

**LUNCH MENU CALORIE COUNT:**

**1% WHITE MILK** 110 cal. Soy Milk 150  
**SKIM CHOCOLATE MILK** 130 cal.

<u>MAIN DISH</u>	<u>Serving Size</u>	<u>ELEMENTARY</u>	<u>Serving Size</u>	<u>M.S.---H.S.</u>
BEEF STEW	1	220	1	288
BEAN & CHEESE BURRITO	1	310	1	310
with cheese/salsa sauce	1	35	1	35
BIEROCKS	1	374	1	419
CAVATINI	1	410	1	470
CHEESY BURRITO	1	332	1	332
CHEESE BURGER	1	382	1	530
CHICKEN BREAST	1	105	1	140
CHICKEN FAJITA	1	290	2	540
CHICKEN NUGGETS	1	230	1	230
CHICKEN & NOODLES	1	235	1	240
CHICKEN PARMESAN	1	236	1	294
CHICKEN STRIPS	1	320	1	190
CHILI & CRACKERS	1	200	1	267
CHILI BURRITO	1	347	1	369
CHILI DOG	1	358	2	380
CHILI NACHOS	1	276	1	471
with cheese sauce	1	45	1	45
CORN DOGS--Regular	1	280	2	560
Mini	5	300	6	360
CREAMED CHICKEN	1	194	1	228
CREAMY CHICKEN & RICE	1	297	1	350
CREAMY ENCHILADA	1	412	1	429
CRISPITOS	1	220	2	440
with cheese sauce	1	45	1	45
EGG ROLL	1	300	1	300
FISH	1	270	1	270
GRILLED CHEESE	1	349	1	419
GRILLED CHICKEN / BUN	1	342	1	435
HAMBURGER	1	332	1	392
HAMBURGER STEW	1	173	1	230
HOT DOG	1	300	2	600

**MENU ITEMS CONTINUED...**

<u>MAIN DISH</u>	<u>Serving Size</u>	<u>ELEMENTARY</u>	<u>Serving Size</u>	<u>M.S.---H.S.</u>
HOT HAM/CHEESE on a	1	383	1	465
WW. BUN	1	373	1	455
LASAGNA	1	326	1	359
MACARONI & CHEESE	1	178	1	254
OV. FRIED CHICKEN BREAST	1	153	1	193
PBJ UNCRUSTABLE	Grades K-2	310	1	560
PBJ UNCRUSTABLE	Grades 3-5	560		
PIG IN A BLANKET	1	325	1	426

<b>PIZZA-----Cheese</b>	1	300	1	300
Fiestada	1	400	1	400
Pepperoni	1	294	1	294
Sausage	1	310	1	310
Stuffed Crust Pepperoni	1	320	1	320
RAVIOLI	1	260	1	260
SALISBURY STEAK	1	201	1	201
SLICED TURKEY	1	73	1	110
SLOPPY JOE	1	385	1	426
SOFT TACO	1	405	2	575
<b>STIR FRY-----CHICKEN</b>	1		1	
SMOKIES	1	160	1	192
SPAGHETTI	1	292	1	389
TACO CASSEROLE	1	264	1	425
TACO SALAD	1	316	1	430
TURKEY FRITTER	1	302	1	302
TURKEY SUB	1	255	1	352
QUESADILLA	1	320	1	320

**MENU ITEMS CONTINUED...**

<b><u>BREADS/GRAINS</u></b>	<b><u>Serving Size</u></b>		<b><u>Serving Size</u></b>	
		<b><u>ELEMENTARY</u></b>		<b><u>M.S.--H.S.</u></b>
<b><u>COFFEECAKE</u></b>				
FEATHERLITE	1pc.	222	1pc.	231
KANSAS	1pc.	185	1pc.	183
<b><u>BREADS</u></b>				
BATTER BREAD	1		1	259
BISCUIT	1	209	1	227
BREAD STICKS	3	205	3	220
CINNAMON RAISIN BISCUIT	1		1	
CINNAMON ROLL	1	355	1	473
CINNAMON ROLL--DIABETIC	1	304	1	315
CORNBREAD	1	180		182
FRENCH BREAD	1	123	1	182
Gold Fish/Cheddar	1	100	1	100
ITALIAN BREAD	1	125	1	185

