

ITEM	BRAND	SERVING SIZE	CAL	PROTEIN (gram)	CARBS (gram)	FAT (gram)	SUGAR (gram)	FIBER (gram)
ENTREES ELEMENTARY								
BBQ Riblet Sandwich	Local	1 sand	300	18	33	10	10	3
Beef a Roni W/Breadstick	Local	1 Cup	257	18	33	8	1	6
Beef BBQ on roll	Local	1 sand	272	23	16	12	4	1
Big Daddy's Pizza	Big Daddy	1 slice	360	18	35	16	6	4
Boneless wings w/roll	Goldkist	6 ea	248	17	26	8	2	3
Build A burger on roll	Local	1 sand	520	44	26	27	5	4
Cheeseburger on roll	Local	1 sand	383	32	23	18	3	3
Cheesesteak wrap	Local	1 ea	260	14	21	14	1	3
Chicken and Waffles	Local	1c	331	22	29	14		4
Chicken Patty on roll	Tyson	1 sand	280	21	38	15	4	6
Chicken Quesadilla	Local	1 ea	369	28	20	19	1	3
Chicken Tenders (WG)	Tyson	3 ea	260	15	16	15		
Chili w/Soft Pretzel	Local	1 bowl	292	21	31	10	8	10
Crunchy Chicken Sandwich on roll	Goldkist	1 sand	311	22	32	10	3	5
Fish stick with mac and cheese	Local	1 ea	509	31	59	16	7	7
French toast w/sausage and syrup	Local	1 ea	459	15	73	14	42	3
General Tso w/Rice	Local	1 cup	285	36	24	5	14	>1
Grilled Cheese	Local	1 ea	281	20	32	9	4	2
Ham and Cheese Croissant	Local	1 ea	301	15	30	13	4	1
Ham and Cheese on Pretzel roll	Local	1 ea	291	21	31	10	4	3
Homemade pizza	Local	1 slice	301	22	11	19	2	1
Homemade sandwich	Local	1 ea	239	17	25	9	1.2	3
Hotdog on roll	Local	1 ea	290	12	22	17	3	2
Lasagna Roll ups w breadstick		1 ea	360	21	46	10	4	5
Mac and Cheese	Local	3/4 cup	538	29	64	18	10	8
Max Stick w/sauce	Local	2 ea	318	14	39	12	9	5
Meatball sub	Local	1 sub	385	26	33	16	4	3
Mini Corn Dog	House of raeford	6ea	190	8	23	7	6	1
PBJ	Local	1 sand	622	24	63	32	30	8

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ENTREES ELEM CONTINUED								
Pierogies (WG / HP) w/roll	Mrs t	3 ea	260	15	29	10		
Popcorn Chicken with roll	Tyson	13 ea	339	15	31	17	2	1
Pulled pork sandwich	Local	1 ea	266	26	29	4	7	7
Ravioli	Local	1 serving	284	17	42	6	5	4
Spag w/ Meat sauce	Local	1 cup	252	19	27	9	1	6
Stromboli	Local	1 slice	440	25	34	23	0	4
Taco	Local	1 taco	303	18	28	14	>1	4
Turkey Hoagie on roll	Local	1 sand	230	19	25	6	4	3
Walking taco	Local	1 ea	328	16	28	17	1	3
Yogurt and muffin	Local	1 ea	734	20	138	14	80	6
Yogurt Parfait	Local	1 ea	725	20	138	12	78	6
MISC ITEMS ELEM SCHOOL								
Baked Beans	Local	1/2 cup	163	9	30	1	6	5
Cabbage	Local	1/2 cup	145	9	10	7	6	4
Carrots with dip	Local	1/2 cup	167	1.3	11	12	7	4
Curly Fries	Red Canyon	1/2 cup	140	2	16	7	1	2
Hash Brown	Cavendish	1 ea	130	1	15	7	0	2
Homemade bread	Local	1 slice	127	4	25	2	1	2.5
Potato Wedges seasoned	Mc cain	1/2 cup	120	2	20	4	0	2
Red Potato	Local	1/2 cup	112	3	20	2	18	2
Spanish rice	Local	1/2 cup	82	1.3	10	4	>1	>1
Stewed tomato	Local	1/2 cup	40	1	10	0	3	1
Sweet potato fries		1/2 cup	90	1	15	3	4	2
Sweet potato tot		1/2 cup	120	1	22	3.5	8	2
Tater Tots	Cavendish	1/2 cup	140	2	16	7	1	2
Vegetable cup	Local	1/2 cup	35	2	7	>1	0	3
Vegetable soup	Local	1 cup	65	4	12	>1	1	3

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