

Menu Item Nutrient Report

Item Name	Carb (g)
1% White Milk	14.00
1/2 Garlic Cheese Bread & Meatballs, 2017	21.40
2 Breaded Chicken Drumsticks, Mashed Potatoes & Brownie (HMSA)	55.29
2 Buffalo Chicken Drumsticks & Tortilla Chips (2G), HMSA	39.00
2 Cheese Stuffed Breadsticks (Schwan)& Marinara Sauce, 2017	37.00
Almonds, Whole, IW	5.93
Animal Crackers, 2017	20.00
Apple slices, IW, 200/2 oz	13.81
Asian Chicken Salad, Crispy Noodles & Chips	54.62
Asian Sesame Dressing	5.32
Avocado Corn Salsa, 2017	11.74
Baby Carrots	4.61
Baby Carrots (3 oz, IW- 1/2 cup)	8.24
Baked Bone-In Chicken & Mashed Potatoes	24.59
Baked Bone-In Chicken & Mashed Potatoes (Preschool)	17.80
Baked Bone-In Chicken, Mashed Potatoes & Brownie (MS, HMSA)	56.29
Banana Petite	23.07
Bar, PBJ, Wafer, Adv. Pierre, Non-reimbursable	31.00
BBQ Chicken Salad & Tortilla Chips, HMSA ONLY	72.16
BBQ Chicken Salad, Tostitos & Croutons	72.16
Beef & Cheese Chalupa, 2017	11.18
Beef & Cheese Nachos (Middle)	35.16
Beef Soft Taco (Preschool)	17.16
Beef Taco & Spanish Rice, 2016 (Elementary)	25.41
Beef Taco, Elementary	15.15
Beef Tacos, Secondary	30.31
Berries - LR100043 (1/2 c.)	9.45
Blueberries (1/2 cup)	10.72
Bread, Garlic Cheese, Tony Roberts	28.30
Bread, Panini, Pillsbury, 2017	30.00
Breaded Chicken Drumstick & Mashed Potatoes, Preschool	11.80
Breaded Chicken Drumstick, Mashed Potatoes & Brownie	50.29
Breaded Chicken Sandwich, 2017	45.00
Breakfast Carrots (3 oz, IW- 1/2 cup) -	8.24
Breakfast, Apple Crisps, Strawberry, Tree Top, 2017	10.00
Breakfast, Applesauce, Cinnamon, 2017	14.00
Breakfast, Applesauce, Mango Peach, 2017	14.00
Breakfast, Applesauce, Strawberry, 2017	14.00
Breakfast, Bagel, White Whole Wheat, IW	33.50
Breakfast, Banana Bread, Sliced (Super Bakery)	44.00
Breakfast, Banana Chocolate Chunk Bar (BenefIT)	48.00

