

# SECONDARY LUNCH MENU

Updated October 1, 2010

*Please Note: The information contained in this list has been gathered from from manufacturers and the USDA. It is based on standard serving size. Variations may occur due to differences in suppliers, ingredient substitutions, recipe revisions, and/or product assembly at the school level.*

Product Description	Kcals	Fat (gm)	% Kcals from Fat	Sat Fat (gm)	%Sat Fat	Carbs (gm)	Dietary Fiber (gm)
<b>Entrees</b>							
All American Box	278	14	45%	4.1	13%	27	2.1
BBQ Box	356	6.6	17%	0.8	2%	54	1.6
BBQ Roasted Chicken	245	10	37%	2.8	10%	16.5	0
Cheese Pizza	330	12	33%	4.5	12%	46	2.5
Chicken Parmesan over Spaghetti	562	17	27%	4.4	7%	75	3.1
Chicken Tender Tight Work Box	622	28	41%	6.5	9%	63	4
Mashed Potato Bowl	233	6	23%	3.5	14%	44	4
Nachos Supreme	463	21	41%	7.6	15%	40	3
Pasta with Marinara sauce and cheese	358	3.5	9%	1	3%	71	3.2
Pepperoni Pizza	350	12	31%	4.5	12%	41	2
Personal Pan Cheese Pizza	370	10	24%	6	15%	45	6
Popcorn Chicken Bowl	485	22.4	42%	7.8	14%	56	4.9
Spaghetti with Meatballs	284	13.7	43%	4.7	15%	23.5	1.1
Spicy Chicken Tenders	387	21.7	50%	3.3	8%	27	1.7
Tangerine Chicken	188	4.3	21%	1.5	7%	28	0
Teriyaki Chicken	184	6.1	30%	1.5	7%	17.4	0
Turkey Lasagna	305	7	21%	3.5	10%	41.4	2
Turkey Tinga	453	19	38%	7.5	15%	28	2
<b>Salads</b>							
Chicken Tender Salad	315	17	49%	5	14%	22	4
Turkey Chef Salad	174	7	36%	4	21%	9	3
Taco Salad	350	16	41%	6.1	16%	38	4.2
<b>Sandwiches</b>							
2D Buffalo Chicken Sandwich	419	5.5	12%	0.5	1%	82	2
Cheeseburger	366	21	52%	8.4	21%	25	0
Chicken Sandwich	295	13	40%	2	6%	28	0
Fish Sandwich	360	12	30%	2.5	6%	41	1
Honey BBQ Beef Rib Sandwich	325	12	33%	4	11%	38	0
Hot Chicken Tender Sub	664	26	35%	5.5	7%	82	3.3
Meatball Sub	590	19	29%	7	11%	73	4
Sloppy Joe	263	8.2	28%	2.2	8%	29	1

Spicy Chicken Sandwich	395	5.5	13%	0.5	1%	76	2
Turkey and Cheese Sub	350	10.6	27%	3.4	9%	39	1.5
Veggie BBQ Rib Sandwich	275	6.5	21%	0.4	1%	41	4.4

## Sides

Apples Slices	30	0	0%	0	0%	8	1
Baked Apples	110	0.5	4%	0	0%	28	1.7
BBQ Baked Beans	157	1	6%	0	0%	31	6.3
Buttered Corn	101	2.4	21%	0.8	7%	21	2.2
Corn on the Cob	54	2	33%	0.9	15%	9.3	1.1
Diced Pears	72	0	0%	0	0%	9.5	1
Dinner Roll	100	1.5	14%	0	0%	18	0.8
Fried Rice	233	7	27%	2	8%	34	1
Garlic Breadstick	115	4.5	35%	1	8%	16	0.5
Green Beans	27	1.4	47%	0.6	20%	3.2	1
Lo Mein Noodles	126	3	21%	0	0%	26	1
Mac N Cheese (1/2 cup)	138	5.5	36%	3.2	21%	14.5	0.5
Mashed Potatoes	109	3.5	29%	2.5	21%	18	1.4
Mixed Vegetables	85	1.8	19%	0.3	3%	14	2.3
Potato Wedges	122	3	22%	1.5	11%	20	2
Scrabble Cheez-Its	135	5.4	36%	1.4	9%	19	1.4
Seasoned Potato Stix	150	5	30%	0.5	3%	25	2
Side Salad	8	0	0%	0	0%	1.5	0.6
Sliced/Diced Peaches	68	0	0%	0	0%	9	1
Sour Cherry Cry Baby Italian Ice	110	0	0%	0	0%	28	0
Steamed Broccoli	45	2	40%	0.8	16%	5	3
Steamed Peas	92	2.1	21%	0.8	8%	14	5.1
Steamed Rice	181	4	20%	1	5%	32	1
Typhoon Blue Raz Italian Ice	110	0	0%	0	0%	28	0
Veggie Dippers with Dip	113	10	80%	1.4	11%	5	1.5
Yellow Rice	155	3.9	23%	0.7	4%	27	1

## Condiments

BBQ Sauce	12	0	0%	0	0%	3	0
Honey Mustard (1 oz pkt)	40	0.5	11%	0	0%	8	0
Ketchup (9gm pkt)	9	0	0%	0	0%	2	0
Mayonnaise Light (12 gm pkt)	40	4	90%	0.5	11%	0	0
Mustard Yellow (5.5 gm pkt)	4	0	0%	0	0%	0.4	0
Ranch Dressing Light (1 oz pkt)	80	8	90%	1.3	15%	1.3	0
Sour Cream (1 oz pkts)	60	5	75%	3.5	53%	1	0