



Nutrition Information on Food Items Used in School Menus
2020-2021 School Year

NOTE: Food and Nutrition Services attempts to provide nutrition information that is as accurate as possible. It is based upon standard portion product guidelines, and variations of serving sizes and/or ingredient content may occur. (Nutritional information is provided by manufacturers and USDA and is subject to change periodically).

Revised February 11, 2021

LUNCH FOODS

Product Description	Portion Size	Kcals	Fat (g)	% Kcals from Fat	Sat Fat (g)	% Sat Fat	Trans Fat (g)	Protein (g)	Carbs (g)	Sodium (mg)	Fiber (g)	Additional Comments
Entrees												
Baked Penne	1 cup	311	13	38%	7	20%	0	20	29	750	6	Whole Grain
Burger, Black Bean	1 each	270	7	23%	1	3%	0	19	41	445	10	Whole Grain
Burger, Cheeseburger	1 each	315	16	46%	6	17%	0	21	28	615	6	Whole Grain
Chicken Pot Pie	1 serving	371	16	39%	8	19%	0	21	36	656	3	Whole Grain
Grilled Cheese Sandwich	1 sandwich	360	20	50%	10	25%	0	16	26	1050	4	Whole Grain
Homemade Cheese Pizza	1/8th pizza	356	16	40%	8	20%	0	20	32	753	4	Whole Grain Crust
Hot Dog	1 each	240										
Hummus w/Pita	1/2c & 6 slices	388	17	39%	2	5%	0	13	48	530	7	Homemade Hummus
Mac & Cheese, Homemade	1 cup	477	24	45%	12	23%	0	23	47	1038	6	Whole Grain
Mumbo, Chicken Drumstick	1 each	231	10	39%	3	12%	0	16	20	869	0	
Mumbo, Roasted Tofu	1/2 cup	343	8	21%	2	5%	0	16	50	1489	1	
Nacho Kit, Cheese	1 kit	428	27	57%	11	23%	0	24	22	1026	1	Whole Grain
Nacho Kit, Chicken & Cheese	1 kit	380	25	59%	11	26%	0	17	22	980	1	Whole Grain
Pasta Salad	1 cup	304	13	38%	7	21%	0	19	28	732	4	Whole Grain
Pasta, Cheesy Broccoli Alfredo	1 cup	370	12	29%	6	15%	0	21	51	758	7	Whole Grain
Pasta, Chicken Broccoli Alfredo	1 cup	438	16	33%	7	14%	0	28	51	802	7	Whole Grain
Quesadilla, Cheese	1 each	301	15	45%	9	27%	0	18	23	499	3	Whole Grain Tortilla
Quesadilla, Chicken & Cheese	1 each	373	21	51%	9	22%	0	24	22	530	3	Whole Grain Tortilla
Sandwich, Sunbutter & Jelly	1 sandwich	590	36	55%	4	6%	0	20	49	430	8	Peanut Free

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Sandwich, Turkey & Cheese	1 sandwich	305	13	38%	5.5	16%	0	20	24	795	4	Whole Grain
Sub, Turkey Ham & Cheese	1 sub	294	13	40%	5.5	17%	0	17	29	905	3	Turkey Based Ham
Sub, Chicken Salad	1 sub	248	5	18%	1	4%	0	20	31	500	3	Whole Grain
Sub, Egg Salad	1 sub	282	9	29%	2	6%	0	18	34	650	3	Whole Grain
Sub, Tuna Salad	1 sub	205	2	9%	0	0%	0	18	29	494	3	Whole Grain
Teriyaki Chicken	1/4 cup	133	3	20%	1	7%	0	16	11	677	0	
Teriyaki Tofu	1/2 cup	233	10	39%	2	8%	0	18	19	794	0	
Wrap, BBQ Chicken	1 wrap	390	14	32%	4	9%	0	22	45	647	3	Whole Grain
Wrap, Buffalo Chicken	1 wrap	369	18	44%	9	22%	0	22	31	1171	3	Homemade Buffalo Sauce
Wrap, Buffalo Tofu	1 wrap	452	23	46%	10.5	21%	0	20	41	1432	3	Homemade Buffalo Sauce
Wrap, Chicken Caesar	1 wrap	473	30	57%	7.5	14%	0	21	31	501	3	Whole Grain
Vegetable Items												
Bean Salad	1/2 cup	162	4	22%	0.5	3%	0	8	25	140	5	
Corn Salad	1/2 cup	117	5	38%	0.5	4%	0	2	17	121	2	
BBQ Baked Beans	1/2 cup	170	0	0%	0	0%	0	5	38	565	5	
Italian Roasted Broccoli	1/2 cup	26	1	35%	0	0%	0	2	3	162	2	
Italian Roasted Carrots	1/2 cup	29	1	31%	0	0%	0	1	5	34	2	
Italian Roasted Cauliflower	1/2 cup	23	1	39%	0	0%	0	2	3	18	2	
Fried Rice. Vegetarian	1/2 cup	225	6	24%	2	8%	0	6	38	255	2	Brown Rice
Fresh Baby Carrots	1 pkg (2oz)	30	0	0%	0	0%	0	1	7	0	2	
Fresh Broccoli	1/2 cup	15	0	0%	0	0%	0	1	3	0	1	
Fresh Cucumber Slices	1/2 cup	8	0	0%	0	0%	0	0	2	0	0	
Fresh Pepper Slices	1/2 cup	9	0	0%	0	0%	0	0	2	0	1	
Potato Wedges	1/2 cup	120	4	30%	1	8%	0	2	20	140	2	
Roasted Broccoli	1/2 cup	27	0	0%	0	0%	0	3	6	115	3	
Roasted Green Beans	1/2 cup	43	1	21%	0	0%	0	1	7	245	2	
Seasoned Black Beans	1/2 cup	133	1	7%	0	0%	0	8	26	153	7	
Seasoned Corn	1/2 cup	128	4	28%	0	0%	0	3	22	5	2	
Side Salad	1 cup	13	0	0%	0	0%	0	1	3	0	1	
Sweet Potato Wedges	1/2 cup	200	7	32%	1	5%	0	2	31	250	2	
Tater Tots	1/2 cup	140	7	45%	1	6%	0	1	16	190	1	

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Dressings												
Caesar	1 TBSP	75	8	96%	1.5	18%	0	1	1	115	0	
Ranch Dipper	1 pkg (1oz)	130	13	90%	2	14%	0	0	3	270	0	
Fruit Items												
Applesauce	4oz	50	0	0%	0	0%	0	0	12	10	2	
Fresh Apple Slices	1 pkg (2oz)	30	0	0%	0	0%	0	0	7	0	1	
Fresh Apples	1 each	70	0	0%	0	0%	0	0	20	0	3	
Fresh Banana	1 each	105	0	0%	0	0%	0	1	27	0	3	
Fresh Oranges	1 each	45	0	0%	0	0%	0	1	11	0	2	
Juice, Apple	1/2 cup	50	0	0%	0	0%	0	0	13	0	0	100% Juice
Juice, Orange	1/2 cup	60	0	0%	0	0%	0	0	14	0	0	100% Juice
Peach Cups	1/2 cup	80	0	0%	0	0%	0	1	19	0	1	
Pineapple Tidbits	1/2 cup	80	0	0%	0	0%	0	0	20	0	1	
Milk (8oz)												
Skim Milk	8 oz.	80	0	0%	0	0%	0	8	12	115	0	30% RDA Calcium
Low-Fat 1%	8 oz.	110	2.5	20%	1.5	12%	0	8	12	115	0	30% RDA Calcium