Breakfast, Celery, sticks, IW (1/2 cup)	1.68
Breakfast, Cheese Pizza Bagel, Ardella's	15.67
Breakfast, Chicken Sausage Pizza Bagel, Ardella's	15.73
Breakfast, Chocolate Chip Crumble (BV)	49.00
Breakfast, Cinnamon Crumb Cake, Sky Blue	48.00
Breakfast, Cinnamon Crumble Coffee Cake, Buena Vista	53.00
Breakfast, Cinnamon Glazed French Toast Sticks, Sunny Fresh	28.00
Breakfast, Egg & Cheese Rolled Taco, El Monterey	15.00
Breakfast, Egg & Turkey Sausage Burrito, Los Cabos/MCI	28.62
Breakfast, French Toast, Mini, Triple Berry Blast	37.00
Breakfast, Frozen Pineapple Stick (Fruti Fruit)	11.00
Breakfast, Frudel, Apple, Pillsbury	36.00
Breakfast, Frudel, Cherry, Pillsbury	37.00
Breakfast, Honey Lemon Loaf	31.00
Breakfast, Honey Wheat Bar, Sky Blue	39.00
Breakfast, Mandarin Oranges, Nu-Health, 2017 (HMSA only)	18.00
Breakfast, Mini Pancakes, Pillsbury	35.00
Breakfast, Mini Waffles, Blueberry Bash, Pillsbury	37.00
Breakfast, Muffin, Blueberry (Preschool)	18.00
Breakfast, Muffin, Double Chocolate, Buena Vista	44.00
Breakfast, Muffin, Sweet Potato Chocolate Chip, Buena Vista	47.00
Breakfast, Oatmeal Chocolate Chip Benefit Bar, 2017	47.00
Breakfast, Pancake & Pork Sausage on Stick, 2017	21.80
Breakfast, Pizza, Bacon & Egg, Nardone, 2017	20.00
Breakfast, Pork Sausage & Cheese Breakfast Sandwich, Don Lee	16.00
Breakfast, Pork Sausage Breakfast Biscuit, Don Lee, 2017	16.50
Breakfast, Strawberry Fruit Cup, Wawona	20.88
Breakfast, Sunrise Bites	40.00
Broccoli Florets (1/4 cup)	1.03
Brown Rice (1/2 cup)	18.50
Brownie, Whole Grain, IW (20th century)	31.70
Buffalo Chicken Drumstick & Tostitos, MS, 2017	22.00
Burrito, Beef & Green Chile, MS/HS, Los Cabos	30.00
Burrito, En Fuego Bean & Cheese, MS/HS	42.18
Burrito, Xtreme Bean & Cheese, MCI/Los Cabos	40.95
Cabbage (1/4 CUP, shredded)	2.90
Caesar Chicken Salad & Whole Garlic Bread (HMSA ONLY)	34.53
Caesar Chicken Salad, Croutons & 1/2 Garlic Bread (MS)	33.38
Cantaloupe -(1/2 c.)	8.16
Capri Juice - (1 ea.)	21.00
Carnitas Nachos (Elementary)	20.00
Carnitas Soft Taco & Spanish Rice, 2016 (Elementary)	25.25
Carnitas Soft Taco (Preschool), 2016	15.00
Carrots, baby, raw, (100/3 oz)	8.24

Cauliflower - (1/4 c.)	1.32
Celery Stick - (1/2 c.)	1.93
Cereal Bar, Cinnamon Toast Crunch	30.00
Cereal Bar, Cocoa Puffs 2017 (Snack)	30.00
Cereal Bar, Fruity Cheerios (Snack), 2017	29.00
Cereal Bar, Trix, 2016	30.00
Cereal Bowl, Cheerios, Gluten Free, 2017 (Preschool Only)	14.00
Cereal Bowl, Cinnamon Chex (Gluten Free), 2017	23.00
Cereal Bowl, Cinnamon Toast Crunch, 25% Reduced Sugar, 2017 (Preschool)	22.00
Cereal Bowl, Honey Nut Cheerios (Gluten Free)	22.00
Cereal Bowl, Honey Nut Chex (Gluten Free)	27.00
Cereal Bowl, Rice Chex (Gluten Free), 2017	24.00
Cheese Breadstick, String Cheese & Marinara Sauce, Preschool	23.00
Cheese Pizza Slider & Sunflower Seed (Preschool)	23.17
Cheese Stuffed Breadsticks (1 each)	15.00
Cheese, American, Slices, 2016 (Bongards)	1.00
Cheese, Cheddar Cup, Nachos, (3 oz) Bongards	1.00
Cheese, Parmesan, Shredded	0.17
Cheese, Pepper Jack, Slices	0.91
Cheese, String, Cheddar, 2016 (Bongard)	1.00
Cheese, String, Mozzarella, (Bongard)	1.00
Cheeseburger Sliders	29.82
Cheeseburger with Baked Fries, 2017 (MS/HS)	51.11
Cheesy Meatloaf Burger & Fries, 2017	58.00
Cheesy Meatloaf Burger (Elementary)	37.00
Chef Salad w/Croutons & Chips, 2017	28.95
Chef Salad w/Tortilla Chips (HMSA ONLY)	43.67
Chicken Crisпитos (Taquitos) & String Cheese, HMSA,	41.00
Chicken Drumstick & Mashed Potatoes	16.59
Chicken Drumstick, Warmed Tortilla & WG Crackers, 2017	32.00
Chicken Mexican Bowl & Tortilla Chips	63.33
Chicken Nuggets & Mashed Potatoes, Preschool, 2017	22.80
Chicken Tamale & Spanish Rice, 2017	36.25
Chicken Tamale in Red Sauce & String Cheese, HMSA	27.00
Chicken Tamale in Red Sauce	26.00
Chicken Tenders & Mashed Potatoes	29.59
Chicken Tenders & Mashed Potatoes, Preschool	22.80
Chicken Tenders & WG Crackers (3-5)	31.00
Chicken Tenders, Mashed Potatoes & CC Cookie	53.79
Chicken Tinga on Tostada Shell & Spanish Brown Rice	23.85
Chicken, Breaded, Bone-In	11.00
Chicken, Grilled, Tyson, (Salads)	2.00
Chicken, Patty, Crispy, ELEM	16.00
Chicken, Taquitos, Crisпитos, Tyson, (Secondary)	20.00

