

2020-2021 MENU ITEM	FOOD CATEGORY	Total Carbohydrate (g)	SERVING SIZE	Calories (kcal)	Total Fat (g)	Saturated Fat (g)
ALL AMERICAN BURGER	ENTRÉE	29.60	EACH 4.25 OZ.	275.10	8.67	2.95
APPLE CRISP TREE TOP	FRUIT	10.00	EACH 0.34 OZ.	40.00	0.00	0.00
APPLESAUCE CUP	FRUIT	14.00	EACH 4.5 OZ.	60.00	0.00	0.00
APPLESAUCE CUP (ORANGE DREAMSICLE)	FRUIT	18.00	EACH 4.5 OZ.	70.00	0.00	0.00
BANANA CHOCOLATE CHIP SCONE	GRAIN	30.20	EACH 2.8 OZ.	252.00	8.20	2.80
BANANA STRAWBERRY SMOOTHIE	MEAT/MEAT ALT/FRUIT	40.00	EACH 7.6 OZ.	125.00	0.00	0.00
BBQ BEEF RIB SANDWICH	ENTRÉE	32.88	EACH 4.36 OZ.	282.29	9.79	3.21
BEAN & CHEESE CHIMICHANGA	ENTRÉE	43.00	EACH 5.5 OZ.	350.00	13.00	5.00
BEAN & TWO CHEESE DIP	MEAT/MEAT ALT	16.00	EACH 3.35 OZ.	180.00	8.00	4.50
BEEF & CHEESE TACO SNACK	ENTRÉE	33.27	EACH 4.75 OZ.	326.11	14.21	5.75
BEEF PHILLY STEAK PINWHEEL	ENTRÉE	33.00	EACH 4 OZ.	320.00	12.00	6.00
BEEF SAUSAGE PANCAKE SANDWICH	ENTRÉE	15.70	1 EACH	140.32	4.69	1.57
BEEF SAUSAGE SANDWICH ON WG HAWAIIAN BUN	ENTRÉE	26.30	EACH 3.10 OZ.	213.98	6.63	1.94
BEEF TERIYAKI DIPPER & RICE (NNC REPACK)	ENTRÉE	68.40	1 SERVING	428.33	8.91	3.03
BEEF, EGG, & CHEESE BURRITO	ENTRÉE	22.31	EACH 3 OZ.	222.88	10.37	3.86
BERRY BERRY BLUE SLUSH	FRUIT JUICE	19.00	EACH 4 OZ.	80.00	0.00	0.00
BLUEBERRY MUFFIN	GRAIN	23.00	EACH 1.8 OZ.	130.00	3.50	0.00
BLUEBERRY PEAR FRUIT POP	FRUIT	21.00	EACH 3.5 OZ.	80.00	0.00	0.00
BROWNIE	GRAIN	24.00	EACH 1.25 OZ.	130.00	4.00	1.00
BUTTERY MAPLE WAFFLE	GRAIN	37.00	EACH 2.4 OZ.	250.00	9.00	4.00
CAFÉ LA COFFEE CAKE 3.4 OZ IND. WRAPPED	GRAIN	45.00	EACH 3.4 OZ.	310.00	12.00	1.50
CELERY STICKS (IND. BAG)	VEGETABLE	2.00	EACH 2.3 OZ	10.00	0.00	0.00
CHEDDAR CHICKPEAS	MEAT/MEAT ALT	13.00	EACH 0.83 OZ.	120.00	5.00	0.50
CHEESEBURGER SLIDERS	ENTRÉE	31.10	EACH 4.55 OZ.	273.00	8.00	2.90
CHEESY GARLIC BREAD	ENTRÉE	29.00	EACH 4.5 OZ.	395.00	21.71	8.00
CHEESY PILLOWS	ENTRÉE	29.00	1 SERVING	290.00	14.00	5.00
CHEEZ-IT CRACKER	GRAIN	14.00	EACH 0.75 OZ.	100.00	3.50	1.00
CHERRY BLOSSOM CHICKEN & RICE	ENTRÉE	87.75	1 SERVING	508.77	8.70	1.48
CHERRY SMOOTH CUP	VEGETABLE JUICE	22.00	EACH 4.4 OZ.	100.00	0.00	0.00
CHICKEN DRUMSTICK & RUFFLE FRIES	ENTRÉE	25.41	1 SERVING	309.14	15.38	2.93
CHICKEN TENDERS & TOTS	ENTRÉE	26.23	1 SERVING	323.97	15.70	2.03
CHOCOLATE BELLY BEAR CRACKERS	GRAIN	20.00	EACH 1 OZ.	120.00	4.00	0.00
CHOCOLATE CHIP CHOOKIE WG	GRAIN	23.80	EACH 1.2 OZ.	148.00	5.30	1.60
CHURRO	GRAIN	23.00	EACH 1.48 OZ.	140.00	4.00	1.50
CINNAMON FRENCH TOAST	ENTRÉE	29.00	EACH 2.9 OZ	210.00	7.00	2.50