ITALIAN BREAD Sticks	2	123	2	182
OAT ROLL	2oz.	121	3oz.	182
WHOLE WHEAT ROLL	2oz.	165	3oz.	248
MUFFIN---Plain	1	113	1	113
Blueberry	1	120	1	120
<b>PASTA SALAD</b>	1	49	1	59
<b><u>RICE</u></b> --Fiesta Rice	1	67	1	101
White Rice	1	67	1	101

**MENU ITEMS CONTINUED...**

**SALAD BAR**

	<b><u>Serving Size</u></b>	<b><u>All Schools</u></b>
<b>Proteins:</b>		
Cheese Chunks	4pc.	110
Cheese Mix	1 Tbl.	24
Cottage Cheese--2%	1oz.	24
Eggs	1Tbl.	13
Kidney Beans	1Tbl.	13
Sunflower Seeds	1Tbl.	40
Tuna Salad		
Turkey	1Tbl.	20
Turkey Ham	1Tbl.	17
<b>Fruits &amp; Vegetables:</b>		
Beets--pickled	1oz.	18
Broccoli	3 florets	9
Cauliflower	3 florets	9
Carrots---mini	4lrg	20
Celery	1pc.	3
Cucumbers	3pc.	11
Jalapenos	1oz.	8
Peas	1Tbl.	13
Pickles	4pc.	3
Salsa	2Tbl.	10
Tomatoes	1oz.	5
Tomatoes-----cherry	3pc.	9
<b>Other:</b>		
Avocado w/ LF Dressing	1Tbl.	26

Bacon Bits	1Tbl.	33
Craisins	1Tbl.	43
Croutons	1Tbl.	33
Sour Cream---Fat Free	1Tbl.	21

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<b>FRUITS AND VEGETABLES</b>	<b>Serving Size</b>		<b>Serving Size</b>	
		<b>ELEMENTARY</b>		<b>M.S.--H.S.</b>
APPLE----1/2	1	30	1	30
HOT BUTTERED	1/3c.	53	1/3c.	53
APPLESAUCE	1/3c.	65	1/3c.	65
BAKED BEANS	1/3c.	109	1/3c.	109
BAKED POTATO	1	134	1	168
BANANA	1/2pc.	53	1	105
BROCCOLI / with Cheese	1	36	1	40
BROCCOLI / CAULIFLOWER-fresh	1	14	1	14
BUTTERED POTATOES	1/3c.	59	1	59
CANTALOUPE	1/3c.	59	1/3c.	59
CARROTS----glazed	1/3c.	20	1/3c.	20
CARROTS----mini--fresh	1	16	1	16
CORN	1/3c.	66	1/3c.	66
CORN / PEAS	1/3c.	75	1/3c.	75
CELERY	1	3	1	3
CELERY with Peanut Butter	1	127	1	127
CREAMED POTATOES	1/3c.	90	1/3c.	111
GRAPES	10	34	10	34
GREEN BEANS	1/3c.	17	1/3c.	17
KIWI	3/4pc.	42	1/2pc.	28
LETTUCE LEAF	1	6	1	8
MASHED POTATOES	1	30	1	40
MIXED FRUIT CUP	1/2c.	66	1/2c.	66
MIXED VEGETABLES	1/3c.	30	1/3c.	30
ORANGE 1/2	1	31	1	31
ORANGES / PINEAPPLES	1/3c.	53	1/3c.	53
ORIENTAL VEGETABLE	1/3c.	32	1/3c.	32
PEACH 1/2	1	35	1	35
PEAR 1/2	1	36	1	36
PEAS	1/3C.	70	1/3c.	70

