Food Item	Serving Size	Calories (kcal)	Total Fat (g)	Sodium (mg)	Carbs (g)	Total Sugar (g)	Protein (g)
Appetizer Party	K-8	289	11	468	30	1	18
Appetizer Party	9-12	413	16	672	42.5	1.5	26
Apple Crisp	1/2 cup	195	7.8	88.3	30	19	1.5
BBQ Chicken Waffle Fries	1 serving	268	10.5	343	23	2	18
Beaf Chili w/ Beans	8oz	260	15.7	337	6.6	1.5	22
Beans, Baked	1/2 cup	153	1	436	30	12	7
Beef Tater Tot-chos	K-8	345	20	898	24	4	17
Beef Tater Tot-chos	9-12	412	23	950	26	5	24
Broccoli Slaw	1/2 cup	172	12.5	534.4	11.5	2	3.6
Buffalo Chicken Dip w/ Chips	K-8	303	17.5	765	25	0	14
Buffalo Chicken Dip w/ Chips	9-12	435	23.6	877	45	0	16
Carrots, Honey	1/2 cup	68	0	45	13.4	11.4	0
Cheesy Beef NAchos	K-8	397	20	543	25	1	27
Cheesy Beef Nachos	9-12	324	15	410	30	1	18
Chicken Alfredo	6 oz.	191	9	414	11	0	18
Chicken Burrito Bowl	K-8	260	6	289	33	2	18
Chicken Burrito Bowl	9-12	382	7	304	54	2	24
Chicken Fajitas	K-8	406	19	950	40	5	20
Chicken Fajitas	9-12	701	32	1000	72	8	32
Chicken Nuggets w/ Roll	K-5	268	9	486	27	2	18
Chicken Nuggets w/ Roll	6-8	313	11	556	30	2	22
Chicken Nuggets w/ Roll	9-12	357	13	625	32	2	26
Chicken Pasta w/ Bacon and Peas	8oz	367	12	372	40	3	21
Chicken Pot Pie	6oz.	330	13	747	34	5	19
Chicken Quesadilla	1 slice	280	8	660	38	3	17
Chicken Tenders w/ Roll	K-8	316	11	560	30	3	22
Chicken Tenders w/ Roll	9-12	391	14	676	34	3	28
Chicken Teriyaki	1 serving	408	15	541	47	8	20
Chili, Pulled Pork	8oz.	339	0	982	44	22	17
Corn Dog Nuggest	6 nuggets	240	9	360	30	1	12
Cornbread	1 piece	180	5	90	29	15	3

DIced Chicken and Waffles	1 serving	269	8	327	32	8	16
Eggroll	1 eggroll	140	4.5	240	21	3	4
Fish Sticks w/ dinner roll	K-8	300	9	519	35	3	19
Fish Sticks w/ dinner roll	9-12	405	13	674	44	3	27
Fish Taco	2 tacos	321	12	533	35.5	3	17
French Toast Sticks and Sausage	K-8	680	38	800	72	36	15
French Toast Sticks and Sausage	9-12	780	48	960	72	36	18
Fries	1/2 cup	145	8.7	382	15.5	1	2
Hash Brown Rounds	2 pieces	90	0	190	15	0	1
Herb Roasted Chicken w/ Biscuit	1 chicken, 1 bi	410	24.5	588	25	1	23
Macaroni and Cheese	2/3 cup	377	24	437	23	3	19
Piergoes	3 pieces	252	10	565	28	1	14
Pierogies	4 pieces	338	14	756	37	2	19
Pizza Bake	K-8	164	25	279	24	1.5	12
Pizza Bake	9-12	228	37	407	26	1	17
Pizza, Alfredo	1 slice	300	3.7	612	34	5.6	21
Pizza, BBQ Chicken	1 slice	267	5.5	367	33.5	6	20
Pizza, Buffalo Chicken	1 slice	311	10.5	468	34	5	20
Pizza, Cheese	1 slice	311	7.5	582	38	7	22
Pizza, Cheesesteak	1 slice	373	7.7	855	36	6.5	22.6
Pizza, Chicken Alfredo	1 slice	314	8	562	35	6	24
Pizza, Chicken Bacon Ranch	1 slice	408	15.8	862	41	5	24
Pizza, Chicken Marinara	1 slice	286	5.5	438	37	7	21
Pizza, Crispy Chicken	1 slice	377	13	719	38.5	5	25
Pizza, Gardeb Fresh	1 slice	315	9	622	37	7	22
Pizza, Garlic White	1 slice	379	14.6	541	35	4	26.6
Pizza, Meat Lovers	1 slice	354	12	724	37	7	22
Pizza, Pepperoni	1 slice	247	11	694	38	7	23.5
Pizza, Taco	1 slice	363	13	925	40.5	7	23
Popcorn Chicken Bowl	K-8	320	10	616	39	4.5	13.5
Popcorn Chicken Bowl	9-12	365	13	722	43	4.5	17