Chicken, Tenders, Hot n Spicy, MS/HS, (3 Each)	17.00
Chicken, Tenders, Tyson (Elementary)	5.33
Chips, Doritos, Cool Ranch, WG/RF (Deli/Panini)	19.00
Chips, Doritos, Nacho, WG/RF (Deli/Panini)	20.00
Chips, Doritos, Spicy Sweet Chili, WG/RF (Deli/Panini)	20.00
Chips, RF WG Tostito Rounds	18.00
Chips, Tortilla, 2G (HMSA)	31.00
Cilantro (1/2 cup)	6.33
Cinnamon Rush French Toast Mini	37.00
Cobb Salad & Tortilla Chips (2G), 2017 (HMSA ONLY)	44.62
Cobb Salad, Croutons & Chips, 2017	29.90
Cookie, Chocolate Chip, IW	24.20
Corn (Canned) (1/2 c.)	17.00
Corn Nuggets, Ranch	21.00
Corn Nuggets, Tajin Habanero	21.00
Crackers, WG	15.00
Cream Cheese, Light, Individual	1.00
Croutons, Whole Grain Garlic Butter	13.00
Cucumber Rounds (1/2cup)	2.16
Cucumber w/ Lemon Juice & LS Tajin(1/2 c.)	7.45
Cucumber w/ Lemon Juice (Preschool - 1/4 c)	3.73
Cutie, Mandarin Orange	13.34
Deli, Hoagie - White Wheat	32.00
Deli, Spicy Chicken Sandwich (2017)	41.00
Deli, Tuna Sandwich (2017)	32.94
Deli, Turkey Ham Sandwich, 2017	34.02
Deli, Turkey Sandwich, 2017	33.00
Dora's Tuna Salad (#8 Scoop)	0.94
Drumstick & Warmed Tortilla, Preschool, 2017	17.00
Drumstick, Mashed Potatoes & WG Brownie	48.29
Edamame (1/2 c.)	8.00
Edamame with Lemon Juice & LS Tajin (1/2 c.)	3.26
Esquites (Mexican Style Corn) (1/2 cup)	17.44
Fat Free Lactaid	13.00
Four Layer Bean Dip & Chips, (HMSA Only)	59.82
Four Layer Bean Dip & Chips, (MS), 2017	46.82
Fresh Cut Pineapple (1/2 cup)	10.82
Frijoles de la Olla(1/2 c.)	19.32
Garlic Cheese Bread & Meatballs, (Secondary)	35.55
Goldfish Crackers, 2016 (Snack)	14.00
Granola & Yogurt, 2016 (K-2)	36.00
Granola Bar, Oat & Honey, Nature Valley (1.5oz)	29.00
Granola, 2 oz, Secondary	43.00
Granola, Fieldstone, 1 oz, Elementary	20.00

