

| Menu Item                      | Serving Size      | Calories | Total fat (gm) | Sat. Fat (gm) | Carbohydrate (gm) | Protein (gm) | Calcium (mg) | Iron (mg) | Vit. A (RE) % | Vit. C (mg) % |
|--------------------------------|-------------------|----------|----------------|---------------|-------------------|--------------|--------------|-----------|---------------|---------------|
| <b>Entrees</b>                 |                   |          |                |               |                   |              |              |           |               |               |
| BBQ Chicken Sandwich, K-5      | 1 Sandwich        | 338      | 10.14          | 2.63          | 30.2              | 30.29        | 20           | 1.9       | 0             | 0             |
| BBQ Chicken Sandwich, 6-12     | 1 Sandwich        | 507      | 15.06          | 3.76          | 48.71             | 44.55        | 20           | 2.45      | 0             | 0             |
| Beefaroni, K-12                | 8 oz              | 367      | 13.47          | 4.51          | 37.14             | 25.22        | 55.36        | 3.43      | 74            | 8.72          |
| Cheese Steak Sandwich, K-5     | 1 Sandwich        | 287      | 11.28          | 4.23          | 29.11             | 15.71        | 52.53        | 2.64      | 0             | 0             |
| Cheese Steak Sandwich, 6-12    | 1 Sandwich        | 376      | 14.23          | 5.11          | 41.53             | 21.14        | 53.68        | 3.25      | 0             | 0             |
| Cheeseburger on a Bun          | 1 Sandwich        | 301      | 13.55          | 5.53          | 22.01             | 20.53        | 125.94       | 2.58      | 202           | 0             |
| Chicken, Baked 7 piece         | 2 oz              | 162      | 10             | 3             | 5                 | 13           | 12           | .8        | 80            | 0             |
| Chicken Fajitas                | 4 oz              | 298      | 12.37          | 3.01          | 18.88             | 27.13        | 56.45        | 1.37      | 70            | 10.46         |
| Chicken Fingers (fries) K-5    | 8 Fries           | 205      | 12             | 2             | 12                | 15           | 20           | 1         | 45            | 1             |
| Chicken Fingers (fries) 6-12   | 10 Fries          | 256      | 15             | 2.5           | 15                | 18.75        | 25           | 1.25      | 56            | 1.25          |
| Chicken Nuggets, K-5           | 5 Nuggets         | 243      | 15             | 3.5           | 12                | 15           | 19           | 1.3       | 130           | 1             |
| Chicken Nuggets, 6-12          | 6 Nuggets         | 292      | 18.03          | 4.21          | 14.42             | 18.03        | 22.84        | 1.56      | 156           | 1.2           |
| Chicken on a Multigrain Roll   | 1 Sandwich        | 395      | 16.64          | 3.77          | 40.64             | 20.42        | 51.43        | 3.25      | 130           | 1             |
| Chicken Quesadilla             | 1 Wedge           | 350      | 16             | 4.5           | 36                | 15           | 280          | 2.7       | 450           | 0             |
| Chicken Tenders, K-5           | 3 Tenders         | 257      | 15.9           | 3.7           | 12.7              | 15.9         | 22.4         | 1.5       | 1.53          | 1.18          |
| Chicken Tenders, 6-12          | 4 Tenders         | 343      | 21.2           | 4.93          | 16.93             | 21.2         | 29.87        | 2         | 205           | 1.57          |
| French Bread Pizza             | 1 Slice           | 302      | 12.42          | 4.35          | 31.09             | 17.01        | 394.5        | 2.01      | 691           | .55           |
| Hamburger on a Bun             | 1 Burger          | 250      | 9.5            | 3             | 21                | 18           | 50           | 2.58      | 0             | 0             |
| Hot Dogs                       | 2 franks, & rolls | 400      | 17             | 2             | 46                | 20           | 120          | 3.6       | 600           | 0             |
| Hot Turkey-Ham and Cheese, K-5 | 1 Sandwich        | 214      | 4.17           | .68           | 28.81             | 13.24        | 50.97        | 2.01      | 30            | 0             |

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|--|-----------------------|-----------------|-----------------------|----------------------|--------------------------|---------------------|---------------------|------------------|----------------------|----------------------|
| Hot Turkey-Ham and Cheese, 6-12          | 1 Sandwich            | 307             | 6.3                   | 1.02                 | 41.69                    | 20.86               | 52.95               | 2.65             | 45                   | 0                    |
| Hot Turkey Hoagie, K-5                   | 1 Sandwich            | 225             | 5.17                  | 1.19                 | 26.68                    | 16.34               | 23.44               | 2.55             | 63                   | .01                  |
| Hot Turkey Hoagie, 6-12                  | 1 Sandwich            | 331             | 7.85                  | 1.72                 | 39.63                    | 25.66               | 24.91               | 3.44             | 63                   | .01                  |
| Macaroni and Cheese                      | ½ Cup                 | 240             | 11.32                 | 6.36                 | 21.36                    | 12.96               | 331.15              | .85              | 617                  | .39                  |
| Meatball Hoagie, K-5                     | 1 Sandwich            | 280             | 11.33                 | 4.25                 | 33.21                    | 11.40               | 68.3                | 2.88             | 446                  | 8.27                 |
| Meatball Hoagie, 6-12                    | 1 Sandwich            | 372             | 14.46                 | 5.13                 | 47.24                    | 15.91               | 77.49               | 3.49             | 531                  | 9.88                 |
| Mozzarella Sticks, K-8                   | 3 Sticks              | 492             | 21.9                  | 7.8                  | 48                       | 26.1                | 357                 | 4.2              | 561                  | 0                    |
