

Lunch Nutrition Facts

2011-2012

Last Revised on 8.18.11

Recipe Name	Serving Size	Portion	Calories	Carbs, g	Total Fat, g	Protein, g	Fiber, g
Beans, Refried	2 oz	1/4 cup	48	9.0	0	3	2
Bread: Biscuit	2.3 oz	1 each	190	24	8	4	2
Bread: Hamburger Bun	2.6 oz	1 each	160	31	2.5	6	4
Bread: Hoagie	3 oz	1 each	180	35	3	7	4
Bread: Hot Dog Bun	2.1 oz	1 each	130	25	2	5	3
Bread: Roll	1.3 oz	1 each	80	16	1	3	2
Bread, 100% Whole Wheat	1.5 oz	1 each	100	18	1	4	3
Burrito, Bean - 1/2	1/2 burrito	1 each	211	29	7	8	4
Burrito, Bean - 1	1 burrito	1 each	538	93	7.5	24	12
Burrito, Chicken - 1/2	1/2 burrito	1 each	224	27	8	11	3
Burrito, Chicken - 1	1 burrito	1 each	465	70	9	25	4
Cheese, Reduced Fat Cheddar	1 oz	1 each	90	<1	6	7	0
Cheeseburger, Beef, without Bun - Elem	1 each	1 each	283	1	19.5	24	0
Cheeseburger, Beef, without Bun - Sec	1 each	1 each	333	1	23	28	0
Cheeseburger, Veggie, without Bun	1 each	1 each	171	22	4.5	12	7
Chicken Fajitas - Elem	6 oz + tortilla	3/4 cup + tortilla	363	33	17	23	4
Chicken Fajitas - Sec	8 oz + tortilla	1 cup + tortilla	595	57	27	34.5	6
Chicken Parmesan - Sec	3 oz	1 each	146	3	4	23	1
Chicken Pot Pie, with Biscuit - Sec	8 oz + biscuit	1 cup + biscuit	444	39	19	25	4.5
Chicken Teriyaki Glazed - 1/4	1/4 chicken	1 each	466	8	30	38	0
Chicken Teriyaki Glazed - 1/8	1/8 chicken	1 each	233	4	15	19	0
Chicken Teriyaki Stirfry - Elem	5 oz	5/8 cup	203	13.5	9	17	2
Chicken Teriyaki Stirfry - Sec	8 oz	1 cup	333	23	14	27.5	4
Chicken, Asian BBQ Glazed - 1/4	1/4 chicken	1 each	472	10	30	38	0
Chicken, Asian BBQ Glazed - 1/8	1/8 chicken	1 each	236	5	15	19	0
Chicken, Honey Chipotle Roast - Sec	1/4 chicken	1 each	492	15.5	30	37	0
Chicken, Hot and Spicy Roast - Sec	1/4 chicken	1 each	439	3	30	37	0
Chicken, Roast BBQ - 1/4	1/4 chicken	1 each	467	10	30	37	0
Chicken, Roast BBQ - 1/8	1/8 chicken	1 each	233	5	15	19	0
Chilaquiles (Chicken Tortilla Casserole) - Elem	4 oz	1/2 cup	193	10	9	16	1
Chilaquiles (Chicken Tortilla Casserole) - Sec	8 oz	1 cup	386	20	18	32	1.5
Chili, Beef	8 oz	1 cup	158	29.5	0.5	17	5
Chili, Broomfield Chicken	8 oz	1 cup	217	25	6	16	6
Chili Cornbread	1 piece	1 piece	160	23	7	4	2
Chili, Vegetarian, with Biscuit	8 oz + biscuit	1 cup + biscuit	443	60.5	13	20	11
Dressing, Balsamic Vinaigrette	1 oz	2 T	60	4	5	0	0
Dressing, Lite Italian	1 oz	2 T	40	3	3	0	0
Dressing, Lite Ranch	1 oz	2 T	90	2	8	1	0
Gravy, Turkey	1 oz	1/8 cup	22	2.0	1.0	1.0	0.0
Hamburger, without Bun - Elem	3.2 oz	1 each	193	0	13.5	17	0
Hamburger, without Bun - Sec	4 oz	1 each	243	0	17	21	0
Hot Dog, without Bun	2 oz	1 each	165	1	15	6.5	0
Hummus	4 oz	1/2 cup	353	40	17	11	9

