

Nutritive Value of Foods Offered in St. Charles Parish Public Schools' Lunch and Breakfast Programs

The following information is being provided to assist parents, students, and staff in determining the nutrient value of foods served in menus provided by St. Charles Parish Public Schools. The serving sizes listed are **average** serving sizes served to students in grades K-8 & 9-12. For actual serving sizes, contact the school's cafeteria manager.

Complete meals offered to students are planned to meet the Meal Pattern for the Traditional Food-based Menu Planning Option set by the United States Department of Agriculture, Foods and Nutrition Division. When averaged over a three to five day period, menus should provide the *Nutrient Standards* . Revised 7/24/2023

Menu Item	Serving Size	Calories (g)	Fat (g)	Sat Fat (g)	Carbohyd rate (g)	Protein (g)	Sodium (mg)	Diabetic Carb Count
ENTRÉES								
Beans, Pinto	1/2 cup	129.8	0	0	18	6.5	140	1.2
Beans, Red w/ Sausage (scratch recipe)	1/2 cup	184.8	7.5	2.6	19	9.3	200	1.3
Beef & Cheese Macaroni, Italian (scratch recipe)	3/4 cup	310.7	14	6.8	25	20.5	531	1.7
Beef, Dippers	4 each	159	6.5	2.6	11.7	13.6	449	0.75
Beef Frankfurters	1 each	150	17	7	1	6	340	0.1
Beef, Pot Roast	3.9oz	160	7	3	0	22	380	0
Beef Taco Meat	1oz	155	8.5	4.1	2.5	14	418	0.2
Bosco-Breadstick filled with Mozzarella Cheese (Elementary half-day and After-Care Menu only)	2 each	300	10	5	34	10	440	2.3
Breadstick, Cheese Stuffed	2 each	290	11	6	28	19	500	1.9
Italian Cream Sauce	1/4 cup	86.7	6.7	4	5	5.3	360	0.3
Cheese, Pepper Jack Enchilada	2 each	406	23.5	15.4	24.76	24	720	1.65
Chicken Alfredo Casserole	3/4 cup	303	7	3.3	42	12.2	390	2.8
Chicken Alfredo Pasta (Low Sodium)	3/4 cup	287	10.4	5.6	27.5	21.3	586	1.83
Chicken, Dill Mini	10 each	273	11	2	17.2	23.3	486	1.15
Chicken Enchiladas (Speed scratch recipe)	1 enchilada	366.7	13.4	3.3	41	18	462	2.7
Chicken Nuggets	5 each	280	18	3.5	13	16	430	0.87
Chicken Tenders, Tyson Chicken	3.06 oz	230	12	2	12	20	330	0.8
Chicken, Orange Yang's 5th Taste	3 ounces	150	3	0.5	19	11	280	1.3
Chicken, Fajitas	1 each	285.3	7.5	1.7	34	19.1	300	2.3
Chicken, General Tso, Tyson Chicken	3oz	230	12	2.5	11	19	290	0.7
Chicken, Sweet Chili Thai	3.06 oz	139	3	0.5	17	11	365	1.1
Chicken, Baked (scratch recipe)	1 serving	333.3	20	5	2	30	300	0.1

