1/4 C.)	3 g. + 4 g.
Cucumber Slices	2 g.
Curly Fries (3 oz.)	20 g.
French Fries (1/2 C.)	16 g
French Market Salad (1/2 C.)	8 g.

Garbanzo Beans 4 oz.	27 g.
Green Beans (1/2 C.)	3 g.
Hummus ¼ c. Red Pepper-Grecian	11 g. (Red Pep/G is 14 g.)
Hash browns (1/2 C) 4 oz. or 2 Wedges	24 g.
Jicama Sticks (1/2 C.)	11 g.
Kohlrabi Sticks (1/2 C.)	4 g.
Mandarin Orange Citrus Blend Veg. (3/4 C.)	11 g.
Refried Beans 4 oz.	24 g.
Mashed Potatoes (1/2 C.)	17 g.
Mashed Sweet Potatoes 2/3 c.	31 g.
Mixed Vegetables (1/2 C.)	10 g.
Peas (1/2 C.)	6 g.
Peas & Carrots (1/2 C.)	5 g.
Peppers Stripes Red or Green 4 Strips	4 g.
Pickle Slices (1/8 C.) 4 sl.	.5 g.
Pickle Spears 1 oz.	1 g.
Potato Salad (1/3 C.) Elem. HS (2/3 c.) 18g.	9 g.
Potato Wedges (1/2 C.)	15 g.
Potato Crinkle Cut/Steak Fries 3.5 oz.	32 g.
Potato Oven Brownd 4 oz.	8 g.
Refried Beans (1/2 C.)	25 g.
Romaine Salad (1/2 C.) – No dressing	.75 g.
Strawberry Spinach Salad (1/2 C)	2 g.
Sweet Kale Salad w/ Poppyseed Dressing (1/2 C.) w/o dressing	16 g. or 2 g.
Sweet Potato Fries (1/2 C.)	30 g.
Sweet Potato Confetti Tots (1/2 C.)	19 g.
Sweet Potato Puffs 3 oz. *Hibbing	33 g.
Sweet Potato Side Dish (1/2 C)	33 g.
Tator Tots (1/4 C.)	8 g.
Breads	
Bagel (Multigrain)	38 g.
Barrel of Fun Mini Rounds 1 oz.	20 g.
Barrel of Fun Yellow Rds Tortilla Chip 1 oz.	18 g.
Bread Whole Wheat	12 g.
Bread White Whole Wheat	14 g.
Breadstick (Multigrain)	22 g.
Bread -Cheese	12.5 g.
Bread – Stuffing	22.5 g.
Dinner Roll Whole Wheat	14 g.
Dressing/Stuffing (1/2 C) Chicken Stuffing ½ c.	11 g. or 24 g.
Garlic Bread	12 g.
Hamburger Bun Wheat	21 g.
Hot dog Bun Wheat	23 g.
La Choy Chow Mein Noodles 4 oz.	19 g.
Pizza Crust 1/9 slice	27 g.
Sub Bun (2 oz) Whole Grain	25 g.
Sub Bun (3 oz) Honey Wheat	37 g.
Tortilla (8”) – For Tacos & Fajitas Wheat	19 g.
Whole Wheat 10” Garden Veggie Flour Tortilla	30 g.
Pasta Salads/Salads	
Almond Broc. Salad (1/2 C.)	25.74
Broccoli Salad (1/2 c)	31 g.
Chef Salad	11 g.
Chicken Caesar Salad	8 g.
Craisin Chicken Salad	58 g.
Crisp Salad with Balsamic Vinegrette	3.5 g.
Egg Noodles 5 oz.	36 g.

Fiesta Salad	33 g.
Chicken Salad on Cran/Rice Brd	52 g.
Penne Noodles ½ cup	21 g.
Rotini Ranch Edamame Salad (1/3 C.)	11 g.
Spaghetti Whole Wheat 2 oz.	41 g.
Side Salad	4 g.
Veggie Pasta Salad- Bowtie (1 C.)	17 g.
Veggie Pasta Salad- Rotini (1 C.)	16 g.
Wardolf Salad ½ cup	22 g.

