

**Sodexo School Services
Kyrene School District
Middle School Menu Calorie & Carbohydrate Counts**

Revised August 2009

<u>Entrées/Meat/Fish</u>	<u>Portion</u>	<u>Cals</u>	<u>Carbs (g)</u>
Beef Teriyaki Dippers	5 ea	234	11.00
Breakfast on a Stick	1 ea	180	18.00
Burrito, Bean & Cheese	1 ea	390	53.69
Burrito, Breakfast, Sausage & Cheese	1 ea	190	26.90
Calzone, Cheese	1 ea	566	84.44
Calzone, Pepperoni	1 ea	598	84.44
Cheese Crisp/Quesadilla	1 ea	367	35.52
Cheese Enchiladas	2 ea	342	27.10
Cheeseburger	1 ea	369	31.35
Chicken, Baked	serving	193	0.11
Chicken BBQ, Oven Baked	serving	239	8.07
Chicken Quesadilla	1 ea	421	35.97
Chicken, Fajita	4 oz	442	44.10
Chicken Nuggets	8 ea	213	12.00
Chicken Patty	1 ea	140	9.00
Chicken, Spicy Sandwich	1 ea	360	40.09
Chicken Patty Sandwich	1 ea	296	34.67
Chicken Salad	1/4 cup	83	3.76
Chicken Sandwich, Italian	1 ea	386	41.04
Chicken, Orange w/ Rice	1.5 cups	559	77.10
Chicken, Sweet & Sour w/ Rice	1.5 cups	512	68.55
Chili Frito Pie (scratch Chili)	serving	494	29.56
Corn Dog, Turkey	1 ea	270	22.00
Egg, Scrambled	2oz	125	1.10
Egg Roll, Pork & Veg	1 ea	160	18.00
Egg Muffin, Ham & Cheese	1ea	286	26.40
Fish Nuggets	4 ea	248	28.00
Fish Sandwich	1 ea	330	42.95
Gravy, Beef	2 oz	25	1.60
Gravy, Chicken	2 oz	71	5.76
Ham Slice	1 oz	36	0.38
Hamburger	1 ea	314	30.85
Hot Dog on Bun, Turkey	1 ea	200	21.00
Macaroni & Cheese	2/3 cup	368	57.50
Meatball Submarine	1 ea	436	50.56
Nachos, Bean & Cheese	serving	327	43.32
Nachos, Beef & Cheese	serving	380	37.32
Potato, Stuffed Baked	serving	443	52.73
Pizza, Breakfast	3.2 oz	230	26.00
Pizza, Cheese	1 slice	361	50.01
Pizza, Pepperoni	1 slice	385	50.01
Pizza, Ham & Pepperoni	1 slice	384	54.19
Pizza, Supreme	1 slice	349	45.07
Pizza, Veggie	1 slice	360	50.80
Pizza, Tony's French Bread Pepperoni	1slice	350	30.00

Ravioli, Beef	1 cup	250	30.00
Sandwich, BBQ Rib	1 ea	372	40.45
Salad, Chef	1 ea	208	11.96
Salad, Chicken Caesar	1 ea	367	24.28
Salad, Crispy Chicken	1 ea	307	19.32
Salad, Asian Chicken	1 ea	409	46.49
Salad, Buffalo Chicken	1 ea	240	32.38
Sausage, Pork 1.2 oz	2 ea	170	0.80
Sloppy Joe	1 ea	320	35.92
Soup, Beef Vegetable	1 cup	102	10.03
Soup, Chicken Noodle	1 cup	159	17.61
Soup, Chicken Rice	1 cup	170	21.28
Soup, Cream of Chicken	1 cup	233	15.45
Soup, Minestrone	1 cup	113	19.34
Soup, Tomato Canned	1 cup	180	19.00
Spaghetti w/Meat Sauce	3/4 cup	276	29.98
Taco, Beef 80/20 Hard	2 ea	247	17.60
Taco, Beef 80/20 Soft Mix	2 ea	483	41.10
Taco, Chicken Soft	2 ea	551	64.97
Taco, Salad beef	1 each	610	58.80
Tostada, Bean & Cheese	2 ea	306	31.70
Turkey Bologna	serving	227	1.11
Turkey Breast, Deli	1 oz	24	0.27
Turkey Ham	1 oz	36	0.10
Turkey Roast, Sliced	1 oz	44	0.87
Turkey, Diced w/Gravy	serving	211	8.48

