

<b>BREAKFAST</b>	<b>(g)</b>
Bagel, Whole Grain	29
Cereal, Apple Cinnamon	23
Cereal, Apple Whirls	29
Cereal, Cheerios	20
Cereal, Corn Puffs	25
Cereal, Fruit Loops	24
Cereal Special K	13
Eggs, Scrambled	4
English Muffin	24
French Toast	35
Oatmeal	27
Pancakes	41
Sandwich, Breakfast	31
Sausage, Turkey Link	1
Sausage, Turkey Patty	0
Toast, Whole Grain	18
Waffles	31

<b>BEVERAGES</b>	<b>(g)</b>
Milk, White 1 %	13
Milk, Chocolate Skim	23
Milk, Fat Free Skim	13
Juice, Apple	14
Juice, Fruit Punch	15
Juice, Mixed Berry	15
Juice, Orange Tangerine	15
Juice, Strawberry Kiwi	14

<b>ENTREES</b>	<b>Carb (g)</b>
Baked Potato Bar	37
Bread, Whole Grain	20
Cheese Quesadilla	24
Cheese Nachos	20
Chicken, Nuggets	12
Chicken, Stir Fry	12
Chicken Tenders	16
Chicken Teriyaki	12
Chicken Sandwich	29
Chicken, Wrap	49
Chilli	16
Grilled Cheese	42
Hamburger	20
Hot Dog	29
Grass Fed Sloppy Joe	29
Pasta, Fettucine Alfredo	30
Pasta, Mac and Cheese	28
Pasta, Marinara	28
Pasta, Meat Sauce	35
Pasta, Ravioli	41
Pizza, Calzone	24
Pizza, Cheese	30
Pizza, Chicken Sausage	30
Pizza, Veggie	30
Rice, Brown	37
Roll, Dinner Whole Grain	24
Sandwich, Ham & Cheese	32
Sandwich, Turkey Sub	43
Sandwich, Sun Butter & Jelly	42
Salad, Veggie	33
Salad, Chef's Turkey	20
Sandwich, Meatball Sub	48
Taco Bar	38

<b>FRESH FRUIT</b>	<b>(g)</b>
Apple	19
Orange	21
Banana	51
Pineapple	13
Cantaloupe	12
Honeydew	12
Grapes	23

<b>VEGETABLES</b>	<b>(g)</b>
Baby Carrots, Fresh	6
Black Beans	20
Broccoli, Fresh	3
Broccoli, Steamed	3
Cauliflower, Steamed	3
Celery, Fresh	5
Cherry Tomatoes, Fresh	1
Corn, Steamed	18
Cucumbers, Fresh	2
Green Beans, Steamed	4
Green Peas, Steamed	11
Potatoes, Curly Fries	19
Potatoes, Hash Brown	15
Potatoes, Mashed	17
Potatoes, Tator Tots	16
Vegetable Medley, Steamed	3

<b>CONDIMENTS</b>	<b>(g)</b>
BBQ Sauce	7
Caesar Dressing	1
Cream Cheese	1
Italian Dressing	3
Ketchup	4
Mayo	1
Mustard	0
Pancake Syrup	30
Ranch Dressing	1
Sour Cream	2



<b>ALA CARTE MIDDLE SCHOOLS</b>	
Chips, Baked Cheetos WG	17
Chips, Baked Hot Cheetos WG	17
Chips, Sun Chips WG	18
Crackers, Cheez It WG	14
Crackers, Goldfish WG	14
Izze, Clementine	21
Izze, Blackberry	22
Izze, Apple	23
Muffins, Banana	28
Muffins, Blueberry	32
Muffins, Double Chocolate	29
Popcorn, WG White Cheddar	9
Pretzel, WG Heart Shaped	15

\*Please note that these nutritional values are based on standard serving portions and may vary slightly depending upon serving size.\*