Grapes, Packaged, Breakfast (1/2 cup)	15.00
Grapes, Red, Lunch Bunch (1/2 cup)	17.15
Greek Salad with Pita Chips, Croutons & Hummus, 2017	18.78
Green Machine Smoothie w/Granola & Spicy Sunflower Seeds	95.80
Green Monster Smoothie, Elementary	18.66
Green Onion (1/4 cup chopped)	1.76
Ground Beef Mexican Bowl w/Tostitos	58.56
Ham & Cheese Panini	63.02
Hamburger on a Wheat Bun, Elementary	29.60
Honey Dew (1/4 cup)	3.26
Honeydew Melon (1/2 c.)	6.53
Hot Dogs, Mini Chicken, Double Dog	31.50
Jalapeno Chicken Panini, 2017	64.00
Jalapeno, Sliced, Canned (1/4 c.)	2.00
Jicama with Lemon Juice & LS Tajin(1/2 c.)	10.31
Juice, 100% Frozen, Mango	25.00
Juice, Fruitable Plus, Tropical Twist	14.00
Ketchup (1 fl. oz.)	10.42
Ketchup, Heinz (1 packet)	2.00
Kiwi, Sliced (1/2 c.)	14.66
Lettuce, Romaine (2 cup shredded)	1.33
Light Ranch Dressing (1oz)	3.78
Lite Mayonnaise (1tsp)	0.33
Mac n' Cheese	25.00
Milk, 1% White	14.00
Milk, Chocolate, Fat Free	25.00
Milk, Soy (Pacific) Shelf-stable	12.00
Milk, White, Fat Free	11.00
Milk, White/Nonfat/Carton	12.00
Mini Cinnis	39.00
Mixed Berry Smoothie w/Granola & String Cheese	87.61
Mixed Berry Yogurt Parfait & Granola, 2017 (HMSA ONLY)	88.08
Mixed Berry Yogurt Parfait, Granola & String Cheese, 2017 (MS)	72.08
Mixed Berry Yogurt Parfait, Granola, String Cheese & Crackers (Elementary)	64.08
Mixed Fruit Salad (1/2 c.)	8.18
Mustard - (1 fl. oz.)	0.00
Nectarines, Fresh (1 ea.)	13.61
Non Fat Chocolate Milk (1 ea.)	22.00
Onion (1/4 cup, chopped)	3.74
Orange Chicken & Annie's Bunny Grahams, 2017	45.66
Orange Chicken & Brown Rice, Preschool (2017)	39.16
Orange Chicken (Lings) & Brown Rice, Secondary, 2017	57.66
Orange Chicken, Yang's	20.66
Orange, Mandarin, Light Syrup (Canned) (1/2 c.)	19.00

Oranges, Sliced (1/2 c.)	11.89
PBJ & Grape, Uncrustables, Smucker's (Secondary Lunch ONLY)	64.00
PBJ Grape, Uncrustables, Smucker's	32.00
PBJ Uncrustables (Large) & Tajin Cup (Secondary)	83.66
PBJ, Strawberry, Uncrustables, Smucker's	32.00
Pears - (1/2 ea.)	11.44
Persimmo	18.59
Pico De Gallo (1/4 c.)	4.93
Pineapple, Tidbit (1/2 c.)	18.00
Pizza, Cheese, Nardone, MS/HS	29.00
Pizza, Cheese, Wedge, Nardone, Elementary	30.00
Pizza, Deep Dish, Cheese, Nardone	33.00
Pizza, Deep Dish, Pepperoni, Nardone	33.00
Pizza, Meateaters, Nardone, MS/HS, Gluten.	29.00
Pizza, Pepperoni Coin, Wedge, Nardone, Elementary	29.00
Pizza, Pepperoni, Nardone, MS/HS	29.00
Pizza, Slider, Pepperoni, Ardella's (K-2)	14.75
Pizza, Sliders, Cheese, Ardella's, 2017	15.38
Pizza, Supreme, Nardone, 2016	30.00
Plums (1 ea.)	7.54
Pork Carnitas Mexican Bowl & Tortilla Chips	53.25
Potatoes, Mashed, Idahoan (1/2 cup)	13.59
Rainbow Trout Treasures	18.00
Red Delicious Apple	13.81
Refried Beans (prepared)	24.00
Rice Crispy Treat	30.00
Rice, Brown (1 cup)	52.00
Rice, Spanish (1 c.)	20.50
Rosita's Cabbage Salad(1/4 c.)	6.39
Seasonal Breakfast Fruits	15.26
Shredded Beef Mexican Bowl & Tortilla Chips	52.25
Shredded Chicken Mexican Bowl & Tortilla Chips	52.25
Shredded Chicken Sopes (Elementary)	30.00
Sliced Peaches (1/2 c.)	15.00
Small Salad w/Lite Ranch (Panini & PV South)	3.50
Smucker's PBJ Uncrustable, Mozzarella String Cheese & WG Crackers	48.00
Snack Mix, Quaker	17.00
Snack, Bunny Grahams, Annie's	25.00
Snack, Mini Chocolate Chip Cookies, Skeeter	24.00
Snack, Mini Shortbread Cookies, Skeeter	17.00
Snack, Puffs, Jalapeno Cheddar	15.00
Spanish Rice (1/2 cup)	21.33
Spicy Chicken Salad & Doritos, 2017	29.99
Spicy Chicken Sandwich	38.00

