

Nutrient Information - Entrées for Middle School

Entrée	Serving Size	Calories	Protein	Carbohydrates	Fiber	Total Fat	Carb Count
American Wrap	1 each	343	19.5g	29g	4g	17g	2
Baked Potato w/ Broccoli and Cheese	1 each	535	23g	67.5g	8g	20g	4
Baked Potato w/ Ham & Cheese	1 each	428	20.5g	61.5g	6g	12g	3.5
BBQ Chicken Sandwich	1 serving	326	23g	42g	3g	7g	3
Burrito Supreme	1 each	422	24.5g	49g	8g	14g	3
Bean & Cheese Burrito	1 each	345	18g	42g	6g	11.5g	2.5
Bean Chowder w/WW Crackers	6oz	314	17g	45g	12.5g	7g	2
Crispy Chicken Sandwich	1 each	338	21g	42g	5g	10g	2.5
Cheeseburger	1 each	260	18g	30g	3g	8g	2
Cheeseburger Mac	1 1/3 cup	488	26g	65g	4.5g	13.5g	4
Cheese Sandwich	1 each	322	22g	34g	4g	10g	2
Chicken Nuggets	6 pieces	226	18g	17g	1g	10g	1
Chicken Pot Pie	2/3 cup	239	16g	16g	2g	12g	1
Chicken Salad Sandwich on bread	1 each	305	20g	33g	4.5g	8g	2
Chicken Jamaican Fajitas	1 each	295	23g	26.5g	3.5g	10g	1.5
Chicken Fajitas	1 each	334	22.5g	25g	3.5g	15.5g	1.5
Chicken Fajita Sub (hot)	1 each	554	25g	59.5g	4.5g	25g	4
Crispy Chicken Strips	3 pieces	243	22g	14g	1g	11g	1
Chicken Strips & Waffles	1 serving	450	26g	56g	4g	14.5g	4
Club Sandwich on hoagie	1 each	508	26g	57.5g	4g	21g	4
Corndog	1 each	240	9g	30g	5g	8g	1.5
Country Chicken Steak	1each	188	15g	14g	2g	8g	1
Country Steak Fingers	4 each	310	15g	19g	3g	19g	1
Country Steak Sandwich	1 each	463	21g	47g	6g	21g	3
Drumstick Roasted	1 each	250	25g	3g	0g	15g	0
Drumstick BBQ	1 each	275	25g	9g	0g	15g	.5
Drumstick Breaded	1 each	190	16g	5g	1g	11g	.5
Enchilada Casserole	1 cup	332	16g	32.5g	7g	14.5g	1.5
Fish nuggets	5 nuggets	300	12g	20g	0g	20g	1.5
Frito Pie	2/3 cup	631	24g	56g	11.5g	33g	3
Fruit & Cheese Plate w/ ww crackers	1 each	386	18g	42g	4.5g	18g	2.5
Grilled Chicken Sandwich	1 each	268	21g	29g	3g	8g	1.5
Grilled Chicken Wrap	1 each	294	19g	30g	4.5g	12g	2
Grilled Cheese Sandwich	1 each	380	22g	34g	4g	16.5g	2
Hot Ham & Cheese Sandwich	1 each	302	20g	30.5g	3g	12g	2
Hot Turkey and Cheese Sandwich	1 each	290	21g	30g	3g	10g	2
Turkey & Cheese Sub	1 each	526	27.5g	56g	4g	22g	4
Turkey & Cheese Sandwich	1 each (SEC)	270	23g	30g	3g	7g	2
Ham & Cheese Sandwich	1 each	238	16g	29.5g	3g	6g	2
Ham & Cheese Wrap	1 each	332	18g	29g	4g	16g	2
Ham & Cheese Sub	1 each	248	17g	30.5g	3g	6g	2
Hamburger	1 each	224	15g	29g	3g	6g	2
Hot dog	1 each	310	12g	31g	3g	14g	2
Italian Chicken Sandwich	1 each	440	28g	46g	5.5g	16g	3
Veggie Mac n Cheese	1 cup	486	25g	42g	4g	24g	2.5
Mac n Cheese w/ Ham	1 cup	558	30.5g	42g	3g	29g	2.5
Meatball Sub	1 elementary	377	21g	37g	4g	15g	2.5
Nacho Salad	1 secondary	579	24g	46g	3g	31g	3
Nachos: cheese and black beans	1 each (SEC)	468	13g	55g	7g	19.5g	3.5
Nachos: cheese and refried beans	1 each (SEC)	464	12g	54g	4g	20g	3.5
Pasta - Cheeseburger Mac	1 1/3 cup	441	25g	39g	3g	20.5g	2.5
Pasta - Italian Baked	1 cup	326	17g	34g	3g	13g	2
Pasta - Broccoli Alfredo w/ chicken	1 cup	265	18.5g	31g	2.5g	7.5g	2
Pizza - Cheese	1 slice (SEC)	360	21g	34g	3g	16g	2
Pizza - Sausage	1 slice (SEC)	579	39g	40g	4g	28g	2.5
Pizza - Sausage/Pepperoni	1 slice (SEC)	626	43g	41g	4g	31.5g	2.5
Pizza Supreme	1 slice	401	25g	36g	3.3g	18g	2.5
Pizza - Pepperoni	1 slice (SEC)	375	22.5g	34g	3g	17g	2.5
Pizza - Vegetarian	1 slice (SEC)	369	21g	35g	3g	16g	2.5
Pizza - Buffalo Chicken	1 slice (SEC)	422	29g	35g	3g	18.5g	2.5
Pizza - Hawaiian	1 slice (SEC)	430	29g	38g	3.5g	18.5g	2.5
Pizza - Cheeseburger	1 slice (SEC)	463	29g	37g	3g	22.5g	2.5
Salad - Crispy Chicken w/crackers	1 w/3 pkg cracker	498	29g	24g (39g)	5g (6g)	25g	1.5 (2)

