Menu Item	Serving Size	Calories	Saturated Fat (g)	Sodium (mg)	Vegetarian	Gluten Free	Dairy Free	Sugar Free	Allergen Free
Week 1- Lunch									
Teriyaki Chicken	2.6 oz.	90	0.5	320			●		
Brown Rice	1 cup	160	0	0					●
Stir fry veggies	1/4 cup	38	0.33	67	●		●	●	
Grilled Pineapple	1/2 cup	68	0.1	0	●	●	●		
Toasted Cheese	1 Sandwich	314	7.01	820	●			●	
Tomato Soup	1 cup	80	0.5	410	●		●		
Beef Taco	2 tacos	299	5.8	253		●			
Chips	10 chips	140	1	110					●
Refried Beans	1/2 cup	166.5	1.98	571.5	●	●		●	
Sw & Sour Pork	3/4 cup	210	2.14	303			●		
WG Yakisoba Noodles	1 cup	260	0	290	●		●	●	
Corn Dog	1 dog	240	2	590					
Potato Wedges	1/2 cup	94	0.42	38					●
Week 2- Lunch					V	GF	DF	SF	AF
Bean Burrito	1 Burrito	288	3.53	662	●				
SW Lentils	1/2 cup	137	0.22	283					●
Chix Stir fry sq & corn	3/4 c- 1/2 c rice	396.34	1.69	574.4		●	●	●	
Meatloaf	1 slice	195	4.22	122		●		●	
Mashed Potatoes	1/2 cup	80	0.3	195	●	●		●	
Gravy	1/4 cup	20	0	140	●	●		●	
Roll	1 roll	80	0	140	●				
Chix A La King	3/4 cup	218	1.96	280					
Rotini Pasta	1 cup	174	0.14	4	●		●	●	
Sloppy Joe	1 Sandwich	345	4.96	540					
Week 3- Lunch					V	GF	DF	SF	AF
Chicken Tacos	2 tacos	264	3.5	252		●	●	●	
Chips	10 chips	140	1	110					●
Refried Beans	1/2 cup	166.5	2	572	●	●		●	
Falafel pita sandwich	1 Sandwich	255	1	187	●				
Hummus	1/4 cup	91	0.72	151	●				
Beef Stir Fry	3/4 cup	236	2.34	280		●	●	●	
Brown Rice	1 cup	160	0	0					●
Chickpea Stew	1 cup	241	1.1	156					●
Chix Salad Sandwich	1/2 sandwich	172.5	0.8	129					
Hamburger	1 Sandwich	270	4	225					
Garlic Fries	1/2 cup	120	1	20					●
Week 4- Lunch					V	GF	DF	SF	AF
Mac and Cheese	2/3 cup	296	6.84	896	●			●	
Breadstick	1 each	90	0	120	●				
Peas	1/2 cup	62	0.04	58					●
Chix fajitas	1 fajita	241	1.41	284					
Edamame	1/4 cup	95	0.5	5					●
Shephards Pie	1 piece	294	5.09	442		●		●	
Biscuit	1 each	190	8	410	●				
Harvest Stew	1 cup	165	0.35	57			●	●	
Wheat Roll	1 roll	80	0	140	●				
Fish Nugget	4 nuggets	200	0.5	450			●		
Pasta Salad	3/8 cup	141	0.98	165	●		●		
Week 5- Lunch					V	GF	DF	SF	AF
Spaghetti &meat sauce	1 cup	322	4.4	310			●	●	
Garlic Breadstick	1 each	90	0	120	●				
Sw Pot & Bl Bean Stew	1 cup	222	0.34	579					●
Cornbread	1 piece	170	0	340					
Chicken Alfredo	1 cup	345	3.59	572					
Breadstick	1 each	90	0	120	●				
Fish taco 'wrap'	1 wrap	461	2.8	951					
Tater Tots	1/2 cup	80	0.66	13					●
Chicken Tenders	3 pcs	220	3	370					
Roll	1 roll	80	0	140	●				
Baked Beans	2/3 cup	159	0.16	532	●	●	●		
Week 6- Lunch					V	GF	DF	SF	AF
Beef Stroganoff	3/4 cup	250	5.74	645					
WG Rotini	1 cup	174	0.14	4					
3 bean salad	1/2 cup	150	0.73	491					●
Pwerhouse Chili	1 cup	184	0.18	256					●
Veggie Wrap Sandwich	1/2 wrap	149	2.36	318	●				
Turkey Pot Pie	1 cup	344	4.6	261			●	●	
Roll	1 roll	80	0	140	●				
Chile con carne	1/2 cup	180	3.57	204		●		●	
Cornbread	1 piece	170	0	340					
Black Bean Burger	1 Burger	340	0.2	330	●				
Potato Salad	1/2 cup	102	0.48	309					

All information shown reflects the serving size for K-8, on some meals a larger portion or second helping is offered for older students to meet their increased caloric needs.

USDA Recommendations- Lunch	K-5	6-8	9-12	Adult*
Calories- Maximum Total	650	700	850	850
Saturated Fat- Total	Less than 10% of total calories for all.			
Sodium- Total	<1230 mg	<1360 mg	<1420 mg	<1420 mg

*Adults have individual needs based on activity, age and size.
The latest nutritional guidance for adults can be found at