| Mozzarella Sticks, 9-12                  | 4 Sticks              | 656             | 29.2                  | 10.4                 | 64                       | 34.8                | 476                 | 5.6              | 748                  | 0                    |
| Nachos, K-5                              | 1 Boat                | 341             | 18.56                 | 5.11                 | 26.07                    | 21.33               | 88.1                | 1.45             | 281                  | 2.05                 |
| Nachos, K-5 (from raw beef)              | 1 Boat                | 433             | 23.59                 | 6.48                 | 23.34                    | 29.57               | 79.06               | 3.09             | 254                  | 2.05                 |
| Nachos, 6-12                             | 1Boat                 | 530             | 29.16                 | 6.57                 | 40.34                    | 27.02               | 106.26              | 2.75             | 285                  | 2.05                 |
| Nachos, 6-12 (from raw beef)             | 1Boat                 | 573             | 31.59                 | 7.48                 | 40.34                    | 31.57               | 109.3               | 3.21             | 285                  | 2.05                 |
| Pat's Pizza                              | 1 Slice               | 345             | 14.17                 | 6.69                 | 35.76                    | 17.7                | 370.15              | 2.38             | 424                  | 3.93                 |
| Pizza, Homemade                          | 1 Slice               | 427             | 15.21                 | 6.72                 | 47.6                     | 22.9                | 465.42              | 2.91             | 574                  | 11.44                |
| Pizza Wedge                              | 1 Wedge               | 310             | 14.31                 | 4.77                 | 29.58                    | 16.22               | 377.85              | 1.91             | 635                  | 0                    |
| Pollock Fillet, Breaded                  | 1 Sandwich            | 300             | 6.86                  | 2.47                 | 44.26                    | 13.09               | 79.34               | 2.15             | 0                    | 0                    |
| Shrimp Poppers                           | 21 Pieces             | 230             | 13                    | 2                    | 20                       | 8                   | 40                  | 3.6              | 100                  | 0                    |
| Sloppy Joe, Commodity K-5                | 1 Sandwich            | 351             | 14.9                  | 6.49                 | 29.29                    | 22.14               | 1262.86             | 2.43             | 351                  | 3.01                 |
| Sloppy Joe, Commodity 6-12               | 1 Sandwich            | 427             | 15.94                 | 6.43                 | 43.58                    | 26.3                | 1306.78             | 2.87             | 375                  | 3.22                 |
| Spaghetti and Meat Sauce, K-5            | 1 Cup                 | 313             | 10.47                 | 3.37                 | 35.21                    | 20                  | 45.65               | 3.03             | 62                   | 7.57                 |
| Spaghetti and Meat Sauce, K-5 (from raw) | 1 Cup                 | 358             | 13.23                 | 4.23                 | 31.12                    | 25.16               | 35.66               | 3.9              | 38                   | 5.92                 |
| Spaghetti and Meat Sauce, 6-8            | 6oz Sauce, 8 oz Pasta | 436             | 11.76                 | 3.88                 | 56.74                    | 26                  | 52.57               | 4                | 65                   | 6.71                 |

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|---|--------------------------|-----------------|-----------------------|----------------------|--------------------------|---------------------|---------------------|------------------|----------------------|----------------------|
| Spaghetti and Meat Sauce, 6-8 (from raw)  | 6 oz Sauce<br>8 oz Pasta | 509             | 15.79                 | 4.98                 | 54.56                    | 32.6                | 45.33               | 5.31             | 43                   | 6.71                 |
| Spaghetti and Meat Sauce, 9-12            | 1 Cup                    | 332             | 10.95                 | 3.71                 | 37.16                    | 22.01               | 47.06               | 3.1              | 64                   | 6.46                 |
| Spaghetti and Meat Sauce, 9-12 (from raw) | 1 Cup                    | 397             | 14.47                 | 4.62                 | 35.01                    | 27.68               | 39.38               | 4.31             | 42                   | 6.46                 |
| Stuffed Crust Pizza                       | 1 Slice                  | 442             | 16.2                  | 5.8                  | 50                       | 19.7                | 362                 | 5.9              | 771                  | 0                    |
| Stuffed Crust Pizza, Whole Wheat          | 1 Slice                  | 370             | 15                    | 5                    | 44                       | 18                  | 350                 | 5.4              | 500                  | 0                    |
| Taco, Beef, Soft Shell                    | 1 Taco                   | 381             | 19.9                  | 8.17                 | 23.22                    | 28.99               | 298.29              | 2.64             | 1126                 | 6.3                  |
| Taco, Beef, Soft Shell (from raw)         | 1 Taco                   | 437             | 25.75                 | 10.07                | 20.5                     | 28.87               | 286.32              | 3.68             | 1098                 | 6.3                  |
| Taco, Turkey, Soft Shell                  | 1 Taco                   | 300             | 16.37                 | 5.43                 | 18.47                    | 18.03               | 265.16              | 2.14             | 1412                 | 3.58                 |
