

PUSD NUTRITION INFO 16-17

| <u>BREAKFAST</u> | <u>CALORIES</u> | <u>CARBS gms</u> | <u>FAT gms</u> | <u>PROTEIN gms</u> | <u>FIBER gms</u> | <u>SODIUM mg</u> | <u>ALLERGENS:</u> | | | | | | | |
|-------------------------------------|-----------------|------------------|----------------|--------------------|------------------|------------------|-------------------|------------|-------------|-------------|-------------|------------------|---------------|--|
| | | | | | | | <u>WHEAT</u> | <u>SOY</u> | <u>EGGS</u> | <u>MILK</u> | <u>PORK</u> | <u>SHELLFISH</u> | <u>SESAME</u> | |
| Cheesy Breakfast Pizza | 164 | 15 | 9 | 9 | 2 | 289 | X | X | | X | | | | |
| Egg & Turkey Bacon Toast | 180 | 18 | 7 | 8 | 2 | 320 | X | X | X | X | | | | |
| Dutch Waffle | 300 | 43 | 13 | 4 | 3 | 350 | X | X | X | X | | | | |
| Breakfast Sandwich | 160 | 19 | 7 | 6 | 2 | 280 | X | X | X | X | | | | |
| Breakfast Burrito (turkey sausage) | 151 | 17 | 6 | 8 | 2 | 198 | X | X | X | X | | | | |
| Chorizo Frittata | 180 | 15 | 9 | 10 | 2 | 420 | X | X | X | X | | X | | |
| Cinnamon Roll | 240 | 43 | 7 | 4 | 3 | 230 | X | X | X | X | | | | |
| Pancake & Turkey Sausage | 200 | 17 | 10 | 7 | 3 | 310 | X | X | X | | | | | |
| Banana Bread | 348 | 51 | 15 | 5 | 1 | 325 | X | X | X | X | | | | |
| French Toast | 210 | 28 | 8 | 8 | 3 | 320 | X | X | X | | | | | |
| Pizza Bagel (turkey sausage) | 160 | 22 | 4 | 10 | 2 | 430 | X | X | | | X | | | |
| Yami Yogurt | 210 | 39 | 2 | 7 | 0 | 125 | | | | | X | | | |
| Granola Pouch | 220 | 47 | 3 | 5 | 4 | 95 | X | X | | | | | | |
| Chocolate Muffin | 229 | 40 | 6 | 4 | 3 | 125 | X | X | X | X | | | | |
| Blueberry Muffin | 223 | 39 | 6 | 4 | 3 | 115 | X | X | X | X | | | | |
| Mini Pancakes-maple | 210 | 35 | 6 | 4 | 4 | 320 | X | X | X | X | | | | |
| Mini Pancakes- blueberry | 210 | 35 | 6 | 4 | 4 | 310 | X | X | X | X | | | | |
| Mini Pancakes- strawberry | 240 | 42 | 7 | 4 | 3 | 150 | X | | X | X | | | | |
| Crumb Cake | 176 | 29 | 6 | 2 | 2 | 134 | X | X | X | X | | | | |
| Cinnamon Chex | 110 | 23 | 2 | 1 | 0 | 170 | | | | | | | | |
| Fat Cat Chewie Oat Choc Chip bar | 281 | 49 | 9 | 5 | 5 | 209 | X | X | X | X | | | | |
| Betty Crocker Oatmeal Choc Chip Bar | 150 | 23 | 5 | 2 | 2 | 120 | X | X | X | X | | | | |
| Soymilk- chocolate | 110 | 15 | 3 | 5 | 0 | 120 | | X | | | | | | |
| Soymilk- vanilla | 130 | 22 | 3 | 5 | 1 | 115 | | X | | | | | | |
| White milk- lowfat | 130 | 16 | 3 | 10 | 0 | 160 | | | | | X | | | |
| White milk- fat free | 90 | 13 | 0 | 9 | 0 | 130 | | | | | X | | | |
| Chocolate milk- fat free | 120 | 22 | 0 | 9 | 0 | 150 | | | | | X | | | |
| White milk- lowfat and lactose free | | | | | | | | | | | X | | | |

