

**High Schools Nutrient Analysis and Carbohydrate Counts
2020-2021 Menu**

2020-2021 Menu Item	Portion Size	Calories	Protein (g)	Carbohydrates (g)	Total Fat (g)
Breakfast Entrees					
Bagel- Whole Grain Wheat Bagel/Cream Cheese	1 Each	223	8	34.5	5.6
Bread- Pan Dulce (White Concha)	1 Each	200	5	34.11	6
Burrito- Breakfast (egg/turkeyb bacon/tater tot/cheese)	1 Burrito	466.8	21.1	41.6	23.2
Cereal- 25 % Reduced Sugar Cinnamon Toast Crunch	1 Each	110	1	22	3
Cheese- String, Mozzarella	1 Stick	80	6	1	6
Cinnamon Roll	1 Each	280	6	43	9
Pizza- Breakfast Pepperoni Pizza Stick	1 Stick	240	11	29	9
Sandwich- Bacon, Egg & Cheese Croissant	1 Sandwich	270	10.4	28.5	13
Sandwich- Egg & Cheese English Muffin	1 Sandwich	239.8	12.4	24.5	10.9
Sandwich- Sausage Biscuit Sandwich	1 Sandwich	280	10	28	14.5
Waffle- Buttery Maple	1 Each	250	6	37	9
Waffle- Dutch Waffle	1 Waffle	300	4	43	13
Lunch Entrées					
"The Grill" Lunch Specials					
Burrito- Bean & Cheese	1 Each	320	16.7	44.17	8.79
Burger- B4 the Burger (Vegetarian) Burger	1 Each	300	21	44	42
Burger- Beef (patty only)	1 Patty	231	25.2	0.13	13.5
Burger- Cheeseburger	1 Each	431	32.7	29.6	20
Chicken- Nuggets Breaded	1 Serving	260	16	16	15
Chicken- Breaded Chicken, Regular (patty only)	1 Patty	200	15	13	11
Chicken- Breaded Chicken, Spicy (patty only)	1 Patty	177	13	11	9
Chicken- Breaded Tenders	3 Tenders	200	14	12	10
Chicken- Spicy Tenders	3 Tenders	260	15	17	15
Pizza- Cheese, Papa Johns Wedge	1 Slice	330	21	40	10
Pizza- Pepperoni, Papa Johns Wedge	1 Slice	360	21	40	14
Sandwich- Crispy Chicken	1 Sandwich	350	20	42	13
Sandwich- Spicy Chicken	1 Sandwich	327	18	40	11
Sandwich- Grilled Cheese	1 Sandwich	280	17.85	31	9.91
Quesadilla- Cheddar Cheese	1 Each	510	26	32	31.5
Quesadilla- Chicken & Cheddar Cheese	1 Each	586	36.5	33.2	34.7

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Bowl Specials					
BBQ Pulled Pork	4 Oz	237	28	5.6	10
Baked Beans	1/2 Cup	110	7	20	1
Mac & Cheese	6 Oz	283	16.2	31	10.8
Corn Bread	1 Each	190	3	33	6
BBQ Roasted Chicken	4 Oz	165.2	15	10	6
Mashed Potatoes	1/2 Cup	70	1	15	1
AuGratin Potatoes	1/2 Cup	120	2	25	1
Cut Corn	1/2 Cup	60	1	13	1
Corn Bread	1 Each	190	3	33	6
Boneless Wings	4 Wings	228	29	17	8.5
BBQ		253	29	22	8.5
Buffalo		233	29	17	8.5
Seasoned Fries	1/2 Cup	110	2	17	2.5
Garlic Breadstick	1 Breadstick	100	1	15	3.5
Carnitas Burrito (Pork/Rice/Beans/Cheese)	1 Burrito	678	36	94	17
Chicken Parmesan	1 Patty/ 2 oz Sauce	227	14.8	16.4	10.6
Pasta & Marinara	2 oz Sauce/ 1/2 C Pasta	110	3.9	21	1.4
Broccoli	1/2 Cup	30	2	5	0
Garlic Breadstick	1 Breadstick	100	1	15	3.5
Chicken Alfredo Pasta	6 oz Chicken Alfredo/ 1/4 C Pasta	373	32	43	9.7
Steamed Broccoli	1/2 Cup	30	2	5	0
Green Beans	1/2 Cup	40	1.3	0	0
Garlic Breadstick	1 Breadstick	100	1	15	3.5

