Nutrition Information: Main Menu Items, p 1 of 3

Updated 11/5/26

Menu Item	Portion	Cals	Fat (g)	Sat Fat (g)	Carbs (g)	Sodium (mg)	Top 9 Common Allergens
Beef & Cheese Nachos	1 each	534 (K-8) 674 (9-12)	33 (K-8) 39 (9-12)	15 (K-8) 16 (9-12)	29 (K-8) 49 (9-12)	1282 (K-8) 1397 (9-12)	Milk
Chicken Tinga & Cheese Nachos	1 each	530 (K-8) 670 (9-12)	31 (K-8) 37 (9-12)	13 (K-8) 14 (9-12)	31 (K-8) 51 (9-12)	1375 (K-8) 1490 (9-12)	Milk
Buffalo Chicken Pizza	1 slice	390	15	5	44	1078	Milk, Wheat
Cheese Pizza	1 slice	300	11	4	37	580	Milk, Wheat
Cheese Quesadilla	1 each	380	22	14	30	560	Milk, Wheat
Cheeseburger (K-5) Cheeseburger (6-12)	1 each	301 321	11 15	5.5 7	30 30	624 665	Milk, Soy, Wheat
Chicken Drumstick	1 each	150	8	2	2	350	--
Breaded Chicken Drumstick	1 each	210	11	3	10	530	Wheat
Chicken Enchilada Empanada	1 each	300	10	4	36	570	Milk, Soy, Wheat
Chicken Fajita Burrito Bowl	1 each	357 (K-8) 661 (9-12)	13 (K-8) 21 (9-12)	3 (K-8) 6 (9-12)	31 (K-8) 59 (9-12)	555 (K-8) 1106 (9-12)	Milk
Chicken Patty Sandwich	1 each	376	9	1.5	48	694	Milk, Wheat
Chicken Quesadilla	1 each	331	15	9	30	673	Milk, Wheat
Chicken Ranch Wrap	1 each	461	22	5	41	830	Egg, Milk, Soy, Wheat
Chicken Tenders	2 ea (K-5) 3 ea (6-12)	230 (K-5) 345 (6-12)	11 (K-5) 16 (6-12)	2 (K-5) 3 (6-12)	12 (K-5) 18 (6-12)	400 (K-5) 600 (6-12)	Milk, Wheat
Peruvian Chicken Drumstick	1 each	268	16	4	5	520	--

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Nutrition Information: Main Menu Items, p 2 of 3

Menu Item	Portion	Cals	Fat (g)	Sat Fat (g)	Carbs (g)	Sodium (mg)	Top 9 Common Allergens
Chicken, Jerk	½ cup	171	10	0	2	707	--
Egg & Cheese Croissant	1 each	360	21	10	29	780	Egg, Milk, Soy, Wheat
Fish Sticks	4 each	160	6	0.5	35	495	Fish, Wheat
French Toast Sticks	4 pc (K-5), 5 pc (6-8), 6 pc (9-12)	280 (K-5), 350 (6-8), 420 (9-12)	12 (K-5), 15 (6-8), 18 (9-12)	2.6 (K-5), 3.3 (6-8), 4 (9-12)	35 (K-5), 43 (6-8), 52 (9-12)	387 (K-5), 484 (6-8), 580 (9-12)	Egg, Milk, Soy, Wheat
General Tso's Chicken	8 pc (6-8) 10 pc (9-12)	259 (6-8) 295 (9-12)	12 (6-8) 14 (9-12)	2.5 (6-8) 3 (9-12)	23 (6-8), 26 (9-12)	718 (6-8), 802 (9-12)	Milk, Soy, Wheat
Hamburger (K-5) Hamburger (6-12)	1 each	216 266	8 11	2.5 4	22 22	365 445	Wheat
Hot dog (Halal)	1 each	390	25	9	24	1140	--
Meatball Sub	1 each	301	7	3	38	614	Wheat
Mac & Cheese Bites	3 pc (K-5), 4 pc (6-8), 6 pc (9-12)	230 (K-5), 307 (6-8), 460 (9-12)	11 (K-5), 15 (6-8), 22 (9-12)	5 (K-5) 7 (6-8), 10 (9-12)	19 (K-5), 25 (6-8), 38 (9-12)	390 (K-5), 520 (6-8), 780 (9-12)	Milk, Wheat
Mozzarella Sticks	5 pc (K-8) 6 pc (9-12)	263 (K-8), 315 (9-12)	10 (K-8) 12 (9-12)	3 (K-8) 4 (9-12)	28 (K-8) 33 (9-12)	450 (K-8) 540 (9-12)	Milk, Wheat
Macaroni & Cheese	1 each	343 (K-8) 514 (9-12)	12 (K-8) 18 (9-12)	7 (K-8) 10 (9-12)	45 (K-8) 68 (9-12)	453 (K-8) 680 (9-12)	Milk, Wheat
Orange Chicken (K-5)	5 pc	212	8	1.8	26	594	Milk, Soy, Wheat
Pasta w/ Meatballs	1 svg	297	8	3	45	430	Wheat

