

# TUHSD Nutrition Services



CONTACT PERSON:

KIMBERLY LUVISI 623-478-4061



## NUTRITION FACTS (CALORIE/CARBOHYDRATES)

- Breakfast Menu
- Grab & Go Menu
- Deli Fresh Menu
- Daily Menu Line
- Holiday Meal, Manager's Choice
- Supper Menu
- Lunch Menu Attachment  
(condiments, daily sides, fruits and vegetables)

**Breakfast Calorie and Carb Count  
2020-2021 SY**

<b>Menu Item</b>	<b>Calories per Serving (Kcals)</b>	<b>Carbs per Serving (grams)</b>
Pancake on a Stick (71g)	200	19
French Toast Sticks (84g)	240	38
Bagel (85g)	217	44
w/ Cream Cheese (30g)	90	2
Eggo Mini Blueberry Pancakes (86g)	210	35
Eggo Mini Maple Pancakes (86g)	210	35
Glazed Donut (69g)	322.75	38.25
Breakfast Pizza (104g)	240	31
<b>Cereal</b>		
Cinnamon Toast Crunch (56g)	230	44
Cocoa Puffs (56g)	210	47
Lucky Charms (56g)	210	46
Honey Nut Cheerios (56g)	210	45
Cinnamon Chex (56g)	230	45
<b>Pop Tarts</b>		
Frosted Strawberry – 2 ct.	360	75
Frosted Brown Sugar Cinnamon – 2 ct.	370	75
Fudge Frosted – 2 ct.	370	76
<b>Muffins / Mini Donuts</b>		
Sweet Potato Chocolate Chip Muffin Top (91g)	260	43
Chocolate/Chocolate Chip WG Muffin (102g)	390	63
Banana Muffin (102g)	380	61
Blueberry Muffin (102g)	380	61
Chocolate Mini Donuts (94g)	320	41
Powdered Sugar Mini Donuts (85g)	270	41

**Breakfast Calorie and Carb Count  
2020-2021 SY**

<b>Breakfast Specials</b>	<b>Calories per Serving (Kcals)</b>	<b>Carbs per Serving (grams)</b>
Homemade Cinnamon Roll	212.75	39.25
<b>Breakfast Sandwich:</b>		
WG Hamburger Bun	150	30
Turkey Sausage Patty (1.5 oz.)	70	1
Egg Patty (1.5 oz.)	60	1
American Cheese Slice (.5 oz)	40	1
<b>Total</b>	<b>320</b>	<b>33</b>
<b>Yogurt Parfait:</b>		
Greek Yogurt (4 oz.)	95	14.5
WG UBR	270	44
Assorted Berries (2 oz. – avg.)	16.13	3.51
<b>Total</b>	<b>381.13</b>	<b>62.01</b>
<b>Dutch Waffle:</b>		
w/ chicken (2.25 oz.)	300	43
	120	9.6
<b>Total</b>	<b>420</b>	<b>52.6</b>
<b>Condiments</b>		
Ketchup – 1 pkt.	10	3
Syrup- 1 cup	120	31
<b>Fresh Fruit</b>		
Apple (Green or Red)	32	8
Orange	43	11
Pear	86	23
Peach	68	17
Plum	76	19
Banana	105	27
Clementine (Cuties Orange)	90	22
Nectarine	63	15
<b>Milk</b>		
Fat Free White	90	12
1% White	100	12
Fat Free Chocolate	140	26
Fat Free Strawberry	140	25
<b>Juice</b>		
Orange Tangerine (4.23 oz.)	60	15
Apple (4.23 oz.)	60	14

