

High School Lunch

Mon - 05/03/2021	Portion Size	Calories	Mg Sodium	G Sugars	G Protein	G Carb	G T-Fat	G S-Fat
CHICKEN FRIED STEAK SANDWICH	ONE EACH	460	590	6.00	22.00	48.00	21.00	4.50
GRILLED CHEESE	ONE EACH	402	1231	*4.00	20.27	34.00	21.42	6.87
BAKED BEANS	1/2 CUP	140	370	12.00	5.00	30.00	0.00	0.00
SIDEWINDER POTATOES	3.0 OZ	190	400	0.00	2.00	35.00	5.00	0.50
FRESH FRUIT	1/2 CUP	104	2	20.19	1.98	25.53	0.78	0.08
MILK, 1% LOWFAT	HALF PINT	100	125	12.00	8.00	12.00	2.50	1.50
MILK, CHOC, NON FAT	HALF PINT	110	100	18.00	8.00	19.00	0.00	0.00
KETCHUP	1 PC TUB	30	75	5.00	0.00	7.00	0.00	0.00
MUSTARD	ONE PC PACKET	5	70	0.00	1.00	0.00	0.00	0.00
MAYONNAISE	1 PC PACKET	25	105	0.00	0.00	2.00	2.50	0.00
Tue - 05/04/2021	Portion Size	Calories	Mg Sodium	G Sugars	G Protein	G Carb	G T-Fat	G S-Fat
PIZZA STICKS	3 EACH	459	449	3.00	19.16	44.07	21.93	5.45
GRILLED CHEESE	ONE EACH	402	1231	*4.00	20.27	34.00	21.42	6.87
SWEET POTATO FRIES	3.0 OZ	178	233	7.78	1.11	26.68	6.67	1.11
GREEN BEANS	1/2 CUP	16	149	1.00	1.00	3.00	0.08	0.03
APPLESAUCE CUP	1 EACH	87	3	18.71	0.20	22.31	0.22	0.04
MILK, 1% LOWFAT	HALF PINT	100	125	12.00	8.00	12.00	2.50	1.50
MILK, CHOC, NON FAT	HALF PINT	110	100	18.00	8.00	19.00	0.00	0.00
KETCHUP	1 PC TUB	30	75	5.00	0.00	7.00	0.00	0.00
PEPPER GRAVY	2 OZ LADLE	39	158	1.12	0.00	5.60	2.24	1.12
Wed - 05/05/2021	Portion Size	Calories	Mg Sodium	G Sugars	G Protein	G Carb	G T-Fat	G S-Fat
CHICKEN LEG WITH ROLL	ONE EACH	355	790	*4.21	20.32	34.58	14.06	3.78
GRILLED CHEESE	ONE EACH	402	1231	*4.00	20.27	34.00	21.42	6.87
MASHED POTATOES	1/2 CUP	98	131	0.97	1.69	17.14	2.54	1.01
BROCCOLI	1/2 CUP	32	21	0.00	1.07	4.27	0.00	0.00
FRESH FRUIT	1/2 CUP	104	2	20.19	1.98	25.53	0.78	0.08
MILK, 1% LOWFAT	HALF PINT	100	125	12.00	8.00	12.00	2.50	1.50
MILK, CHOC, NON FAT	HALF PINT	110	100	18.00	8.00	19.00	0.00	0.00
KETCHUP	1 PC TUB	30	75	5.00	0.00	7.00	0.00	0.00
PEPPER GRAVY	2 OZ LADLE	39	158	1.12	0.00	5.60	2.24	1.12
Thu - 05/06/2021	Portion Size	Calories	Mg Sodium	G Sugars	G Protein	G Carb	G T-Fat	G S-Fat
CHEESE PIZZA	8 CUT	360	600	9.00	21.00	34.00	16.00	7.00
PEPPERONI PIZZA	8 CUT	370	660	9.00	21.00	34.00	16.00	7.00
CUCUMBER/TOMATO	1.5 OZ/1.5 OZ	14	3	1.82	0.65	3.21	0.13	0.03
CORN, SEASONED	1/2 CUP	92	0	4.58	2.75	19.24	0.92	0.00
APPLESAUCE CUP	1 EACH	87	3	18.71	0.20	22.31	0.22	0.04
MILK, 1% LOWFAT	HALF PINT	100	125	12.00	8.00	12.00	2.50	1.50
MILK, CHOC, NON FAT	HALF PINT	110	100	18.00	8.00	19.00	0.00	0.00
RANCH DRESSING (LITE)	# 24 SCOOP	147	360	1.33	1.33	1.33	13.33	2.00