Menu Item	Serving Size	Calories (g)	Fat (g)	Sat Fat (g)	Carbohydrate (g)	Protein (g)	Sodium (mg)	Diabetic Carb Count
Chicken, Oven Fried, Tyson Chicken	1 serving	215	13	3	11	12	591	0.7
Chicken, Popcorn, Tyson	3.36 oz	230	13	2.5	14	14	350	0.9
Chicken, Chunk Waffle	3.25 oz	210	11	2	13	13	320	0.9
Chicken, Mini Corn Dogs	4.02 oz	260	14	3	22	11	410	1.5
Chicken Parmesan with Pasta, Tyson Chicken	1 each	354.5	14.7	2.7	34	27.6	558.3	2.3
Chicken, Mesquite Cooked 6pc	1 PC	160	8	2	4	17	310	0.3
Chicken, Mesquite Drumstick	3.24 oz	180	11	2.5	4	16	310	0.3
Chicken Taco Meat	2 ounces	100	4.5	0.2	2	13	210	0.1
Chili, Turkey, St. Charley's (scratch recipe)	1 cup	194.8	5	1.4	21.9	15.3	350	1.5
Chilli, Three Bean	1 cup	227	7.3	1.1	38.4	12	537	2.6
Egg Bites, Three Cheese	2 each	178	11.9	6	4	14	516	0.27
Enchilada Pasta (Speed scratch recipe)	3/4 cup	232.7	7.1	1.3	27.7	16.7	400	1.8
Fish, Baked Cajun (scratch recipe)	4 ounces	130	6.8	2.4	0.2	18.7	187.6	0
Fish Sticks, Channel	3 each	200	7	1	15	13	350	1
Fish Nuggets, Channel	4 each	210	6	0.5	24	15	290	1.6
Gumbo, Chicken Sausage (Speed scratch recipe)	1 cup	190	9	3	9.8	15.7	950	1
Gumbo, Turkey Sausage (Speed scratch recipe) Jennie - O Turkey Store	1 cup	139.3	6.7	2.3	5.2	13.8	475	0.3
Jambalaya, Chicken and Sausage (Speed Scratch recipe using Jambalaya Girl Seasoning)	3/4 cup	281.4	11.9	3	24.9	18.5	455	1.7
Lasagna, Beef & Cheese (scratch recipe)	1 square	387.3	12.3	3.5	33	22.7	369.9	2.2
Macaroni and Cheese (scratch recipe)	1/2 cup	212.6	11.3	5.9	19.5	8.4	470.3	1.3
Macaroni and Cheese	1/2 cup	290	12	8	28	17	550	1.87
Beef, Meatballs	4 pcs	112	6.2	2.4	3.4	12.6	190	0.2
Beef Pattie Don Lee	2.5 ounces	117	6.4	2.5	3.5	13.1	198	0.21
Mozzarella Sticks Breaded (After-Care Program Only)	5 each	320	14	5	31	18	490	2.1
Nacho Cheese Cup Land O Lakes	3 ounces	190	10	6	15	10	560	1
Nacho Queso Sauce	2 ounces	208	16	9.1	4	13	764	0.3
Turkey, Taco Meat	2.0 oz	100	7	2.1	5	17	280	0.3
Turkey, Sausage Link	1.025 oz	60	4	1	0	6	90	0
Meal Break Beef & Cheese Stick	1 each	445	15	8	4	10	940	0.3
Meal Break Cheese Cup	1 each	515	26	9.5	47	13	985	3.13

Menu Item	Serving Size	Calories (g)	Fat (g)	Sat Fat (g)	Carbohydrate (g)	Protein (g)	Sodium (mg)	Diabetic Carb Count
Meal Break BBQ Bites	1 each	550	17	2.5	69	19	540	4.6
Meal Break Nut Butter	1 each	625	26.2	6	87	15	710	5.8
Nachos with chips, cheese, meat	4 oz	483	25	8	36	13	743	2.4
Pastalaya (Scratch recipe using Jambalaya Girl Seasoning and Tyson Chicken)	3/4 cup	283.6	10.1	2.8	33.8	16.8	576.5	2.3
Pizza, Cheese	1 slice	309	14	7	28	18	469	1.87
Pizza, Garlic Cheese	1 slice	371	21	8	26	17	542	1.73
Pizza, Pepperoni	1 slice	350	17	8	29	18	590	1.93
Pizza, Buffalo	1 each	291	13	6	26	18	532	1.73
Pizza, Pepperoni, Round (After-Care Program Only)	1 Pizza	290	12	6	29	8	520	1.9
Pork Rib Patty	1 each	110	5	2	5	11	240	0.73
Pork Roast (scratch recipe)	1 serving	251.8	16.6	4.9	0	14.6	472.1	0
Pork, Chop, Breaded	1 each	193	8.7	2.7	15.2	14.6	358	1
Pork, Street Tacos 2-6" Tortillas, Brookwood Farms	3oz	369	12	3	41	22	637	2.7
Salisbury Steak with Gravy	1 serving	115	6	3	5	12	461	0.3
Shepherd's Pie, (scratch recipe)	1 portion	213.4	10.9	4.6	15.9	13.5	483.3	1.1
Soup, Baked Potato (9-12)	8oz	233	13.8	8.6	21	4	606	1.4
Soup, Baked Potato (K-8)	5oz	144	8.6	5.3	12.6	4.2	380	0.8
Soup, Beef Taco (scratch recipe)	1 cup	247.5	10.8	4.2	22.3	18.4	375	1.5
Soup, Vegetable and Beef (scratch recipe)	1 cup	149.5	5.6	2.2	14.2	11.6	488	0.9
Stew, Pork (scratch recipe)	3/4 cup	259	12	4	5.3	30.3	497.1	0.4
Spaghetti & Meatballs	1 cup	258.1	10.6	3	28.7	16.6	528.9	1.9
Spaghetti & Meat sauce (scratch recipe)	1 cup	264	11.8	3.7	26.9	15.4	378.5	1.8
Spaghetti Sauce, Beef (JTM)	1/2 cup	180.1	7.7	2.9	11.3	15.8	309	1.1
Turkey Stew (scratch recipe)	1/2 cup	31.5	0.8	0.4	5	0.9	561.1	0.3
RICE AND PASTA								
Macaroni, WW	1/2 cup	87	0	0	19	4	2	1.3
Pasta, Fettuccini	1/2 cup	122.9	0.3	0.1	30	5	2	2
Penne, WW	1/2 cup	105	1	0	21	3	2	1.4
Rice, Brown	1/2 cup	108	1	0	22	3	2	1.7
Noodle, Soba	1/2 cup	250	1.5	0	49	9	250	3.3
Vegetable Fried Rice	1/2 cup	140	1.5	0	27	3	220	1.8