Condiments

Asian Dressing 2 oz.	17.5 g.
Au Jus 2 oz.	2 g.
BBQ Sauce (2 Tbsp.)	12 g.
Blackbean Salsa (1/8 C.)	3.4 g
Blackbean and Corn Salsa (1/4 c.)	10 g.
Buttery delight/ Garlic Spray 1 tsp.	0 g.
Cheese Sauce 2.18 oz.	5 g.
Cream Cheese (1 oz.)	2 g.
Croutons .24 oz.	5 g.
Garden Vegetable Cream Cheese (1 oz.)	2 g.
Ketchup (1 tbsp.)	4 g.
Pancake Syrup (1/4 C.)	52 g.
Poppysseed Dressing (1 oz)	8 g.
Ranch Dressing (Fat Free)(2 Tbsp.)	3 g.
Salad Dressing 1 Tbsp.	2 g.
Salsa Low Sodium 2 oz.	4 g.
Sour Cream 2 TBSP	1 g.
Soy Sauce 1 Tbsp	1 g.
Soy Nuts (1/2 C.)	22 g.
Sweet Chili Sauce 1 oz.	47 g.
Syrup Tbsp	12 g.
Tartar Sauce (2 Tbsp.)	5 g.
Tso Sauce, General 1 oz.	12 g.

Milk/Cheese/Juice

1% Milk Land O Lakes 8 oz.	13 g.
Chocolate TruMoo Milk 8 oz.	20 g.
Skim Milk Land O Lakes 8 oz.	13 g.
Cheese Slice, Mozzarella/Cheddar 1 oz.	1 g.
String Cheese 1 oz.	1 g.
Apple Juice 4 oz.	15 g.
Cranberry Juice 4 oz.	15 g.
Fruit Punch 4 oz.	16 g.
Grape Juice 4 oz.	16 g.
Orange Juice 4 oz.	13 oz.
Tangy Tomato Juice 4 oz.	5 g.

Entrees/Soups

Asian Bowl with Popcorn ckn	47 g.
Bacon Ranch Chicken Sandwich	36 g.
Bagel Plain enriched	37 g.
Bagel w/Cr Cheese or PB	79 g.
Baked Chicken	15 g.
Baked Ziti	60 g.
Bean Burrito	40 g.
Beef Burrito	21.5 g.
Beef Noodle Stir Fry (2 C.)	53.5 g.
Beef Stew	16.5 g.

BBQ Rib	5 g. (27 g. with bun)
BBQ Ribs Patties 2 oz.	2 g.
BBQ Pulled Pork Sandwich	31 g.
Biscuits & Gravy	48 g.
Boscos (Cheese) WG(2)	71 g.
Blackened Tilapia Bowl	52 g.
BLT Wrap	33 g.
Breakfast Burrito	31 g.
Breakfast Bowl	30.6 g.
Breakfast Sandwich (Lunch Serve)	22.5 g. (w/ch 30 g.)
Calzone	33 g.
Cheese Pizza (Tony's)	36 g.
Cheesebread Dunkers	36 g.
Cheeseburger	.5 g. (20.5 with bun)
Chicken, Asian Rice Bowl (Saucy Chicken)	33 g.
Chicken Strips 3 Breaded	11 g. (28 g. w/ pot)
Chicken Fajitas (1)w/Tortilla	21 g.
Chicken Fillet 3 oz.	1 g (23 g. with bun)
Chicken Stix (8 stix)	12 g.
Chicken Nuggets (5 nuggets)	10 g.
Chicken Patty 3.3 oz.	12 g. (32 g. with bun)
Chicken Mandarin Orange 3.6 oz.	19 g.
Creamy Penne Chicken Alfredo --Elem. 30 g.	35 g. H. S.
Cordon Bleu Chicken Sandwich	35 g.
Corndog - Mini Corn Dogs	27 g. - 30 g.
Dominos Cheese Pizza Sch. Lunch Base	39 g.
Dominos Pepperoni Pizza Sch. Lunch Base	39 g.
Dominos Sausage Pizza Sch. Lunch Base	39 g.
Dunkers, Italian	23 g.
Egg Hard Boiled	1 g.
Egg Patty	1 g.
Egg rolls 2.2 oz.	19 g.
Fiesta Pizza – with toppings 13 g.	43 g.
Fiesta Rice &Chicken Mex Burrito Bowl	15 g.
Fish Filet	19 g.
Fish Nuggets	16 g.
Fish Sticks	21 g.
Fish Wedge (H.S. 2 Elem. 1)	14 g.
Foot long Hotdog/Bun	24 g.
Grilled Cheese	28 g.
Gyro Meat 2 oz. w/Wrap	6 g. or 31 g. (w/sauce 43 g.)
Ham Diced 2 oz.	0 g.
Ham Deli 2 sl.	2 g.
Ham Sandwich	21 g.
Hamburger Gravy w/ Potatoes	16 g.
Hamburger 2.4 oz.	0 g. (20 g. on a bun)
Hot Dog 2 oz. /3.94 oz. Hot Dog alone	1 g. (21 g. on a bun) or 2 g. (w/Bun 22 g.)
Hot Ham & Cheese	29 g.
Italian Hero (Baked) K-6 27 g.	39 g. 7 th -12 th
Lasagna Roll Up (without sauce) 1 – 2 rolls	19 g. or 38g.
Mandarin Orange Chicken (1/2 C.)	19 g.
Macaroni & Cheese (1/2 C.)	18 g. (2/3 c. is 27 g.)
Mashed Potato w/popcorn ckn Bowl (1 ½ c.)	114 g.
Meatball Sub w/ Cheese - Meatballs only 2.5 oz.	39 g. or 4 g.
Nachos w/ Meat & Cheese Sauce	29 g.
Oven Baked Chicken w/skin - w/o skin Breast or Thigh & Leg	15 g. or 0 g.
Pancakes and Sausage Bites 6	28 g.
PB & J	33 g.

