

Clovis Unified School District
SECONDARY MENU - Nutrition Facts - 2/1/16

<u>Breakfast Entrée Items</u>	<u>Serving Size</u>	<u>Calories</u>	<u>Protein (gm)</u>	<u>Carbohydrate (gm)</u>	<u>Total Fat (gm)</u>	<u>Saturated Fat (gm)</u>
Bacon Cheese Toast	Each	348	22	48	20	7
Bean & Cheese Breakfast Burrito - Santa Fe	Each	410	18	59	12	6
Breakfast Burrito with Egg, Bacon & Cheese	Each	353	17	31	18	7
Cereal - 2oz average	Each	230	3	48	4	0
Cinnamon Roll - 3oz	Each	374	6	70	9	1
Egg/Sausage & Cheese Pocket	Each	408	16	42	21	7
Benefit Bars	Pkg	290	5	47	9	3
Muffin - Chocolate/Chocolate Chip	Each	432/444	6	44/48	26/27	6
Muffin - Cinnamon Sugar	Each	468	7	54	26	5
Muffin - Vanilla	Each	435	7	45	26	5
<u>Lunch Entrée Items</u>	<u>Serving Size</u>	<u>Calories</u>	<u>Protein (gm)</u>	<u>Carbohydrate (gm)</u>	<u>Total Fat (gm)</u>	<u>Saturated Fat (gm)</u>
BBQ Baby Back Ribs w/Dinner Roll	Each	640	27	52	32	12
Bean & Cheese Burrito - Senior Felix (lunch)	Each	350	16	47	12	5
Caesar Salad w/Croutons (No dressing)	Each	564	28	35	34	10
Cheeseburger w/Potato Stix	Each	574	27	65	23	7
Chicken Alfredo w/Roll	Each	509	31	55	19	9
Chicken Cordon Bleu (HS ONLY)	Each	668	36	73	26	8
Chicken Drumstick w/Mashed Potatoes & Biscuit	Each	518	21	58	22	12
Chicken & Cheese Enchiladas	2 Each	526	7	52	26	9
Chicken Pot Pie with Biscuit	Each	432	23	45	19	14
Chicken Fajitas with Peppers & Onions	Each	446	30	30	23	9
Cobb Salad w/Croutons (No dressing)	Each	531	25	35	33	7
Deli Sandwich - (IS)	Each	468	26	46	20	6
Deli Sandwich - (HS)	Each	535	27	57	22	6
General Tso Chicken Rice Bowl	Each	400	24	57	9	3
Honey Fire Chicken Rice Bowl	Each	368	24	51	8	3
Hot & Spicy Chicken Chunks w/2oz Roll - HS	5 Each + 2oz	540	21	45	31	6
Hot & Spicy Chicken Patty Sandwich	Each	360	21	43	13	3
Orange Chicken Rice Bowl	Each	337	16	56	5	1
Peanut Butter & Jelly Uncrustables	Each	630	19	64	33	7
Salmon w/Wild Rice & Broccoli	Serving	391	33	38	13	4
Tornados (average)	Each	165	7	22	6	2
Turkey Gravy w/Mashed Potatoes & Roll	Each	362	20	48	11	3

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<u>Side Items & A la Carte Items</u>	<u>Serving Size</u>	<u>Calories</u>	<u>Protein (gm)</u>	<u>Carbohydrate (gm)</u>	<u>Total Fat (gm)</u>	<u>Saturated Fat (gm)</u>
Apple, Fresh	Each	72	0	19	0	0
Baby Carrots	Indv. Bag	25	1	6	0	0
Bananas, petite	Each	72	1	19	0	0
Baked Beans	1/2 cup	147	5	34	1	0
Baked Crisps - BBQ	.875 oz bag	110	2	19	2.5	0
Baked Cheddar Sour Cream Crisps	.875 oz bag	100	1	17	3	0
Baked Crisps - Sour Cream & Onion	.875 oz bag	100	2	18	2.5	0
Chili Beans	1/2 cup	111	6	20	1	0
Chocolate Chip Cookie	Each - 1.5 oz	180	3	28	7	2
Cookie, Holiday (various shapes)	Each	160	2	21	8	1.5
Corn	1/2 cup	67	2	16	1	0
Corn Cobbette	1 Each	38	1	9	0	0
Dinner Roll	2oz	160	4	28	4	1
Doritos - Cool Ranch	1oz	130	2	19	5	1
Doritos - Spicy Sweet Chili	1oz	130	2	20	5	0.5
Flamin' Hot Cheetos (Baked)	.875 oz bag	120	2	18	5	0.5
Frozen Fruit Bar - Strawberry	4oz	130	0	33	0	0
Frozen Juice Cup Straw/Pom;Lem/Ber;ChrBlu	Each	70	0	18 or 19	0	0
Ice Cream Sandwich, Blue Bunny	Each	130	3	25	3	1.5
Juice, Apple, Mixed Berry or Orange	4 oz	56 or 60	1	14	0	0
Mandarin	Each	45	1	11	0	0
Mashed Potatoes	1/2 cup	82	1	18	1	0
Milk, Chocolate - Fat Free	8oz	120	9	21	0	0
Milk - Rockin' Refuel - a la carte	12oz	260	20	43	0	0
Milk, White - 1%	8oz	130	11	16	3	1.5
Peach Fruit Cup	4.4oz	80	1	19	0	0
Potato Stix	4oz	200	22	33	7	1
Powerade Zero	20oz	8	0	0.25	0	0
Raisels/Raisins	Indv. Box	135/113	1-Jan	35/30	0/0	0/0
Side Salad with Vegetables & Ranch	Each	75	1	6	5	1
Soy Milk	8oz	100	5	13	2	0

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