

| <b>2021 MENU ITEMS</b>   | <b>Portion Size</b> | <b>Cals</b> | <b>G Fiber</b> | <b>G Protn</b> | <b>G Carb</b> | <b>G T-Fat</b> | <b>G S-Fat</b> |
|--|---------------------|-------------|----------------|----------------|---------------|----------------|----------------|
| APPLE CINNAMON BREAD   | 1 EACH              | 300         | 2              | 8              | 45            | 9              | 2              |
| BURRITO  | 1 EACH              | 340         | 4              | 16             | 42            | 13             | 4              |
| CHICKEN NACHOS w/<br>QUESO CHEESE                              | SERVING             | 381         | 3              | 24.63          | 33.06         | 15.77          | 4.72           |
| CHICKEN NACHOS w/<br>SHREDDED CHEESE                           | SERVING             | 428         | 3              | 26.89          | 33.02         | 19.91          | 7.83           |
| CHICKEN STRIPS W/ MAC &<br>CHEESE                              | 1 SERVING           | 386         | *3.25          | 29.42          | 33.61         | 15.62          | *7.27          |
| CINNAMON SWEET<br>POTATOES                                     | 1/2 CUP             | 132         | 4.9            | 2.4            | 30.98         | 0.08           | 0.03           |
| FRUIT PUNCH 6OZ JUICE,<br>AFTERSCHOOL ONLY                     | 1 EACH              | 90          | *N/A*          | 0              | 22            | 0              | *N/A*          |
| GARDEN SALAD W/USDA<br>GRILLED CHICKEN                         | 1 EACH              | 625         | 7.14           | 19.86          | 73.21         | 28.6           | 5.25           |
| MACARONI AND CHEESE<br>ELEMENTARY ENTREE                       | 1 CUP               | 440         | *3.74          | 28.5           | 38.26         | 21.58          | *13.16         |
| MINI BEEF STEAK BURGER<br>W/ CHEESE                            | 2 EACH              | 460         | 3              | 27             | 40            | 20.5           | 9.5            |
| PBJ UNCRUSTABLE LARGE<br>5.3 OZ SANDWICH, HIGH<br>SCHOOLS ONLY | 1 EACH              | 600         | 8              | 18             | 64            | 33             | 7              |
| RANCH CHICKEN<br>SANDWICH                                      | 1 EACH              | 286         | *3.15          | 25.06          | 32.53         | 7.13           | 0.92           |
| TOMATOES, FRESH  | 1/2 CUP             | 13          | 0.89           | 0.66           | 2.9           | 0.15           | 0.02           |
| USDA GRILLED CHICKEN<br>SANDWICH                               | 1 EACH              | 260         | *3.00          | 25             | 32            | 4.5            | 0.5            |

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.