Fri - 05/07/2021	Portion Size	Calories	Mg Sodium	G Sugars	G Protein	G Carb	G T-Fat	G S-Fat
ORANGE CHICKEN/RICE	4.3 OZ/RICE	476	646	0.00	20.89	62.49	15.15	3.10
GRILLED CHEESE	ONE EACH	402	1231	*4.00	20.27	34.00	21.42	6.87
CARROTS, FRESH	2.5 OZ	29	49	3.36	0.66	6.79	0.17	0.02
PARMESAN ROASTED POTATOES	3.25 OZ	107	149	1.30	3.24	16.03	3.39	1.01
FRESH FRUIT	1/2 CUP	104	2	20.19	1.98	25.53	0.78	0.08
MILK, 1% LOWFAT	HALF PINT	100	125	12.00	8.00	12.00	2.50	1.50
MILK, CHOC, NON FAT	HALF PINT	110	100	18.00	8.00	19.00	0.00	0.00
KETCHUP	1 PC TUB	30	75	5.00	0.00	7.00	0.00	0.00
RANCH DRESSING (LITE)	# 24 SCOOP	147	360	1.33	1.33	1.33	13.33	2.00
Mon - 05/10/2021	Portion Size	Calories	Mg Sodium	G Sugars	G Protein	G Carb	G T-Fat	G S-Fat
BURGER ON BUN	ONE EACH	350	540	4.00	24.00	29.00	15.00	5.00
CHEESEBURGER ON BUN	ONE EACH	345	673	*N/A*	21.54	32.01	15.03	5.77
GRILLED CHEESE	ONE EACH	402	1231	*4.00	20.27	34.00	21.42	6.87
LETTUCE,TOMATO,PICKLE	SERVING	15	231	1.90	0.75	3.08	0.20	0.04
SIDEWINDER POTATOES	3.0 OZ	190	400	0.00	2.00	35.00	5.00	0.50
APPLESAUCE CUP	1 EACH	87	3	18.71	0.20	22.31	0.22	0.04

MILK, 1% LOWFAT	HALF PINT	100	125	12.00	8.00	12.00	2.50	1.50
MILK, CHOC, NON FAT	HALF PINT	110	100	18.00	8.00	19.00	0.00	0.00
KETCHUP	1 PC TUB	30	75	5.00	0.00	7.00	0.00	0.00
MUSTARD	ONE PC PACKET	5	70	0.00	1.00	0.00	0.00	0.00
MAYONNAISE	1 PC PACKET	25	105	0.00	0.00	2.00	2.50	0.00
Tue - 05/11/2021								
	Portion Size	Calories	Mg Sodium	G Sugars	G Protein	G Carb	G T-Fat	G S-Fat
STEAK FINGERS/BREADSTICK	4 EACH/BREADSTICK	459	449	3.00	19.16	44.07	21.93	5.45
GRILLED CHEESE	ONE EACH	402	1231	*4.00	20.27	34.00	21.42	6.87
SWEET POTATO FRIES	3.0 OZ	178	233	7.78	1.11	26.68	6.67	1.11
GREEN BEANS	1/2 CUP	16	149	1.00	1.00	3.00	0.08	0.03
APPLESAUCE CUP	1 EACH	87	3	18.71	0.20	22.31	0.22	0.04
MILK, 1% LOWFAT	HALF PINT	100	125	12.00	8.00	12.00	2.50	1.50
MILK, CHOC, NON FAT	HALF PINT	110	100	18.00	8.00	19.00	0.00	0.00
KETCHUP	1 PC TUB	30	75	5.00	0.00	7.00	0.00	0.00
KETCHUP	1 PC TUB	30	75	5.00	0.00	7.00	0.00	0.00
PEPPER GRAVY	2 OZ LADLE	39	158	1.12	0.00	5.60	2.24	1.12
Wed - 05/12/2021								
	Portion Size	Calories	Mg Sodium	G Sugars	G Protein	G Carb	G T-Fat	G S-Fat
CHICKEN NUGGETS/GARLIC TOAST	10 NUGGET/GARLIC TST	369	710	1.00	21.00	34.00	16.50	3.50
GRILLED CHEESE	ONE EACH	402	1231	*4.00	20.27	34.00	21.42	6.87
MASHED POTATOES	1/2 CUP	98	131	0.97	1.69	17.14	2.54	1.01
BROCCOLI	1/2 CUP	32	21	0.00	1.07	4.27	0.00	0.00
APPLESAUCE CUP	1 EACH	87	3	18.71	0.20	22.31	0.22	0.04
