

**CALORIES, CARBOHYDRATE COUNT, AND FIBER
FOR INTERMEDIATE, MS AND HS LUNCH MENUS**

For more information, please contact Mark Bindus, RDN,LD directly at 216-214-2745

Menu Items	Calories	Carbohydrate Counts (grams)	Fiber (Grams)	Sodium (mg)
ENTREES				
Bacon Cheese Burger on a Whole Grain Bun	361	24.42	3.64	853
Bacon Cheeseburger Sliders (2 each)	486	42.5	6	1174
BBQ Rib Sandwich on a Whole Grain Hoagie Bun	412	51.45	4	1358
Breaded Chicken Sandwich, on a Whole Grain Bun	330	32	4	610
Breaded Fish Sandwich on a Whole Grain Bun	340	36	3	500
Breakfast Bagel Sandwich (Whole Grain Bagel)	290	31.6	4	631
Breakfast Croissant Sandwich	330	32.6	3	761.09
Build your Own Burger Bar	361	24.42	3.64	786
California White Pizza, Chicken	382	34.66	3.5	801
California White Pizza, Plain	339	34.12	3.5	599
Cheesy Breadsticks, Whole Grain (8 cut) with Italian Dunking Sauce	446	56.08	5.74	931.25
Chicken Alfredo Penne w/ Mozzarella	345	40.86	2.67	571.54
Chicken Bacon Mozzarella on a Whole Grain Sub	402	35.96	4	1242
Chicken Parmesan Sandwich on a Whole Grain Bun	397	39.9	6.25	770
Chicken Parmesan with Breadstick	375	37.4	3.49	791.75
Chicken Quesadilla, (2 HALVES)	470	35.37	4.73	1102.58
Chicken Tenders, Whole Grain Breading (5 each)	193	8	0	371
Corn Dog, Whole Grain	240	30	5	390
Corn Dogs, Mini, Whole Grain, 6 each	270	30	4.5	420
Entrée Salad - Popcorn Chicken & others with Dressing	322	31.97	2.36	635
French Toast with Syrup and Sliced Ham	410	58.88	2.67	1096
General Tso or Sweet n Sour Chicken with Brown Rice	479	83.43	6.24	348.9

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Hamburger or Cheeseburger on a Whole Grain Bun	327	22.85	3.07	590
Hot Dog (turkey) on a Whole Grain Bun	250	24	3	890
Hot Soft Pretzel, Whole Grain 2 oz with Real Cheese Sauce	301.3	44.16	2.05	419.3
Loaded Waffle Fries	643	56	5	2100
Macaroni and Cheese, Whole Grain, Homemade	486	40.08	3.52	696
Meatball Sub w/ cheese on a Whole Grain Bun	424	42.19	5.61	1017
Mini Pancakes, Whole Grain, Bulk with Syrup	300	64	3	440
Nachos Supreme	459	35.5	3.88	728
Pasta Bar w/ Choice of Alfredo, Marinara or Meatballs	447	66.47	7.76	736
Pizza, Whole Grain, Cheese (8 cut)	325	35.31	3.83	591.61
Pizza, Whole Grain, Pepperoni (8 cut)	345	35.5	3.83	636.61
Popcorn Chicken	163	10	2	371
Popcorn Chicken Wraps, (2 EACH)	464	63.78	3.36	841.72
Pulled Pork Sandwich on a Whole Grain Bun	340	30.07	3.25	605
Sloppy Joe Sandwich on a Whole Grain Bun	354	30.05	4.47	389
Steak, Salisbury	186	5.95	0.8	156
Strawberry or Mixed Berry Smoothie	360	81	4	117
Sub Your Way Bar (meatball sub)	376	41.97	5.08	990
Taco Salad Bar	507	32.92	6.11	1132
Taco, Soft or Crunchy (2 EACH)	489	41.57	5.49	1291
Taco, Walking	355	27.88	4.56	1199
Toasted Cheese Sandwich on Whole Grain Bread	322	25	4	700
Turkey & Gravy	174	7.3	0.03	671.86

