

Elementary School 2018-2019*

Revised 07/30/18

Breakfast	
Food Item	
Breakfast Pizza	16
Cereal - Cinn. Toast Crunch	22
Cereal - Cocoa Puffs	25
Cherry Muffin	23
Chocolate Chip Muffin Top	43
Cinnamon Bun	36
Craisins	28
French Toast, Mini	37
Honey Breakfast Bar	39
Juice - Orange	14
Milk - FF Chocolate	26
Milk - FF White	12
Milk - 1% White	12
Mini Cinnis	39
Pancakes, Mini	40
Powdered Minis	41
Raisins	31
**Sunrise Sandwich (Bun)	
Sausage Patty	1
Bun	29
American Cheese (1 slice)	0.5
**Sunrise Sandwich (English muffin)	
Sausage Patty	1
English Muffin	26
American Cheese (1 slice)	0.5

Breakfast in the Classroom	
Food Item	
Breakfast Kits -	
Apple Jacks Cereal	24
Grahams WG - Cinnamon	18
Apple Juice	15
Total	57
Frosted Flakes Cereal	24
Grahams WG - Honey	17
Apple Juice	15
Total	56
Cinnamon Poptart	37
Grahams WG - Cinnamon	18
Apple Juice	15
Total	70
Golden Grahams Cereal	24
Oat Crunch Bar	25
Apple Juice	15
Total	64
Cinnamon Toast Crunch Bar	30
Aniamal Crackers - WG	20
Apple Juice	15
Total	65
Milk, 1% white	12
Milk, FF white	12
Raisins	31
Craisins	28

BEVERAGAGES

Apple Juice	21
Chocolate milk - fat free	26
White milk - 1%	12
Skim milk	12
Juice - Orange	14

Fruit & Vegetable Bar

Apples	14
Oranges	13
Bananas	25
Canned fruit (1/2 cup)	18
Baby carrots (1/2 cup)	7
Celery (1/2 cup)	2
Broccoli (1/2 cup)	7
Garbanzo beans (1/2 cup)	20
Kidney beans (1/2 cup)	22
Pinto beans (1/2 cup)	19
Red Pepper strips (1/2 cup)	3
Raisins	31
Craisins	28
Mandarin Oranges (1/2 cup)	9

LUNCH

Asian Chicken & Rice Bowl	45
Chicken Drumstick w/ Wheat Roll	
Chicken Drumstick (1)	3
Wheat dinner roll	14
Bean & Cheese Burrito	46
Cheeseburger	32
Chicken Filet Sandwich	45
Chicken Nuggets w/ Wheat roll	
Chicken nuggets (6)	17
Wheat dinner roll	14
Chicken Potato Bowl w/ wheat roll	
Bowl	41
Wheat dinner roll	14
Chili Cheese Dog	32.53
Fish Treasures (4)	18
Fresh Assorted Sandwich-Cheese	
Sandwich	30
Giant Goldfish	19
Canned fruit (1/2 cup)	18
Fresh Assorted Sandwich-Ham	
Sandwich	28
Giant Goldfish	19
Canned fruit (1/2 cup)	18
Fresh Assorted Sandwich-Turkey	
Sandwich	27
Giant Goldfish	19
Canned fruit (1/2 cup)	18
Fresh Assorted Sandwich - PB&J	
Sandwich - Grape/Strawberry	35/34
Giant Goldfish	19
String Cheese	1
Canned fruit (1/2 cup)	18
Fruit & Cheese Snack pac	
String cheese (1 oz.)	1
Canned fruit (1/2 cup)	18
Goldfish Pretzels	16
Muffin - other flavors / banana	19.5 / 20
Yogurt	19