Milk, Organic 1%	8 oz	1 cup	100	12	2.5	8	0
Milk, Organic Skim	8 oz	1 cup	90	12	0	8	0
Milk, Soy	8 oz	1 cup	110	11	5	8	1
Nachos, Bean and Cheese - Elem	1 serving	1 each	237	32	6.5	10	5
Nachos, Bean and Cheese - Sec	1 serving	1 each	347	45	10	16	7
Nachos, Beef - Elem	1 serving	1 each	306	25	16	16	2
Nachos, Beef - Sec	1 serving	1 each	425	34	21	23	2
Pasta: Cheesy Baked Penne Marinara - Elem	6 oz	3/4 cup	289	30.5	11	18	2
Pasta: Cheesy Baked Penne Marinara - Sec	10 oz	1 1/4 cup	487	51	18.5	30	4
Pasta: Cheesy Baked Penne Marinara - Side	5 oz	5/8 cup	232	24	9	14	2
Pasta, Cheesy Garlic - Elem	6 oz	3/4 cup	453	54	17	20	3
Pasta, Cheesy Garlic - Sec	10 oz	1 1/4 cup	692	89	24	29	5
Pasta, Garlic Chicken - Elem	6 oz	3/4 cup	477	52	18	26	2
Pasta, Garlic Chicken - Sec	10 oz	1 1/4 cup	732	86	25	38	4
Pasta: Mac and Cheese - Elem	6 oz	3/4 cup	282	36.5	7	18	1
Pasta: Mac and Cheese - Sec	10 oz	1 1/4 cup	465	60	11	29.5	2
Pasta Marinara - Elem	6 oz	3/4 cup	342	51	8	17	4
Pasta Marinara - Sec	10 oz	1 1/4 cup	524	82	10	23	5
Pasta with Meat Sauce - Elem	6 oz	3/4 cup	287	33	8.5	18	3
Pasta with Meat Sauce - Sec	10 oz	1 1/4 cup	432	55	12	25	5
Pizza, Cheese	1/8 pie	1 each	423	25	14	20	1.5
Pizza, Sausage (Beef)	1/8 pie	1 each	441	25.5	14	24	2
Potato, Fireside Cheesy Broccoli Stuffed - Elem	1/2 potato	1 each	203	35	3	10	3
Potato, Fireside Cheesy Broccoli Stuffed - Sec	1 potato	1 each	405	70	6	20	6
Quesadilla, Cheese - Elem	1/2 quesadilla	1 each	215	27	5	15	1
Quesadilla, Cheese - Sec	1 quesadilla	1 each	430	54	10	29	2.5
Rice, Brown	4 oz	1/2 cup	123	26	1	3	1
Salad, Asian Bulgar	4 oz	1/2 cup	93	15	3	3	4
Salad, Brown Rice	4 oz	1/2 cup	153	26	4	3	2
Salad, Chicken	4 oz	1/2 cup	223	0	15.5	19	0
Salad, Egg	4 oz	1/2 cup	298	1	28	9	0
Salad, Mediterranean Couscous	4 oz	1/2 cup	97	12	4	3	2
Salad, Tabouli	4 oz	1/2 cup	100	10	6	2	3
Salad, Tuna	4 oz	1/2 cup	168	6	7	20	0
Salad, Wheatberry	4 oz	1/2 cup	135	21	4	3	6
Sandwich, Chicken Salad	1 each	1 each	351	34.5	13	25	4
Sandwich, Chili Dog	1 each	1 each	359	34	18	19	4
Sandwich: Cajun Chicken Grinder - Sec	1 each	1 each	425	39	16	36	4
Sandwich: Cheesy Chicken Grinder - Elem	1 each	1 each	334	28	13	29	3
Sandwich: Combo Sub	1 each	1 each	323	38	12	21	5
Sandwich, Egg Salad - Elem	1 each	1 each	254	35	9.5	10	4
Sandwich, Egg Salad - Sec	1 each	1 each	300	36	13	12	4
Sandwich: Hamburger - Elem	1 each	1 each	353	31	16	23	4
Sandwich: Hamburger - Sec	1 each	1 each	403	31	19.5	27	4
Sandwich: Hot Dog	1 each	1 each	295	26	17	11.5	3
Sandwich: Roasted Turkey and Cheese Melt	1 each	1 each	442	35.5	19	35	4
Sandwich, Toasted Cheese	1 each	1 each	402	38	17	22	6
Sandwich, Toasted Turkey and Jack	1 each	1 each	361	36	16	16	6.0
Sandwich, Tuna Salad - Elem	1 each	1 each	307	35	8	25	4