| Toasted Cheese                            | 1 Sandwich               | 352             | 18.7                  | 10.62                | 34.05                    | 15.12               | 553.74              | 2.7              | 810                  | 0                    |
| Turkey Roast, K-5                         | 6 oz                     | 262             | 9.52                  | 2.97                 | 5.35                     | 35.69               | 8.33                | 2.97             | 0                    | 0                    |
| Turkey Roast, 6-12                        | 8 oz                     | 352             | 12.8                  | 4                    | 7.2                      | 48                  | 11.2                | 4                | 0                    | 0                    |
| White Fish Nuggets                        | 4 Nuggets                | 280             | 15                    | 3.5                  | 20                       | 16                  | 60                  | 1.08             | 200                  | 0                    |
| <b>Potatoes, Rice and Noodles</b>         |                          |                 |                       |                      |                          |                     |                     |                  |                      |                      |
| Au Gratin Potatoes                        | ½ Cup                    | 101             | 2.64                  | .75                  | 17.01                    | 2.31                | 13.43               | .3               | 113                  | 5.18                 |
| Baked Potato                              | 4 oz                     | 120             | 0                     | 0                    | 29                       | 3                   | 20                  | 1.44             | 0                    | 15                   |
| Baked Potato with Cheese                  | 4 oz                     | 177             | 1.91                  | 0                    | 37.59                    | 3                   | 77.24               | 1.44             | 0                    | 15                   |
| French Fries, K-5                         | 10 Fries                 | 112             | 4.4                   | .6                   | 16                       | 0                   | 4                   | .6               | 0                    | 4                    |
| French Fries, 6-12                        | 12 Fries                 | 134             | 5.27                  | .72                  | 19.18                    | 0                   | 4.79                | .72              | 0                    | 4.79                 |
| Mashed Potatoes, Pearls                   | ½ Cup                    | 181             | 2.45                  | .61                  | 35.97                    | 4                   | 29.18               | .94              | 2                    | 7.58                 |
| Mexifiesta Rice                           | ½ Cup                    | 95              | .5                    | 0                    | 21.5                     | 2.5                 | 20                  | .9               | 50                   | 1.2                  |
| Parmesan Noodles                          | ½ Cup                    | 54              | 2.72                  | .65                  | 5.82                     | 1.63                | 20.76               | .44              | 102                  | .12                  |
| Potato Rounds, K-5                        | 8 Rounds                 | 215             | 9.77                  | 2.06                 | 31.47                    | 2.32                | 15.88               | .73              | 6                    | 7.14                 |

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|---------------------------------|---------------------|-----------------|-----------------------|----------------------|--------------------------|---------------------|---------------------|------------------|----------------------|----------------------|
| Potato Rounds, 6-12             | 10 Rounds           | 269             | 12.22                 | 2.58                 | 39.33                    | 2.91                | 19.84               | .91              | 7                    | 8.93                 |
| Rice, Cooked White              | ½ Cup               | 31              | .09                   | .02                  | 6.59                     | .74                 | 7.11                | .47              | 0                    | 0                    |
| Scalloped Potatoes              | ½ Cup               | 100             | 2.27                  | .65                  | 17.74                    | 2.38                | 43.32               | .28              | 162                  | 5.56                 |
| Sweet Potatoes and Apples       | ¼ Cup               | 66              | .86                   | .18                  | 13.95                    | .57                 | 14.37               | .61              | 2616                 | 1.64                 |
| Sweet Potato Fluff              | ½ Cup               | 172             | .23                   | .02                  | 39.29                    | 2.08                | 39.2                | 1.83             | 9640                 | 6.04                 |
| <b>Soups</b>                    |                     |                 |                       |                      |                          |                     |                     |                  |                      |                      |
| Chicken Noodle                  | 1 Cup               | 98              | 2.16                  | .53                  | 12.19                    | 7.31                | 25.98               | .86              | 33                   | 1.69                 |
| Chicken Noodle, from Can        | 1 Cup               | 60              | 2                     | 1                    | 7                        | 3                   | 302.27              | .37              | 400                  | 0                    |
| Chicken Rice, from Can          | 1 Cup               | 70              | 1.5                   | 1                    | 12                       | 2                   | 2.27                | .01              | 500                  | 0                    |