Harvest Snack pac	
String cheese (1 oz.)	1
Canned fruit (1/2 cup)	18
Loaf Bread (Banana or Pumpkin)	44
Yogurt	19
Jumbo Corndog	30
Macaroni & Cheese w/ Wheat Roll	47 14
Mega Pizza Bites - Pepperoni	29
Mini Corndogs (6)	30
Nachos w/ taco meat & cheese	
Tortilla Chips (2 oz.)	34
Nacho Cup (4 oz.)	9
Nacho Bites (8)	32
Pizza, cheese, wedge	32
Pizza, pepperoni, wedge	32
Pizza, Stuffed Crust, cheese	35
Pizza, Sardella's, cheese - 10 cut	27
Pizza, Sardella's, pepperoni - 10 cut	27
Rib BQ	41
Seasoned Fries (3 oz.)	25
Soft Pretzels (Mini) w/ Cheese	66
Soft Taco	25
Tater Tots (3 oz.)	19
Toasted Cheese Sandwich	30
Turkey & Gravy w/ wheat roll	
Turkey/Gravy/Potatoes	19
Wheat dinner roll	14
Turkey Burger w/ cheese	30
Waffles, Mini w/ Chicken Strips	
Waffles, Mini	38
Chicken Strips (3)	15

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Middle School 2018-2019*

Revised 07/30/18

Breakfast	
Food Item	
Breakfast Pizza	16
Cereal - Cinn. Toast Crunch	22
Cereal - Cocoa Puffs	25
Cherry Muffin	23
Chocolate Chip Muffin Top	43
Cinnamon Bun	36
Craisins	28
French Toast, Mini	37
Honey Breakfast Bar	39
Juice - Orange	14
Milk - FF Chocolate	26
Milk - FF White	12
Milk - 1% White	12
Mini Cinnis	39
Pancakes, Mini	40
Powdered Minis	41
Raisins	31
**Sunrise Sandwich (Bun)	
Sausage Patty	1
Bun	29
American Cheese (1 slice)	0.5
**Sunrise Sandwich (English muffin)	
Sausage Patty	1
English Muffin	26
American Cheese (1 slice)	0.5

BEVERAGAGES

Apple Juice	21
Chocolate milk - fat free	26
White milk - 1%	12
Skim milk	12
Juice - Orange	14

Breakfast in the Classroom	
Food Item	
Breakfast Kits -	
Apple Jacks Cereal	24
Grahams WG - Cinnamon	18
Apple Juice	15
Total	57
Frosted Flakes Cereal	24
Grahams WG - Honey	17
Apple Juice	15
Total	56
Cinnamon Poptart	37
Grahams WG - Cinnamon	18
Apple Juice	15
Total	70
Golden Grahams Cereal	24
Oat Crunch Bar	25
Apple Juice	15
Total	64
Cinnamon Toast Crunch Bar	30
Animal Crackers - WG	20
Apple Juice	15
Total	65
Milk, 1% white	12
Milk, FF white	12
Raisins	31
Craisins	28

Fruit & Vegetable Bar

Apples	14
Oranges	13
Bananas	25
Canned fruit (1/2 cup)	18
Baby carrots (1/2 cup)	7
Celery (1/2 cup)	2
Broccoli (1/2 cup)	7
Garbanzo beans (1/2 cup)	20
Kidney beans (1/2 cup)	22
Pinto beans (1/2 cup)	19
Red Pepper strips (1/2 cup)	3
Raisins	31
Craisins	28
Mandarin Oranges (1/2 cup)	9

LUNCH

Asian Chicken & Rice Bowl	45
Chicken Drumstick w/ Wheat Roll	
Chicken Drumstick (1)	3
Wheat dinner roll	14
Bean & Cheese Burrito	46
Cheeseburger	32
Chicken Filet Sandwich	45
Chicken Nuggets w/ Wheat roll	
Chicken nuggets (6)	17
Wheat dinner roll	14
Chicken Potato Bowl w/ wheat roll	
Bowl	41
Wheat dinner roll	13
Chicken Poppers w/ wheat roll	
Chicken Poppers	15
Wheat roll	14
Chili Cheese Dog	32.53
Fresh Assorted Sandwich-Cheese	
Sandwich	30
Giant Goldfish	19
Canned fruit (1/2 cup)	18
Fresh Assorted Sandwich-Ham	
Sandwich	28
Giant Goldfish	19
Canned fruit (1/2 cup)	18
Fresh Assorted Sandwich-Turkey	
Sandwich	27
Giant Goldfish	19
Canned fruit (1/2 cup)	18
Fresh Assorted Sandwich - PB&J	
Sandwich - Grape/Strawberry	35/34
Giant Goldfish	19
String cheese (1 oz.)	1
Canned fruit (1/2 cup)	18
Fruit & Cheese Snack pac	
String cheese (1 oz.)	1
Canned fruit (1/2 cup)	18
Goldfish Pretzels	16
Muffin - all flavors	18.5 / 20
Yogurt	19