Sandwich, Tuna Salad - Sec	1 each	1 each	356	37	10	31.5	4
Sandwich, Turkey and Cheese Deli	1 each	1 each	293	36	9	16	6
Sandwich, Turkey and Cheese Toasted	1 each	1 each	361	36	16	16	6
Sandwich: Turkey Ham and Cheese Grinder	1 each	1 each	322	36	12	22	4
Sandwich: Veggie Burger	1 each	1 each	241	52	1	11	11
Sandwich: Veggie Cheeseburger	1 each	1 each	331	53	7	18	11
Soup, Broccoli and Cheese	6 oz	3/4 cup	91	9	3	8	2
Soup, Butternut Squash	6 oz	3/4 cup	90	13	4	2	2
Soup, Carrot Ginger (<i>Coming Soon</i>)	6 oz	3/4 cup					
Soup, Chicken Tortilla	6 oz	3/4 cup	64	6	2	5	1
Soup, Corn Chowder (<i>Coming Soon</i>)	6 oz	3/4 cup					
Soup, Potato	6 oz	3/4 cup	85	15	2	2	2
Soup, Turkey and Rice	6 oz	3/4 cup	66	11	1	3	1
Soup, Veggie and Rice	6 oz	3/4 cup	49	9	1	1	1.5
Taco, Crispy Bean and Cheese - Elem	1 each	1 each	152	17	5	11	3
Taco, Crispy Bean and Cheese - Sec	2 each	2 each	304	33	9	21	5
Taco, Crispy Beef and Cheese - Sec	2 each	2 each	355	26.5	19	23	1
Taco, Crispy Chicken - Elem	1 each	1 each	243	15	12	20	2
Taco, Crispy Chicken - Sec	2 each	2 each	497	30	25	42	3
Taco Meat, Beef	2 oz	1/4 cup	114	4	7.5	9	1.5
Tofu, Asian BBQ Glazed	3.3 oz	1 each	221	12	11.5	21.5	3
Tofu, BBQ	3.3 oz	1 each	225	14	11.5	21	4
Tofu, Teriyaki Glazed	3.3 oz	1 each	222	12	11.5	21.5	3
Tofu Teriyaki Stirfry - Elem	4.5 oz	1/2 cup	174	16	8.5	9	3
Tofu Teriyaki Stirfry - Sec	8 oz	1 cup	279	25	14	15	5
Tortilla, 6" 51% Whole Wheat	1.4 oz	1 each	109	20	2	3	1
Tortilla, 10" 51% Whole Wheat	2.7 oz	1 each	272	50	4	8	2
Turkey, Hot, with Gravy and Biscuit - Sec	1 serving	1 each	416	27	19.5	28	2
Turkey, Hot, with Gravy and Biscuit - Elem	1 serving	1 each	229	16	11	15	1
Veggie Burger, without Bun	3.4 oz	1 each	81	21	1.5	5	7
Veggie du Jour: Corn	3.3 oz	1/2 cup	80	19	1	3	2
Veggie du Jour, Roasted Carrots	3 oz	1 each	92	10	6	1	3
Veggie du Jour: Green Peas	3.8 oz	1/2 cup	73	13	0	5	4
Veggie du Jour: Mashed Potatoes	4 oz	1/2 cup	109	17	4	2	2
Veggie du Jour: Roasted Butternut Squash	4 oz	1/2 cup	61	12	1.5	1	2
Veggie du Jour: Roasted Delicata Squash	2 oz	1/2 cup	33	7	1	1	1
Veggie du Jour: Roasted Potatoes	4 oz	1/2 cup	86	15	2	2	2
Veggie du Jour: Roasted Spaghetti Squash	3.5 oz	1/2 cup	42	8	1	1	1.5
Veggie du Jour: Roasted Summer Squash	4 oz	1/2 cup	40	3	3	1	1
Veggie du Jour: Roasted Sweet Potatoes	4 oz	1/2 cup	101	20.5	2	1.5	2
Veggie du Jour: Roasted Zucchini	2 oz	1/2 cup	40	3	3	1	1
Wrap, Chicken Caesar	1 each	1 each	463	37	21.5	30	5
Wrap, Chicken Salad - Sec	1 each	1 each	398	39	16	25	5
Wrap, Cranberry Chicken - Sec	1 each	1 each	841	64	53	29	6
Wrap, Mediterranean Chicken	1 each	1 each	516	36	29	27	5
Wrap, Mediterranean Veggie	1 each	1 each	734	93	31	21	12
Wrap, Southwest Chicken - Sec	1 each	1 each	550	71	19	25	7
Wrap, Southwest Veggie - Sec	1 each	1 each	452	80	6	21	9
Wrap, Turkey and Cheese - Elem	1 each	1 each	245	18	10	23	2