CINNAMON PAN DULCE	GRAIN	33.00	EACH 2.25 OZ.	200.00	6.50	1.50
COLESLAW	VEGETABLE	4.00	EACH 2 OZ.	20.00	0.00	0.00
CONDIMENT - BBQ SAUCE	CONDIMENT	10.32	EACH 1 OZ.	44.47	0.09	0.01
CONDIMENT - KETCHUP HEINZ	CONDIMENT	2.61	EACH 9 G	11.09	0.01	0.00
CONDIMENT - TACO SAUCE	CONDIMENT	0.00	EACH 9 G	0.00	0.00	0.00
CONDIMENT-TAJIN	CONDIMENT	0.00	1 EACH	2.00	0.00	0.00
CORNBREAD	GRAIN	33.00	EACH 2.5 OZ.	190.00	6.00	0.50
CREAMY MASHED POTATOES	VEGETABLE	18.53	1 SERVING	89.35	0.87	0.49
CREAMY MASHED WITH RANCH	VEGETABLE	18.53	1 SERVING	89.35	0.87	0.49
DEEP DISH PEPPERONI PIZZA WG 5"	ENTRÉE	31.00	EACH 4.98 OZ.	310.00	13.00	6.00
DELUXE CEREAL-BLUEBERRY RICE CHEX	GRAIN	46.00	EACH 2 OZ	240.00	5.00	0.50
DELUXE CEREAL-CINNAMON CHEX	GRAIN	46.00	EACH 2 OZ	240.00	5.00	0.50
DELUXE CEREAL-CINNAMON TOAST CRUNCH	GRAIN	44.00	EACH 2 OZ	230.00	5.00	0.50
DELUXE CEREAL-GRANOLA CHOCOLATE ROCKIN'OLA	GRAIN	33.00	EACH 2 OZ	180.00	4.50	0.50
DELUXE CEREAL-HONEY BUNCHES OF OAT VANILLA	GRAIN	47.00	EACH 2 OZ	220.00	3.00	0.00
DELUXE CEREAL-RICE CHEX	GRAIN	48.00	EACH 2 OZ	210.00	1.00	0.00

2020-2021 MENU ITEM	FOOD CATEGORY	Total Carbohydrate (g)	SERVING SIZE	Calories (kcal)	Total Fat (g)	Saturated Fat (g)
DRESSING - RANCH PC	CONDIMENT	4.00	1 EACH	21.00	0.60	0.00
DRIED CRANBERRIES (CHERRY FLAVOR)	FRUIT	27.00	EACH 1.16 OZ.	110.00	0.00	0.00
FIESTA BEAN & CHEESE BURRITO	ENTRÉE	29.95	EACH 3.25 OZ.	214.02	6.40	2.21
FIESTADA STUFFED SANDWICH (BEEF & CHEESE)	ENTRÉE	31.00	EACH 4.46 OZ.	320.00	14.00	7.00
FISH FILLET & TOTS	ENTRÉE	27.04	1 SERVING	280.23	14.51	1.50
FOOD & NUTRITION CRACKER	GRAIN	22.00	EACH 1 OZ.	120.00	4.00	0.00
FRENCH TOAST TRIO	ENTRÉE	25.61	EACH 2.9 OZ.	207.77	8.79	2.10
FRESH FRUIT-APPLE (RED/GREEN)	FRUIT	20.48	1 EACH	87.04	0.00	0.00
FRESH FRUIT-APPLE SLICES	FRUIT	8.00	1 IND. PKG	34.00	0.00	0.00
FRESH FRUIT-BANANA	FRUIT	31.06	1 EACH	121.04	0.45	0.15
FRESH FRUIT-KIWI	FRUIT	11.14	1 EACH	46.00	0.40	0.02
FRESH FRUIT-ORANGE	FRUIT	9.70	1 EACH	44.50	0.00	0.00
FRITOS CORN CHIPS	GRAIN	16.00	EACH 1 OZ.	160.00	10.00	1.50
FRUIT PUNCH JUICE BOX (SUNCUP)	FRUIT JUICE	15.00	EACH 4.23 OZ.	60.00	0.00	0.00
GOLDFISH PRETZEL	GRAIN	16.00	1 IND. BAG	90.00	1.50	0.00
GRANOLA (FIELDSTONE)	GRAIN	20.00	EACH 1 OZ.	120.00	3.00	0.50
HONEY MAID SQUARES	GRAIN	24.00	1.06 OZ.	130.00	3.00	0.00
HULA COOLER SLUSH	FRUIT JUICE	19.00	EACH 4 OZ.	70.00	0.00	0.00
HUMMUS CUP	MEAT/MEAT ALT	18.00	EACH 3 OZ.	110.00	2.00	0.00
ITALIAN CHEESE POCKET	ENTRÉE	17.00	EACH 2.27 OZ.	160.00	6.00	3.00
KETTLE POPCORN	GRAIN	22.00	EACH 1 OZ.	130.00	4.00	0.00
