

# HS/MS Lunch April 2026

## Nutritional Information

Name	Serving	Calories	Carbs	Protein	Total Fat	Saturated Fat	Cholesterol	Sodium	Dietary Fiber	Sugar	Vitamin A	Vitamin C	Calcium	Iron	Wheat	Egg	Soy	Peanut	Milk	Fish	Trans	Treenut	Shellfish	Seesn	
Baked Beans, Vegetarian	1/2 cup	115	23 g	6 g	1 g	0 g	0 mg	424 mg	4 g	9 g	0	0	0 mg	0 mg											
BBQ Chicken Sandwich	1 sandwich	310	36 g	19 g	10 g	3 g	63 mg	462 mg	1 g	n/a	36	4	107 mg	3 mg	X		X								
Beefy Nachos with Homemade Cheese Sauce	7oz meat, 1.5oz meat	370	32 g	9 g	23 g	8 g	27 mg	829 mg	3 g	2 g	154	2	156 mg	1 mg			X			X					
Bread Stick	each	90	14 g	2 g	3 g	0 g	0 mg	170 mg	1 g	n/a	0	0	20 mg	1 mg	X	X	X							X	
Brownie	1 slice	160	28 g	2 g	5 g	1 g	19 mg	84 mg	1 g	n/a	21	0	39 mg	1 mg	X	X	X								
Cesar Side Salad	1 cup	70	6 g	2 g	4 g	1 g	11 mg	283 mg	1 g	n/a	80	3	65 mg	0 mg	X	X	X			X				X	
Cheese Bosc Sticks	1 each	220	26 g	12 g	7 g	4 g	15 mg	300 mg	1 g	n/a	100	0	280 mg	2 mg	X		X			X					
Chicken Bacon Ranch Melt	1/2 sandwich	442	28 g	26 g	25 g	9 g	75 mg	832 mg	3 g	n/a	212	0	233 mg	1 mg	X	X	X			X					
Chicken Fried Rice	1 cup	146	22 g	9 g	2 g	1 g	39 mg	211 mg	1 g	1 g	693	1	11 mg	1 mg	X	X	X								
Chicken Nachos & Canned Cheese Sauce	serving	387	34 g	17 g	18 g	4 g	44 mg	608 mg	3 g	n/a	100	2	66 mg	1 mg			X			X					
Chicken Tacos	2 each	286	26 g	19 g	12 g	6 g	49 mg	679 mg	5 g	3 g	0	0	81 mg	0 mg	X					X					
Corn Dog	each	240	30 g	9 g	9 g	3 g	40 mg	470 mg	2 g	8 g	0	0	60 mg	2 mg	X	X	X								
Country Fried Chicken and Gravy	1 patty, gravy	410	30 g	30 g	19 g	4 g	20 mg	981 mg	4 g	0 g	100	1	40 mg	3 mg	X					X					
Creamy Chicken Spaghetti	1 cup	343	32 g	26 g	12 g	4 g	83 mg	789 mg	4 g	0 g	751	26	156 mg	2 mg	X		X			X					
Crispy Chicken Salad	each	406	20 g	23 g	24 g	9 g	80 mg	901 mg	4 g	n/a	701	13	266 mg	3 mg	X	X	X			X					
Crispy Chicken Sandwich	1 each	340	41 g	21 g	11 g	2 g	35 mg	650 mg	4 g	4 g	100	1	69 mg	3 mg	X		X								
Cucumber Ranch Salad	1/2 cup	23	1 g	0 g	2 g	0 g	2 mg	43 mg	0 g	1 g	81	2	8 mg	0 mg		X				X					
Dinner Roll	1 each	80	14 g	4 g	1 g	0 g	0 mg	100 mg	2 g	2	0	0	10 mg	0.6 mg	X	X	X			X					
French Fries	1/2 cup	110	17 g	2 g	4 g	1 g	0 mg	236 mg	2 g	1 g	0	4	0 mg	1 mg											
Fresh Blueberries	1/2 cup	42	11 g	1 g	0 g	0 g	0 mg	1 mg	2 g	n/a	40	7	4 mg	0 mg											
Fresh Fruit Bar	1/2 cup	45	11 g	0 g	0 g	0 g	0 mg	5 mg	2 g	n/a	649	16	12 mg	0 mg											
Garden Salad	1 cup	80	4 g	0 g	7 g	1 g	0 mg	182 mg	2 g	n/a	555	36	8 mg	0 mg			X								
Garlic Breadstick	each	150	22 g	4 g	5 g	1 g	0 mg	240 mg	1 g	n/a	0	0	0 mg	1 mg	X		X			X					
Garlic Toast	each	113	14 g	3 g	5 g	2 g	8 mg	183 mg	1 g	n/a	93	0	26 mg	1 mg	X	X	X			X					
