

Nutritional Facts

School Lunch Items

	Carbs	Calories	Total Fat
Beef Ground	0	197	14
Beef Patty	2	158	9
Blue Streak Patty	5	317	18
Bosco Cheese Stick (1)	26	190	4
Cheese Shredded (.89 Cup)	1	403	33
Cheese Sliced (1)	1	53	5
Cheeseburger Twin	42	428	18
Chicken Chips BBQ	16	220	12
Chicken Crispy Chunk	15	270	16
Chicken Drumstick Bone	8	220	13
Chicken Drumstick Boneless	9	150	6
Chicken Fajita or Taco	2	133	7
Chicken Fries	10	209	11
Chicken Hip Dipper	14	220	11
Chicken Hoagie	3	120	5
Chicken Nuggets	17	266	17
Chicken Patty	12	210	12
Chicken Popcorn	15	210	10
Chicken Tenders	15	240	14
Corn Dog	14	280	30
Corn Dogs Mini	27	315	18
Fried Rice	35	190	4
Fries Baked	25	180	8
Fries Twister	20	160	8
Green Bean Frozen	0	31	5
Hot Dog	1	150	13
Hot Dog Foot long	2	250	21
Lasagna Roll-Up	21	198	8
Mac & Cheese	32	520	33
Pizza Cheese Tonys	32	330	14
Pizza Fiesta	38	410	31

Pizza French Bread	35	330	12
Pizza Garfield	51	440	17
Pizza Lil Bites	29	300	13
Pizza Patty	5	210	15
Pizza Pocket	41	310	11
Pizza Sauce (.25 Cup)	6	30	0
Pizza Twisted Crust	43	360	13
Pork Pulled	18	268	13
Pork Rib	3	153	9
Quesadilla Cheese	41	340	13
Spaghetti	42	210	1
Spaghetti Sauce	11	80	3
Taco Meat	4	119	6
Toasty Dog	17	255	14
Turkey & Gravy	4	147	6
Turkey Sliced	2	60	1

Apple	26	100	1
Apple Pie Filling	25	100	0
Apple Sliced Fresh	7	30	0
Applesauce	21	86	0
Banana	19	72	0
BBQ cup	4	17	0
Beans Baked	13	60	0
Butter Cup	33	4	0
Caramel cup	19	75	0
Carrots Fresh (.5 Cup)	6	27	0
Celery (.5 Cup)	1	7	0
Corn Cob	19	94	1
Corn Frozen	21	100	1
Doritos Chips Baked	29	170	5
Egg Roll	21	180	8
Fruit Mix (.25 Cup)	9	34	0
Gravy Brown (tbs.)	5	25	1
Gravy Chicken (tbs.)	6	35	1
Gravy Pork (tbs.)	4	25	1
Icy Juicy	15	60	0
Lettuce Salad	4	20	0
Orange Wedges	11	35	0

Oranges Mandarin	17	70	0
Pears Canned (.25 Cup)	8	31	0
Pineapple Chunks (.25 Cup)	20	90	0
Potato Boats	20	120	4
Potato Chip Baked	23	110	2
Potato Mashed	74	371	5
Potato Smiles	24	160	6
Potato Starz	20	180	10
Potato Tots	18	150	8
Potato Wedges Seasoned	18	130	6
Potato Wedges Ranch	17	125	5
Peaches Canned (.25 Cup)	9	34	0
Peas Frozen	12	69	0
Pickle Wedge	1	5	0
Pie Tart	19	140	6
Ranch Cup	1	150	16
Sherbet	29	134	2
Tomato Soup (.5 cup)	19	90	0
Tortilla Chips	36	290	14
Milk White 2%	13	130	5
Bun Hamburger	27	140	2
Bun Hot Dog	20	105	1
Bun Hot Dog Foot long	44	240	4
Bun Sub	31	160	1
Bun Pretzel	45	230	4
Roll Wheat	26	128	1
Roll White	26	130	1
Roll Multi-Grain	24	120	1
Tortilla Shell Soft	33	190	5

These are not always exact statistics they can vary with serving size, substitutions for products that are out of stock and other variables. They may also vary with additions of spices, butter and other items used to enhance flavor. They are relatively close and can be used to approximate data for

your daily food intake. If you need more information feel free to contact Tom Freitas at 419-621-2719.