

# NMUSD SECONDARY SCHOOL NUTRITION INFORMATION 2018-19

|                                                      | Serving Size | Calories | Carbohydrates (g) |
|------------------------------------------------------|--------------|----------|-------------------|
| <b>Breakfast</b>                                     |              |          |                   |
| Bagel Whole Grain Blueberry (Shirley's)              | 4 oz         | 242      | 50                |
| Bagel Whole Grain Jalapeno (Shirley's)               | 4 oz         | 295      | 61                |
| Bagel Whole Grain Plain (Shirley's)                  | 4 oz         | 245      | 51                |
| Cream Cheese (Kraft)                                 | 1 oz         | 100      | <1                |
| Cheese Stick (Boscós)                                | 3 oz         | 220      | 28                |
| Cheese & Pepperoni Stick (Boscós)                    | 4 oz         | 260      | 32                |
| Breakfast Burrito Cheezy Chorizo (Los Cabos)         | 3.75 oz      | 244      | 28                |
| Breakfast Burrito Cheese & Egg ( Los Cabos)          | 3.75 oz      | 244      | 28                |
| Breakfast Burrito Cheese & Egg & Bacon ( Los Cabos)  | 3.4 oz       | 212      | 22                |
| Breakfast Burrito Cheese & Egg & Sausage (Los Cabos) | 3.2 oz       | 205      | 26                |
| Breakfast Pizza, Tony's Sausage (Schwan Food Co)     | 3.20 oz      | 230      | 25                |
| Breakfast Sandwich                                   | 1 each       | 392      | 33                |
| Breakfast Bar - Buttermilk                           | 2 oz         | 230      | 39                |
| Biscuits-Honey Whole Wheat (Bridgeford)              | 1 - 3 oz     | 190      | 30                |
| Breakfast Wrap (Sunny Fresh)                         | 3.1 oz       | 180      | 14                |
| Cinnamon Roll (Bridgeford)                           | 2.5 oz       | 245      | 45                |
| Coffee Cake (NMUSD)                                  | 1 piece      | 302      | 43                |
| English Muffin, Plain, Profile Showcase              | 2.0 oz       | 130      | 26                |
| French Toast, Aunt Jemima,Cinnamon                   | 2.54oz       | 130      | 21                |
| Fruit & Yogurt Parfait - Strawberry Breakfast Size   | 1each        | 397      | 84                |
| Fruit & Yogurt Parfait - Blueberry Breakfast Size    | 1each        | 315      | 60                |
| Muffin Blueberry (Golden Crust)                      | 4 oz         | 372      | 57                |
| Muffin - Chocolate Chip (Golden Crust)               | 4 oz         | 380      | 57                |
| Muffin - Banana Nut (Golden Crust)                   | 4 oz         | 377      | 57                |
| Mini Pancakes - Pillsbury                            | 80 g         | 170      | 30                |
| Pancake & Sausage Stick                              | 1each        | 170      | 18                |
| Potato Triangle                                      | 2.25 oz      | 220      | 29                |
| Sausage Link                                         | 1 Each       | 105      | 0                 |
| Sausage Patty                                        | 1 Each       | 130      | 0                 |
| Scrambled Egg Mix, Sunny Frsh Foods                  | 1.25oz       | 40       | 1                 |
| Scrambled Egg Patty, Sunny Frsh Foods                | 1.5 oz       | 60       | 1                 |
| Waffles, Aunt Jemima,Jumbo Square                    | 2.54oz       | 190      | 32                |
| Yogurt                                               | 4 oz         | 110      | 19                |
| Whole Grain Goldfish Crackers                        | .75 oz       | 100      | 14                |
| Syrup                                                | 1.5 oz cup   | 120      | 31                |
| <b>Lunch</b>                                         |              |          |                   |