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| LUNCH | CALORIES | CARBS gms | FAT gms | PROTEIN gms | FIBER gms | SODIUM mg | ALLERGENS: | | | | | | |
|--|----------|-----------|---------|-------------|-----------|-----------|------------|-----|------|------|------|-----------|--------|
| | | | | | | | WHEAT | SOY | EGGS | MILK | PORK | SHELLFISH | SESAME |
| Mini Chicken Tacos | 320 | 31 | 14 | 17 | 4 | 480 | X | X | | X | | | |
| Cinnamon Churro | 140 | 23 | 4 | 3 | 1 | 75 | X | X | X | X | | | |
| Beef, Patty | 111 | 1 | 6 | 13 | 0 | 250 | | X | | | | | |
| Cheese, American slice | 50 | 0 | 5 | 3 | 0 | 225 | | X | | | X | | |
| Hamburger Bun | 150 | 28 | 2 | 4 | 2 | 220 | X | | | | | | |
| Chicken Patty | 230 | 15 | 13 | 13 | 3 | 490 | X | X | | | | | |
| X-treme Cheese Quesadilla | 190 | 18 | 9 | 9 | 2 | 390 | X | X | | | X | | |
| Cheesy Breadsticks | 300 | 30 | 11 | 20 | 3 | 480 | X | X | X | | X | | |
| Pizza Sauce Dip Cup | 40 | 9 | 0 | 1 | 1 | 270 | | X | | | | | |
| Spaghetti Pasta | 180 | 30 | 5 | 9 | 3 | 221 | X | | | | | | |
| Beef Meatballs | 92 | 2 | 5 | 11 | 1 | 300 | | X | X | | | | |
| Veggie Meatballs | 150 | 9 | 7 | 15 | 4 | 340 | X | X | | | | | |
| Mac & Cheese | 298 | 26 | 15 | 16 | 2 | 749 | X | | X | | X | | |
| Cheeseburger Meatloaf (beef) | 170 | 8 | 10 | 12 | 1 | 390 | X | | | | | X | |
| Mashed Potatoes, seasoned | 130 | 20 | 4 | 2 | 2 | 390 | | | | | | X | |
| Zesty 3-bean Chili | 124 | 18 | 4 | 6 | 13 | 261 | | X | | | | | |
| Super Star Corn Muffin | 148 | 23 | 5 | 3 | 2 | 91 | X | X | X | | X | | |
| Beef, Burgers Mini Twin | 272 | 31 | 8 | 20 | 3 | 355 | X | X | | | | X | |
| Pizza Cheese | 200 | 25 | 7 | 10 | 2 | 314 | X | | | | | X | |
| Pizza Pepperoni | 234 | 25 | 10 | 11 | 2 | 435 | X | | | | X | X | |
| Egg Roll, Veggie | 140 | 22 | 4 | 4 | 4 | 150 | X | X | X | | | | |
| Egg Roll, Chicken | 160 | 20 | 5 | 10 | 3 | 410 | X | X | X | | X | | |
| Orange Chicken | 150 | 19 | 3 | 11 | 0 | 280 | X | X | X | | | | |
| Brown Rice | 183 | 38 | 2 | 5 | 2 | 0 | | | | | | | |
| Lil Nacho Bites | 270 | 32 | 10 | 11 | 3 | 440 | X | X | | | X | | |
| Baja Fish Sticks | 230 | 20 | 10 | 14 | 2 | 470 | X | X | | | X | | |
| Goldfish Pretzels | 90 | 16 | 2 | 2 | 1 | 200 | X | | | | X | | |
| Chicken Tenders | 230 | 12 | 12 | 20 | 2 | 330 | X | X | | | | | |
| Chocolate Chip Cookie | 147 | 24 | 5 | 2 | 2 | 120 | X | | X | | | | |
| Chicken Drumstick, breaded | 190 | 5 | 11 | 16 | 1 | 450 | X | | | | | | |
| Potato Wedges, 1/4 cup serving | 80 | 10 | 4 | 1 | 2 | 180 | X | X | | | | | |
| Bean & Cheese Burrito (Fernando's 5.0oz) | 340 | 42 | 13 | 15 | 5 | 530 | X | X | | | X | | |
| Bean & Cheese Burrito (Los Cabos-3.95oz) | 222 | 31 | 6 | 12 | 6 | 359 | X | X | | | X | | |
| Bean & Cheese Chalupa | 245 | 21 | 11 | 16 | 3 | 303 | X | X | | | X | | |
| Corn Dog, Chicken | 240 | 30 | 8 | 9 | 5 | 390 | X | X | X | | | | |
| Tater Tots | 120 | 14 | 7 | 1 | 1 | 180 | | | | | | | |
| Mashed Potatoes, plain | 70 | 15 | 1 | 1 | 1 | 320 | | | | | | X | |
| Cheese Lasagna | 230 | 27 | 7 | 14 | 2 | 400 | X | | X | | X | | |
| Baked Potato Bar | 430 | 45 | 19 | 23 | 4 | 620 | | | | | X | X | |
| Graham Snacks | 140 | 22 | 5 | 2 | 2 | 110 | X | X | X | | | | |
| Turkey Frank | 130 | 1 | 11 | 7 | 0 | 700 | | | | | | | |
| Hot Dog Bun | 150 | 30 | 2 | 3 | 2 | 210 | X | | | | | | |
| SunWise Sandwich | 310 | 33 | 17 | 10 | 5 | 250 | X | X | | | | | |
| Dinner Roll | 80 | 14 | 2 | 2 | 1 | 110 | X | X | | | X | | |
| Tortilla Chips | 210 | 30 | 8 | 2 | 6 | 51 | | X | | | | | |
| Cheese Dip Cup | 190 | 14 | 10 | 10 | 0 | 570 | | | | | X | | |
| Corn tortilla 6" | 124 | 20 | 2 | 3 | 1 | 10 | | | | | | | |
| Birthday Cookie | 111 | 16 | 4 | 2 | 2 | 76 | X | | | | X | | |
| Fortune Cookie | 35 | 7 | 0 | 0 | 0 | 10 | X | | | | | | |
| Mini Rice Krispy Treat | 50 | 9 | 1 | 0 | 0 | 45 | | | | | X | | |
| Mozzarella String Cheese Stick | 60 | 1 | 2.5 | 8 | 0 | 210 | | | | | X | | |
| Grilled Cheese Sandwich | 280 | 31 | 10 | 19 | 3 | 581 | X | X | | | X | | |
| Shrimp, Breaded | 230 | 22 | 11 | 9 | 3 | 250 | X | X | | | X | | |
| Chicken Drumstick, glazed | 150 | 2 | 9 | 15 | 0 | 290 | | | | | | X | |
| Chicken Teriyaki | 130 | 10 | 4 | 16 | 0 | 480 | X | X | | | | | |
| Turkey & Gravy | 120 | 2 | 6 | 15 | 0 | 460 | | X | | | | | |
| Turkey, Taco Meat | 130 | 3 | 7 | 13 | 0 | 410 | | | | | | | |
| Veggie Lunchable | 305 | 51 | 9 | 9 | 10 | 725 | X | X | | | | | X |