<u>Vegetables</u>	<u>Portion</u>	<u>Cals</u>	<u>Carbs (g)</u>
Beans, Baked No Ham	1/2 cup	178	39.88
Beans, Green Canned	1/2 cup	14	3.04
Beans, Green Froz	1/2 cup	19	4.35
Beans, Kidney Canned	1/2 cup	109	19.97
Beans, Pinto Canned	1/2 cup	116	21.75
Beans, Refried, Vegetarian	1/2 cup	90	17.00
Broccoli, Fresh	1/4 cup	6	1.15
Carrot & Celery Sticks	serve 6/4	25	5.81
Carrots, Canned	1/2 cup	18	4.04
Carrots, Baby	1.6 oz bag	16	3.74
Carrots, Froz	1/2 cup	26	6.02
Cauliflower, Fresh	1/4 cup	6	1.30
Celery, Sticks	1/4 cup	6	1.36
Cole Slaw	1/4 cup	70	8.00
Corn Cobbettes	1 ea	59	14.07
Corn, Mexicali	1/2 cup	83	16.32
Corn, Sweet Yellow Canned	1/2 cup	66	15.25
Corn, Sweet Yellow Froz	1/2 cup	66	16.04
Cucumbers, Sliced	1/2 oz	2	0.39
Olives, Black	1 oz	33	1.77
Onions, Sliced	slice	7	1.55

Peanuts	1/2 oz	82	2.68
Peas, Green Canned	1/2 cup	59	10.71
Peas, Green Froz	1/2 cup	62	11.41
Peppers, Bell	1 Tbsp	2	0.43
Peppers, Jalapeno Sliced	1/2 oz	5	1.06
Potato Salad	1/4 cup	88	9.32
Potato, Baked	1 ea	188	42.72
Potato, French Fries, Oven	3 oz	170	26.53
Potato, Mashed from Granules	1/2 cup	88	16.80
Potato, Tater Tots	2.5 oz	125	16.80
Potato, Wedges Baked	3 oz	139	17.14
Salad Mix, Tossed	1 oz	5	0.94

Sunflower Nuts	1/2 oz	82	3.41
Tomatoes, Sliced	1 slice	3	0.57
Vegetables, Mixed Froz	1/2 cup	54	11.91

<u>Breads/Sandwiches/Starch</u>	<u>Portion</u>	<u>Cals</u>	<u>Carbs (g)</u>
Bagel, 3 oz	1 ea	255	57.00
Breakfast on a Stick	1 ea	180	18.00
Bread, Wheat	1 ea	70	14.00
Bun Hamburger Wheat	1 ea	160	29.00
Cereal, Cheerios	1 bowl	70	14.00
Cereal, Honey Nut	1 bowl	110	22.00
Cereal, Corn Flakes	1 bowl	80	18.00
Cereal, Rice Krispies	1 bowl	160	33.30
Cereal, Mini Wheat	1 bowl	100	23.80
Cereal, Raisin Bran	1 bowl	110	27.00
Crackers, Saltine	2 ct pkg	26	4.29
Croutons, Seasoned	1 oz	132	18.03
French Toast Stick	1 ea	78	11.25
Muffin, Blueberry 1.5 oz	1ea	150	19.00
Muffin, Low Fat, 1.8 oz	1 ea	170	28.00
Muffin, English	1 ea	120	24.00
Macaroni Salad	1/4 cup	163	11.46
Pancake, Froz	1 ea	70	12.65
Pretzel, Soft	2.5 oz	190	40.92
Rice, Cooked White	2/3 cup	140	30.88
Rice, Spanish	2/3 cup	155	29.33
Roll, Dinner	1 ea	80	14.00
Sandwich, Deli Cold Cheese	1 ea	305	29.50
Sandwich, Deli Ham & Cheese	1 ea	303	29.76
Sandwich, Deli Turkey & Cheese	1 ea	296	30.44
Sandwich, Grilled Cheese	1 ea	250	29.00
Sandwich, Ham & Cheese Hot	1 ea	254	30.02
Italian Chicken Sandwich	1ea	386	41.04
Sandwich, PBJ, triple decker	1 ea	485	66.00
Sandwich, BBQ Beef Rib	1 ea	372	40.45
Sandwich, Sub Turkey & Cheese	1 ea	396	46.99
Sandwich, Sub Ham & Cheese	1ea	408	46.08
Sandwich, Sub American	1 ea	412	46.80
Sandwich, Sub Italian	1ea	427	46.85
Sandwich, Tuna on Wheat	1 ea	316	35.57
Waffle, Froz	1 ea	90	16.00
Wrap, Buffalo Chicken	1 ea	497	50.46
Wrap, Chicken Caesar	1 ea	416	47.20
Wrap, Crispy Chicken	1 ea	363	39.34
Wrap, Turkey & Cheese	1 ea	455	44.71
Wrap, Tuna	1 ea	455	38.12

<u>Fruit</u>	<u>Portion</u>	<u>Cals</u>	<u>Carbs (g)</u>
Apple, Slices Canned	1/4 cup	23	5.81

