

**Middle Schools Nutrient Analysis and Carbohydrate Counts
2019-2020 Menu**

2019-2020 Menu Item	Portion Size	Calories	Protein (g)	Carbohydrates (g)	Total Fat (g)	Sat. Fat (g)	Sodium (mg)
Breakfast Entrees							
Bagel- Whole Grain Wheat Bagel/Cream Cheese	1 Each	223	8	34.5	5.6	3.1	277
Bar- Buttermilk Breakfast Twin Bar	1 Each	249	2.6	43	7.3	0.8	225
Bread- Pan Dulce (Pink Concha)	1 Each	203	5	34.6	6.1	1.5	91.7
Cereal- 25 % Reduced Sugar Cinnamon Toast Crunch	1 Each	110	1	22	3	0.5	160
Cereal- 25% Reduce Sugar Coco Puffs	1 Each	100	2	23	1	0	110
Cereal- Multi-Grain Cheerios	1 Each	110	2	25	1.5	0	160
Cheese- String, Mozzarella	1 Stick	80	6	1	6	4	200
Cinnamon Roll	1 Each	230	6	39	7	2	340
Muffin- Double Chocolate Chip	1 Each	280	5	44	10	2	250
Pancake- Turkey Sausage Wrap on Stick	1 Each	200	7	17	10	2.5	310
Pancake- Mini Maple Burst Pancakes	1 Pack	220	4	39	6	0.5	130
Parfait- Fruit, Vanilla Yogurt, Granola	1 Parfait	237	6.8	44.5	4.4	0.8	116.8
Pizza- Breakfast Pepperoni Pizza Stick	1 Stick	240	11	29	9	4.5	500
Pop-Tarts, Strawberry	1 Pack (2 Pop-Tarts)	360	4	75	5	2	360
Sandwich- Sausage Biscuit Sandwich	1 Sandwich	280	10	28	14.5	10.5	700
Lunch Entrées							
Bento Box- Mediterranean	1 Box	242.8	8	40.7	3	0	310
Bento Box- Protein Pack	1 Box	221	9.64	28.3	8	1.5	295
Bowl- Orange Chicken/Fried Rice/Broccoli	1 Bowl	299	17.2	42.4	6.9	1.3	875
Bowl- Popcorn Chicken/Mashed Potatoes with Gravy/Corn/Buttermilk Biscuit	1 Bowl	570	22.8	68.6	24.8	8.1	1863
Bowl- Teriyaki Chicken/Fried Rice/Broccoli	1 Bowl	279	21.2	33.4	6.5	1.8	1075
Breadstick- Garlic Breadstick	1 Each	100	1	15	3.5	0.5	95
Breakfast for Lunch- French Toast Stick/ Turkey Sausage/Tater Tots	1 Serving	481.6	19.3	55.7	20.5	4.1	767
Burrito- Bean & Cheese	1 Each	222	11.8	31.4	6.3	2.7	359
Burger- B4 the Burger (Vegetarian) Burger	1 Each	300	21	44	42	16.5	330
Burger- Bacon Cheeseburger	1 Each	451	34.6	29.6	21.5	8.3	989
Burger- Cheeseburger	1 Each	431	32.7	29.6	20	8.3	894
Chicken Nuggets	1 Serving	260	16	16	15	2.5	400
Hot Dog (beef)	1 Each	380	13	31	23	9.5	940