Harvest Snack pac	
String cheese (1 oz.)	1
Canned fruit (1/2 cup)	18
Loaf Bread (Banana or Pumpkin)	44
Yogurt	19
Jumbo Corndog	30
Macaroni & Cheese	47
w/ Wheat Roll	14
Mini Corndogs (6)	30
Nachos w/ taco meat & cheese	
Tortilla Chips (2 oz.)	34
Nacho Cup (4 oz.)	9
Nacho Bites (8)	32
Pizza, Stuffed Crust, cheese	35
Pizza, Sardella's, cheese (8-cut)	41
Pizza, Sardella's, pepperoni (8-cut)	41
Rib BQ	41
Seasoned Fries (3 oz.)	25
Soft Taco	25
Spicy Chicken	46
Tater Tots (3 oz.)	19
Toasted Cheese Sandwich	30
Turkey & Gravy w/ wheat roll	
Turkey/Gravy/Potatoes	19
Wheat dinner roll	14
Turkey Burger w/ cheese	30
Waffles, Mini w/ Chicken Strips	
Waffles, Mini	38
Chicken Strips (3)	15

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High School 2018-2019*

Revised 07/30/18

Breakfast	
Food Item	
Breakfast Pizza	16
Cereal - Cinn. Toast Crunch	22
Cereal - Cocoa Puffs	25
Cereal - Honey Nut Cheerios	22
Chocolate Chip Muffin Top	43
Cinnamon Bun	36
Cinnamon Raisin Bagel	33
Cream Cheese	1
Craisins	28
Crunch Bar, Cherry Apple	43
Crunch Bar, Lemon Chip	42
French Toast, Mini	37
Honey Breakfast Bar	39
Juice - Orange	14
Loaf Bread - Pumpkin	43
Loaf Bread - Banana	44
Milk - FF Chocolate	26
Milk - FF White	12
Milk - 1% White	12
Mini Cinnis	39
Pancakes, Mini	40
PopTart (2 pak.)	74
Powdered Minis	41
Raisins	31
**Sunrise Sandwich (Bun)	
Sausage Patty	1
Bun	29
American Cheese (1 slice)	0.5
**Sunrise Sandwich (English muffin)	
Sausage Patty	1
English Muffin	26
American Cheese (1 slice)	0.5
Waffles, Mini	38

BEVERAGAGES	
Apple Juice	21
Chocolate milk - fat free	26
White milk - 1%	12
Skim milk	12
Juice - Orange	14

Fruit & Vegetable Bar	
Apples	14
Oranges	13
Bananas	25
Canned fruit (1/2 cup)	18
Baby carrots (1/2 cup)	7
Celery (1/2 cup)	2
Broccoli (1/2 cup)	7
Garbanzo beans (1/2 cup)	20
Kidney beans (1/2 cup)	22
Pinto beans (1/2 cup)	19
Red Pepper strips (1/2 cup)	3
Raisins	31
Craisins	28
Mandarin Oranges (1/2 cup)	9

LUNCH

Food Item	Carbs (g)
Asian Chicken & Rice Bowl	53
Burrito w/ Chips	
Burrito	46
Tortilla Chips (2 oz.)	34
Cheeseburger	32
Chicken Potato Bowl w/ wheat roll	
Bowl	45
Wheat dinner roll	14
Chicken Taquitos, 2	30
Jumbo Corn Dog	30
PB&J Sandwich	
Sandwich - Grape/Strawberry	35/34
Cheez-It - Cheddar	14
Canned fruit (1/2 cup)	18
String Cheese	1
Pizza, Sardella's, cheese	56
Pizza, Sardella's, pepperoni	56
Rib BQ	41
Seasoned Fries (4 oz.)	33
Spicy Chicken Sandwich	46
Spicy Chicken Wrap	61
Sub Sandwich - Ham Pac	
Ham Sandwich	33
Giant Goldfish	19
Canned fruit (1/2 cup)	18
Sub Sandwich - Turkey Pac	
Turkey Sandwich	32
Giant Goldfish	19
Canned fruit (1/2 cup)	18
Tater Tots (4 oz.)	27

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