**Grab & Go / Deli Fresh  
Calorie and Carb Count  
2020-2021 SY**

Menu Item	Calories per Serving (Kcals)	Carbs per Serving (grams)
<b>Entrée</b>		
Hot & Spicy Chicken Sandwich	370	46
Pepperoni Pizza	370	36
Foil Wrapped Bean & Cheese Chile Relleno Burrito	405.66	52.63
Foil Wrapped Shredded Beef Chile Colorado Burrito	378.16	41.35
<b>Daily Sides</b>		
Monday, Tuesday and Friday: Side Salad	71	14.81
Wednesday: ***Hot Veggies		
Broccoli	52	10
California Blend (Broccoli, Cauliflower & Carrots)	33.33	6.67
Corn (from frozen)	134	28
4-way mixed	80	16
Green Beans	38	8
Thursday: Hummus Cup with Red/Orange Veggies	129.26	18.4
<b>Daily Fresh Salads</b>		
Fruit & Protein Bowl	234.98	36.1
Crunchmania	220	37
<b>Total</b>	<b>454.98</b>	<b>73.01</b>
Grilled Chicken Salad	248	17.94
Ranch Dressing	110	3
Crunchmania	220	37
<b>Total</b>	<b>578</b>	<b>57.94</b>
Chicken Garden Salad	308.5	27.81
Ranch Dressing	110	3
Crunchmania	220	37
<b>Total</b>	<b>638.5</b>	<b>67.81</b>
Chef Salad	268.5	13.81
Ranch Dressing	110	3
Crunchmania	220	37
<b>Total</b>	<b>598.5</b>	<b>53.81</b>
Asian Salad	689.78	47.13
Sesame Dressing	50	11
Crunchmania	220	37
<b>Total</b>	<b>959.78</b>	<b>95.13</b>
Taco Salad	518.98	45.74
Salsa	20	4
Crunchmania	220	37
<b>Total</b>	<b>758.98</b>	<b>86.74</b>

**Grab & Go / Deli Fresh  
Calorie and Carb Count  
2020-2021 SY**

<b>Deli Fresh Sandwiches</b>	<b>Calories per Serving (Kcals)</b>	<b>Carbs per Serving (grams)</b>
Turkey & Cheese -12 Grain Bread	363	41.56
-WG Flatbread	333	29.56
Ham & Cheese -12 Grain Bread	363	42.56
-WG Flatbread	333	30.56
Tuna -12 Grain	271.3	44.42
-WG Flatbread	241.3	32.42
Peanut Butter & Jelly -12 Grain Bread	672	69.31
<b>Vending Boxes</b>		
Breakfast for Lunch Box	592	101
Smucker's 5.3 oz. Uncrustable Box	662	79
Buffalo Chicken Wrap Box	735.5	94.25
<b>On the Side</b>		
Veggie Cup w/ Tajin	34.9	7.32
Bean Cup	204.7	35.52
3 oz. Baby Carrots	30	7
Celery Packs	2.5	<1
Lettuce & Tomato	13	2.56
<b>Condiments</b>		
Mustard – per packet	5	0
Ketchup – per packet	10	3
Taco Sauce – per packet	5	1
<b>Whole Fresh Fruits</b>		
Apple (Green or Red)	32	8
Orange	43	11
Pear	86	23
Peach	68	17
Plum	76	19
Banana	105	27
Clementine (Cuties Orange)	90	22
Nectarine	63	15
<b>Milk</b>		
Fat Free White	90	12
1% White	100	12
Fat Free Chocolate	140	26
Fat Free Strawberry	140	25
<b>Juice</b>		
Tropical Twist (6.75 oz.)	90	22
Power Punch (6.75 oz.)	90	22

**Daily Menu Line – 3 Week Cycle  
Calorie and Carb Count  
2020-2021 SY**

Menu Item	Calories per Serving (Kcals)	Carbs per Serving (grams)
<b>Monday- Week 1-</b>		
WG Orange Chicken	470	79
WG Vegetable Fried Rice	270	55.01
Stir Fry Vegetables	30	5
Edamame	120	8
Fresh Whole Fruit – *See list below		
Canned Fruit – **See list below		
Fortune Cookie	22	5
<b>TOTAL</b>	<b>912</b>	<b>152.01</b>
<b>Tuesday – Week 1</b>		
Meatball Flatbread	386.07	37.59
Tossed Salad	47	9.52
Ranch Dressing	110	3
Fresh Whole Fruit – *See list below		
Canned Fruit – **See list below		
<b>TOTAL</b>	<b>543.07</b>	<b>50.11</b>
<b>Wednesday – Week 1</b>		
Country Fried Steak (1)	230	14
Mashed Potatoes	108	20.4
Country Gravy	50	5
WG Dinner Roll	70	13
Hot Vegetable – ***See list below		
Fresh Whole Fruit – *See list below		
Canned Fruit – **See list below		
<b>TOTAL</b>	<b>458</b>	<b>52.4</b>
<b>Thursday – Week 1</b>		
WG Chicken Tenders	240	21
Bow Tie Pasta with Veggies	250.34	49.34
Fresh Broccoli/Cauliflower Mix	65	13
Fresh Whole Fruit - *See list below		
Canned Fruit – **See list below		
<b>TOTAL</b>	<b>555.34</b>	<b>83.34</b>
<b>Friday – Week 1</b>		
Seasoned Ground Beef for Nachos	184.48	4.25
Corn Tortilla Chips	280	36
Cheese Sauce	70	0
Lettuce	5	1
Diced Tomatoes	4	.89
WG Churro	160	28
Corn on the Cob	70	18
Salsa	20	4
Fresh Fruit Mix/ Whole Fruit - *See List Below		
<b>TOTAL</b>	<b>793.48</b>	<b>92.14</b>