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Chicken & Waffles	4 Wings/ 3 Waffles	348	32	38	12.2
French Fries	1/2 Cup	110	2	17	2.5
Southern Green Beans	1/2 Cup	78.5	5	2	3
Chili Dog	1 Hot Dog/ 2 Oz Chili	440.7	20.6	33	25
Seasoned Fries	1/2 Cup	110	2	17	2.5
Enchilada Style Burrito	1 Burrito	424.7	23	45	19
Golden Corn	1/2 Cup	60	1	13	1
Spanish Rice	1/2 Cup	104	2.5	18.7	2.6
French Toast Sticks	3 Stick	270	7	43	8
Scrambled Eggs	1/3 Cup	90	6	2	6
Sausage Patty	1 Patty	70	6	1	4.5
Tater Tots	1/2 Cup	150	2	19	7
Hot Dog	1 Hot dog	370	13	30	23
Seasoned Fries & Onion Rings	1/2 Cup Fries/ 2 Onion Rings	190	3.2	28	5.7
Lemon Garlic Chicken	1 breast & wing/ leg & thigh	293	29	5	15
AuGratin Potatoes	1/2 Cup	120	2	25	1
Cut Corn	1/2 Cup	60	1	13	1
Garlic Breadstick	1 Breadstick	100	1	15	3.5
Meatloaf	1 Slice	170	12	8	10
Mashed Potatoes	1/2 Cup	70	1	15	1
Cut Corn	1/2 Cup	60	1	13	1
Dinner Roll	1 Roll	160	5	34	2

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Nachos (Taco Meat/Refried Beans/Cheese)	4 oz Meat/ 1/2 C Beans/ 2 oz Cheese	365.9	21.4	40.3	10
Tortilla Chips	2 Oz	210	2	23	12
Orange Chicken	4 Oz	170	12	21	3.4
Fried Rice	1/2 Cup	149	6	23	3.4
Steamed Vegetables	1/2 Cup	41	2	9	0
Pasta with Meat sauce	6 oz Meat sauce/ 3/4 C Pasta	285	18.8	38.6	10
Green Beans	1/2 Cup	40	1.3	0	0
Garlic Breadstick	1 Breadstick	100	1	15	3.5
Tacos Al Pastor	2 Tacos	259	24	16	10
Pinto Beans	1/2 Cup	141	9	25	1.1
Spanish Rice	1/2 Cup	104	2.5	18.7	2.6
Teriyaki Chicken	3 Oz	186	21	14	5
Chow Mein Noodles	6 Oz	130	5	26	0.7
Fried Rice	1/2 Cup	149	6	23	3.4
Steamed Vegetables	1/2 Cup	41	2	9	0
Fruits & Vegetables					
Fruit- Apple Slices	1 Each	28.6	0.14	7.5	0
Fruit- Applesauce	1 Pack	50	0	13	0
Fruit- Banana	1 Each	90	1.1	23	0.33
Fruit- Grapes, Red	1 Pack	30.8	0.3	7.9	0.16
Fruit- Mandarin Oranges	1 Barrel	70	0	17	0
Fruit- Mixed Berry, Frozen Cup	1 Each	35	1	9	0
Fruit- Mixed, Canned	1 Each	64.6	0.5	16.7	0.113
Fruit- Mixed, Dried	1 Each	88	0.7	23	0.1
Fruit- Peaches	1 Each	54	0.92	12.8	0
Fruit- Peaches Frozen	1 Each	80	1	19	0

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Fruit- Pears	1 Each	56.7	0.46	14	0.1
Fruit- Pineapple, Barrels	1 Barrel	80	0	18	0
Fruit- Raisins	1 Box	120	1	29	0
Fruit- Strawberry, Frozen Cup	1 Each	81	0.5	20.8	0
Vegetable- Broccoli	1 Pack	15.5	1.2	3	0.2
Vegetable- Carrots	1 Pack	25	0.5	5.8	0.1
Vegetable- Corn	1/2 Cup	54	1.8	11.7	1
Vegetable- Cucumber	1 Pack	7.8	0.3	1.9	0
Vegetable- Fries, Crinkle Cut 1/2"	1/2 Cup	150	2.3	23	5
Vegetable- Go'Bonzos (garbanzo beans)	1 Pack	160	8	24	4
Vegetable- Jicama	1 Pack	24.7	0.5	5.7	0
Vegetable- Side Salad	1 Each	10	0	2	0
Vegetable- Tater Tots	1/2 Cup	150	2	19	7
Drinks					
Milk- 1% Low Fat Milk	1 Carton (8 Oz)	120	11	16	2.5
Milk- Lactose Free Milk	1 Carton (8 Oz)	90	8	13	0
Milk- Non Fat Chocolate	1 Carton (8 Oz)	120	7	23	0
Milk- Soy Milk	1 Carton (8 Oz)	130	8	15	4.5
Juice- Apple	1 Each (4 Oz)	55	0	15	0
Juice- Orange	1 Each (4 Oz)	60	0	13	0
Juice- Wild Berry	1 Each (4 Oz)	60	0	15	0
Juice- SWITCH Apple	8 Fl Oz	120	0	29	0
Juice- SWITCH Black Cherry	8 Fl Oz	120	0	30	0
Juice- SWITCH Fruit Punch	8 Fl Oz	120	0	30	0
Juice- SWITCH Grape	8 Fl Oz	120	0	30	0
Juice- SWITCH Kiwi Berry	8 Fl Oz	120	0	30	0
Juice- SWITCH Orange Tangerine	8 Fl Oz	120	0	30	0
Juice- SWITCH Tropical Pineapple	8 Fl Oz	120	0	50	0
Juice- SWITCH Watermelon Strawberry	8 Fl Oz	120	0	29	0
Slushie- Blue Raspberry	12 Fl Oz	180	0	43.5	0
Slushie- Cherry	12 Fl Oz	165	0	43.5	0
Slushie- Coco Freeze	12 Fl Oz	180	0	43.5	0