Pepperoni Slices1 oz.	0 g.
Pepperoni Pizza (Tony's)	34 g.
Philly Beef Sandwich - w/o Bun	21 g. or 28 g.
Pizza Bowls	33 g.
Pizza Smart Pizza Wh. Grain (Turkey/Sausage or Cheese)4.6 oz.	37 g.
Pizza Stuffed Crust	52 g.
Pizza Burger on Bun	23 g.
Pollack Fish	31 g.
Popcorn Chicken 14 pc.	14 g.
Popcorn ckn w/Sweet and Sour Sauce	47 g.
Pork Roast 2 oz.	0 g.
Pulled Pork Sandwich	31 g.
Roasted Turkey/Chicken/Pork Gravy (no potatoes)	19 g. (35g. with potatoes)
Ranch Chicken Sandwich	46 g.
School-made Cheese Pizza	42 g.
Shrimp Poppers (1 C.)	22 g.
Sloppy Joes on Bun	32 g.
Spaghetti (Whole Wheat) w/ Meat sauce (Marinara) 1 c.	27 g.
Stromboli - Stromboli*Hibbing	55 g. – 33 g.
Stuffed Crust Pizza 4.84 oz.	46 g.
Sub Sandwich (HS)	40 g.
Tater Tot Hamburger Bake (1 C.)	19 g.
Tacos	14 g.
Taco in a Bag	29 g.
Tuna 2 oz.	0 g.
Tuna Sandwich	27 g.
Teriyaki Chicken Bites (2 oz.- 4pc)	8 g.
Turkey Sandwich (Menu Deli Sandwich)	22 g.
Beef Barley Soup	10 g.
Broccoli Cheese Soup	11 g.
Broccoli Cream of (Gluten Free) Soup	15 g.
California Medley Soup 1 c.	14 g.
Cheddar Baked Potato Soup	22 g.
Cheddar Cauliflower Soup (Gluten Free)	15 g.
Cheesy Broccoli & ½ Ham Sandwich *Hibbing	18 g. & 11 g. = 29 g.
Soup of the Day & Half Sandwich *Hibbing	18 g. & 11 g. = 29 g.
Cheesy Chicken Tortilla Soup	13 g.
Chicken Dumpling Soup	19 g.
Chicken Noodle Soup	8 g.
Chicken Noodle Soup (Home-style)	18 g.
Chicken Pot Pie Soup	20 g.
Chicken Rice Soup	8 g.
Chili Soup	23 g.
Clam Chowder Soup	19 g.
Corn Chowder Soup (Gluten free)	29 g.
Ham & Bean Soup	20 g.
Lasagna Soup	21 g.
Minestrone Soup	18 g.
Normandy vegetable Cheddar Soup	21 g.
Potato Cream of Soup	17 g.
Potato with Bacon Soup	22 g.
Tomato Basil Ravioli Soup	21 g.
Tomato Soup	19 g.
Vegetable Beef Soup	13 g.
Wild Rice Chicken Soup	18 g.
Wisconsin Cheese Soup	16 g.

