

Nutritional Value for Menu Items			
ITEM	Serving Size	Carbs(g)	Calories
Apple Crisp	1 piece	60.45	182.9
Baked Potato Bar w/ Toppings	1 entree	45.54	527
Baked Potato w/ Chili	1 entree	47.43	374
Beef-Yakisoba Bowl (Elementary)	1 entree	37.53	359
Bowl-Asian	1 entree	64.21	464
Breadstick-Cheesy w/Marinara	1 entree	36.66	321
Breakfast Wrap: Scratch Made	1 wrap	35.74	445
Breakfast-Bowl -(Eggs, Sausage, Baby Bakers)	1 entree	21.6	467
Breakfast-Bowl-(Eggs, Sausage, Tots)	1 entree	19.6	377
Breakfast-For-Lunch-French Toast & Bacon	1 entree	42	315
Breakfast-For-Lunch-French Toast & Sausage	1 entree	42.5	480
Breakfast-For-Lunch-Pancakes Topped w/ Strawberries	1 entree	49	230
Breakfast- Pancake- Banana- Mini	3 pancakes	47	260
Breakfast Pizza Bagel	1 each	23	192
Burger-Buffalo Ranch Chicken	1 each	36.55	311
Burger-Chicken-Breaded	1 Burger	46.27	457
Burger-Chicken-Breaded-Spicy	1 Burger	46.62	460
Burger-Hula	1 Burger	71	385
Burrito-Bean and Cheese	1 Burrito	40	310
Burrito-Beef & Bean	1 Burrito	40	360
Burrito-Breakfast (WHS)	1 Burrito	58.48	554
Burrito-Shredded Chicken	1 Burrito	69.74	622
Burrito-Shredded Pork	1 Burrito	69.24	618
Chicken & Waffles (Middle School)	1 entree	32.89	369
Chicken & Waffles (Elementary) 5 nuggets/1 waffle	1 entree	49.17	410
Pasta-Chicken-Alfredo Bake - NO Breadstick	6 oz	28.61	316
Chicken Verde Enchiladas	1 entree	31.09	160
Chicken-Drumstick-Breaded	1 drumstick	5	190
Chicken-Drumstick-Glazed	1 drumstick	2	160
Chicken-Nugget-Breaded WG (aka BAKED, CHICKEN BITES)	5 each	14.17	190
Chicken-Orange	3oz	25.43	162
Chicken-Parmesan Bites w/ PASTA OR SPAGHETTI	1 entree	39.94	398
Chicken-Popcorn	12 each	16.15	264
Chicken-Sweet & Sour-No Rice (Elementary)	5 pieces	21.5	217
Chicken-Wings-Boneless-Unsauced	5 each	13.02	200
Chicken-Yakisoba Bowl (Elementary)	1 entree	32.57	267
Chili Haystacks	1 haystack	36.7	476
Chili-Beef	6oz.	28.43	290
Cinnamon Roll- FMS Bake Shop	1 each	52.67	334
Corn Dog	1 corn dog	30	240
Cornbread	1 piece	22.55	141
Egg-Ham & Cheese Scrambled	1 entree	4.64	280
Egg-Scrambled w/Sausage	4oz egg/1sausage	4.5	279
Elote-Corn	.25cup	10.93	77

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Fish-Baja Sticks w/French Fries	1 entree	28.75	280
Hamburger-Deluxe w/Cheese	1 Burger	28.14	357
Hamburger-Deluxe-No Cheese	1 Burger	27.14	317
Hot Dog w/French Fries	1 entree	41.58	415
Hummus Plate w/ Flatbread	1 entree	74.82	474
Legumes-Black beans-Cuban	.25cup	20.12	114
Mashed Potato Bowl w/o Roll	1 entree	52.15	513
Mashed Potato Bowl w/Roll	1 entree	85.43	703
MAXX Breadsticks w/Marinara	2 each	38.45	339