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|----------------------------------------------------|---------------|----------|-------------------|
| BBQ Beef Rib on Sub Roll                           | 2.8 oz + roll | 360      | 36                |
| BBQ Pork on Whole Grain Bun                        | 2.8 oz Bun    | 396      | 44                |
| Bean, Beef, Cheese & Salsa Burritos (los Cabos)    | 5.5 oz        | 304      | 39                |
| Black Bean Burrito (Los Cabos)                     | 6.05 oz       | 298      | 42                |
| Ultra Bean & Cheese Burrito                        | 5.5 oz        | 297      | 39                |
| Cheese Burger on Bun                               | 3 oz          | 357      | 31                |
| Chicken & Cheese Burrito (Los Cabos)               | 6.25          | 299      | 34                |
| Chicken Rice & Cheese Burrito (Michael B's)        | 5.75 oz       | 338      | 37                |
| Chicken Breaded Breast Patty Whole Muscle (Tyson)  | Each          | 240      | 14                |
| Chicken Breaded Breast Patty on a Bun              | Each          | 390      | 44                |
| Chicken Drum Stick- Breaded                        | 2 Each        | 380      | 10                |
| Chicken Whole Muscle Boneless Wing/Nuggets (Tyson) | 5 Pieces      | 237      | 14                |
| Chicken Sliders on Buns ( Tyson)                   | 2 each        | 410      | 45                |
| Chicken & Waffles with Syrup                       | Each          | 560      | 77                |
| Chow Mein - Chef's Corner                          | 1 cup         | 200      | 40                |
| Corn Dog - Chicken/Whole Grain Coating             | 4 oz          | 240      | 30                |
| Egg Roll - Chicken & Vegetable - Minh              | 1 each        | 270      | 30                |
| Fish Square                                        | 1 each        | 170      | 18                |
| Hamburger Bun - Galassos White Whole Wheat         | 1 each        | 150      | 30                |
| Fish Sticks                                        | 4 each        | 200      | 21                |
| Fortune Cookie                                     | 1 each        | 36       | 7                 |
| Fruit & Yogurt Parfait - Strawberry - Lunch Size   | 1 each        | 572      | 115               |
| Fruit & Yogurt Parfait - Blueberry - Lunch Size    | 1 each        | 490      | 91                |
| Garlic Cheese Breadstick                           | 1 each        | 100      | 13                |
| Garlic Toast - Marzetti                            | 1 each        | 140      | 16                |
| General Tso Chicken - Chef's Corner                | 1/2 cup       | 163      | 22                |
| Brown Rice                                         | 1 cup         | 216      | 48                |
| Hamburger - Don Lee Beef Steak Burger              | 3 oz          | 157      | 0                 |
| Hamburger Bun - Galassos White Whole Wheat         | 1 bun         | 150      | 30                |
| Honey Fire Chicken - Cher's Corner                 | 1/2 cup       | 154      | 20                |
| Brown Rice                                         | 1 cup         | 216      | 48                |
| Hot Dog - Oscar Mayer All Beef - 8:1               | 1 each        | 180      | 1                 |
| Hot Dog Bun - Galassos - White Whole Wheat         | 1 bun         | 140      | 27                |
| Lunch To Go                                        | 1 each        | 550      | 27                |
| Macaroni & Cheese - Reduced Fat (Rose & Shore)     | 6 oz          | 260      | 17                |
| Mini Cheeseburgers                                 | 6.5 oz        | 472      | 50                |
| Mandarin Orange Chicken - Chef's Corner            | 1/2 cup       | 167      | 20                |
| Brown Rice                                         | 1 cup         | 216      | 48                |

