

Spring Branch ISD Breakfast Lunch Nutrition and Allergens

Monday Cycle 1	Cal	Fat	Sat Fat	Chol	Sodium	Carb	Fiber	Sugars	Protein	Wheat	Milk	Soy	Egg	Pork
Chicken Tenders (3)	180	8	1.5	35	410	11	1	0	15	X	X	X		
Honey Wheat Roll	150	2	0	0	230	27	3	4	5	X	X	X		
Grilled Cheese	280	10	5.5	30	600	32	3	6.5	19	X	X	X		
Cheesy Potatoes	150	4	1	0	320	26	1	0	2		X			
Tuesday Cycle 1	Cal	Fat	Sat Fat	Chol	Sodium	Carb	Fiber	Sugars	Protein	Wheat	Milk	Soy	Egg	Pork
Cheesy Calzone "Pizzaboli"	310	12	6	35	640	34	0	6	14	X	X			
Cracker Stacker Lunch Kit	415	17	6	70	1270	38	5	10	32					
Crackers	180	6	1	0	400	30	3	4	3	X				
Cheddar Cheese Cubes	90	7	4.5	20	190	0	0	0	7		X			
Turkey Slices	100	1.5	0.5	50	490	0	0	0	21					
Baby Carrots	35	0	0	0	65	8	2	5	1					
Ranch	10	2.5	0	0	125	0	0	1	0		X			
Ranch Style Baked Beans	130	2.5	1	0	550	21	7	2	6				X	
Wednesday Cycle 1	Cal	Fat	Sat Fat	Chol	Sodium	Carb	Fiber	Sugars	Protein	Wheat	Milk	Soy	Egg	Pork
Cheeseburger	370	16	6	70	830	31	3	5	26	X	X			
Hamburger	320	11	4	56	700	30	3	4	24	X				
Chef Salad	290	9	3	55	940	35	3	7	21	X				
Lettuce, Carrots, Cabbage, Tomatoes	22	0	0.5	7	75	9	3	5	2					
Shredded Cheese (.5 oz)	35	2	1	8	215	1	0	0	3		X	X		
Diced Ham (2 oz)	83	3.5	1	40	360	0	0	0	11					
Flatbread (2 ea)	150	3.5	0.5	0	290	25	0	2	5	X	X	X		
Lite Ranch Dunk Cup	80	7	1	5	250	2	0	1	1		X	X	X	
Curly Fries	150	5	1	0	435	22	2	0	2	X				
Thursday Cycle 1	Cal	Fat	Sat Fat	Chol	Sodium	Carb	Fiber	Sugars	Protein	Wheat	Milk	Soy	Egg	Pork
Thin Crust Cheese Pizza Slice	340	15	6	30	640	31	3	3	20	X	X	X		
Thin Crust Pepperoni (Turkey) Pizza Slice	370	18	5	35	770	31	3	3	20	X	X	X		
Ham & Cheese on Bun	280	10	3.5	35	820	28	2	6	20	X	X	X		
Parmesan Broccoli	72	3	1	5	255	7	2	0	3		X			
Friday Cycle 1	Cal	Fat	Sat Fat	Chol	Sodium	Carb	Fiber	Sugars	Protein	Wheat	Milk	Soy	Egg	Pork
Mini Corn Dogs (6ea)	270	12	3.5	40	410	30	5	5	10	X		X	X	
Loaded Baked Potato	470	20	8	60	715	56.5	4	5	18					
Potato	225	0	0	0	15	50	4	2	6					
American Cheese (1oz)	100	9	5	25	260	2	0	1	5		X	X		
Turkey Bacon (.5 oz)	60	4	1	35	310	0.5	0	0	5					
Sour Cream	25	0	0	0	30	4	0	2	2		X			
Margarine	60	7	2	0	100	0	0	0	0		X	X		
Garlic Bread Stick	100	3.5	0	0	95	15	1	0	1	X	X	X		
Steamed Carrots	40	0.5	0	0	110	8	3	3	0.5					