

Nutrition Information for Lunch Items

Allergen Information for Lunch Menu Items

Lunch Item	Serving Size	Sodium (mg)	Calories per Serving	Protein (g)	Carbs (g)	Sugars (g)	Total Fat (g)	Saturated Fat (g)	Fiber (g)	Milk	EGG	Peanut	Tree Nut	Fish	Shellfish	Soy	Wheat	Gluten Free
BBQ Grilled Chicken Sandwich	1 grilled chicken, 1 bun	390	220	26	22	2	4	0	2								X	
BBQ Pulled Pork on WW Bun	2.35 oz meat, .5 tbs bbq sauce, 1 bun	403	218	20	27	6	3	1	2								X	
BBQ Rib Sandwich	1 patty, 1 hoagie	550	330	20	39	11	11	5	5	X						X	X	
BBQ Rib Sandwich w/shredded cheese (Spartan Burger)	1 patty, 1 hoagie, .25 oz moz cheese	593	353	22	39	11	13	5	5	X						X	X	
Bean & Cheese Burrito & Salsa	1 burrito, 1.5oz salsa	504	305	12	43	5	9	4	8	X						X	X	
Beef Teriyaki Dipper w/Rice	4 dippers, 1/2 cup rice	440	240	16	24	4	9	4	2	X	X					X	X	
BIG DADDY'S ASSORTED PIZZA - Cheese	1/10 cut	452	360	18.7	35.4	5.6	15.3	7.1	3.2	X						X	X	
BIG DADDY'S ASSORTED PIZZA - Pepperoni	1/10 cut	564	368	20	35	6	17	7	3	X						X	X	
Breaded Chicken Drumstick w/WG Roll	1 & 1 roll	750	370	23	34	6	17	3	4								X	
Breakfast Burrito w/Hashbrowns	1 burrito, .5cup hashbrowns	620	350	12	41	2	15	5	6	X	X					X	X	
Burger on WW Bun	1 patty, 1 bun	430	270	17	23	2	12	5	2								X	
Cheese Burger on WW Bun	1 patty, 1 bun, .5 slice cheese	490	295	19	23	2	14	6	2	X							X	
Cheese Omelet w/ Hash Brown Nuggets	1 Omelet, .5c hashbrowns	600	260	9	17	0	17	5	2	X	X					X		
Chicken Burger on WG Bun	1 patty, 1 bun	570	320	21	35	3	11	2	4							X	X	
Chicken Nuggets w/ WG Breading	5	400	200	15	13	1	10	2	2							X	X	
Chicken Parmesan Sandwich	1 breaded patty, 1 bun, 1oz marinara, .5oz shredded cheese	661	378	24	38	5	15	2	5	X							X	
Chicken Tenders	3-1.4oz or 2-2.07oz	270	160	13	8	2	8	1.5	1								X	
Chili Cheese Fries	6oz chili w/meat, 3oz fries, .5oz shredded cheese	353	250	9	40	2	7	1	5	X								
Chili Cheese Sloppy Joe on WG Bun	4oz chili w/meat, 1 bun, .5oz shredded cheese	404	237	13	35	4	5	0	5	X							X	
Enchiladas w/Beans & Rice	1 burrito, 1/8cup sauce, .5c beans, .5cup rice, .25c cheese	782	559	26	86	3	13	6	13	X						X	X	
Fishsticks	4 sticks	470	200	15	19	0	7	0.5	1					X			X	
Fishwich w/cheese on WW Bun	1 fish, 1 bun, 1/2 slice cheese	510	325	22	36	2	11	3	4	X				X			X	
Garlic Cheese Bread	1 serv	447	368	20	28	0	19	8	2	X						X	X	
General Tso's Chicken Rice Bowl	1 bowl	360	400	16	72	13	3.5	0.7	1		X					X	X	
Grilled Cheese Sandwich	1	580	280	19	31	6	10	6	3	X						X	X	
Grilled Cheese Sandwich	1 3.9oz	650	310	16	29	3	15	8	0	X							X	