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|-----------------------------------------------------------|--------------|----------|-------------------|
| Pick Up Stix House Chicken w/Brown Rice & Veggies         | 12.4 oz      | 430      | 64                |
| PBJ - Smuckers Uncrustable                                | 2.6 oz       | 320      | 32                |
| PBJ - Smuckers Uncrustable                                | 5.3 oz       | 630      | 64                |
| Philly Cheesesteak Sub                                    | 5oz          | 433      | 36                |
| Pizza Pepperoni (Pizza Hut)                               | 1 slice      | 290      | 30                |
| Pizza Cheese (Pizza Hut)                                  | 1 slice      | 270      | 30                |
| Pizza Veggie (Pizza Hut)                                  | 1 slice      | 280      | 31                |
| Pizza Sausage (Pizza Hut)                                 | 1 slice      | 320      | 30                |
| Rotini with Meat Sauce                                    | 8 oz         | 226      | 24                |
| Meatballs - Chicken (Tyson)                               | 3 pieces     | 170      | 5                 |
| Bread Stick -cheese                                       | 1 each       | 130      | 23                |
| Subway Ham & Cheese Sub                                   | 6 inch       | 290      | 46                |
| Subway Turkey & Cheese Sub                                | 6 inch       | 280      | 46                |
| Subway Veggie Sub                                         | 6 inch       | 230      | 44                |
| Tamale, Chicken & Cheese (Michal B's)                     | 1 each       | 343      | 45                |
| Taquito, Chicken (Jose Ole - Posada)                      | 2 each       | 210      | 27                |
| Taquito, Chicken (Michael B's)                            | 2 each       | 227      | 27                |
| Yakisoba Noodles - Chef's Corner                          | 1 cup        | 174      | 38                |
| Teriyaki Chicken - Chef's Corner                          | 1/2 cup      | 137      | 7                 |
| Teriyaki Beef Dippers                                     | 4 each       | 215      | 9                 |
| Brown Rice                                                | 1 cup        | 216      | 48                |
| Teriyaki Beef Dippers w/ Brown Rice & Veggies             | 1 each       | 483      | 60                |
| WaBa Grill Chicken Bowl (rice & carrots)                  | 1 bowl       | 389      | 55                |
| Taco Meat - Beef (Don Lee Farms)                          | 3 oz         | 166      | 4                 |
| Taco Shell, 5" Yellow Reg, Mission FS                     | 2 shells     | 150      | 21                |
| Tortillas 6" Whole Grain                                  | 2- 6"        | 174      | 30                |
| Tortillas 10# Whole Grain                                 | 1-10"        | 168      | 28                |
| Nacho Cheese Cup                                          | 3 oz         | 130      | 4                 |
| Chili for Nachos                                          | 1/2 cup      | 150      | 16                |
| Chips for Nachos                                          | 2 oz         | 280      | 36                |
| Nachos with Chili & Cheese                                | 1 portion    | 420      | 27                |
| Nachos Chips Cheese, Taco Meat & Beans                    | 1 portion    | 536      | 37                |
|                                                           |              |          |                   |
| <b>ENTRÉE SALADS</b>                                      |              |          |                   |
| Asian Chciken Salad w/Noodles, Dressing, Cookie & WG Roll | Each         | 409      | 63                |
| Chicken Caesar Salad w/Croutons,Dressing & WG Roll        | Each         | 461      | 42                |
| Fresh Fruit Salad W/ Yogurt, String Cheese & WG Roll      | Each         | 385      | 63                |
| Garden Salad w/Cheese, Dressing & WG Roll                 | Each         | 521      | 39                |

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|-------------------------------------------------------|--------------|----------|-------------------|
| Greek Salad w/ Dressing & WG Roll                     | Each         | 456      | 40                |
| Southwest Chicken Salad with Baked Tostitos & WG Roll | Each         | 646      | 77                |
| Vegan Pasta Salad                                     | Each         | 549      | 77                |
| Whole Grain Roll                                      | Each         | 150      | 28                |
| Whole Grain Crackers                                  | 2 oz Bag     | 180      | 30                |
| Vegetarian Sandwich                                   | Each         | 422      | 30                |
| Turkey & Cheese Croissant with Mustard & Mayo         | Each         | 644      | 44                |
| Turkey & Cheese on Wheat with Mustard & Mayo          | Each         | 527      | 28                |
| Tuna Salad Sandwich on Wheat                          | Each         | 247      | 37                |
| Ham & Cheese Croissant with Mustard & Mayo            | Each         | 646      | 44                |
| Ham & Cheese on Wheat with Mustard & Mayo             | Each         | 529      | 29                |
| Lite Ranch Dressing                                   | TBSP         | 50       | 2                 |
| <b>Fruits &amp; Vegetables</b>                        |              |          |                   |
| Apple - Fresh                                         | Med          | 72       | 19                |
| Banana - Fresh                                        | Petite       | 110      | 23                |
| Grapes - Fresh                                        | 1/2 cup      | 31       | 8                 |
| Kiwi - Fresh                                          | Med          | 42       | 10                |
| Pear - Fresh                                          | Med          | 96       | 26                |
| Peach                                                 | Med          | 60       | 14                |
| Plum - Fresh                                          | Med          | 30       | 8                 |
| Orange - Fresh                                        | Med          | 64       | 16                |
| Nectarine - Fresh                                     | Med          | 59       | 14                |
| Strawberries - Fresh                                  | 1/2 cup      | 46       | 6                 |
| Tangerine - Fresh                                     | Med          | 47       | 9                 |
| Tangelo - Fresh                                       | Med          | 70       | 13                |
| Applesauce Cup                                        | 1/2 cup      | 51       | 14                |
| Apricots - Canned                                     | 1/2 cup      | 62       | 16                |
| Mixed Fruit - Canned                                  | 1/2 cup      | 69       | 9                 |
| Peaches - Canned                                      | 1/2 cup      | 53       | 14                |
| Pears - Canned                                        | 1/2 cup      | 58       | 15                |
| Craisins                                              | Pkg          | 110      | 28                |
| Dried Pineapple                                       | Box          | 100      | 26                |
| Frozen Pineapple                                      | Pkg          | 38       | 11                |
| Raisins                                               | Box          | 114      | 30                |