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Waffle Fries, Loaded, Seasoned	643	56.14	5.04	2133.32
Wrap Sandwich, Assorted with Fun Size Doritos	519	56.58	3.25	826
Wrap Sandwich, Sesame Ginger Popcorn Chicken	526	66.68	3.57	650
VEGETABLES				
Baby Carrots, No Dressing, 1/2 cup	13	3	1.07	29
Baked Beans, Tex Mex, 1/2 cup	195	42.15	7.1	689.37
BBQ Baked Beans, 1/2 cup	180	33.57	5.13	506
Broccoli and Carrots, Fresh, 1/2 cup	17	3	1	
Broccoli with Cheese Sauce, 1/2 cup	75	14.2	5.16	218.96
Broccoli, Fresh Steamed, 1/2 cup	19	3.91	1.8	22
Buttered Corn, 1/2 cup	106	21.23	2.64	29
California Vegetable Mix, 1/2 cup	17	3.33	1.33	
Cinnamon Sugar Chickpea Snack	174	30.85	7.31	
Coleslaw, Low Fat, 1/2 cup	103	11.27	0.76	332
Cucumbers, Sliced, No Dressing (LF ranch dip), 1/2 cup	9	2.19	0.3	1
Fries, Crispy Fries, Generation 7, 1/2 cup	170	27	2	200
Fries, Seasoned, Curly or Waffle, Oven Baked, 1/2 cup	125	16.67	1.67	275
Fries, Seasoned, Wedge Cut, 1/2 cup	183	41.03	2.83	59
Garden Salad, No Dressing, 1 cup	8	1.62	0.89	6
Green Beans, Canned, Low Sodium, 1/2 cup	14	3.06	1.29	169.5
Mashed Potatoes with Gravy, 2/3 cup	186	27.68	2.29	539.11
Oriental Vegetables, 1/2 cup	20	2.5	1	
Pasta, Whole Grain, with Marinara Sauce	152	29.97	2.36	301
Peppers and Onions, 1/2 cup	33	5.33	2	
Potato Rounds, 1/2 cup	161	23.44	2.11	406
Potato Smiles, 4 each, 1/2 cup	224	32.53	2.8	524
Potato Triangles, 2 each, 2/3 cup	204	24	2.2	386
Potato, Twice Baked, 1/2 each with Toppings	151	21.66	2.22	149
Refried Beans, Crunch, Cheesy, 1/2 cup	151	20.69	6.07	803.55

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Sugar Snap Pea Pods, 1/2 cup	18	3.9	1.56	2
Sweet Potato Crisp, 1/2 cup	296	47.83	3.56	162.44
Sweet Potato Fries with Cinnamon Topping, 1/2 cup	160	25.62	3.34	140
Sweet Potatoes, Mashed, 1/2 cup	178(168)	35.45(32.37)	3.05(3.35)	81
Vegetable Egg Roll, 1.5 oz	90	10.5	1	220
VEGETABLE TOPPINGS				
Ranch Dressing, Low Fat, Homemade, 1 oz Portion	40	3.33	0	181.66
Italian Dressing, Low Fat, 1 oz Portion	20	2	0	570
Cheese Sauce, 3 oz	167	4.74	0	389
FRUITS				
Apples, Fresh Sliced, with 3/4 oz Caramel	129	32.61	2.07	51
Applesauce, Unsweetened, 1/2 cup	52	13.77	1.46	2
Applesauce, Unsweetened, Flavored, 1/2 cup	70	18.03	1.53	21
Banana, Mini, Whole	90	23.07	2.63	1
Banana, Sliced, with Drizzled Chocolate Syrup	105	26.57	2.79	4
Cantaloupe, Fresh, 1/8th wedge, 1/2 cup	24	6	1	6
Fruit Punch Jello, 100% juice, 1/2 cup	111	26.73	0.13	
Grapes, Red Seedless, Fresh, 1/2 cup	31	7.89	0.41	1
Juice, All Varieties, 100%, 4 oz	60	15	0	5
Orange Wedges, 4 wedges, 1/2 cup	34	8.46	1.73	0
Oranges, Mandarin, Canned, 1/2 cup	71	18.21	1.36	7
Peaches, Canned, 1/2 cup	68	18.26	1.63	6.5
Pears, Canned, 1/2 cup	65	17.2	1.81	6
Pineapple Chunks, Canned in Juice, 1/2 cup	68	17.64	1.47	1.33
Sliced Apples, Warm, with Cinnamon Sugar Topping	127	32.9	3.44	1

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Sorbet, 100% Juice, 1/2 Cup	100	24	0	
Strawberries, Frozen, with 1/2 oz dollup of whipped topping	51	8.8	1.56	1
Strawberries, Diced in a cup, 1/2 cup in light syrup	90	22	2	0
Watermelon, Wedge, 1/2 cup	21	5.36	0.28	1
MILK				
Milk, Chocolate, Fat Free, 8oz	120	23	0	240
Milk, Fat Free, Unflavored, 8 oz	83	12.15	0	103
Milk, 1%, Unflavored, 8 oz	102	12.18	0	107
WHOLE GRAINS				
Breadstick, Garlic, Whole Grain, 1.5 oz	160	30.47	2.78	236
Doritos, Fun Size, 1/2 cup	79	9.53	0.56	112
Pretzel, Hot Soft, Mini, Whole Grain, 1 oz	80	17	1.84	65
Pretzel, Hot Soft, Whole Grain, 2 oz	140	30	3	150
Roll, Whole Grain, 1.1 oz	80	15	0.72	140
DESSERTS				
Carnival Cookie, Whole Grain, 1 oz	100	17	1	
Fortune Cookie	16	2	0	0
Giant Goldfish Graham Cookies (2 ct)	120	19	1	130
Gripz, Chocolate Chip Grahams, 3/4 oz	110	19	3	70
Mini Ice Cream Sandwich	120	20.75	0	
Reduced Sugar Fruit Roll-up	45	11	2	55