Ham & Cheese on Bun	3 slices meat, 1 slice cheese, 1 bun	610	214	18	24	4	6	3	2	X						X	X	
Ham & Cheese on Hoagie	3 slices meat, 1 slice cheese, 1 hoagie	670	259	21	29	5	7	3	2	X						X	X	
Hot Ham & Cheese Bagel	3 slices of ham, 1 slice cheese, 1 bagel	660	259	20	30	7	9	4	4							X	X	
Hotdog on Bun	1 hotdog, 1 hotdog bun	930	300	14	28	3	14	4	2								X	
Italian Combo & Cheese Hoagie	3 ham, 1 salam, 1 pep meat, 1 slice cheese, 1 hoagie	600	265	18	31	4	9	6	4	X						X	X	
Lunch Parfait	1 cup yogurt, 1 cup fruit, granola	325	560	11	126	80	3	0	9	X							X	
Mac and Cheese	6 oz	550	290	17	28	6	12	8	2	X	X						X	
Mac n Cheese Bowl	1 bowl	758	288	15	30	8	16	7	2	X	X						X	
Mac n Cheese w/Hotdogs	6 oz mac n cheese, 1/2 hotdog	1040	334	25	30	5	13	5	2	X	X						X	
Macho Nacho - Shredded Chicken	24 chips, 3 oz cheese, 1.5 oz meat	840	470	19	46	0	25	9	4	X						X		
Macho Nacho -Ground Beef (Elem)	12 chips, 3 oz cheese, 1 oz meat	708	320	14	26	0	19	8	3	X						X		
Macho Nacho -Ground Beef (Sec)	24 chips, 3 oz cheese, 1 oz meat	823	460	16	46	0	25	9	5	X						X		
Mandarin Orange Chicken Rice Bowl	1 bowl	280	380	16	68	1	3.5	0.7	1		X					X	X	
Mini Calzone w/Marinara	2, 3oz marinara	522	245	12	30	7	8	4	2	X	X					X	X	
Mini Corn Dogs	5 for Elem	517	292	10	34	2	13	4	5							X	X	
Mini Corn Dogs	6 for MS/HS	410	260	11	22	5	14	3	2							X	X	
Mini Ravioli in Marinara w/ Bread Sticks - Elementary	7 pieces, 1.5 oz marinara	328	230	12	33	6	6	2	3	X	X						X	
Mini Ravioli in Marinara w/Bread Sticks- Secondary	14 pieces, 1.5 oz marinara	448	320	15	47	9	8	2	4	X	X						X	
Orange Chicken over Rice	3.6oz chicken mix, 1/2 cup rice	280	230	13	37	10	4	1	1		X					X	X	
Pasta w/Meat Sauce	8 oz bowl	392	339	19	29	6	16	7	4		X						X	
Philly Cheese Steak	2.86 oz meat, .5 oz shredded cheese, hoagie	714	348	23	34	7	14	4	4	X						X	X	
Popcorn Chicken w/ WG Breading	8	380	250	15	16	1	15	2.5	3							X	X	
Potstickers	6	360	160	11	21	2	4.5	0	1				X			X	X	
Ripper Pizza	1	550	290	16	27	3	13	5	3	X						X	X	
Sloppy Joe	2oz meat, 1 bun, 1/4 cup manwich	565	255	17	31	8	7	3	5							X	X	
Smuckers Uncrustables Peanut Butter & Grape	1 -5.3 oz sandwich	630	630	19	64	28	33	7	6							X	X	
Spicy Chicken Burger on WG Bun	1 patty, 1 bun	410	330	21	36	2	11	2	4							X	X	
Sweet & Sour Chicken over Rice	3.6 oz Chicken, 1/2 cup Rice	200	220	13	36	9	4	1	1		X					X	X	
Taco Snack & Salsa	1 taco, 1.5oz salsa	659	341	17	36	3	14	6	5	X						X	X	
Teriyaki Chicken over Rice	2.4 oz Chicken, 1/2 cup Rice	370	123	10	3	1	8	5	0		X					X	X	