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| Peaches - Frozen Cup                         | 1/2 Cup      | 80       | 18                |
| Strawberries - Frozen Cup                    | 1/2 Cup      | 90       | 22                |
| Rosatti's Frozen Fruit Ice - Holiday Flavors | 1/2 Cup      | 90       | 25                |
|                                              |              |          |                   |
| Carrots                                      | 1/2 Cup      | 35       | 8                 |
| Corn                                         | 1/2 Cup      | 78       | 18                |
| Broccoli                                     | 1/2 Cup      | 7        | 2                 |
| Cauliflower                                  | 1/2 Cup      | 13       | 2                 |
| Cucumber                                     | 1/2 Cup      | 8        |                   |
| Jicama                                       | 1/2 Cup      | 24       | 5                 |
| Lettuce & Tomato                             | 1/2 Cup      | 10       | 6                 |
| Mixed Fresh Veggie Cup                       | 1/2 Cup      | 25       | 6                 |
| Tossed Salad with Tomato                     | 1 Cup        | 10       | 3                 |
| Zucchini                                     | 1/2 Cup      | 10       | 2                 |
|                                              |              |          |                   |
| Black Beans                                  | 1/2 Cup      | 70       | 18                |
| BBQ Beans                                    | 1/2 Cup      | 180      | 35                |
| Beans Refried                                | 1/2 Cup      | 90       | 12.6              |
| Edamame                                      | 1/2 Cup      | 120      | 9                 |
|                                              |              |          |                   |
| Baked Fries                                  | 2.45 oz      | 140      | 22                |
| Baked Potato Wedges                          | 2.8 oz       | 120      | 18                |
| Baked Curly Fries                            | 2 oz         | 110      | 15                |
| Mashed Potatoes                              | 1/2 cup      | 78       | 15                |
|                                              |              |          |                   |
|                                              |              |          |                   |
| <b>Snacks</b>                                |              |          |                   |
| Animal Crackers                              | 1 oz         | 110      | 18                |
| Cookie Choc Chip - (Cookie Tree)             | 1.3 oz       | 140      | 26                |
| Baked Chips                                  | .875 oz      | 110      | 19                |
| Baked Cheetos                                | 0.875 oz     | 120      | 18                |
| Cheetos Puffs                                | .7 oz        | 90       | 14                |
| Cheez Its                                    | .75 oz       | 100      | 14                |
| Chex Mix                                     | .92 oz       | 110      | 20                |
| Corn Nuggets                                 | 1 oz         | 130      | 21                |
| Doritos - Reduced Fat                        | 1 oz         | 130      | 20                |
| Edamame Roasted                              | 1.58 oz      | 100      | 8                 |
| Fantastix                                    | 1 oz         | 130      | 19                |

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|---------------------------|--------------|----------|-------------------|
| Funyons                   | .07 oz       | 100      | 14                |
| Kettle Corn               | 1 oz         | 130      | 21                |
| Heartzels - pretzels      | .7 oz        | 80       | 15                |
| Munchies Kids Mix         | .875 oz      | 110      | 17                |
| Smartfood Popcorn Delight | .5 oz        | 70       | 9                 |
| Sun Chip Mix              | 1 oz         | 110      | 15                |
| Sunflower Seeds           | 1 oz         | 170      | 6                 |
| Tostito Rounds            | 0.875        | 120      | 18                |

| <b>Beverages</b>                            |            |     |    |
|---------------------------------------------|------------|-----|----|
| Non Fat Chocolate Milk                      | 8 oz       | 110 | 20 |
| 1% Milk                                     | 8 oz       | 120 | 16 |
| 100 % Orange Juice - No Added Sugar         | 4 oz       | 60  | 14 |
| 100% Apple Juice - No Added Sugar           | 4oz        | 55  | 14 |
| 100% Apple Berry Juice - No Added Sugar     | 4oz        | 55  | 14 |
| Izze Sparkling Fruit Juice - No Added Sugar | 8.4 oz Can | 90  | 21 |
| Switch Sparkling Juice - No Added Sugar     | 8.4 oz Can | 140 | 36 |
| Slush Puppie - 100% Juice - No Added Sugar  | 12 oz cup  | 180 | 45 |
| Naked Juice - Strawberry Banana             | 10 oz      | 160 | 38 |
| Naked Juice - Mango                         | 10 oz      | 180 | 44 |
| Naked Juice - Berry Blast                   | 10 oz      | 160 | 37 |
| Naked Juice - Green Machine                 | 10 oz      | 170 | 41 |
| V-8 Fusion                                  | 8 oz       | 100 | 25 |