Pulled Pork Burrito Bowl	1 bowl	312	7	672	45	12	17
Pulled Pork Nachos	K-8	368	14.5	950	43	16	17
Pulled Pork Nachos	9-12	510	21	975	65	17	19
Ravioli and Red Sauce w/ Bread Stick	3 ravioli, 1 bre	331	5.5	357	50	4	17
Ravioli and Red Sauce w/ Bread Stick	4 ravioli, 1 bre	397	6.25	420	60	5	22
Rice and Beans	1/2 cup	125	1	96.4	24	0	5.5
Rice, Fiesta	3/4 cup	132	0	57.4	27	1	44
Salad, Southwest Chicken	1 salad	354	0	879	38	8.6	28.4
Salad, Chicken Ceasar	1 salad	313	8.6	715	39	10	23
Salad, Greek Cobb	1 salad	298	15	725	22.5	6.6	22.8
Salad, Strawberry Spinach w/ Chicken	1 salad	378	21.4	690	25	6	20
Sandwich, Chicken and Waffle	1 sandwich	453	16	618	55	15.6	23
Sandwich, Chicken Patty	1 sandwich	343	11	556	37	3	22
Sandwich, Cuban	1 sandwich	232	8	863	22	5	16
Sandwich, Grilled Cheese	1 sandwich	264.7	10	990	29.5	2	16.4
Sandwich, Grilled Chicken	1 sandwich	268	7.4	485	27	4	21.6
Sandwich, Ham BBQ	1 sandwich	209	3	767	27	3	15
Sandwich, Hamburger	1 sandwich	373	19	617	28.5	4.5	21
Sandwich, Hot Dog	1 sandwich	310	18	840	25	4	13
Sandwich, Hot Ham and Cheese	1 sandwich	304	14	601	33	4	16
Sandwich, Meatball	1 sandwich	303	10	680	35	3	17.5
Sandwich, Pulled Pork	1 sandwich	355	14	475	38	13	18.5
Sandwich, Sloppy Joe	1 sandwich	289	8	439	36	11	18
Soup, Chicken Tortilla	8oz	246	7.7	414	38	3.6	8
Soup, Chicken Tortilla	12oz	410	0	649	62.6	5	11.5
Soup, Lasagna	8oz.	271	8	626	32	3.8	17.7
Soup, Lasagna	12oz.	356	0	813	40	5	24
Soup, Tomato	8 oz.	86	0	457	19	11.4	2
Stromboli	1 slice	407	16	950	46	1.5	22
Sweet and Sour Chicken	1 serving	403	15	438	47	7	20
Tator Tots	9 tots	109	0	180	15.8	0	1

Vegetable, Steamed	1/2 cup	30	0	0	5.6	0	2
Waffles and Sausage	1 serving	579	36	740	53	26	13
Walking Tacos	1 serving	400	20	697	34	3	18
Wrap, Chicken Caesar	1 wrap	408	0	660	50	5	22
Wrap, Crispy Chicken	1 wrap	628	28	720	53	3	40
Wrap, Turey BLT	1 wrap	481	20	930	52	3	28