

Secondary School Menu Sodium Counts

All sodium counts are in milligrams (mg)

Offered everyday

Cheeseburger – 516	Milk (1%white) - 130 (NF choc) - 190
Chickenburger – 730	Catsup - 46
Corndog – 750	Mustard - 20
Deli Sandwich – 1080	Mayo - 56
Pizza (pepperoni) - 1345 (cheese) 1240	Ranch Dressing - 110
Oven Fries – 340	Fruit & Veg range from 0-25

Daily Specials

Monday

Chicken Nuggets – 541
Mashed Potatoes – 207
Gravy – 310
Corn – 175
Hot Roll – 160

Wednesday

Stir Fried Chicken – 673
Fried Rice – 560
Asian Vegetables – 26

Friday

Pasta – 0
Marinara Sauce – 480

Tuesday

Soft Taco - 1602
Refried Beans - 570
Spanish Rice – 460

Thursday

Frito Pie - 1450
Cornbread – 290

Meatballs - 380
Garlic Bread - 230