**Daily Menu Line – 3 Week Cycle  
Calorie and Carb Count  
2020-2021 SY**

Menu Item	Calories per Serving (Kcals)	Carbs per Serving (grams)
<b>Monday – Week 2</b>		
Parmesan Chicken	270	18
Mashed Potatoes	108	20.4
Marinara Sauce	30	6
Mozzarella Cheese	60	1
California Blend Veggies	25	5
WG Bread Stick	120	21
Fresh Whole Fruit – *See list below		
Canned Fruit – **See list below		
<b>TOTAL</b>	<b>613</b>	<b>71.4</b>
<b>Tuesday – Week 2</b>		
WG Breakfast Burrito	391.67	27
Redskin Sliced Potatoes	90	15
Pinto Beans	120	21
Salsa	20	4
Fresh Whole Fruit – *See list below		
Canned Fruit – **See list below		
<b>TOTAL</b>	<b>621.67</b>	<b>67</b>
<b>Wednesday – Week 2</b>		
Cheeseburger on WG Bun	410	31
Hot Vegetable-***See list below		
Fresh Whole Fruit – *See list below		
Canned Fruit – **See list below		
<b>TOTAL</b>	<b>410</b>	<b>31</b>
<b>Thursday – Week 2</b>		
Mostaccoli Pasta	400	82
Meatballs	126.07	4.59
Marinara w/ veggies	72.33	14.26
WG Breadstick	120	21
Tossed Salad	47	9.52
Ranch Dressing	110	3
Fresh Whole Fruit – *See list below		
Canned Fruit – **See list below		
<b>TOTAL</b>	<b>875.4</b>	<b>134.37</b>
<b>Friday – Week 2</b>		
Fish Filet	190	16
Potato Stix	362.74	58.51
Corn Bread	190	32
California Blend Veggies	25	5
Fresh Fruit Mix/ Whole Fruit - *See List Below		
<b>TOTAL</b>	<b>767.74</b>	<b>111.51</b>

**Daily Menu Line – 3 Week Cycle  
Calorie and Carb Count  
2020-2021 SY**

Menu Item	Calories per Serving (Kcals)	Carbs per Serving (grams)
<b>Monday – Week 3</b>		
WG Egg Rolls	360	40
WG Vegetable Fried Rice	180	36.67
Stir Fry Vegetables	30	5
Edamame	120	8
Fortune Cookie	22	5
Fresh Whole Fruit – *See list below		
Canned Fruit – **See list below		
<b>TOTAL</b>	<b>712</b>	<b>94.67</b>
<b>Tuesday – Week 3</b>		
WG Chicken Breast Chunks	200	16
Mashed Potatoes	108	20.4
Corn	67	14
Country Gravy	50	5
Cheddar Cheese	27.5	0
WG Dinner Roll	70	13
Fresh Whole Fruit – *See list below		
Canned Fruit – **See list below		
<b>TOTAL</b>	<b>522.5</b>	<b>68.4</b>
<b>Wednesday – Week 3</b>		
Mango Jalapeno Chicken Meatballs	121	7
Sweet Chili Sauce	240	60
Jasmine Rice	213.33	48
Shredded Carrots	23	5.43
Broccoli	52	10
Fresh Whole Fruit – *See list below		
Canned Fruit – **See list below		
<b>TOTAL</b>	<b>649.33</b>	<b>130.43</b>
<b>Thursday – Week 3</b>		
WG Cheese Bread	290	29
Marinara Sauce	30	6
Tossed Salad	47	9.52
Ranch Dressing	110	3
Fresh Whole Fruit – *See list below		
Canned Fruit – **See list below		
<b>TOTAL</b>	<b>477</b>	<b>47.52</b>
<b>Friday – Week 3</b>		
Chicken Alfredo Mix	180	8
Bowtie Pasta	400	84
Broccoli	52	10
WG Bread Stick	120	21
Fresh Fruit Mix/ Whole Fruit - *See List Below		
<b>TOTAL</b>	<b>752</b>	<b>123</b>