Meatballs-Sweet & Sour w/Rice (Elementary)	1 entree	34.58	323
Meatloaf w/ Mashed Potatoes	1 entree	58.29	594
Monkey Tail- Secondary	1 entree	104.43	740
Monkey Tail - Elementary	1 entree	83.34	630
Nachos-Supreme (Cheese, Chips, Beef)	1 entree	44.33	475
Pasta-Bar w/Garlic Breadstick	1 entree/1 breadstick	43.67	383
Pasta-Chicken Parmesan w/Pesto Pasta	1 entree	61.58	667
Pasta-Ravioli-Cheese w/ Meat Sauce	7 ravioli	19.68	276
Pasta-Ravioli-Cheese w/Alfredo Sauce & Breadstick	1 entree	25.4	304
Pasta-Ravioli-Cheese w/Meat Sauce	1 entree	19.68	276
Pasta-Ravioli-Cheese w/Pesto Alfredo	1 entree	35.72	397
Pasta-Spaghetti w/ Meat Sauce & Breadstick	1 entree	69.49	677
Pasta-Tomato Alfredo w/Chicken	1 entree	33.11	377
Pizza-Cheese-Rectangle (Elementary)	1 rectangle	30	310
Pizza- Cheese- Stuffed Crust	1 slice	38g	320
Pizza-Hawaiian-Big Daddy's	1 slice	37.64	382
Pizza-Hawaiian-Rectangle (Elementary)	1 Rectangle	34.06	337
Pizza-Pepperoni-Big Daddy's	1 slice	36.4	406
Pizza-Pepperoni-Rectangle (Elementary)	1 rectangle	30	327
Pizza-Pretzel-w/ Pepperoni & Mozz Cheese	1 entree	38	420
Pretzel-Soft Pretzel-w/2oz cheese sauce	1 entree	32	270
Pork-Pulled Poutine	1 entree	63.71	541
Quesadilla-Cheese	1 entree	26.02	373
Quesadilla-Chicken & Cheese	1 entree	26.84	375
Quesadilla-Egg & Cheese	1 entree (1 each)	27.07	351
Rice-Fried-Elementary	.5cup	23.41	146
Rice-Lime-Cilantro	.5cup	16.53	103
Rice- Rainbow	1 cup	20.96	114
Rice-Spanish (Secondary)-Scratch Made	.5cup	24.53	135
Roll-Up-Chicken & Cheese	1 entree	27.79	480
Salad-Black Bean	.5cup	22	122
Salad-Chef w/WG Roll	1 salad/1 roll	49.85	255
Salad-Chicken Caesar (Secondary)	1 salad/1 roll	43.88	550
Salad-Chicken Caesar-Made-to-Order w/Garlic Breadstick	1 entree	48.12	631
Salad-Chicken Caesar w/ WG roll	1 salad/ 1 roll	46.29	539

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Salad-Chicken-Mandarin w/WG roll	1 salad/1 roll	55.38	424
Salad-Garden Salad w/WG roll	1 salad/ 1 roll	49.26	453
Salad-Popeye w/ WG Roll	1 salad/ 1 roll	46.92	436
Salsa-Apple	.25cup	6.47	41
Salsa-Black Bean	4 oz.	22.41	122
Salsa-Cabbage	2 oz	9.61	44
Salsa- Peach	.25cup	6.81	44
Sandwich-BBQ Beef w/Fries	1 sandwich/ .5 cup	55.41	440
Sandwich-BBQ Rib	1 Sandwich	38.67	309
Sandwich- Chicken Grinder	1 Sandwich	35.18	339
Sandwich-Chicken Po'Boy Grinder	1 Sandwich	32.88	366
Sandwich-French Dip- Without Au Jus (Elementary)	1/2 Sandwich	18.5	395
Sandwich-Grilled Cheese-Jalapeno Popper	1 Sandwich	29	510
Sandwich-Grilled Cheese-Pizza	1 Sandwich	33	601
Sandwich-Ham & Cheese	1 Sandwich	32	287
Sandwich-Ham, Turkey & Cheese	1 Sandwich	34.55	338
Sandwich-Hot Parmesan Chicken Burger	1 Sandwich	51.29	511