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Nutrition Information: Main Menu Items, p 3 of 3

Menu Item	Portion	Cals	Fat (g)	Sat Fat (g)	Carbs (g)	Sodium (mg)	Top 9 Common Allergens
Brazilian Cheese Bites	2 each	280	13	3.5	17	380	Egg, Milk
Heart-shaped Nuggets	4 pc (K-8) 5 pc (9-12)	180 (K-8) 225 (9-12)	7 (K-8) 9 (9-12)	1.5 (K-8) 2 (9-12)	16 (K-8) 20 (9-12)	620 (K-8) 775 (9-12)	Soy, Wheat
Beef & Bean Chili	3/4 cup	270	13	6	16	306	--
Pepperoni Pizza	1 slice	320	12	4	37	687	Milk, Soy, Wheat
Pizza Crunchers	4 pc (K-8) 5 pc (9-12)	420 (K-8) 525 (9-12)	20 (K-8) 25 (9-12)	8 (K-8) 10 (9-12)	41 (K-8) 51 (9-12)	770 (K-8) 962 (9-12)	Milk, Wheat
Popcorn Chicken	6 pc (K-5), 8 pc (6-8), 10 pc (9-12)	162 (K-5), 216 (6-8), 270 (9-12)	8 (K-5), 10 (6-8), 13 (9-12)	1.8 (K-5), 2.4 (6-8), 3 (9-12)	12 (K-5), 16 (6-8), 20 (9-12)	384 (K-5), 512 (6-8), 640 (9-12)	Milk, Soy, Wheat
Shepherd's Pie	1 cup	294	13	5	24	442	Milk
Make Your Own Pizza Bento	1 each	375	17.5	8.5	37	862	Milk, Soy, Wheat
Sunbutter & Jelly Sandwich	1 each	310	15	2	33	300	Soy, Wheat
Turkey & Cheese wrap	1 wrap	296	7.5	2.5	35	557	Wheat, Milk, Soy
Vegan Chik'n patty Sandwich	1 each	277	8.65	1	38	595	Wheat, Soy
Chicken Broccoli Ziti	2/3c (K-8) 1c (9-12)	252 381	11 17	5 8	21 32	448 679	Milk, Wheat
Haitian Style Chicken	K-8 9-12	179 358	11 22	2 4	3 6	495 790	--
Mummy Dog	1 each	335	24	9	15	968	Soybean oil, Wheat

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Nutrition Information: Vegetables, p 1 of 2