**Menu Line – Holiday Meal and Manager’s Choice  
Calorie and Carb Count  
2020-2021 SY**

Menu Item	Calories per Serving (Kcals)	Carbs per Serving (grams)
<b>Holiday Meal</b>		
Roast Turkey	82.5	1.5
Gravy	25	4
Mashed Potatoes	108	20.4
Stuffing	120	20
Cranberry Sauce	50	13
Corn (Frozen)	134	28
WG Dinner Roll	70	13
Pumpkin Pie	370	57
Whipped Topping	25	2
Fresh Whole Fruit – *See list below		
Canned Fruit – **See list below		
<b>TOTAL</b>	<b>984.5</b>	<b>158.9</b>
<b>Manager’s Choice</b>		
Hot Ham & Cheese Sandwich	300	32
Tossed Salad	47	9.52
Ranch Dressing	110	3
Hot Vegetable-***See list below		
Fresh Whole Fruit – *See list below		
Canned Fruit – **See list below		
<b>TOTAL</b>	<b>457</b>	<b>44.52</b>

**Supper  
Calorie and Carb Count  
2020-2021 SY**

Menu Item	Calories per Serving (Kcals)	Carbs per Serving (grams)
<b>Monday- Week 1</b>		
<b>Protein Box w/ Pop Tart</b>		
Vanilla Greek Yogurt	110	16
2 ct. Pop Tart	370	76
String Cheese Stick	80	2
Baby Carrots	30	7
(Optional Side) Side Salad - See list below		
Fresh Whole Fruit – *See list below		
<b>Total</b>	<b>590</b>	<b>101</b>
<b>Tuesday – Week 1</b>		
Pizza Pack	324.6	32.58
Baby Carrots	30	7
(Optional Side) Side Salad - See list below		
Fresh Whole Fruit – *See list below		
<b>Total</b>	<b>354.6</b>	<b>39.58</b>
<b>Wednesday- Week 1</b>		
<b>Protein Box w/ Granola</b>		
Vanilla Greek Yogurt	110	16
Granola Clusters	220	47
Turkey Stick	40	0
Baby Carrots	30	7
(Optional Side) Bean Cup- See list below		
Fresh Whole Fruit – *See list below		
<b>Total</b>	<b>400</b>	<b>70</b>
<b>Thursday- Week 1</b>		
Cheese Pull Apart	290	29
Marinara Cup	40	7
Baby Carrots	30	7
(Optional Side) Hummus Cup w/ Red/Orange Veggies- See list below		
Fresh Fruit – *See list below		
<b>Total</b>	<b>360</b>	<b>43</b>
<b>Friday- Week 1</b>		
<b>Tostitos &amp; Hummus Pack</b>		
Taco Hummus Cup	90	10
Tostitos Scoops	110	19
String Cheese Stick	80	2
Elf Grahams	120	21
Baby Carrots	30	7
(Optional Side) Side Salad - See list below		
Fresh Fruit – *See list below		
<b>Total</b>	<b>430</b>	<b>59</b>

**On the Side, Hot Veggies, Fresh Fruit Mix, Whole Fruit and Canned Fruit  
Calorie and Carb Count  
2020-2021 SY**

<b>On the Side / Condiments (Optional)</b>		
Veggie Cup w/ Tajin	34.9	7.32
Bean Cup	204.7	35.52
Side Salad	71	14.81
Lettuce & Tomato Bag	13	2.56
3 oz. Baby Carrots	30	7
Celery Packs	2.5	<1
Mustard – per packet	5	0
Ketchup – per packet	10	3
Taco Sauce – per packet	5	1
Tartar Sauce – per packet	80	3
Sweet & Sour Sauce- per packet	26	5
<b>***Hot Vegetables</b>		
Broccoli	52	10
Corn (from frozen)	134	28
4-way mixed	80	16
Green Beans	38	8
<b>**Canned Fruit</b>		
Applesauce	76	21
Apricots	91.5	22.5
Mixed Fruit	90	22.5
Fruit Cocktail	105	28.5
Peaches – Diced	90	21
Peaches – Sliced	90	21
Pears – Diced	90	24
Pears – Sliced	90	22.5
Pineapple – Tidbits	120	28.5
Pineapple – Chunks	105	21
<b>*Whole Fresh Fruit</b>		
Apple	32	8
Orange	43	11
Pear	86	23
Peach	68	17
Plum	76	19
Banana	105	27
Clementine (Cuties Orange)	90	22
Nectarine	63	15
<b>Fresh Fruit Mix (Mixed Berries, Melons &amp; Grapes)</b>	<b>84.98</b>	<b>20.01</b>