

Menu Item	Serving Size	Calories	Total fat (g)	Sat. Fat (g)	Carbohydrate (g) / Fiber (g)	Protein (g)	Calcium (mg)	Iron (mg)	Vit. A (IU) %	Vit. C (mg) %
Sandwiches & Subs										
Bologna & Cheese on White* (K-5)	1 sandwich	308	14.9	7	33/ 4	14	426	3.1	8%	0
Bologna & Cheese on White* (6-12)	1 sandwich	336	17	7.7	34/ 4	16	438	3.4	8%	0
Chix Caesar Wrap made without dressing	½ Wrap	328	11.25	3.1	26/ 3.9	30	149	2.9	56%	20%
Chix Salad Sandwich*	1 sandwich	365	13.8	3.1	33/ 4	33	257	3.9	<1%	0
Deli Sub (K-5)	1 sandwich	323	15	3.75	29/ 3	18	268	2.7	15%	7%
Deli Sub (6-12)	1 sandwich	401	16.5	6.9	42/ 4.5	23	271	3	17%	9%
Egg Salad Sandwich*	1 sandwich	266	11.9	2.9	33/ 4	11	273	3.2	6%	0
Ham and Cheese on White* (K-5)	1 sandwich	281	11.4	5.8	33/ 4	15	401	2.7	8%	0
Ham and Cheese on White* (6-12)	1 sandwich	296	11.7	5.9	34/ 4	17	401	2.7	8%	0
Ham & Cheese Wrap	½ Wrap	325	14.4	5.2	27/ 3.8	22	277	2.1	21%	4.2%
Toasted Cheese*	1 sandwich	322	17.7	10.1	34/ 4	15	403	1.4	16%	0
Tuna Salad on White*	1 sandwich	369	15.5	3.2	35/ 4	26	261	4	1%	1%
Turkey & Cheese Sub (K-5)	1 sandwich	301	11.2	3.9	31/ 3.4	19	236	3.27	20%	15%
Turkey & Cheese Sub (6-12)	1 sandwich	380	12.5	4	45/ 4.7	25	238	3.9	23%	20%
Turkey & Cheese Wrap	½ Wrap	249	15.4	6.9	31/ 3.7	15	254	2.7	16%	15%
Uncrustables (soy + PB) PB& J	1 sandwich	410	15	3.5	61/ 3	20	40	3.6	0	0

- Sandwiches are made with a White/wheat blend or Whole Wheat bread. Carb. count increases by 4g when made with Whole Wheat Bread.

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Salads										
Chicken Caesar (K-5)	1 salad	338	12.4	3.3	18/ 3	38	104	3.4	100%	35%
Chicken Caesar (6-12)	1 salad	354	12.7	3.3	21/ 5	39	135	4.3	200%	70%
Chef Salad (K-5)	1 salad	286	12.8	5.6	24/ 3	19	189	2.4	40%	38%
Chef Salad (6-12)	1 salad	303	12.8	5.6	27/ 4.4	20	215	2.9	67%	52%
Tuna Salad (K-5)	1 salad	316	5.1	0.71	22/ 3	44	56	4.3	35%	84%
Tuna Salad (6-12)	1 salad	332	5.06	0.71	24/ 4.4	46	83	4.8	62%	95%
Veggie Salad (K-5) (egg & cheese)	1 salad	292	15.6	6.7	23/ 3	15	210	2.4	47%	27%
Veggie Salad (6-12) (egg & cheese)	1 salad	410	23.7	11.8	28/ 4.25	22	389	2.9	81%	42%
Dressings										
(Carbohydrates only)										
Totally Caesar Dress.	2 tbsp**	190	21	3	0	0	0	0	0	0
Fat Free French	2 tbsp**	30	0	0	9	1	0	0	0	0
Lite California French	2 tbsp**	70	4.5	0.5	7	0	0	0	0	0
Fat Free Honey Dijon	2 tbsp**	45	0	0	10	1	0	0	0	0
Lite Ranch Dressing	2 tbsp**	70	7	1	2	1	0	0	0	0
Lite Olive Oil Vingrtte	2 tbsp**	60	6	1	3	0	0	0	0	0
Zesty Italian Dressing	2 tbsp**	70	6	0.5	3	0	0	0	0	0
** Small dressing cups are 2 oz 2 oz = 4 tbsp Large dressing cups are 4 oz 4 oz = 8 tbsp										

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A' La Cart											
Snapple Juices	1 can	170	0	0	42	0	100	0	10%	100%	40
Crystal Light	1 packet	5	0	0	<1	0	0	0	0	0	0
Rice Krispy Treat Regular	1 bar	160	3.5	1	30	1	0	4%?	8%	0	13
Chocolate	1 bar	170	7	4	26	1	0	2%?	6%	0	9
Mello Crisp	1 Bar	130	3	1	24	1	0	8%	2%	0	10
Chortles	1 pack	125	3	0.5	23	2	<1	0.78	<1%	<1%	11
Soft pretzels	1	250	1.19	0.29	50.5	9.35	1.19	4.6	0.4	0	2.5
Water Ice (3/8 c juice)	4 oz cup	108	0	0	27	0.1	22	0.3	0	0	N/A
No Sugar Added, Reduced Fat Ice Cream Sandwich	1 Sandwich	140	4	1.5	21	3	8%	0	2%	0	3
Giggle Ice Cream Sandwich	1-mini Sandwich	95	3.5	1.7	14.5	1.5	10	0	2%	0	N/A
Fudge Frenzy	1 Bar	80	0.5	0	19	3	10%	6%	0	0	7
Chocolate Shortcake	1 Bar	140	3.5	1.5	26	2	4%	8%	0	0	10
Strawberry Shortcake	1 Bar	130	2.5	1	26	2	4%	2%	0	0	9
Milk White, Strawberry & Chocolate Milks are 1 % fat											
White Milk	8 oz	110	2.5	1.5	13	9	300	0	10%	2%	12
Chocolate Milk	8 oz	160	2.5	1.5	26	8	290	0	10%	4%	24
Strawberry Milk	8 oz	170	2	1.5	30	8	290	0	10%	4%	29

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Juice											
Orange Juice	4 oz	50	0	0	12	0	10	0.2	0	60%	10g
Apple Juice	4 oz	60	0	0	14	0	0	0.4	0	50%	13g
Grape Juice	4 oz	80	0	0	18	0	0	0	0	45%	18g