Apple, Slices w/Cinn & Sugar	1/4 cup	34	8.64
Apples, Fresh w/Skin 198 ct	1 ea	48	12.70
Applesauce, Canned Unsweet	1/4 cup	48	12.69
Applesauce, Rosy	1/4 cup	52	13.60
Bananas, Petite	1 ea	90	23.10
Cantaloupe	1/4 cup	14	3.34
Fruit Cocktail, Canned	1/2 cup	69	18.07
Grapes, Fresh	1/4 cup	15	3.94
Honeydew	1/4 cup	15	3.90
Orange, slices	1/2 cup	42	10.57
Mandarin Oranges	1/2 cup	78	20.00
Peaches, Canned	1/2 cup	68	18.26
Peaches, Froz	1/2 cup	118	29.98
Pears, Canned	1/2 cup	72	19.04
Pineapple, Canned	1/2 cup	66	16.95
Raisins, Seedless	1 box	120	29.00
Strawberries, Fresh	1/4 cup	11	2.53
Strawberries, Froz Swtnd	1/2 cup	122	33.05
Watermelon, Fresh Cubes	1/4 cup	13	2.87

Dairy

	<u>Portion</u>	<u>Cals</u>	<u>Carbs (g)</u>
Cheese, Amer Sliced	1 slice	55	0.23
Cheese, Cheddar	1oz	110	0.00
Cheese, Cream, Light	3/4 oz	45	1.00
Cheese, Mozz	1 oz	90	1.00
Cheese, Cottage 2%	1 oz	25	1.03
Milk, 1% Chocolate	Half Pint	170	29.00
Milk, 1% Low Fat	Half Pint	100	12.00
Milk, 1% Strawberry	Half Pint	170	28.00
Milk, Skim	Half Pint	86	11.88
Yogurt, Strawberry	4 oz	90	19.00

Condiments

	<u>Portion</u>	<u>Cals</u>	<u>Carbs (g)</u>
Dressing, Caesar	1 oz	60	4.00
Dressing, Honey Mustard	1 oz	160	5.00
Dressing, Italian FF	1 oz	15	3.00
Dressing, Ranch FF	1 oz	30	8.00
Dressing, Thousand Island	1 oz	140	5.00
Dressing, Asian	1 oz	130	7.00
Ketchup	1 oz	15	4.00
Margarine	1 oz	204	0.26
Mayo	1 Tbsp	100	0.00
Mustard	1 tsp	0	0.00
Pickle, Dill Spear	1 ea	5	1.24
Pickle, Hamburger	3 slices	4	0.87
Pickle, Relish Sweet	1 Tbsp	40	10.00
Salsa, Commodity	1 oz	9	1.90

Sauce, Teriyaki	1 oz	45	10.00
Sauce, BBQ	1 oz	35	9.00
Sour Cream	1 oz	61	1.21
Syrup, Pancake	1 oz	105	26.00

<u>Desserts</u>	<u>Portion</u>	<u>Cals</u>	<u>Carbs (g)</u>
Cookie, Chocolate Chip 0.5 oz	1 ea	70	9.00
Cookie, Fortune	1 ea	34	3.50
Ice Cream Cup, Vanilla	3 oz	105	12.27
Marshmallow	100 grams	100	23.00
Pudding, Chocolate Canned	1/4 cup	60	12.00
Pudding, Chocolate Cup	1 ea	140	22.00
Pudding, Vanilla Canned	1/4 cup	60	11.00
Pudding, Vanilla Cup	1 ea	140	17.00
Rice Krispy Treat	1 ea	140	26.00

<u>A La Carte</u>	<u>Portion</u>	<u>Calories</u>	<u>Carbs (g)</u>
Cream Cheese, Light	3/4 oz	45	1.00
Bagel, plain 3 oz	3/4 oz	255	57.00
Baked Chips, Big Grab	1 1/8 oz	140	24.00
Soft Pretzel, 2.5 oz	2.5 oz	190	40.92
Pretzels, mini	1 oz	100	23.00
Stacy's Pita Chips	1.5 oz	200	28.00
Chex Mix	1.25 oz	140	27.00
Baked Fries	3 oz	150	18.00
Fresh Baked Cookie, 1.5 oz	1 ea	150	26.00
Gatorade, 12 oz	1 ea	80	21.00
Low Fat Muffin	1 ea	170	28.00
Beef Jerky	0.9 oz	70	6.00
Tropical Fruit, 3 oz	3 oz	52	13.40
Cottage Cheese w/ Fruit	1/2 cup each	160	20.00
Slush Puppie	7 oz	95	23.75
Smoothie	8 oz	220	43.00