Menu Item	Serving Size	Calories (g)	Fat (g)	Sat Fat (g)	Carbohydrate (g)	Protein (g)	Sodium (mg)	Diabetic Carb Count
Spaghetti, WW	1/2 cup	105	1	0	21	3	2	1.4
SANDWICHES								
Carnita (pork) Sliders	2 sliders	349	12	3	37	24	300	2.5
Charley Box	1 box	507	31	8	37.5	19.5	893	2.5
Cheese, Grilled, Sandwich	1 sandwich	220	6	2.5	26	11	550	1.7
Cheeseburger on Bun	1 sandwich	282	10.4	4.3	28.5	22.6	598	2.1
Chicken Breaded Filet on Bun	1 sandwich	390	17	3	40	22	590	1.4
Chicken Salad on Croissant	1 sandwich	302	12.5	3.2	32	18	465	1.4
Chicken, Sandwich Elementary Menu Only	1 sandwich	380	17	3	40	22	590	2.7
Fish Filet Breaded on Bun	1 sandwich	311.9	10.1	2	40.2	14.1	432.5	1.8
Hamburger on Bun	1 sandwich	232	7	4	27	21	470	1.2
Hamburger Twin Pack (After-Care Program Only)	1 sandwich	360	15	7	39	19	710	1.2
Roast Beef Poboy	1 sandwich	400	6	2.5	32	11	600	2.1
Sunbutter Sandwich Strawberry IW	1 sandwich	310	15	2	32	9	635.9	2.1
Sunbutter Sandwich Grape IW	1 sandwich	310	15	2	33	9	635.9	2.2
Sunbutter and Jelly Sandwich	1 sandwich	420.8	20.8	1.6	52.4	11.8	292.3	3.5
Tuna Salad on Croissant	1 sandwich	302	12.5	3.2	32	18	465	2.1
Turkey and Cheese Poboy	1 sandwich	300	9	3	35	21	750	1.8
Turkey Ham and Cheese Poboy	1 sandwich	280	7	2.5	34	19	760	1.8
Turkey Ham and Cheese Sandwich	1 sandwich	255	8	2.8	28	22.5	750	1.9
Turkey Ham Sandwich	1 sandwich	220	6	1.5	27	19	790	1.8
Turkey Sandwich	1 sandwich	188	2.5	1.5	28	16.2	770.2	1.8
Turkey Ham & Cheese IW (Croissant)	1 sandwich	310	12	6	30	20	810	2
Turkey Ham & Cheese IW (Roll)	1 sandwich	240	11	5	17	17	730	1.1
Italian Combo IW	1 sandwich	340	13	4	31	18	850	2.1
VEGETABLES								
Beans, Baked	1/2 cup	153.4	1.1	0	28	7.6	169.1	1.9
Beans, Edamame	1/2 cup	90	4	0.5	6	10	5	0.4
Beans, Garbanzo	1/2 cup	130	2	0	17	7	270	1.1
Beans, White	1/2 cup	176	1.9	0	29	11.3	667	1.9
Broccoli Florets, Steamed	1/2 cup	26.7	0	0	4.8	2.9	25.7	0.4