Salad - Turkey Chef (w/crackers)	1 w/3 pkg cracker	357	24g	11g (33g)	3.5g (5.5g)	15.5g	0.5 (2)
Salad - Ham Chef (w/crackers)	1 w/3 pkg cracker	361	20g	11g (33g)	3.5g (5.5g)	17g	0.5 (2)
Salad - Vegetarian (w/crackers)	1 w/3 pkg cracker	365	16g	20g (42g)	8g (10g)	15g	1 (2)
Salad Dressing - Ken's Fat Free Ranch	1 pouch	40	0g	11g	1g	0g	0.5
Salad Dressing - Ken's FF Italian	1 pouch	15	0g	5g	0g	0g	0.5
Salad Dressing - Ken's FF Honey Dijon	1 pouch	60	1g	13g	1g	0g	1
Salad Dressing - Ken's FF Raspberry	1 pouch	45	0g	12g	0g	0g	1
Salad Dressing - Ken's Honey Mustard	2 tbsp	160	1g	4g	1g	15g	0
Salad Dressing - Ken's Golden Italian	1 pouch	120	0g	2g	0g	12g	0
Southwest Veggie Wrap	1 each	336	14g	38g	9g	14g	2
Spaghetti w/ meatballs	1 cup	459	26g	46g	4g	18g	3
Spaghetti w/ Meat Sauce	1 cup	334	20g	44g	4g	8g	3
Garlic Toast (no cheese)	1 each	126	3g	14g	2g	7g	1
Spicy Crispy Orange Chicken	3 pieces	518	37g	33.5g	4g	24.5g	2
Sweet and Sour Chicken	1 serving (ELM)	713	37g	79g	5g	25g	5
Taco, Beef	1 each	380	22g	28g	4g	19g	2
Teriyaki Glazed Chicken	1 each	436	42.5g	14g	0	21g	1
Tomato Soup	6 oz	43	1g	7.5g	1.5g	1g	0.5
Turkey and Cheese Sub	1 each	291	22g	30g	3g	9g	2
Turkey and Gravy	1/2 cup	129	18g	3g	0	5g	0
Vegetarian Sub	1 each	315	17.5g	36g	4g	11.5g	2.5
WowButter Sandwich	1 each	280	9g	27g	4g	16g	1.5
Wrap: southwest chicken	1 each	336	14g	38g	9g	14g	2
Wrap: southwest veggie	1 each	336	14g	38g	9g	14g	2
Wrap: Italian	1 each	423	25g	32g	5g	21g	2
Wrap: spicy chicken	1 each	403	22.5g	43.5g	9g	16g	2.5
Bread: Sandwich bread	2 slices	150	5g	28g	3g	2g	2
Bread: Hamburger	1 bun	150	6g	26g	3g	2g	2
Bread: Coney	1 bun	160	6g	29g	3g	2g	2
Bread: Hoagie	1 bun	387	9.5g	55g	4g	15g	3.5
Bread: whole wheat roll	1 roll	187	4.5g	27g	2g	7g	2