

# FOOD SERVICE MENU

# Nutrition Guide

CONSOLIDATED HIGH SCHOOL DISTRICT 230 - ANDREW, SANDBURG AND STAGG HIGH SCHOOLS

Food Item	Calories	Fat g	Carbohydrates g	Protein g	Sodium mg
Bagel	150	0	31	6	320
Baked Chips	170	5	29	3	310
Bosco Sticks (2)	420	14	48	24	800
Bottle Water	0	0	0	0	0
Bread Bowl	500	1.5	102	20	1000
Brownie	150	5	27	1	140
Burrito	400	17	50	13	680
Cake Frosted	370	12	62	4	395
Canned Fruit	70	0	18	0	7
Cappuccino	130	6	21	0	50
Cereal	80	0.5	18	1	95
Cereal/Milk	210	5.5	30	9	220
Cheese Quesadilla	348	15.5	33	19	810
Cheese Sauce	70	5	6	1	570
Cheese Slice	70	5	6	1	570
Cheeseburger	351	18	27	19	586
Chicken Nuggets (8)	506	38	21	22	350
Chicken Quesadilla	331	13	33	19	820
Chicken Sandwich	503	30	37	21	732
Chicken Tenders (3)	465	48	20	26	885
Chocolate Bar	280	14	35	4	30
Cooked Vegetables	42	0	7	2	76
Crackers (2)	20	1	4	0	95
Cream Cheese	60	5	1	2	111
Croissant	290	16	33	5	270
Deli Sandwich	211	4	27	21	858
Deli Sandwich/Cheese	281	9	29	24	1158
Diet Soda	0	0	0	0	0
Diet Tea	0	0	0	0	150
Diet/Lite Dressing	12	5	2	0	508
Donut	322	15	44	4	380
Egg, cheese muffin	270	10	29	17	460
Egg,meat,chse muffin	305	13	29	21	815
English Muffin	130	1	25	5	270
Flavor Water	0	0	0	0	13
French Fries	212	17	15	1	0
French Toast/Syrup	523	24	74	5	401
Fresh Fruit	50	0	18	0	0
Frito Lays - Chips	230	15	23	3	270
Fruit Pie	480	20	68	4	400
Gatorade	90	0	6	0	70
Gravy	35	1	6	0	300
Grilled Cheese	276	12	38	18	858
Gyro Sandwich	414	23	39	14	949
Hamburger	281	13	25	16	286
Hostess Muffin	250	16	25	3	140
Hot Chocolate	130	6	21	0	50

Food Item	Calories	Fat g	Carbohydrates g	Protein g	Sodium mg
Hot Dog/Bun	317	23	24	15	551
Ice Cream Bar	180	11	18	3	60
Iced Latte	240	3	43	6	160
Jello	80	0	19	1	95
Juice	80	0	20	1	2
Jumbo Cookie	300	13	44	3	310
Jumbo Hot Dog/Bun	497	40	25	21	1051
Jumbo Pretzel	360	2	76	12	1880
Kaiser	190	2	36	7	380
Marinara Sauce	70	0	13	2	650
Meatball Sandwich	373	18	32	20	1087
Milk 1/2 pt. 1% Choc	160	2.5	28	8	250
Milk 1/2 pt. 2% White	130	5	12	8	125
Milk Chug Pint 1%Choc.	320	50	554	16	340
Muffin	200	3	31	3	260
Nacho and Cheese	250	14	27	4	650
Nutri Grain Bar	140	3	26	1	120
Pan Crust Pizza	436	15	53	23	604
Pasta Salad	210	18	44	8	31
Patti Melt	518	21	62	23	1179
Peppermill Dressing	200	22	4	1	380
Pickle Spear	5	0	0	0	300
Pizza Boat	280	10	29	16	600
Pizza Slice	310	11	36	15	610
Pntbtrr & Jelly Sand	386	18	44	8	463
Pop Tart	430	13	71	6	480
Pretzel Apple Cinnamon	171	4	27	6	192
Propel	20	0	6	0	70
Pudding	150	7	19	2	125
Quarter Pound	331	16	25	19	299
Quarter Pound/Cheese	401	20	28	25	599
Ranch Dip	160	17	1	1	200
Rib Sandwich	330	32	27	13	428
Rueben Sandwich	216	6	28	16	678
Side Salad	5	0	0	0	0
Skittles	250	25	56	0	0
Slice of Bread	68	1	13	3	129
Soft Serve Yogurt	170	9	20	4	80
Specialty Salad	75	1.5	2	15	420
Starburst	240	5	48	0	0
Sweet Roll	315	16	39	4	260
Tater Tots (Baked)	150	8	18	2	330
Veggie Burger	293	6	35	16	667
Veggies	12	0	2	1	12
Whipped Potatoes	100	1	22	2	25
Yogurt	60	0	11	7	90
Yogurt Parfait	260	3	40	10	90