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Broccoli Spears, Steamed	1/2 cup	24.1	0	0	4.2	2.5	14.1	0.4
Cabbage, Steamed	1/2 cup	27.3	0.1	0	6.3	1.4	89.4	0.4
Carrot/Broccoli/Cauliflower w/ Dip	1/2 cup	76.7	3.7	0.4	10.7	1.2	200	0.7
Carrots, Parsley/Buttered	1/2 cup	57	0	0	13.9	1.3	227.1	0.9
Coleslaw	1/2 cup	134	11	1.5	7	1.1	250	0.5
Corn on the Cob	1 cob	99.5	2.6	0.8	20.4	2.6	4.3	1.4
Corn, Steamed	1/2 cup	151	2.6	0.6	15	4.6	29.3	
French Fries, Oven Baked, Elementary	1/2 cup	120	4	1	20	2	230	1.3
French Fries, Oven Baked, Middle/High	1/2 cup	120	4	1	20	2	230	1.3
Green Beans, Seasoned	1/2 cup	27.5	0.1	0	5.7	1.7	260.1	0.4
Mashed Loaded Baked Potato LS	1/2 cup	82.6	1.9	1.1	14.7	2.1	209.6	1
Mashed Potatoes LS	1/2 cup	65.1	0.7	0.2	13.9	1.5	87.2	0.9
Mashed Potatoes, Baby Reds	1/2 cup	92	2.1	1.5	17	1.6	319	1.1
Mustard Greens, Seasoned	1/4 cup	13.4	0	0	1.2	1	7.6	0.1
Onions and peppers	1/2 cup	25	1	0	3	0	25	0.2
Peas and Carrots	1/2 cup	56.2	1.3	0.5	10.1	3.1	211.2	0.7
Peas, Green	1/2 cup	128.5	1.7	0.6	21.3	7	140	1.4
Potatoes, Round Bites	12 pcs	170	9	1	20	2	360	1.3
Potatoes, Tots	1/2 cup	158.2	7.9	1.5	19.8	1.9	230	0.4
Stir Fry Vegetables	1/2 cup	30	0	0	5	0	30	0.3
Sweet Potato Soufflé	1/2 cup	311.6	6.9	2.9	40	3.4	136.5	2.7
Vegetable Medley	1/2 cup	48.6	2	0	7	1	35.5	0.3
Veggies, Raw (Snack) with Ranch	3/4 cup	82.5	3.8	0.4	11.8	1.6	359.5	0.3
Yams, Candied	1/2 cup	200	2.4	0.9	35	2.4	79.9	4.4
SALADS								
Caesar Salad w/ Popcorn Chicken	1 Salad	383.4	22.4	7.9	18.5	27.3	525	1.2
Chef Salad	1 Salad	227.5	8.4	2.7	7.9	32	475	0.5
Chicken Salad	1/2 cup	137.2	6.1	1.4	6.1	15	215.2	0.4
Potato Salad	1/2 cup	161	18.1	6.3	17	5	200	1.1
Salad, Asian Chopped	1/2 cup	13.3	0.5	0	2	0.4	21.4	0.1
Salad, Cucumber/Tomato	1/2 cup	13.3	0.1	0	3	0.6	2.8	