MILK, 1% LOWFAT	HALF PINT	100	125	12.00	8.00	12.00	2.50	1.50
MILK, CHOC, NON FAT	HALF PINT	110	100	18.00	8.00	19.00	0.00	0.00
KETCHUP	1 PC TUB	30	75	5.00	0.00	7.00	0.00	0.00
PEPPER GRAVY	2 OZ LADLE	39	158	1.12	0.00	5.60	2.24	1.12
Thu - 05/13/2021								
	Portion Size	Calories	Mg Sodium	G Sugars	G Protein	G Carb	G T-Fat	G S-Fat
CHEESE PIZZA	8 CUT	360	600	9.00	21.00	34.00	16.00	7.00
PEPPERONI PIZZA	8 CUT	370	660	9.00	21.00	34.00	16.00	7.00
CUCUMBER/TOMATO	1.5 OZ/1.5 OZ	14	3	1.82	0.65	3.21	0.13	0.03
CORN, SEASONED	1/2 CUP	92	0	4.58	2.75	19.24	0.92	0.00
APPLESAUCE CUP	1 EACH	87	3	18.71	0.20	22.31	0.22	0.04
MILK, 1% LOWFAT	HALF PINT	100	125	12.00	8.00	12.00	2.50	1.50
MILK, CHOC, NON FAT	HALF PINT	110	100	18.00	8.00	19.00	0.00	0.00
RANCH DRESSING (LITE)	# 24 SCOOP	147	360	1.33	1.33	1.33	13.33	2.00
Fri - 05/14/2021								
	Portion Size	Calories	Mg Sodium	G Sugars	G Protein	G Carb	G T-Fat	G S-Fat
BREADED CHICKEN ON BUN	ONE EACH	447	706	5.06	24.03	46.03	17.96	2.66
GRILLED CHEESE	ONE EACH	402	1231	*4.00	20.27	34.00	21.42	6.87
LETTUCE,TOMATO,PICKLE	SERVING	15	231	1.90	0.75	3.08	0.20	0.04
PARMESAN ROASTED POTATOES	3.25 OZ	107	149	1.30	3.24	16.03	3.39	1.01
FRESH FRUIT	1/2 CUP	104	2	20.19	1.98	25.53	0.78	0.08
MILK, 1% LOWFAT	HALF PINT	100	125	12.00	8.00	12.00	2.50	1.50
MILK, CHOC, NON FAT	HALF PINT	110	100	18.00	8.00	19.00	0.00	0.00
KETCHUP	1 PC TUB	30	75	5.00	0.00	7.00	0.00	0.00
MUSTARD	ONE PC PACKET	5	70	0.00	1.00	0.00	0.00	0.00
MAYONNAISE	1 PC PACKET	25	105	0.00	0.00	2.00	2.50	0.00
Mon - 05/17/2021								
	Portion Size	Calories	Mg Sodium	G Sugars	G Protein	G Carb	G T-Fat	G S-Fat
CHICKEN TENDERS & BISCUIT	3 EACH/BISCUIT	780	1290	3.00	41.00	73.00	33.00	7.50
GRILLED CHEESE	ONE EACH	402	1231	*4.00	20.27	34.00	21.42	6.87
BAKED BEANS	1/2 CUP	140	370	12.00	5.00	30.00	0.00	0.00
TATOR TOTS	3.0 OZ	190	400	0.00	2.00	35.00	5.00	0.50
FRESH FRUIT	1/2 CUP	104	2	20.19	1.98	25.53	0.78	0.08
MILK, 1% LOWFAT	HALF PINT	100	125	12.00	8.00	12.00	2.50	1.50
MILK, CHOC, NON FAT	HALF PINT	110	100	18.00	8.00	19.00	0.00	0.00
PEPPER GRAVY	2 OZ LADLE	39	158	1.12	0.00	5.60	2.24	1.12

Tue - 05/18/2021								
	Portion Size	Calories	Mg Sodium	G Sugars	G Protein	G Carb	G T-Fat	G S-Fat
FIESTA NACHOS	UNIT	450	740	0.00	18.00	33.50	28.51	13.50
NACHO GRANDE	UNIT	395	696	1.00	17.48	34.99	22.00	8.40
RICE, SPANISH	1/2 CUP	125	139	1.10	1.64	24.97	1.71	0.34
REFRIED BEANS	#6 SCOOP	255	802	*0.00	13.15	32.70	8.74	3.71
FRESH FRUIT	1/2 CUP	104	2	20.19	1.98	25.53	0.78	0.08
