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
BIG DADDY'S ASSORTED PIZZA - Cheese w/ extra cheese (.5oz each slice)	1/10 cut	452	360	19	35	6	15		3	X						X	X	
BIG DADDY'S ASSORTED PIZZA - Pepperoni w/extra cheese (.5oz each slice)	1/10 cut	564	368	20	35	6	17	7.1	3	X						X	X	
Veg Option (yogurt, cheese stick, cracker)	1	520	370	16	48	22	13	5.5	2	X						X	X	
Ripper Pizza	1	550	290	16	27	3	13	5	3	X						X	X	
Garlic Cheese Bread	1 serv	447	368	20	28	0	19	8	2	X						X	X	
Lunch Parfait	1 cup yogurt, 1 cup fruit, granola	325	560	11	126	80	3	0	9	X							X	
WG Chicken Corn Dog	1	590	240	9	33	9	8	2	5		X					X	X	
Mini Corn Dogs	5 for Elem	342	217	9	18	4	12	2.5	2							X	X	
Mini Corn Dogs	6 for MS/HS	410	260	11	22	5	14	3	2							X	X	
Macho Nacho -Ground Beef (Elem)	12 chips, 3 oz cheese, 1 oz meat	698	320	14	23	0	20	7.75	3	X						X		
Macho Nacho -Ground Beef (Sec)	24 chips, 3 oz cheese, 1 oz meat	803	460	16	40	0	27	8.25	5	X						X		
Macho Nacho - Shredded Chicken	24 chips, 3 oz cheese, 1.5 oz meat	820	470	19	40	0	27	7.75	4	X						X		
Mini Ravioli in Marinara w/ Bread Sticks - Elementary	7 pieces, 1.5 oz marinara	328	230	12	33	6	6	1.5	3	X	X						X	
Mini Ravioli in Marinara w/Bread Sticks- Secondary	14 pieces, 1.5 oz marinara	448	320	15	47	9	8	1.5	4	X	X						X	
Fishwich w/cheese on WW Bun	1 fish, 1 bun, 1/2 slice cheese	510	325	22	36	2	11	2.75	4	X				X			X	
Chicken Nuggets w/ WG Breading	5	400	200	15	13	1	10	2	2							X	X	
Popcorn Chicken w/ WG Breading	8	380	250	15	16	1	15	2.5	3							X	X	
Sloppy Joe	2oz meat, 1 bun, 1/4 cup manwich	565	255	17	31	8	7	2.5	5							X	X	
Orange Chicken over Rice	3.6oz chicken mix, 1/2 cup rice	280	230	13	37	10	4	0.5	1		X					X	X	
Mandarin Orange Chicken Rice Bowl	1 bowl	280	380	16	68	1	4	0.7	1		X					X	X	
Terriyaki Chicken over Rice	2.4 oz Chicken, 1/2 cup Rice	370	195	17	24	6	4	1	1		X					X	X	
General Tso's Chicken Rice Bowl	1 bowl	360	400	16	72	13	4	0.7	1		X					X	X	
Sweet & Sour Chicken over Rice	3.6 oz Chicken, 1/2 cup Rice	200	220	13	36	9	4	0.5	1		X					X	X	
Beef Terriyaki Dipper w/Rice	4 dippers, 1/2 cup rice	440	240	16	24	4	9	3.5	2	X	X					X	X	
Breakfast Burrito w/Hashbrowns	1 burrito, .5cup hashbrowns	620	350	12	41	2	15	5	6	X	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
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	920	365	21	29	6	18	10	2	X	X						X	
Hotdog on Bun	1 hotdog, 1 hotdog bun	930	300	14	28	3	14	4	2								X	
Grilled Cheese Sandwich	1	580	280	19	31	6	10	6	3	X						X	X	
Grilled Cheese Sandwich	1 3.9oz	650	380	16	27	2	23	12	3	X						X	X	
Cheese Omelet w/ Hash Brown Nuggets	1 Omelet, .5c hashbrowns	600	260	9	17	0	17	4.5	2	X	X					X		
Tortilla Wrapped Omelet	1	490	180	9	13	1	10	4.5	1	X	X						X	
Chicken Burger on WG Bun	1 patty, 1 bun	570	320	21	35	3	11	2	4							X	X	
Spicy Chicken Burger on WG Bun	1 patty, 1 bun	410	330	21	36	2	11	2	4							X	X	
Italian Combo & Cheese Hoagie	3 ham, 1 salam, 1 pep meat, 1 slice cheese, 1 hoagie	600	277	23	32	6	8	3.75	4	X						X	X	