Menu Item	Serving Size	Calories (g)	Fat (g)	Sat Fat (g)	Carbohydrate (g)	Protein (g)	Sodium (mg)	Diabetic Carb Count
Salad, Entrée, Garden	1 salad	47	0.5	0.1	10	2.6	41.4	0.7
Salad, Italian	1/2 cup	9.9	0.1	0	2	0.6	7.6	0.1
Salad, Lettuce & Tomato (for chicken salad)	1 cup	14.5	0.2	0	2.8	1	6.8	0.2
Sandwich Salad Cup	1/4 cup	9.7	0	0	2	0.4	68	0.1
Side Salad, Garden	1/2 cup	9.9	0.1	0	2	0.6	7.6	0.1
Side Salad, Tossed	1 cup	13.7	0.2	0	2.7	0.9	5.7	0.2
Taco Salad Cup	1/4 cup	3	0	0	0.5	0.2	1.5	0
Tomato Salad	1/2 cup	3	0	0	0.5	0.2	1.5	0
FRUITS								
Apple Sauce	1/2 cup	50	0	0	12	0	12	0.8
Apple Wedges	1/2 apple	31.8	0.1	0	8.5	0.2	0.6	0.6
Banana	1 small	90	0	0	23	1	1	1.5
Grapes, Fresh	1/2 cup	32	0	0	8	1	1	0.5
Orange, Wedges	1/2 cup	82.9	0.4	0	20.4	1.7	2.6	1.4
Peaches, Sliced	1/2 cup	72.3	0	0	19.4	0.6	6.4	1.3
Pear, Fresh	1/2 cup	10.8	0	0	2.6	0	3.9	0.2
Pineapple tidbits	1/2 cup	84.7	0.2	0	21.5	0.5	9.1	1.4
Satsuma's, (Local Produce)	1 each	47	0.3	0	12	0	10	0.8
Strawberries w/ Whipped Topping	1/2 cup	27	0	0	8	4	1.5	0.5
Tropical Fruit	1/2 cup	66.2	0	0	16	0.9	0	1.1
Watermelon	1/2 cup	32.6	0.5	0	8.1	0.7	1.4	0.5
Blackberries	1/2 cup	31	0.5	0	7	1	0	0.5
Blueberries	1/2 cup	63	0.3	0	15	0.7	0	1
Plums	1 each	30	0.2	0	8	0.5	0	0.5
Rasberries	1/2 cup	32	0.4	0.012	7.3	0.7	1	0.5
BREADS								
Bread, Sandwich White Wheat	1 slice	60	0.8	0	15	2	130	1
Bread Bowl for Potato Soup	1 Bowl	160	4	0.5	28	5	125	1.9
Bun, Hamburger	1 each	130	2	0.5	26	6	190	1.7
Bun, Hoagie	1 each	210	4	0.5	44	8	370	2.9
Bun, Hot Dog	1 each	100	1.5	0	19	5	160	1.3

Menu Item	Serving Size	Calories (g)	Fat (g)	Sat Fat (g)	Carbohydrate (g)	Protein (g)	Sodium (mg)	Diabetic Carb Count
Cornbread (mix)	1 each	184.9	5.1	2.1	32.9	2	230	2.2
Crackers, WG	1 Pack	50	1.5	0	7	1	60	0.5
Crackers, Cheez Its	1 Pack	100	3.5	1	14	2	150	0.9
Muffin, Banana	1 each	113	3.2	0.4	19	2	69	1.3
Muffin, Blueberry	1 each	111	3.2	0.4	18.5	2	70	1.2
White Wheat Blend Roll, School Made	2 oz	135.3	0.4	0	28.7	3.8	275.7	1.9
DESSERTS								
Brownie, Mix	1 piece	104.3	2.6	0.9	20	1.7	139.1	1.3
Brownie, Icing	1 Tablespoon	57.9	1.5	0.7	10.8	0.3	11.4	0.7
Cake, Yellow	1 square	81	3.4	1.5	12.3	0.5	119	0.82
Cookie, Chocolate Chip(scratch recipe)	1 each	155	5.2	1.7	24	0.6	90	1.6
Cookie, WW, Sugar (scratch recipe)	1 each	173.4	6.2	2.6	28	2.6	143	1.9
Crisp, Apple (or Peach)	1 each	169	7.5	3.3	20	0.8	388	1.33
CONDIMENTS								
BBQ Sauce	2 Tablespoons	25	0	0	6	0	430	0.4
Cheese, Grated, Cheddar	1 ounce	55	4.5	3	0.5	3.5	95	0
Cheese, Parmesan	2 teaspoons	20	1.5	1	0	2	85	0
Gravy, Beef	1 ounce	11.4	0.3	0.2	1.9	0.3	161.3	0.1
Jelly	1 pk	35	0	0	9	0	0	0.6
Ketchup	2 Tablespoons	20	0.1	0	4	0.5	334	0.3
Margarine (portion cup)	1 each	90	11	2	0	0	105	0
Marinara Portion Cup	2.5 oz	40	1	0	7	1	200	0.5
Marinara	1/4 cup	54.4	2.1	0.3	9	1.2	84.7	0.6
Mayonnaise	1tbsp	57	4.9	1	3.5	0.7	105	0.2
Mustard	1 teaspoon	10	0.2	0	0.3	0.2	56	0
Salad Dressing, Honey Mustard	2 Tablespoons	100	13	2	4	0	270	0.3
Salad Dressing, Ranch	1 ounce	72.8	5	0.8	5.7	1.6	117.9	0.4
Salad Dressing, Asian	2 Tablespoons	140	15	2.5	1	0	280	0.1