Spicy Chicken Sandwich & Fries	59.00
Spicy Chicken Tenders, Fries & CC Cookie (Secondary)	62.20
Spinach (1/4 c.)	1.82
Strawberries (1/2 cup)	7.68
Strawberry Banana Yogurt Danimal Crush Cup	16.00
Strawberry Splash Mini Pancakes	40.00
Strawberry Yogurt Parfait & Granola, 2017 (HMSA ONLY)	84.68
Strawberry Yogurt Parfait, Granola & String Cheese	68.68
Strawberry Yogurt Parfait, Granola & String Cheese, Preschool, 2017	37.34
Strawberry Yogurt Parfait, Granola, String Cheese & Crackers	77.68
Strawberry/Banana Smoothie, Granola & Spicy Sunflower Seeds, 2017	94.30
Sugar Snap Peas (1/4 c.)	2.00
Sunflower Seeds, Honey Roasted	8.00
Sunflower Seeds, Spicy Lime	6.00
Sunrise Bites (1 ea.)	40.00
Tajin Fruit/Veggie Cup (MS/HS)	19.66
Tamale, Chicken in Red Sauce, Del Real	26.00
Tangerine (1 ea.)	10.14
Tapatio, Gallon (1 tsp.)	0.00
Tapatio, Packets (1 ea.)	0.47
Teriyaki Beef Dunkers & Mashed Potatoes, Preschool, 2017	15.46
Teriyaki Beef Dunkers, Mashed Potatoes & Chocolate Chip Cookie, 2017	46.46
Thai Chicken Salad w/ Peanut Dressing, Crispy Noodles & Chips, 2017	16.27
Three Layer Bean Dip & Tostitos, Elementary, K-2	44.82
Tomatillo Salsa, 2017	6.01
Tomatoes, Fresh	6.22
Tuna, Chunk Light	0.00
Turkey Bacon & Mac n Cheese Panini	56.51
Turkey Bacon Cheeseburger & Sidewinder Fries (HMSA)	54.11
Turkey Chili & Garlic Cheese Bread (HMSA)	33.63
Turkey Chili Cheese Fries & Brownie (Secondary)	57.23
Turkey Chili Cheese Fries & Mini Shortbread Cookies	0.52
Turkey, Bacon, & Pepper Jack Cheese Panini	62.00
Turkey, Bacon, Jennie-O	0.00
Turkey, Chili, Jennie-O	5.33
Turkey, Ham, Nitrate Free	2.00
Turkey, VIP, Breast Roasted	1.00
Uncrustables, String Cheese & Crackers, 2017	48.00
Vegetarian Ceviche (1 #16 scoop)	15.90
Water, Bottle (reg)	0.00
Watermelon - (1/2 c.)	5.81
WG Chicken Nuggets & Fries	37.00
WG Chicken Tenders & Mashed Potatoes (Preschool)	22.80
WG Goldfish Crackers & String Cheese	14.75

Legend

Report Selections

Meal Pattern: [USDA]Meal Pattern SY 2017-2022