Turkey & Cheese on Bun	3 slices meat, 1 slice cheese, 1 bun	551	210	20	24	2	5	1.25	2	X						X	X	
Ham & Cheese on Bun	3 slices meat, 1 slice cheese, 1 bun	610	274	21	32	6	9	2	4	X						X	X	
Turkey & Cheese on Hoagie	3 slices meat, 1 slice cheese, 1 hoagie	611	190	11	27	3	4	1.5	2	X						X	X	
Ham & Cheese on Hoagie	3 slices meat, 1 slice cheese, 1 hoagie	670	190	12	18	0	8	6	1	X						X	X	
Pasta w/Meat Sauce	8 oz bowl	392	339	19	29	6	16	7	4		X						X	
BBQ Pulled Pork on WW Bun	2.35 oz meat, .5 tbs bbq sauce, 1 bun	403	218	20	27	6	3	0.5	2								X	
Turkey Ham & Cheese on Hawaiian Bun	1	392	186	11	27	5	4	1	2	X						X	X	
Philly Cheese Steak	2.86 oz meat, .5 oz shredded cheese, hoagie	714	348	23	34	7	14	3.9	4	X						X	X	
Taco Snack & Salsa	1 taco, 1.5oz salsa	659	341	17	36	3	14	6	5	X						X	X	
Bean & Cheese Burrito & Salsa	1 burrito, 1.5oz salsa	769	361	16	59	18	8	4	8	X						X	X	
BBQ Rib Sandwich	1 patty, 1 hoagie	550	330	20	39	11	11	4.5	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	4.5	5	X						X	X	
Chili Cheese Fries	6oz chili w/meat, 3oz fries, .5oz shredded cheese	353	250	9	40	2	7	1	5	X								
BBQ Grilled Chicken Sandwich	1 grilled chicken, 1 bun	390	220	26	22	2	4	0	2								X	
Burger on WW Bun	1 patty, 1 bun	430	270	17	23	2	12	4.5	2								X	
Cheese Burger on WW Bun	1 patty, 1 bun, .5 slice cheese	490	295	19	23	2	14	5.75	2	X							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	
Fishsticks	4 sticks	470	200	15	19	0	7	0.5	1					X			X	
Enchiladas w/Beans & Rice	1 burrito, 1/8cup sauce, .5c beans, .5cup rice, .25c cheese	782	559	26	86	3	13	5.5	13	X						X	X	
Breaded Chicken Drumstick w/WG Roll	1 & 1 roll	750	370	23	34	6	17	3	4								X	

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Chicken Tenders	3-1.4oz or 2-2.07oz	270	160	13	8	2	8	1.5	1								X	
WG Mozzarella Sticks w/Marinara	2 sticks, 3oz marinara	745	315	19	33	8	11	5	3	X	X					X	X	
Chicken Parmesan Sandwich	ty, 1 bun, 1oz marinara, .5oz shr	661	378	24	38	5	15	2	5	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	
Smuckers Uncrustables Peanut Butter & Grape	1 -5.3 oz sandwich	630	630	19	64	28	33	7	6							X	X	
Wow Butter & Grape Jelly Sandwich	1-4.6 oz sandwich	390	540	18	53	19	29	6	8	X						X	X	
Sides																		
Baked Beans	.5 cup	550	150	7	30	12	0	0	5									X
Baked Beans	.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	3	0	1	X	X					X	X	
Garlic Bread	1	125	100	3	14	1	4	0.5	1	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	4	0	3							X	X	
Tots/Hashbrowns	.5 cup	310	130	2	16	0	6	1	2									X
Fries	3 oz	38	120	2	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	18	0	1	0	1									X
Tomato Soup	.5 cup	480	90	2	20	12	0	0	1								X	
Granola (for Parfait)	2 oz	95	220	5	47	16	3	0	4							X	X	
Birthday Brownie	1	180	160	3	31	17	4	1.5	2	X	X					X	X	
Sunflower Seeds	1oz	110	170	6	6	1	14	2	3									X
Cheez-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	2	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	4	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								