MILK, 1% LOWFAT	HALF PINT	100	125	12.00	8.00	12.00	2.50	1.50
MILK, CHOC, NON FAT	HALF PINT	110	100	18.00	8.00	19.00	0.00	0.00
KETCHUP	1 PC TUB	30	75	5.00	0.00	7.00	0.00	0.00
PEPPER GRAVY	2 OZ LADLE	39	158	1.12	0.00	5.60	2.24	1.12
Wed - 05/19/2021								
	Portion Size	Calories	Mg Sodium	G Sugars	G Protein	G Carb	G T-Fat	G S-Fat
PIZZA STICKS	3 EACH	459	449	3.00	19.16	44.07	21.93	5.45
GRILLED CHEESE	ONE EACH	402	1231	*4.00	20.27	34.00	21.42	6.87
SWEET POTATO FRIES	3.0 OZ	178	233	7.78	1.11	26.68	6.67	1.11
GREEN BEANS	1/2 CUP	16	149	1.00	1.00	3.00	0.08	0.03
APPLESAUCE CUP	1 EACH	87	3	18.71	0.20	22.31	0.22	0.04
MILK, 1% LOWFAT	HALF PINT	100	125	12.00	8.00	12.00	2.50	1.50
MILK, CHOC, NON FAT	HALF PINT	110	100	18.00	8.00	19.00	0.00	0.00
KETCHUP	1 PC TUB	30	75	5.00	0.00	7.00	0.00	0.00
PEPPER GRAVY	2 OZ LADLE	39	158	1.12	0.00	5.60	2.24	1.12
Thur - 05/20/2021								
	Portion Size	Calories	Mg Sodium	G Sugars	G Protein	G Carb	G T-Fat	G S-Fat
THAI SWEET CHILI CHICKEN/RICE	4.0 OZ/RICE	361	498	15.00	17.66	61.74	4.47	0.70
GENERAL TSO'S CHICKEN/RICE	4.0 OZ/RICE	392	545	14	16.22	66.69	5.67	1.00
CARROTS, FRESH	2.5 OZ	29	49	3.36	0.66	6.79	0.17	0.02
BROCCOLI	1/2 CUP	32	21	0.00	1.07	4.27	0.00	0.00
FRESH FRUIT	1/2 CUP	104	2	20.19	1.98	25.53	0.78	0.08
MILK, 1% LOWFAT	HALF PINT	100	125	12.00	8.00	12.00	2.50	1.50
MILK, CHOC, NON FAT	HALF PINT	110	100	18.00	8.00	19.00	0.00	0.00
KETCHUP	1 PC TUB	30	75	5.00	0.00	7.00	0.00	0.00
RANCH DRESSING (LITE)	# 24 SCOOP	147	360	1.33	1.33	1.33	13.33	2.00
Fri - 05/21/2021								
	Portion Size	Calories	Mg Sodium	G Sugars	G Protein	G Carb	G T-Fat	G S-Fat
CHEESE PIZZA	8 CUT	360	600	9.00	21.00	34.00	16.00	7.00
PEPPERONI PIZZA	8 CUT	370	660	9.00	21.00	34.00	16.00	7.00
CUCUMBER/TOMATO	1.5 OZ/1.5 OZ	14	3	1.82	0.65	3.21	0.13	0.03
CORN, SEASONED	1/2 CUP	92	0	4.58	2.75	19.24	0.92	0.00
APPLESAUCE CUP	1 EACH	87	3	18.71	0.20	22.31	0.22	0.04
MILK, 1% LOWFAT	HALF PINT	100	125	12.00	8.00	12.00	2.50	1.50
MILK, CHOC, NON FAT	HALF PINT	110	100	18.00	8.00	19.00	0.00	0.00
RANCH DRESSING (LITE)	# 24 SCOOP	147	360	1.33	1.33	1.33	13.33	2.00
Mon - 05/24/2021								
	Portion Size	Calories	Mg Sodium	G Sugars	G Protein	G Carb	G T-Fat	G S-Fat
BURGER ON BUN	ONE EACH	350	540	4.00	24.00	29.00	15.00	5.00
CHEESEBURGER ON BUN	ONE EACH	345	673	*N/A*	21.54	32.01	15.03	5.77
GRILLED CHEESE	ONE EACH	402	1231	*4.00	20.27	34.00	21.42	6.87
LETTUCE,TOMATO,PICKLE	SERVING	15	231	1.90	0.75	3.08	0.20	0.04
TATOR TOTS	3.0 OZ	190	400	0.00	2.00	35.00	5.00	0.50
APPLESAUCE CUP	1 EACH	87	3	18.71	0.20	22.31	0.22	0.04
