

NEW MENU ITEMS	Portion Size	Cals	G Fiber	G Protn	G Carb	G T-Fat	G S-Fat
APPLE CINNAMON BREAD/TOAST	1 EACH	300	2	8	45	9	2
BEEF TACO	2 TACOS	374	2.96	23.9	23.42	20.8	10.1
BEEFY NACHOS (ELEMENTARY) USING TACO FILLING	1 SERVING	425	4	22.1	35	21	8.8
BEEFY NACHOS (MIDDLE/HIGH) USING TACO FILLING	1 SERVING	433	4	23.1	36	21	8.1
BURRITO	1 EACH	340	4	16	42	13	4
CHICKEN ALFREDO W/ ROLL	1 SERVING	477	2	21	42.5	10	1
CHICKEN ALFREDO (Using ROTINI) w/ ROLL	1 SERVING	509	4.5	29.5	71.1	13.5	1
CHICKEN DRUMSTICK	1 EACH	220	1	19	6	13	0
CHICKEN DRUMSTICK W/ MAC & CHEESE	1 SERVING	436	2.6	32.8	24.8	24	6
CHICKEN DRUMSTICK W/ ROLL	1 SERVING	310	1	22	23	14	0
CHICKEN NACHOS w/ QUESO CHEESE	SERVING	381	3	24.63	33.06	15.77	4.72
CHICKEN NACHOS w/ SHREDDED CHEESE	SERVING	428	3	26.89	33.02	19.91	7.83
CHICKEN STRIPS W/ MAC & CHEESE	1 SERVING	386	3.25	29.42	33.61	15.62	7.27
CHICKEN W/ MAC & CHEESE (ELEMENTARY)	1 SERVING	316	2	24	25	14.5	7
CINNAMON SWEET POTATOES	1/2 CUP	132	4.9	2.4	30.98	0.08	0.03
COLLARD GREENS	1/2 CUP	49	3.5	2.6	10.2	0.5	0
COOKIE, CARNIVAL OR CHOCOLATE CHIP FRESH BAKED	1 EACH	170	2	2	26	5	1.5
COOKIE, HOLIDAY MEAL	1 EACH	160	1	2	17	9	5
COWBOY BBQ NACHOS	1 SERVING	409	3	15.5	38.5	20	6.6
CUCUMBER SALAD	1/2 CUP	28	0.61	0.59	6.92	0.05	0
CUCUMBER SLICES	1/2 CUP	6	0.4	0.4	1.3	0	0
FRUIT PUNCH 6OZ JUICE, AFTERSCHOOL ONLY	1 EACH	90		0	22	0	
GARDEN SALAD W/USDA GRILLED CHICKEN	1 EACH	625	7.14	19.86	73.21	28.6	5.25
MACARONI AND CHEESE ELEMENTARY ENTRÉE	1 CUP	440	3.74	28.5	38.26	21.58	13.16
MINI BEEF STEAK BURGER W/ CHEESE	2 EACH	460	3	27	40	20.5	9.5
ORANGE CHICKEN	1 SERVING	150	0	11	19	3	0.5
PBJ UNCRUSTABLE LARGE SANDWICH, 5.30Z,HIGH SCHOOLS ONLY	1 EACH	600	8	18	64	33	7
RANCH CHICKEN SANDWICH	1 EACH	286	*3.15	25.06	32.53	7.13	0.92
SPICY CHICKEN SANDWICH	1 EACH	390	5	20	45	15	2.5
SWEET POTATO WAFFLE FRIES	1/2 CUP	180	2	1	23	9	0
TOMATOES, FRESH	1/2 CUP	13	0.89	0.66	2.9	0.15	0.02
USDA GRILLED CHICKEN SANDWICH	1 EACH	260	*3.00	25	32	4.5	0.5

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used