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Misc.					
Bread- Dinner Roll	1 Roll	160	5	34	2
Breadstick- Garlic Breadstick	1 Each	100	1	15	3.5
Chips- Baked BBQ KC Masterpiece Lays	1.125 Oz Bag	140	2	24	3.5
Chips- Baked Flamin' Hot Cheetos	.875 Oz Bag	120	2	17	4.5
Chips- Baked Flamin' Hot Cheetos	1.5 Oz Bag	200	3	30	8
Chips- Baked Cheetos Cheese	1.5 Oz Bag	200	3	30	8
Chips- Funyuns Baked Not Fried	.75 Oz Bag	100	2	14	3.5
Chips- Reduced Fat Flamas Doritos	1 Oz Bag	130	2	20	5
Chips- Reduced Fat Nachos Cheese Doritos	1 Oz Bag	130	2	20	5
Chips- Reduced Fat Kettle Cooked Original	1.375 Oz Bag	180	3	27	7
Chips- Reduced Fat Kettle Cooked Jalapeno	1.375 Oz Bag	180	3	27	7
Condiment- BBQ Sauce	1 Packet	15	0	4	0
Condiment- Cheese Sauce	2 Oz	70	0	0	5
Condiment- Ketchup	1 Packet	10	0	2	0
Condiment- Maple Breakfast Syrup	1 Packet	80	0	20	0
Condiment- Marinara Sauce	1 Portion Cup	40	1	8	1
Condiment- Mayonnaise	1 Packet	5	0	0	0
Condiment- Mustard	1 Packet	60	0	1	6
Condiment- Ranch	1 Packet	24	0	2	2
Condiment- Salsa Picante	1 Packet	10	0	2	0
Condiment- Soy Sauce	1 Packet	0	0	0	0
Condiment- Taco Sauce	1 Packet	5	0	1	0
Condiment- Tajin	1 Packet	2	0	0	0
Crackers- Cheez-It Crackers	1 Oz Bag	130	3	19	4.5
Cookie- Chocolate Chip Cookie	1 Each	198.5	3	32.7	6.6
Cookie Dough- Chocolate Chip Cookie Dough Bites	1 Pack	190	3	29	5
Dressing- Asian Sesame	1 Packet	180	0	8	16
Dressing- Light Ranch	1 Packet	60	1	9	2.5
Dressing- Royal Caesar	1 Packet	180	1	2	18
Ice Cream- Crumbled Cookie Cone	1 Each	150	2	29	2.5
Ice Cream- Frozen Fruit Punch	1 Each	80	0	20	0

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Ice Cream- Fudge Frenzy	1 Each	90	3	19	0
Ice Cream- Sour Swell Cherry	1 Each	70	3	12	1
Ice Cream- Strawberry Shortcake	1 Each	130	1	23	3.5
Popcorn- Kettle corn	1 Oz Bag	130	1	21	5
Popcorn- Pirate's Booty	.75 Oz Bag	100	2	14	4
Pop-Tarts- Chocolate Fudge	1 Pack (1 Pop-Tart)	190	3	38	3
Pop-Tarts- Cinnamon	1 Pack (1 Pop-Tart)	190	2	38	3
Pop-Tarts- Strawberry	1 Pack (1 Pop-Tart)	180	2	38	2.5
Pretzel- Snowman	1 Pretzel	140	5	30	0.5
Snacks- Rice Krispies Treat	1 Each	160	2	30	4
Snack- Welch's Fruit Snack, Berries 'N Cherries	1.55 Oz Pouch	130	2	32	0
Snack- Welch's Fruit Snack, Mixed Fruit	1.55 Oz Pouch	130	2	32	0