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Salad- Chicken Caesar	1 Salad	617	36.6	54	30.4	7.2	1747
Salad- Chinese Chicken	1 Salad	433	20.9	30.2	25	5	1506
Sandwich- Chicken Parmesan	1 Sandwich	406	23	45	16	4	1133
Sandwich- Crispy Chicken	1 Sandwich	350	20	42	13	2.5	950
Sandwich- Spicy Chicken	1 Sandwich	327	18	40	11	2.5	710
Sandwich- Grilled Cheese	1 Sandwich	280	17.85	31	9.91	5.56	580.8
Sandwich- Ham & Cheese Hoagie	1 Sandwich	347	24.1	39.1	10.2	3.6	1712
Macaroni & Cheese	1 Serving	420	24	46	16	9	1460
Nachos- Beans/Cheese/Tortilla Chips (Vegetarian)	1 Serving	290	5.3	31.3	14.7	3.2	719
Nachos- Turkey Taco Meat/Beans/Cheese/Tortilla Chips	1 Serving	610	31.4	53.7	31.3	9.5	1357
Pizza- Cheese, Papa Johns Wedge	1 Slice	330	21	40	10	4	670
Pizza- Pepperoni, Papa Johns Wedge	1 Slice	360	21	40	14	5	800
Quesadilla- Cheddar Cheese	1 Each	510	26	32	31.5	19.5	820
Quesadilla- Chicken & Cheddar Cheese	1 Each	586	36.5	33.2	34.7	20.4	1273
Wrap- Buffalo Chicken & Ranch	1 Wrap	389	17.1	28.8	3	0	1461
Fruits and Vegetables							
Fruit- Apple Slices	1 Each	28.6	0.14	7.5	0	0	0.5
Fruit- Applesauce	1 Pack	50	0	13	0	0	0
Fruit- Banana	1 Each	90	1.1	23	0.33	0.11	1
Fruit- Grapes, Red	1 Pack	30.8	0.3	7.9	0.16	0.05	0.92
Fruit- Mandarin Oranges	1 Barrel	70	0	17	0	0	0
Fruit- Mixed Berry, Frozen Cup	1 Each	35	1	9	0	0	0
Fruit- Mixed, Canned	1 Each	64.6	0.5	16.7	0.113	0	6.8
Fruit- Mixed, Dried	1 Each	88	0.7	23	0.1	0	1.4
Fruit- Peaches	1 Each	54	0.92	12.8	0	0	9.1
Fruit- Pears	1 Each	56.7	0.46	14	0.1	0	4.5
Fruit- Pineapple, Barrels	1 Barrel	80	0	18	0	0	0
Fruit- Raisins	1 Box	120	1	29	0	0	5
Fruit- Strawberry, Frozen Cup	1 Each	81	0.5	20.8	0	0	8.9
Vegetable- Broccoli	1 Pack	15.5	1.2	3	0.2	0	15
Vegetable- Carrots	1 Pack	25	0.5	5.8	0.1	0	42

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Vegetable- Corn	1/2 Cup	54	1.8	11.7	1	0.2	168
Vegetable- Cucumber	1 Pack	7.8	0.3	1.9	0	0	1.04
Vegetable- Fries, Crinkle Cut 1/2"	1 Serving	150	2.3	23	5	1.2	349
Vegetable- Go'Bonzos (garbanzo beans)	1 Pack	160	8	24	4	0	340
Vegetable- Jicama	1 Pack	24.7	0.5	5.7	0	0	2.6
Vegetable- Side Salad	1 Each	10	0	2	0	0	0
Drinks							
Milk- 1% Low Fat Milk	1 Carton (8 Oz)	120	11	16	2.5	1.5	160
Milk- Lactose Free Milk	1 Carton (8 Oz)	90	8	13	0	0	125
Milk- Non Fat Chocolate	1 Carton (8 Oz)	120	7	23	0	0	200
Milk- Soy Milk	1 Carton (8 Oz)	130	8	15	4.5	0.5	110
Juice- Apple	1 Each (4 Oz)	55	0	15	0	0	15
Juice- Orange	1 Each (4 Oz)	60	0	13	0	0	10
Juice- Wild Berry	1 Each (4 Oz)	60	0	15	0	0	15
Juice- SWITCH Apple	8 Fl Oz	120	0	29	0	0	7
Juice- SWITCH Black Cherry	8 Fl Oz	120	0	30	0	0	5
Juice- SWITCH Fruit Punch	8 Fl Oz	120	0	30	0	0	5
Juice- SWITCH Grape	8 Fl Oz	120	0	30	0	0	5
Juice- SWITCH Kiwi Berry	8 Fl Oz	120	0	30	0	0	5
Juice- SWITCH Orange Tangerine	8 Fl Oz	120	0	30	0	0	5
Juice- SWITCH Tropical Pineapple	8 Fl Oz	120	0	50	0	0	5
Juice- SWITCH Watermelon Strawberry	8 Fl Oz	120	0	29	0	0	5
Slushie- Blue Raspberry	12 Fl Oz	180	0	43.5	0	0	15
Slushie- Cherry	12 Fl Oz	165	0	43.5	0	0	15
Slushie- Coco Freeze	12 Fl Oz	180	0	43.5	0	0	14
Misc.							
Chips- Baked BBQ KC Masterpiece Lays	1.125 Oz Bag	140	2	24	3.5	0.5	220
Chips- Baked Flamin' Hot Cheetos	.875 Oz Bag	120	2	17	4.5	0.5	200
Chips- Baked Flamin' Hot Cheetos	1.5 Oz Bag	200	3	30	8	1	330
Chips- Baked Cheetos Cheese	1.5 Oz Bag	200	3	30	8	1.5	350
Chips- Funyuns Baked Not Fried	.75 Oz Bag	100	2	14	3.5	0.5	125
Chips- Reduced Fat Flamas Doritos	1 Oz Bag	130	2	20	5	0.5	200
Chips- Reduced Fat Nachos Cheese Doritos	1 Oz Bag	130	2	20	5	1	200
Chips- Reduced Fat Kettle Cooked Original	1.375 Oz Bag	180	3	27	7	1	190

