

2019-2020 MENU ITEM	FOOD CATEGORY	MENU	GRADE LEVEL	SERVING SIZE	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)	Vitamin A (IU)	Vitamin C	Calcium (mg)	Iron (mg)
WHOLE GRAIN DEEP DISH CHEESE PIZZA	ENTRÉE	LUNCH	ALL	1 SERVING	280.00	12.00	6.00	0.00	30.00	410.00	26.00	3.00	8.00	15.00	60.00	0.00	280.00	1.80
WHOLE GRAIN PEPPERONI PIZZA IW (ARDELLA)	ENTRÉE	LUNCH/SUPPER	GR K-12	1 SERVING	330.82	13.26	6.14	0.00	37.78	625.21	34.10	2.98	5.13	19.20	420.11	8.62	470.93	1.38
WHOLESOME GRANOLA	GRAIN	LUNCH	GR K-12	1 IND. BAG	240.00	9.00	1.00	0.00	0.00	55.00	37.00	4.00	10.00	5.00	0.00	0.00	25.00	1.00
WILD BERRY JUICE	FRUIT JUICE	BREAKFAST/LUNCH	ALL	EACH 4 OZ.	60.00	0.00	0.00	0.00	0.00	15.00	15.00	0.00	15.00	0.00	0.00	30.00	0.00	0.00
WILD CHERRY JUICE BAR	FRUIT JUICE	SUPPER	ALL	EACH JUICE BAR	40.00	0.00	0.00	0.00	0.00	5.00	9.00	2.00	7.00	0.00	500.00	60.00	60.00	0.00
YELLOW SUBMARINE SANDWICH #2	ENTRÉE	LUNCH/SUPPER	GR K-12	1 SANDWICH	326.67	14.50	6.67	0.00	60.00	700.00	27.67	2.00	1.67	22.67	400.00	6.40	246.67	1.80
YELLOW SUBMARINE SANDWICH #5 (LAND O'LAKE CHEESE)	ENTRÉE	LUNCH/SUPPER	GR K-12	1 SANDWICH	296.67	11.50	5.17	0.00	50.00	710.00	27.67	2.00	1.67	22.67	300.00	6.40	246.67	1.80
YOGURT & GRANOLA	ENTRÉE	LUNCH-DAILY OPTION/FIELD TRIP	GR K-12	1 SERVING	420.00	9.00	1.00	0.00	5.00	160.00	75.00	4.00	39.00	11.00	0.00	3.60	625.00	1.00
YOGURT 4 OZ. (STRAWBERRY)	ENTRÉE	BREAKFAST	GR K-12	EACH 4 OZ.	61.73	0.00	0.00	0.00	3.53	52.91	12.35	0.00	8.82	3.53	0.00	0.00	132.28	0.00
YOGURT 8 OZ. (STRAWBERRY)	ENTRÉE	LUNCH	GR K-12	EACH 8 OZ.	180.00	0.00	0.00	0.00	5.00	105.00	38.00	0.00	29.00	6.00	0.00	3.60	600.00	0.00
YOGURT PARFAIT (BLUEBERRIES)	ENTRÉE	LUNCH	GR 6-12	1 SERVING	219.63	1.99	1.00	0.00	5.00	105.49	43.91	0.98	31.43	7.00	1,000.00	0.00	200.00	0.00
YOGURT PARFAIT (CHERRIES)	ENTRÉE	LUNCH	GR 6-12	1 SERVING	235.74	1.55	1.01	0.00	5.00	105.40	47.98	0.84	28.00	7.46	1,075.91	0.40	204.82	0.14
YOGURT PARFAIT (PEACHES)	ENTRÉE	LUNCH	GR 6-12	1 SERVING	312.66	1.50	1.00	0.00	5.00	111.81	50.58	0.68	38.90	7.68	1,204.43	0.00	200.00	0.00
YOGURT PARFAIT (STRAWBERRIES)	ENTRÉE	LUNCH	GR 6-12	1 SERVING	212.66	1.50	1.00	0.00	5.00	105.00	42.54	1.01	30.53	7.00	1,000.00	0.00	200.00	0.00
ZESTY BEEF CHALUPA	ENTRÉE	LUNCH	GR K-5	1 SERVING	244.50	13.94	5.92	0.00	44.07	404.03	11.18	0.32	0.56	16.28	296.12	0.24	347.14	0.84
ZESTY BEEF CHALUPA WITH RICE	ENTRÉE	LUNCH	GR 6-12	1 SERVING	362.64	14.54	5.92	0.00	44.07	624.73	36.62	1.53	0.56	18.69	504.02	2.73	349.55	1.65