Menu Item	Portion	Cals	Fat (g)	Sat Fat (g)	Carbs (g)	Sodium (mg)	Top 9 Common Allergens
Black Bean Salad	1/2 cup	125	1	0	21	152	--
Baked Beans (vegetarian)	1/2 cup	160	1	0	29	140	--
Broccoli, steamed	1/2 cup	26	0	0	5	70	--
Black Beans	1/2 cup	100	0	0	18	140	--
Seasoned Black Beans	1/2 cup	100	0	0	18	320	--
Black Eye Peas	1/2 cup	124	1.5	0	20	95	--
Carrots, baby	1/2 cup	25	0	0	6	55	--
Broccoli, Roasted	1/2 cup	73	7	2	2	295	--
Cucumber Slices	1/2 cup	6	0	0	1.5	1	--
Carrots, Steamed	1/2 cup	25	0	0	6	55	--
Corn	1/2 cup	78	0	0	18	3	--
Crunchy Chickpeas	1/2 cup	90	3	0	14	140	--
French Fries	1/2 cup	90	3.5	0	14	260	--
Garden Salad w/ dressing	1/2 cup	48	3	0	3	135	--
Green Beans	1/2 cup	19	0	0	4	<1	--
Lettuce & Tomato	1/4 cup	5	0	0	3	0	--

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Nutrition Information: Vegetables, p 2 of 2

Menu Item	Portion	Cals	Fat (g)	Sat Fat (g)	Carbs (g)	Sodium (mg)	Top 9 Common Allergens
Refried Beans (vegetarian)	1/2 cup	140	05	0	24	140	--
Plantains	1/4 cup	140	2.8	0.5	28	0	--
Sweet Potato Fries	1/2 cup	150	8	2	19	125	--
Tater Tots	1/2 cup	140	7	1	16	190	--
Yucca Fries	1/2 cup	110	4	<1	17	115	--
Vblend vegetable juice	1/2 cup	50	0	0	13	10	--
Mixed Vegetables	1/2 cup	109	1	0	23	1	--
Maple Roasted Butternut Squash	1/2 cup	157	7	1	25	147	--
Mashed Potatoes	1/2 cup	60	1	0	13	233	Milk

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Nutrition Information: Fruits

Menu Item	Portion	Cals	Fat (g)	Sat Fat (g)	Carbs (g)	Sodium (mg)	Top 9 Common Allergens
Apple	1 each	77	0	0	20	0	--
Apple crisps	1 pkg	40	0	0	10	0	--
Apple Slices	1 pkg	29	0	0	8	0	--
Applesauce	1/2 cup	60	0	0	14	15	--
Banana	1 each	90	0	0	23	1	--
Baked apples	1/2 cup	100	0	0	25	5	--
Craisins	1 each	110	0	0	27	0	--
Fruit Slush, Strawberry	1 each	90	0	0	22	0	--
Mixed Fruit	1/2 cup	60	0	0	17	10	--
Orange	1 each	65	0	0	16	0	--
Peaches, canned	1/2 cup	90	0	0	21	0	--
Plum	1 each	127	0	0	8	0	--
Strawberries, Fresh	3 medium	12	0	0	3	0	--
Watermelon	1/2 cup	23	0	0	6	1	--

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Nutrition Information: Breads & Grains

Menu Item	Portion	Cals	Fat (g)	Sat Fat (g)	Carbs (g)	Sodium (mg)	Top 9 Common Allergens
Basmati Rice	1/2 cup	102	0	0	22	193	--
Breadstick	1 each	110	0	0	22	190	Wheat
Brown Rice	1/2 cup	109	1	0	23	1	--
Dinner Roll	1 each	73	0	0	14	127	Wheat
Dutch Waffle	1 each	300	13	3	43	350	Egg, Milk, Soy, Wheat
Flatbread	1/2 piece	90	2.5	0.5	14	165	Milk, Wheat
Fortune Cookie	1 each	18	0	0	4	2	Soy, Wheat
Garlic Bread	1 slice	100	3.5	0.5	14	125	Milk, Wheat
Garlic Knot	1 each	120	4.5	1.5	18	220	Soy, Wheat
Pretzel Stick	2 each	70	1	0	14	40	Wheat
Scooby Snacks	1 pkg	120	3.5	1	21	115	Soy, Wheat
Seasoned brown rice	1/2 cup	131	3.5	0	23	140	--
Seasoned brown rice	1 cup	262	7	0	46	280	--