| Chicken Vegetable Soup (100)    | 1 Cup               | 76              | 1.66                  | .35                  | 10.59                    | 5.94                | 32.06               | 1.13             | 1244                 | 7.78                 |
| Chicken Vegetable Soup (150)    | 1 Cup               | 73              | 1.6                   | .35                  | 10.03                    | 5.87                | 32.35               | 1.13             | 1768                 | 7.63                 |
| Chicken Vegetable Soup (200)    | 1 Cup               | 75              | 1.64                  | .35                  | 10.47                    | 5.94                | 32.06               | 1.13             | 1244                 | 7.78                 |
| Cream of Broccoli               | 1 Cup               | 160             | 8.87                  | 2.6                  | 16.43                    | 5.93                | 179.53              | .57              | 953                  | 1158                 |
| Cream of Potato                 | 1 Cup               | 185             | 8.83                  | 2.59                 | 22.16                    | 6.09                | 172.74              | .55              | 1150                 | 8.11                 |
| Garden Vegetable Soup, from Can | 1 Cup               | 70              | 2                     | 1                    | 10                       | 2                   | 22.27               | .37              | 1750                 | 0                    |
| Minestrone (100)                | 1 Cup               | 102             | 1.34                  | .08                  | 17.86                    | 5.29                | 37.54               | 1.14             | 2349                 | 8.04                 |
| Minestrone (150)                | 1 Cup               | 103             | 1.44                  | .08                  | 17.86                    | 5.37                | 37.56               | 1.13             | 2349                 | 8.05                 |
| Pasta Fagioli                   | 1 Cup               | 229             | 7.39                  | 2.35                 | 28.16                    | 15.11               | 67.28               | 2.79             | 534                  | 12.43                |
| Vegetable Soup                  | 1 Cup               | 58              | .62                   | .12                  | 11.52                    | 3.23                | 28.99               | 1.08             | 1906                 | 13.29                |
| Vegetable Soup 2                | 1 Cup               | 150             | 1.39                  | .06                  | 30.25                    | 5.23                | 59.41               | 5.29             | 5193                 | 17.03                |

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|-----------------------------|---------------------|-----------------|-----------------------|----------------------|--------------------------|---------------------|---------------------|------------------|----------------------|----------------------|
| <b>Vegetables</b>           |                     |                 |                       |                      |                          |                     |                     |                  |                      |                      |
| Baked Beans                 | ½ Cup               | 182             | .61                   | .12                  | 43.14                    | 6.46                | 56.93               | 1.8              | 437                  | 5.34                 |
| Broccoli                    | ½ Cup               | 32              | .14                   | .01                  | 6.07                     | 3.52                | 37.42               | .69              | 1268                 | 45.47                |
| Broccoli and Cheese Sauce   | ½ Cup               | 62              | 1.12                  | .01                  | 10.54                    | 3.52                | 87.64               | .69              | 1268                 | 45.47                |
| California Blend Vegetables | ½ Cup               | 40              | 0                     | 0                    | 6.67                     | 2.67                | 26.68               | .48              | 4002                 | 40.02                |
| Carrots                     | ½ Cup               | 34              | .62                   | .11                  | 7.01                     | .53                 | 31.75               | .48              | 15083                | 2.09                 |
| Corn                        | ½ Cup               | 92              | .76                   | .11                  | 21.89                    | 2.89                | 3.4                 | .53              | 226                  | 3.97                 |
| Corn, Mexican               | ½ Cup               | 92              | 2.9                   | .58                  | 17.22                    | 2.5                 | 4.59                | .37              | 348                  | 7.95                 |
| Green Beans                 | ½ Cup               | 22              | .14                   | .03                  | 5.16                     | 1.19                | 39.22               | .7               | 446                  | 3.28                 |
| Oriental Mix Vegetables     | ½ Cup               | 15              | .17                   | 0                    | 2.62                     | .87                 | 10.14               | .16              | 167                  | 7.85                 |
| Peas                        | ½ Cup               | 88              | .31                   | .05                  | 16.17                    | 5.84                | 27.22               | 1.72             | 2381                 | 11.23                |
| Sauerkraut                  | ¼ Cup               | 15              | .07                   | .01                  | 3.54                     | .42                 | 14.92               | .7               | 9                    | 6.73                 |
| Stewed Tomatoes             | ½ Cup               | 67              | .2                    | 0                    | 16.81                    | .05                 | 31.56               | 7.71             | 357                  | 19.92                |