Sandwich-Italian Combo	1 Sandwich	30.76	399
Sandwich-Italian Chicken Sub-Hot	1 Sandwich	39	420
Sandwich-Italian Meatball Sub-Hot	1 Sandwich	34.76	446
Sandwich-Meatball Sub-Hot	1 Sandwich	47.19	471
Sandwich-Open-Face Bagel w/melted Cheese	1 Sandwich	21.59	283
Sandwich-Pizza Sub	1 Sandwich	34.76	446
Sandwich-Shredded BBQ Chicken	1 Sandwich	38.65	321
Sandwich-Shredded BBQ Pork	1 Sandwich	46.23	365
Sandwich-Shredded Pork Panini	1 Sandwich	43.9	456
Sandwich-Sunbutter & Jelly	1 Sandwich	44.21	395
Sandwich-Toasted Cheese	1 Sandwich	26	421
Sandwich-Torta w/ Fajita chicken	1 Sandwich	73.45	578
Sandwich-Triple Decker-Club	1/2 Sandwich	23	285
Sandwich-Tuna Sub w/ Sun Chips	1 Sandwich/1 bag of chips	44	444
Sandwich-Tuna Sub - NO CHIPS	1 Sandwich	25	
Sandwich-Turkey & Cheese	1 Sandwich	31.75	318
Sanwich-Turkey-Ham & Cheese	1 Sandwich	29	305
Sandwich-WowButter and Banana	1 Sandwich	39.28	377
Sandwich-WowButter and Jelly	1 Sandwich	45.21	395
Scone-No Icing-Bake Shop	1 Scone	35.41	254
Scone-with Icing-Bake Shop	1 Scone	47.27	300
Sloppy Joes-BBQ Beef	1 Sandwich	37.7	356
Sides-Roasted Italian Veggies	4 oz.	6.27	59
Soup-Baked Potato	6 oz.	29.91	386
Soup-Chicken Tortilla	8oz	13.99	168
Soup-Pozole-Chicken	6 oz.	51.85	433
Soup-Taco	8 oz	19.55	221

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ITEM	Serving Size	Carbs(g)	Calories
Soup- Tuscan Bean Soup	8 oz.	17.96	138.8
Spaghetti w/Marinara & Meat	1 entree	37.18	383
Taco-Beef-Soft	1 Taco	26.01	361
Taco-Beef-Soft w/ Refried Beans	1 entree	35.51	531
Taco-Chicken-Soft	1 Taco	25.01	347
Tacos-Beef-Soft	1 Taco	26.01	361
Tacos-Fish	2 Tacos	69	537
Taquitos-Chicken & Cheese	2 Taquitos	32.51	476
Teriyaki Broccoli Beef-NO RICE	1 entree	12.87	178
Teriyaki Dippers with Rice	4 each/1/2 c	34.52	266
Totchos- Choice of Chicken or Beef (Secondary)	1 entree	29.5	C= 355 B= 390
Turkey Gravy (Diced Turkey w/Turkey Gravy)w/ Mashed Potatoes-Elementary	6oz. Turkey Gravy/ 4 oz. Potatoes	27.4	327
Turkey Gravy (Diced Turkey w/Turkey Gravy)w/ Mashed Potatoes-Secondary	6oz. Turkey Gravy/ 8 oz. Potatoes	44.97	420
Waffles & Bacon	2 waffles/1 bacon	34.92	299
Wrap-Chef Sandwich	1 Wrap	57.82	496
Wrap-Energy (Secondary)	1 Wrap	86.49	715
Wrap- Hot Chicken Chipotle (Secondary)	1 Wrap	61.95	506
Wrap-Pizza	1 Wrap	53.76	556
Wrap-Spicy Chicken Caesar	1 Wrap	72.7	717
Wrap-Tuna	1 Wrap	73.92	613
Wrap-Turkey BLT	1 Wrap	48.91	655
Wrap-Turkey Ranch	1 Wrap	34.17	340
Wrap-Veggie	1 Wrap	34	458
Yogurt Pack-Yogurt, String Cheese & WG Crackers	1 each	41.07	340
Yogurt-Parfait	1 each	54.93	362
Zombies-Cheese, Pepperoni	1 Zombie	25.69	341