Menu Item	Serving Size	Calories (g)	Fat (g)	Sat Fat (g)	Carbohydrate (g)	Protein (g)	Sodium (mg)	Diabetic Carb Count
Salsa	1/4 cup	20.5	0	0	4.1	0	143.8	0.3
Salsa Portion Cup	3.0 oz	25	0	0	5	1	195	0.3
Sour Cream	2 Tablespoons	60	5	3.5	2	0	35	0.1
Syrup	1 Packet	120	0	0	31	0	35	2.07
BREAKFAST ITEMS								
Big Breakfast (eggs, grits, bacon)	1 breakfast	270	12	6	15	11	570	1
Biscuit, Sandwich with Pork Sausage	1 sandwich	270	12	6	23	11	570	1.5
Biscuit, Sandwich with Chicken Patty	1 sandwich	305	12	5.5	30	12	692	2
Benefit Bars, Chocolate Chip	2.5oz	290	9	3	47	5	240	3.1
Benefit Bars, Banana Chocolate Chip	2.5oz	280	8	3	48	5	220	3.2
Benefit Bars, Apple Cinnamon	2.5oz	290	9	3	48	5	240	3.2
Breakfast Break Cinnamon Toast Crunch	1 each	280	5.5	0	55	2	215	3.7
Breakfast Break Frosted Flakes	1 each	260	3.5	1	53	13	320	3.5
Breakfast Break Fruit Loops	1 each	290	5.5	0.5	59	4	260	3.9
Breakfast Break Lucky Charms	1 each	290	5.5	0	58	4	280	3.9
Breakfast Break Trix	1 each	270	4.5	0	56	2	195	3.7
Breakfast Pizza	1 each	160	8	3.5	13	9	320	0.87
Cereal, Apple Jacks, Kellogg's	1oz Bowl	110	0.9	0.5	24	1.2	140	1.6
Cereal, Cinnamon Flakes, Kellogg's	2oz Pouch	130	0.5	0.5	28	1.2	210	1.9
Cereal Bar, Cinnamon Toast Crunch	1 each	160	3.5	0	30	2	120	2
Cereal Bar, Cocoa Puffs	1 each	160	3.5	0	30	3	105	2
Cereal Bar, Golden Grahams	1 each	150	3	0	30	0	110	2
Cereal Bar, Trix	1 each	160	3.5	0.5	29	2	105	1.93
Cereal, Froot Loops, Kellogg's	1oz Bowl	110	1.5	0	22	2.4	160	1.5
Cereal, Frosted Flakes, Kellogg's	1oz Bowl	100	1.2	0	24	2	130	1.6
Cereal, Kraves, Kellogg's	1oz Pouch	120	3.5	0.5	22	2	82	1.5
Cereal, Rice Krispies Kellogg's	1oz Bowl	101	2.5	0.3	23	1.2	140	1.5
Cereal Toastie O's, Malt-o-Meal	1oz Bowl	105	1.9	0	20	3.4	140	1.3
Cheese Stick (offered with cereal)	1oz	80	6	3.5	0	6	200	0
Gripz, Kellogg's chocolate Chip	1 pouch	120	3.5	1.5	20	2	80	1.3
Grits, with Eggstravaganza	1/2 cup	160.6	8.4	5.1	16.8	4.9	344.5	1.1