KIWI STRAWBERRY FRUIT SLUSH	FRUIT JUICE	15.00	1 SERVING	60.00	0.00	0.00
MARINARA CUP (RED GOLD)	VEGETABLE	7.00	EACH 2.5 OZ.	40.00	1.00	0.00
MILK CHOCOLATE NON-FAT	MILK	22.00	EACH 8 OZ.	120.00	0.00	0.00
MILK NON-FAT LACTOSE FREE	MILK	13.00	EACH 8 OZ.	90.00	0.00	0.00
MILK SOY VANILLA	SOY MILK	18.00	EACH 8 OZ.	150.00	4.50	0.50
MILK WHITE LOW FAT 1%	MILK	14.00	EACH 8 OZ.	120.00	2.50	1.50
MILK WHITE NON-FAT	MILK	12.00	EACH 8 OZ.	90.00	0.00	0.00
MINI POTATO TOTS (1/2 C)	VEGETABLE	14.04	EACH 1/2 CUP	90.23	3.51	0.00
MIXED FRUIT CUP	FRUIT	19.00	EACH 4.5 OZ CUP	80.00	0.00	0.00
OATMEAL CEREAL	GRAIN	19.00	EACH 1 OZ.	100.00	2.00	0.00
PARADISE PUNCH JUICE BOX (SUNCUP)	VEGETABLE JUICE	14.00	EACH 4.23 OZ.	60.00	0.00	0.00
PEACH CUP (STRAWBERRY BANANA FLAVOR)	FRUIT	12.00	EACH 4 OZ.	50.00	0.00	0.00
PENNE RIGATI & TURKEY MEATBALLS	ENTRÉE	76.88	1 SERVING	488.28	8.88	1.15
PENNE RIGATI WITH CHICKEN	ENTRÉE	73.65	1 SERVING	477.95	7.71	1.30
PERFECT PEARS	FRUIT	15.59	1 SERVING	59.81	0.12	0.00
PETITE BABY CARROTS	VEGETABLE	5.84	EACH 2.5 OZ.	24.81	0.09	0.02
PIZZABOLI	ENTRÉE	34.00	1 EACH	310.00	12.00	6.00
POP TART (WG STRAWBERRY POCKET)	GRAIN	76.00	1 SERVING	350.00	5.00	2.00
PORK CHOP & MASHED POTATOES	ENTRÉE	29.53	1 SERVING	349.35	17.87	4.99
RANCH CHEDDAR CHEESE	MEAT/MEAT ALT	1.00	EACH 1 OZ.	100.00	8.00	6.00
ROMAINE SALAD IND. WRAPPED	VEGETABLE	4.00	EACH 2.6 OZ.	25.00	0.00	0.00
RUFFLE FRIES (1/2 C)	VEGETABLE	19.55	1 SERVING	109.98	3.67	0.00
SALISBURY STEAK WITH GRAY (IND. WRAPPED)	ENTRÉE	4.69	EACH 3.15 OZ.	137.19	7.17	2.37
SALSA CUP	VEGETABLE	5.00	EACH 3 OZ.	25.00	0.00	0.00
SOUR WATERMELON CUP	FRUIT JUICE	20.00	1 EACH	70.00	0.00	0.00
SUN CHIPS-CHEDDAR	GRAIN	19.00	EACH 1 OZ.	140.00	6.00	0.50
SUN CHIPS-GARDEN SALSA	GRAIN	19.00	EACH 1 OZ.	140.00	6.00	0.50
TROPICAL TRIO SLUSH	VEGETABLE	20.00	EACH 4 OZ.	80.00	0.00	0.00
TURKEY BURGER	ENTRÉE	29.00	1 SANDWICH	300.00	11.00	2.50
TURKEY STICK	MEAT/MEAT ALT	0.00	EACH 1.2 OZ.	40.00	1.00	0.00
VERY BERRY JUICE	FRUIT JUICE	17.00	EACH 4.23 OZ.	60.00	0.00	0.00

2020-2021 MENU ITEM	FOOD CATEGORY	Total Carbohydrate (g)	SERVING SIZE	Calories (kcal)	Total Fat (g)	Saturated Fat (g)
WG CHEESE PIZZA WEDGE	ENTRÉE	34.58	EACH 5.24 OZ.	327.81	12.85	6.10
WG GRILLED CHEESE SANDWICH	ENTRÉE	31.24	EACH 4.18 OZ.	305.58	14.21	7.74
WG PEPPERONI (TURKEY-BEEF) PIZZA WEDGE	ENTRÉE	31.00	EACH 4.71 OZ.	320.00	15.00	7.00
WG SAUSAGE PIZZA (TURKEY)	ENTRÉE	28.00	EACH 5.2 OZ.	339.00	16.00	9.00
WG THREE CHEESE CALZONE	ENTRÉE	40.00	EACH 5 OZ.	320.00	12.00	6.00
YANG'S ORANGE CHICKEN & RICE	ENTRÉE	66.63	1 SERVING	376.23	5.02	0.86