MILK, 1% LOWFAT	HALF PINT	100	125	12.00	8.00	12.00	2.50	1.50
MILK, CHOC, NON FAT	HALF PINT	110	100	18.00	8.00	19.00	0.00	0.00
KETCHUP	1 PC TUB	30	75	5.00	0.00	7.00	0.00	0.00
MUSTARD	ONE PC PACKET	5	70	0.00	1.00	0.00	0.00	0.00
MAYONNAISE	1 PC PACKET	25	105	0.00	0.00	2.00	2.50	0.00
Tue - 05/25/2021								
	Portion Size	Calories	Mg Sodium	G Sugars	G Protein	G Carb	G T-Fat	G S-Fat
CHICKEN NUGGETS/GARLIC TOAST	10 NUGGET/GARLIC	369	710	1.00	21.00	34.00	16.50	3.50
GRILLED CHEESE	ONE EACH	402	1231	*4.00	20.27	34.00	21.42	6.87
MASHED POTATOES	1/2 CUP	98	131	0.97	1.69	17.14	2.54	1.01
BROCCOLI	1/2 CUP	32	21	0.00	1.07	4.27	0.00	0.00
APPLESAUCE CUP	1 EACH	87	3	18.71	0.20	22.31	0.22	0.04

MILK, 1% LOWFAT	HALF PINT	100	125	12.00	8.00	12.00	2.50	1.50
MILK, CHOC, NON FAT	HALF PINT	110	100	18.00	8.00	19.00	0.00	0.00
KETCHUP	1 PC TUB	30	75	5.00	0.00	7.00	0.00	0.00
PEPPER GRAVY	2 OZ LADLE	39	158	1.12	0.00	5.60	2.24	1.12
Wed - 05/26/2021								
	Portion Size	Calories	Mg Sodium	G Sugars	G Protein	G Carb	G T-Fat	G S-Fat
CHICKEN FRIED STEAK SANDWICH	ONE EACH	460	590	6.00	22.00	48.00	21.00	4.50
GRILLED CHEESE	ONE EACH	402	1231	*4.00	20.27	34.00	21.42	6.87
CUCUMBER/TOMATO	1.5 OZ/1.5 OZ	14	3	1.82	0.65	3.21	0.13	0.03
LETTUCE,TOMATO,PICKLE	SERVING	15	231	1.90	0.75	3.08	0.20	0.04
FRESH FRUIT	1/2 CUP	104	2	20.19	1.98	25.53	0.78	0.08
MILK, 1% LOWFAT	HALF PINT	100	125	12.00	8.00	12.00	2.50	1.50
MILK, CHOC, NON FAT	HALF PINT	110	100	18.00	8.00	19.00	0.00	0.00
KETCHUP	1 PC TUB	30	75	5.00	0.00	7.00	0.00	0.00
Thu - 05/27/2021								
	Portion Size	Calories	Mg Sodium	G Sugars	G Protein	G Carb	G T-Fat	G S-Fat
BREADED CHICKEN ON BUN	ONE EACH	447	706	5.06	24.03	46.03	17.96	2.66
GRILLED CHEESE	ONE EACH	402	1231	*4.00	20.27	34.00	21.42	6.87
LETTUCE,TOMATO,PICKLE	SERVING	15	231	1.90	0.75	3.08	0.20	0.04
CARROTS, FRESH	2.5 OZ	29	49	3.36	0.66	6.79	0.17	0.02
APPLESAUCE CUP	1 EACH	87	3	18.71	0.20	22.31	0.22	0.04
MILK, 1% LOWFAT	HALF PINT	100	125	12.00	8.00	12.00	2.50	1.50
MILK, CHOC, NON FAT	HALF PINT	110	100	18.00	8.00	19.00	0.00	0.00
RANCH DRESSING (LITE)	# 24 SCOOP	147	360	1.33	1.33	1.33	13.33	2.00
KETCHUP	1 PC TUB	30	75	5.00	0.00	7.00	0.00	0.00
MUSTARD	ONE PC PACKET	5	70	0.00	1.00	0.00	0.00	0.00
MAYONNAISE	1 PC PACKET	25	105	0.00	0.00	2.00	2.50	0.00

This institution is an equal opportunity provider.

*N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice.

Please consult a medical professional for assistance in planning for or treating medical conditions.