Breakfast Items

Bread (Banana) – 1 slice	44 g
Breakfast Sundae * Int'l Falls	39 g.
Snack Bread Banana Chocolate Chip Drizzle 2.45 oz.	35 g.
Snack Bread Blueberry 2.40 oz.	31 g.
Snack Bread French Toast Whole Wheat 2.3 oz.	34 g.
Breakfast Bagel Pizza	
Breakfast Pizza	23 g.
Tony's Breakfast Pizza Sausage whole grain	27 g.
Breakfast Sandwich w/ English Muffin	22 g.
Breakfast Slider (Egg & Cheese)	25 g.
Cinni Minis	39 g.
Waffle Dutch w/o Syrup – w/syrup	43 g. or 69 g.
Cereal – Apple Jacks (Reduced Sugar)	24 g.
Cereal – Cinn. Toast Crunch (Red. Sugar)	22 g.
Cereal – Cocoa Puffs (Reduced Sugar)	20 g.
Cereal – Frosted Flakes (1/3 Less Sugar)	24 g.
Cereal – Frosted Mini Wheats	24 g.
Cereal – Fruit Loops (Reduced Sugar)	24 g.
Cereal – Cheerio's 1 oz. bowl	20 g.
Cereal – Honey Nut Cheerios	22 g.
Cereal - Kix	14 g.
Cereal – Trix (Reduced Sugar)	18 g.
Cheese Omelet	3 g.
Cinnamon Roll (no frosting)	35 g.
Egg & Cheese Breakfast Wrap	14 g.
French Toast Sticks	39 g.
Mini French Toast	37 g.
Graham Crackers (2 in 1 pkg.)	34 g.
Granola Breakfast Round	43 g.
Granola Bar	33 g.
Mini Muffins	25 g.
Mini Pancakes	31 g.
Muffin Blueberry	30 g.
Muffin Pumpkin Chocolate Chip *Int'l Falls	38 g.
Muffin Chocolate Chocolate Chip	32 g.
Muffin Lemon Poppy Seed	30 g.
Muffin Orange Blossom	31 g.
Oatmeal – Quaker Apple & Cinnamon	27 g.
Oatmeal – Quaker Cinnamon & Spice	32 g.
Oatmeal – Quaker Maple & Brown Sugar	32 g.
Oatmeal – Quaker Plain	19 g.
Pancake Sausage Bites (6 pc.) 4 pc.	33 g. or 25 g.
Pancakes	34 g.
Peanut Butter & Jelly Sandwich (Uncrustable)	32 g.
Poptart	37 g.
Turkey/PorkSausage Patty (2)	0 g.
Waffle Stix	36 g.
Waffle, Dutch	43 g.
Yogurt Strawberry Banana	20 g.

Dessert Items

Baked Apple w/ Granola	15 g.
Bug Bites	21 g.
Cup Cakes Celebrate Vanilla/Chocolate	34 g.
Fortune Cookie (1)	7 g.
Fruit Snacks	22 g.
Fruited Yogurt Parfait	25 g.
Fudgesicle	25 g.

Goldfish Crackers	19 g.
Honey Roasted Soy Nuts 2 c.	23 g.
Potato Chips	15 g.
Potato Chips (Baked)	10 g.
Pudding Chocolate 4 oz.	25 g.
Pudding Vanilla 4 oz.	22 g.
Rice Krispie Bar	27.2
Trail Mix (Schoolmade) (1/4 C.)	23 g.
Whipped Topping 2 Tbsp.	2 g.

The estimated carbohydrate counts contained within this report and the Nutritional Analysis should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change without notice. 10/1/2015