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		Sodium (mg)	Calories per Serving	Protein (g)	Carbs (g)	Sugars (g)	Total Fat (g)	Saturated Fat (g)	Fiber (g)	Milk	Egg	Peanut	Tree Nut	Fish	Shellfish	Soy	Wheat
Tortilla Wrapped Omelet	1	490	180	9	13	1	10	4.5	1	X	X					X	
Turkey & Cheese on Bun	3 slices meat, 1 slice cheese, 1 bun	551	210	20	24	2	5	1	2	X					X	X	
Turkey & Cheese on Hoagie	3 slices meat, 1 slice cheese, 1 hoagie	611	255	23	29	3	6	2	2	X					X	X	
Turkey Gravy over Mashed Potatoes	4 oz turkey mix, 1/2 cup potatoes	460	210	18	19	0	6	2	1						X		X
Turkey Ham & Cheese on Hawaiian Bun	1	392	186	11	27	5	4	1	2	X					X	X	
Veg Option (yogurt, cheese stick, cracker)	1	520	370	16	48	22	13	6	2	X					X	X	
WG Chicken Corn Dog	1	590	240	9	33	9	8	2	5		X				X	X	
WG Mini Calzones w/Marinara	2 calzones, 2oz cup	587	250	12	31	7	9	4	2	X					X	X	
WG Mozzarella Sticks w/Marinara	2 sticks, 3oz marinara	745	315	19	33	8	11	5	3	X	X				X	X	
Wow Butter & Grape Jelly Sandwich	1-4.6 oz sandwich	390	540	18	53	19	26	6	8	X					X	X	
Yogurt Parfait	1 cup yogurt, 1 cup fruit, 1 pkg granola	245	400	11	82	48	4.5	0.5	4	X					X		
Sides																	
Baked Beans (Bush's)	.5 cup	550	150	7	30	12	0	0	5								X
Baked Beans (Commodity)	.5 cup	140	160	5	29	7	1	0	5								X
Refried Beans	.5 cup	140	150	6	25	1	2	0	4								X
Bread Sticks	2	120	90	3	14	3	2.5	0	1	X	X				X	X	
Garlic Bread	1	125	100	3	14	1	3.5	0.5	1	X					X	X	
Potstickers	3	180	80	6	11	1	2.3	0	0.5			X			X	X	
Egg Roll	1	370	180	9	20	3	7	2	3	X	X		X		X	X	
WG Roll	1	220	150	4	28	6	3.5	0	3						X	X	
Texas Toast	1	125	100	3	14	1	3.5	0.5	1	X					X	X	
Tots/Hashbrowns	.5 cup	310	130	2	16	0	6	1	2								X
Fries	3 oz	38	120	1.5	21	0	4	0	1								X
Mashed Potatoes	1/2 cup	10	80	2	17	0	0	0	1								X
Rice	.5 cup	0	80	2	17.5	0	0.75	0	0.5								X
Tomato Soup	.5 cup	480	90	2	20	12	0	0	1							X	
Granola (for Parfait)	2 oz	95	220	5	47	16	2.5	0	4						X	X	
Birthday Brownie	1	180	160	3	31	17	3.5	1.5	2	X	X				X	X	
Sunflower Seeds	1oz	110	170	6	6	1	14	2	3								X
Cheeze-It	1oz	210	140	3	17	0	7	1.5	0	X					X	X	
Goldfish - WG	1 pouch	220	130	3	18	0	5	1	2	X						X	
Goldfish - Pretzel	1 pouch	200	90	2	16	0	1.5	0	1	X						X	
Lay's Classic Potato Chips	1 bag	85	80	1	8	0	5	0.5	1						X		
PopChips - Sea Salt	1 bag	140	100	1	16	0	3.5	0	1								X
PopChips - BBQ	1 bag	170	100	1	15	2	4	0	0								X
Sun Chips - Cheddar	1 bag	210	140	2	18	2	6	1	2	X						X	
Sun Chips - Garden Salsa	1 bag	150	140	2	18	2	6	1	2	X						X	
Sun Chips - Original	1 bag	120	18	2	18	2	6	1	3							X	
Cheese Stick - Yellow	1	200	110	6	1	0	9	6	0	X							