

Lunch Entrée	Calories	Fat	Sat. Fat	Protien	Carbs
PopCorn Chicken Bowl w/ Dinner Roll	496	17	2.5	22	66
Cheeseburger w/Oven Fries HS,MS,Krause	488	19.5	6	26.5	52.5
Rotini w/meat sauce & WG garlic roll	484	9	1.5	23	81
Big Daddy Pepperoni Pizza	410	18	7	20	43
Walking Taco	421	23	9.3	23	34
Chicken Tenders & Waffle	560	28	5.5	19	59
Mac & Cheese w Dinner Roll	378	18.5	9.5	18	37
Soft Taco	331	17	9.3	23	25
Coney Dog and Fries	478	23.75	9.42	23.25	46.75
Hot Dog And Fries (Krause)	392	13.5	3.05	13	50
Nacho Grande	371	20	8.8	23	28
Breakfast for lunch HS &MS	498	27	8.17	17.67	47.67
Breakfast for Lunch Krause	375	16	2.5	13.5	45
Spicy Chicken Patty Sandwich HS & MS	420	17	3	20	44
Bosco Sticks (2) HS & MS	420	14	6	24	52
Bosco Sticks Krause	280	10	5	18	30
Chicken Nuggets w/Dinner Roll HS & MS	368	17.8	3	19.6	35.2
Chicken Nuggets w/Dinner Roll Krause	320	15	2.5	17	32
Corn Dog Nuggets	220	12	2.5	6	24
Pepperoni Calzone	280	11	6	19	32
Chicken patty Sandwich	410	17	2.5	21	43
Ham & Cheese Lunch Kit (Krause)	350	15	7	15	35
Pizza Lunch Kit (Krause)	350	15	7	15	35
Grilled Cheese (Krause)	280	10	5	18	31
Sloppy Joe Sandwich	245	7	2.2	17	29
Breadstick Pizza MS & Krause	280	12	5	14	29
Chicken Strip & Dinner Roll	360	16.5	2.5	18	34
Armada Fil A HS & MS	310	18	1	23	29
Ravioli w/Garlic toast HS & MS	400	9	3	21	61
Sweet & Sour Chicken o/wg rice	490	14.5	3	23	67

Sodium
697.96
1479
796
580
782
740
899
577
1307
1045
977
931.67
470
570
540
420
564
470
420
590
570
880
880
581
552
600
505
725
430
670