Menu Item	Serving Size	Calories (g)	Fat (g)	Sat Fat (g)	Carbohydrate (g)	Protein (g)	Sodium (mg)	Diabetic Carb Count
Cinnamon Roll	2 ounces	190	4	1	45	5	210	3
Donut, Whole Grain Holes	5 Pcs	230	12	6	26	4	260	1.7
Donut, Powdered	1 pack	310	11	5	52	3	250	3.5
Donut, Whole Grain, Glazed (middle/high only)	2oz	280	10	5	30	5	300	2
Eggstravaganza (Egg, Bacon, & Cheese)	1/3 cup	120	9	3.5	1	8	270	0.1
Egg & Cheese Wrap	1 Portion	140	5	1.5	17	7	420	1.1
Egg, Frittata	2.2 oz	110	8	3	1	8	300	0.1
French Toast, Bake Crafters	2 Sticks	120	3.5	0.1	19	3	130	1.3
Muffin, Chocolate Chocolate Chip	3.6oz	360	12	4	64	7	290	4.3
Muffin, Chocolate Chocolate Chip	1.8oz	209	6	2	32	4	185	2.1
Muffin, Blueberry	3.6oz	380	12	4	61	6	260	4.1
Muffin, Blueberry	1.8oz	190	6	2	31	4	130	2.1
NutriGrain Bar, Strawberry	1 bar	120	3	0.5	24	2	110	1.6
Pancakes, Buttermilk	1.0 oz	80	1.5	0	15	2	110	1
Pancakes, Kellogg's Confetti	1 portion	220	7	1	36	4	300	2.4
Pancake Sausage on a Stick	1 each	240	15	4.5	20	7	360	1.3
Pancake Sausage Bites	5 each	220	13	3	17	4	361	1.13
Pancake & Sausage Sandwich, Bake Crafters	1 sandwich	150	3	0	19	6	300	1.3
Pop tart, Chocolate or Strawberry	2 Pack	360	4.5	2	75	4	360	5
Canadian Bacon	1 ounce	60	2.5	1	0	8	260	0
Tiger Bites	1 pack	120	4	1	21	2	125	1.4
Turkey, Breast Stick, Sweet BBQ	1 Stick	25	0.5	0	0	5	135	0
Waffle, Dutch with Powdered Sugar	2oz	300	13	3	43	4	350	2.9
Waffle, WG Maple Chip	2 each	100	3.5	0.5	15	2	170	1
Yogurt with Kellogg's Chocolate Chip Gripz	1 serving	230	3.5	1.5	35	12	90	2.3
Yogurt, Trix Raspberry	4 oz	100	0.5	0.5	20	3	50	1.3
Yogurt, Cherry	4 oz	100	0.5	0.5	20	3	50	1.3
Yogurt, Trix Banana	4 oz	80	4.5	0	15	4	60	1
Yogurt, Strawberry Banana	4oz	80	0	0	16	4	65	1.1
Yogurt, Strawberry	4oz	110	0	0	15	10	40	1
Yogurt Parfait, with Strawberries and Granola	1 each	270.4	5.7	1	48.5	7.9	150.3	3.2

Menu Item	Serving Size	Calories (g)	Fat (g)	Sat Fat (g)	Carbohydrate (g)	Protein (g)	Sodium (mg)	Diabetic Carb Count
BEVERAGES								
Juice, Apple 4 ounces	4 ounces	60	0	0	14	0.1	0	0.9
Juice, Orange 4 ounces	4 ounces	60	0	0	15	0	0	1
Juice, Apple Cherry 4 ounces	4 ounces	60	0	0	14	0	0	0.9
Juice, Fruit Punch 4 ounces	4 ounces	60	0	0	14	0	0	0.9
Juice, Slushy Ice Dog	4 ounces	60	0	0	17	0	0	1.1
Milk, 1% White, 8 ounces	8 ounces	110	2.5	1.5	13	8	150	0.9
Milk, Low fat, 1/2 % Chocolate, 8 ounces	8 ounces	120	0	0	20	8	190	1.3
Milk, Skim White, 8 ounces	8 ounces	90	0	0	13	8	102	0.9
Milk, Low fat Strawberry, 8 ounces	8 ounces	170	2.5	1.5	31	8	110	2.1
Milk, Shelf Stable 1% Low-Fat Plain	8 ounces	100	2.5	1.5	12	8	105	0.8
Milk, Shelf Stable Fat Free Chocolate Milk	8 ounces	140	0	0	27	8	260	1.8
Extra Sale Items (many extra sale items are listed above and fall into the above categories)								
Cheeto Puffs	1 bag	90	3.5	0	14	2	135	0.9
Fantastix, Flaming Hot	1 bag	130	5	1	19	2	200	1.3
Funyuns	1 bag	140	7	1	18	2	270	1.2
Gold Fish Cheddar	1 bag	100	4	0	0	0	170	0
Gold Fish Pretzel	1 bag	90	1.5	0	0	2	200	0
Gold Fish Cinnamon	1 bag	120	4	0	0	2	140	0