Ham Deli Sub Sandwich	each	399	49 g	17 g	15 g	4 g	40 mg	1150 mg	4 g	n/a	1396	4	245 mg	5 mg	X	X	X			X					
Harvest Cheddar Sunchip	package	140	19 g	2 g	6 g	1 g	0 mg	170 mg	2 g	2 g	0	0	10 mg	1 mg	X										
Italian Toasted Cheese Sand with Marinara	each	444	35 g	20 g	18 g	10 g	30 mg	839 mg	4 g	9 g	205	0	463 mg	3 mg	X		X			X					
Kung Fu Carrots	1/2 cup	45	9 g	0 g	0 g	0 g	0 mg	204 mg	2 g	1 g	0	2	26 mg	0 mg	X		X								
Lettuce, Tomato and Cheese	each	55	3 g	4 g	5 g	2 g	10 mg	92 mg	1 g	n/a	805	9	112 mg	0 mg						X					
Marinara Sauce	1/2 cup	60	10 g	2 g	2 g	0 g	0 mg	135 mg	2 g	5 g	n/a	0	20 mg	1 mg											
Mashed Potatoes	1/2 cup	67	14 g	2 g	1 g	0 g	0 mg	263 mg	1 g	n/a	0	25	19 mg	0 mg										X	
Pasta with Hearty Meat Sauce	3/4 cup	318	32 g	22 g	11 g	4 g	58 mg	242 mg	3 g	4 g	559	16	54 mg	4 mg	X		X								
Personal Pizza	1 pizza	348	35 g	21 g	14 g	8 g	30 mg	561 mg	3 g	n/a	544	1	424 mg	2 mg	X	X	X			X					
Queso Chicken and Spanish Rice	1 serving	450	48 g	24 g	18 g	7 g	68 mg	998 mg	5 g	6 g	831	20	261 mg	2 mg	X					X					
Refried Beans	1/2 cup	118	20 g	7 g	2 g	1 g	10 mg	140 mg	7 g	n/a	0	8	44 mg	2 mg			X								
Roasted Beef Hot Dog on a Bun	each	310	28 g	12 g	18 g	7 g	35 mg	860 mg	3 g	3 g	0	0	60 mg	3 mg	X										
Roasted Broccoli	1/2 cup	26	5 g	3 g	0 g	0 g	0 mg	59 mg	2 g	2 g	0	115	35 mg	1 mg			X								
Salisbury Steak	1 each	140	4 g	16 g	7 g	3 g	40 mg	430 mg	1 g	n/a	0	1	40 mg	2 mg	X		X			X					
Sloppy Joe	1 each	334	39 g	21 g	13 g	4 g	40 mg	481 mg	3 g	9 g	0	5	54 mg	2 mg	X										
Spiced Pinto Beans	1/2 cup	161	30 g	7 g	1 g	0 g	0 mg	371 mg	12 g	1 g	65	2	104 mg	1 mg											
Steamed Peas	1/2 cup	30	6 g	2 g	0 g	0 g	0 mg	0 mg	2 g	n/a	0	0	34 mg	1 mg											
Sun Chips	package	140	19 g	2 g	6 g	1 g	0 mg	120 mg	3 g	0 g	0	0	0 mg	0 mg	X										
Sweet and Savory Kale Salad	1/2 cup	147	12 g	4 g	9 g	1 g	0 mg	130 mg	2 g	9 g	19	8	23 mg	1 mg											
Tater Tot Hotdish	1 serving	392	34 g	15 g	21 g	6 g	43 mg	880 mg	4 g	n/a	43	3	44 mg	2 mg	X		X			X					
Turkey and Cheese Sandwich	each	338	33 g	24 g	8 g	2 g	48 mg	710 mg	4 g	5 g	1418	7	136 mg	15 mg	X		X			X					
Turkey Deli Sub Sandwich	each	381	49 g	18 g	12 g	4 g	33 mg	1128 mg	4 g	n/a	1396	4	245 mg	4 mg	X	X	X			X					
Turkey Vegetable Chow Mein Stir Fry	1.75 cups	491	67 g	31 g	8 g	1 g	61 mg	1002 mg	2 g	4 g	0	17	40 mg	8 mg	X		X								X
Variety of Veggies	1 cup	24	5 g	1 g	0 g	0 g	0 mg	36 mg	2 g	n/a	3688	46	20 mg	0 mg											
Yogurt Pak w/Pretzel	1 container	275	40 g	13 g	6 g	4 g	20 mg	975 mg	0 g	12 g	500	0	478 mg	2 mg	X					X					
Yogurt Pak with Bagel Munchable	each	430	59 g	17 g	12 g	9 g	35 mg	755 mg	1 g	n/a	300	1	520 mg	19 mg	X					X					