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Chips- Reduced Fat Kettle Cooked Jalapeno	1.375 Oz Bag	180	3	27	7	1	160
Condiment- BBQ Sauce	1 Packet	15	0	4	0	0	85
Condiment- Ketchup	1 Packet	10	0	2	0	0	85
Condiment- Maple Breakfast Syrup	1 Packet	80	0	20	0	0	20
Condiment- Mayonnaise	1 Packet	5	0	0	0	0	85
Condiment- Mustard	1 Packet	60	0	1	6	1	60
Condiment- Ranch	1 Packet	24	0	2	2	0	110
Condiment- Salsa Picante	1 Packet	10	0	2	0	0	180
Condiment- Soy Sauce	1 Packet	0	0	0	0	0	430
Condiment- Taco Sauce	1 Packet	5	0	1	0	0	75
Condiment- Tajin	1 Packet	2	0	0	0	0	127
Crackers- Cheez-It Crackers	1 Oz Bag	130	3	19	4.5	1	200
Cookie- Chocolate Chip Cookie	1 Each	198.5	3	32.7	6.6	2	161.4
Cookie Dough- Chocolate Chip Cookie Dough Bites	1 Pack	190	3	29	5	2	50
Dressing- Asian Sesame	1 Packet	180	0	8	16	2.5	580
Dressing- Light Ranch	1 Packet	60	1	9	2.5	0	220
Dressing- Royal Caesar	1 Packet	180	1	2	18	3	400
Ice Cream- Crumbled Cookie Cone	1 Each	150	2	29	2.5	1.5	110
Ice Cream- Frozen Fruit Punch	1 Each	80	0	20	0	0	0
Ice Cream- Fudge Frenzy	1 Each	90	3	19	0	0	80
Ice Cream- Sour Swell Cherry	1 Each	70	3	12	1	0.5	20
Ice Cream- Strawberry Shortcake	1 Each	130	1	23	3.5	1	45
Popcorn- Kettle corn	1 Oz Bag	130	1	21	5	0	130
Popcorn- Pirate's Booty	.75 Oz Bag	100	2	14	4	1	105
Pop-Tarts, Chocolate Fudge	1 Pack (1 Pop-Tart)	190	3	38	3	1	200
Pop-Tarts, Cinnamon	1 Pack (1 Pop-Tart)	190	2	38	3	1	391
Pop-Tarts, Strawberry	1 Pack (1 Pop-Tart)	180	2	38	2.5	1	180
Snacks- Rice Krispies Treat	1 Each	160	2	30	4	1	140
Snack- Welch's Fruit Snack, Berries 'N Cherries	1.55 Oz Pouch	130	2	32	0	0	15
Snack- Welch's Fruit Snack, Mixed Fruit	1.55 Oz Pouch	130	2	32	0	0	15