**MENU ITEMS CONTINUED...**

**FRUITS AND VEGETABLES**

PINEAPPLE SLICES	2	80	2	80
<b><u>POTATOES--OVEN STYLE</u></b>				
GEMS	2oz.	60	3oz.	90
NATURAL CRISP	2oz.	113	3oz.	170
SAVORY FRIES	2oz.	93	3oz.	140
SAVORY WEDGE	2oz.	87	3oz.	130
SHOESTRING	2oz.	87	3oz.	130
SWEET POTATO / CRINKLE	2oz.	117	3oz.	175
TRI TATOR	1	90	1	90
POTATOES/GRAVY-chicken	1	60	1	87

POTATOES/GRAVY-country	1	70	1	100
POTATO SOUP w/ crackers	1	99	1	188
REFRIED BEANS	1/4c.	80	1/c.	80
SALAD	1	6	1	8
SCALLOP POTATOES	1/3c.	62	1/3c.	62
STRAWBERRIES / BANANAS	1/3c.	69	1/3c.	69
STIR FRY VEGETABLES				
TROPICAL FRUIT	1/3c.	53	1/3c.	53
TOMATO SLICE	1	8	1	8
TOMATO SOUP	1	68	1	90
WATERMELON	1	43	1	56

All canned fruits are packed in their own juice or light syrup.

There is no additional salts added, to the above items, during or after cooking. With the exception of those that have a recipe.

MENU ITEMS CONTINUED...

	<u>Serving Size</u>	<u>ELEMENTARY</u>	<u>Serving Size</u>	<u>M.S.---H.S.</u>
<b><u>DESSERTS</u></b>				
Chocolate Pudding	1	139	1	139
Chocolate Pudding----Diabetic	1	60	1	60
Apple Crisp	1	260	1	266
Apple Crisp----Diabetic	1	249	1	250
Peach Crisp	1	253	1	258
Peach Crisp----Diabetic	1	242	1	242
<b><u>CAKES</u></b>				
Beetnik	1pc.	331	1pc.	331
Beetnik with sugar free frosting	1pc.	287	1pc.	287
Featherlite Coffee Cake	1pc.	185	1pc.	185
Kansas Coffee Cake	1pc.	222	1pc.	231
Spice /dusted with p.sugar	1pc.	171	1pc.	171
Pumpkin Dessert	1 pc.	249	1pc.	249
Pumpkin Dessert----Diabetics	1 pc.	231	1 pc.	231
<b><u>COOKIES</u></b>				
Chocolate Chip	1pc.	137	1pc.	243
Chocolate Chip--Diabetic	2pc.	107	3pc.	160

Coconut	1pc.	146	1pc.	259
Graham Crackers--plain	2pc.	60	2pc.	60
Graham Crackers--frosted	2pc.	142	2pc.	142
Graham Crackers--frosted-Diabetic	2pc.	110	2pc.	110
Ranger				
Peanut Butter Rice Krispie Treat	1pc	257	1pc.	257
Oreo Cookies--Diabetic	2pc.	87	3pc.	130
Peanut Butter Bar	1pc.	214	1pc.	214
Peanut Butter Cookie	1pc.	130	2pc.	260
Snickers Doodle	1pc.	139	2pc.	278
Sugar Cookies--Diabetic	1 pc.	100	2pc.	200
<b><u>FROZEN DESSERTS</u></b>	1pc.	60	1pc.	60
Juice Bars				
Ice Cream	1	110	1	110
Sherbet				

[MENU ITEMS CONTINUED...](#)

All of these calorie counts can change at anytime. If there is a measurable change in product, cuts, recipes etc...this site will be updated.

If you have any question please call: Charlene Lyons  
Food Service Director  
316-542-3113

**M.S & H.S. only**

**ALA CARTE MEAL ITEMS**

**Pizza:**

Tony's Cheese	380
Sausage	460
Pepperoni	440