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Nutrition Information: Milk

Menu Item	Portion	Cals	Fat (g)	Sat Fat (g)	Carbs (g)	Sodium (mg)	Top 9 Common Allergens
1 % Milk	1 each	110	2	1.5	13	125	Milk
Fat Free Milk	1 each	80	0	0	13	125	Milk
Chocolate Milk, Fat Free	1 each	120	0	0	20	180	Milk

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Nutrition Information: Condiments

Menu Item	Portion	Cals	Fat (g)	Sat Fat (g)	Carbs (g)	Sodium (mg)	Top 9 Common Allergens
BBQ Sauce	1 pkg	45	0	0	10	210	--
Chicken Dippin' Sauce	1 pkg	130	12	2	6	135	Egg
Chocolate Hummus	1 each	170	10	1.5	15	35	--
Guacamole	1 pkg		5	1	2	130	--
Ketchup	1 pkg	10	0	0	2	75	--
Mayo, Lite	1 pkg	50	4.5	1	2	70	Egg
Marinara sauce	1 pkg	40	1	0	7	170	--
Pickles	3 slices	2	0	0	0	170	--
Pikliz	2 Tbsp	15	0	0	3	22	--
Ranch dressing	12 gm	30	2.5	0	2	50	Egg, Milk
Ranch dressing cup	1 oz	70	6	1	4	125	Egg, Milk
Remoulade sauce	2 Tbsp	148	16	2	<1	106	Egg
Salsa	1 pkg	25	0	0	5	135	--
Sour cream	1 oz pkg	60	5	3.5	2	45	Milk
Spooky Sauce	1 Tbsp	42	1	0	8	137	Egg
Sweet & Sour Sauce	1 pkg	45	0	0	10	120	--
Maple Syrup	0.5 oz	50	0	0	13	3	--

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Nutrition Information: Breakfast Main Items

Menu Item	Portion	Cals	Fat (g)	Sat Fat (g)	Carbs (g)	Sodium (mg)	Top 9 Common Allergens
Chocolate Chip Muffin	1 each	270	8	1.5	45	140	Egg, Milk, Soy, Wheat
Cinnamon Roll	1 each	240	7	1.5	38	240	Soy, Wheat
Assorted 'Breakfast Breaks' cereal packs	1 each	280	5.5	0	55	215	May contain Egg, Milk, Soy, and/or Wheat - See individual package for specific allergens
Goldilox Bagel (9-12)	1 each	312	<1	0	58	1820	Wheat
Yogurt, Assorted Flavors (K-8)	1 each	60	0	0	12	70	Milk
Greek Yogurt (9-12)	1 each	85	0	0	11	41	Milk
Assorted Cereal	1 each	100-120	1.5-2.5	0	21-25	120-160	May contain Wheat - See individual package for specific allergens
Granola	1 pkg	120	3.5	0	19	35	--
Snack'n Waffles	1 each	250	9	4	37	290	Egg, Milk, Wheat
Fruit & Yogurt Smoothie	1 each	130	0	0	36	70	Milk

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Alternatives

Menu Item	Portion	Cals	Fat (g)	Sat Fat (g)	Carbs (g)	Sodium (mg)	Top 9 Common Allergens
Chicken Caesar Salad	1 each	500	26	4	43	1245	Egg, Fish (Anchovy), Milk, Soybean oil, Wheat
Chicken & Cheese Salad	1 each	500	26	8.5	37	945	Egg, Milk, Soy, Wheat
Vegan Chickpea Salad	1 each	325	13	2	42	765	Soybean oil, Wheat
Vegan Chik'n Salad	1 each	360	16	2.5	41	900	Soy protein, Wheat
Greek Salad w/ Chicken	1 each	496	36	9	28	942	Milk, Soybean oil, Wheat
Hardboiled egg & cheddar Bento	1 each	499	32	11	31	821	Egg, Milk, Wheat
String Cheese	1 each	80	6	4	2	200	Milk
Sunbutter & Jelly Sandwich	1 each	310	15	2	33	300	Soy, Wheat

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