

2016-2017 Menu Nutrition: Valparaiso High School

MONDAY LUNCH ENTREES

Food Items	Item Code	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Fiber (g)	Sodium (mg)	Common Allergens Present	Gluten Free?
MONDAY										
Popcorn Chicken Bowl										
Popcorn Chicken	327120	11 each	230	12	2.5	14	2	350	Wheat, Soy	N
Mashed Potatoes	613738	1/2 c	70	0	0	14	1	310	Milk,	Y
Corn	610782	1/4 c	35	0.25	0	8	1	0	No known allergens	Y
Cheese Shred	150250	1/2 oz	55	4.5	3	0.5	0	95	Milk	Y
Gravy, Low Sodium	552061	1 fl. oz	20	0.5	0	3	0	65	Milk, Soy, Wheat, Eggs	N
Carolina BBQ Pulled Pork on Whole Grain Bun	BRK FRM AM 3159	4 oz 1 each	299 160	17 2	6 0	17 29	0 2	233 190	No known allergies Wheat	Y N
Big Daddy Primo Cheese Pizza	667772	1 slice	370	15	7	36	3	500	Milk, Wheat, Soy	N
Cherry Blossom Chicken over Brown Rice Pilaf	VE 060346 NK 108	1/2 cup (3.92 oz) 1/2 c	180 131	7 0.6	2 0	18 28	n/a 1	155 281	Wheat, Eggs, Soy No known allergies	N Y
Chicken on Whole Grain Bun	NK 157	1 each	365	11.25	1.5	38	5	487	Soy, Wheat	N
Chicken Tenders with Potato Smiles	253464 228818	3 each 4 each	230 130	9 4.5	1.5 0.5	13 20	0 2	550 180	Wheat No known allergens	N Y
Tru-Moo Choc Fat-Free Milk	8 oz	1 each	120	0		20	0	125	Milk	Y
1% Lowfat White- Dean's (pink)	8 oz	1 each	110	2.5		13	0	130	Milk	Y
Fat-Free White- Dean's	8 oz	1 each	90	0		13	0	130	Milk	Y

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TUESDAY LUNCH ENTREES

Food Items	Item Code	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Fiber (g)	Sodium (mg)	Common Allergens Present	Gluten Free?
Tuesday										
Pancakes with	108995	2 each	250	7	2	42	1	840	Egg, Tree Nuts, Soy	Y
Pork Sausage Patties and	785880	2 each	240	22	8	0	0	380	Gluten-Free	Y
Syrup	160090	1 each	120	0	0	31	0	0	No known allergies	Y
Cheddar Jack Steakburger	NK 158	1 each	328	11.7	5.1	30.4	3	561	Milk, Wheat	N
Bosco Sticks with	235411	2 each	280	10	6	30	2	420	Wheat, Milk	N
Red Sauce Cup	677721	1 each	40	1	0	8	1	230	No known allergies	Y
Chicken and Waffles										
Chicken Smackers	536620	10 each	270	13	3	20	3	590	Milk, Soy, Wheat	N
Belgian Waffle Sticks	152221	2 each	140	2	0	27	2	250	Milk, Soy, Eggs, Wheat	N
Syrup	160090	1 each	120	0	0	31	0	0	No known allergies	Y
Chicken Parm Bowl	NK 74	1 bowl	513	14.5	3.4	59	6.6	766	Milk, Soy, Wheat	N
Viking Personal Pan Pizza	VE 56766	1 each	480	18	10	60	3	800	Milk, Wheat, Soy	N
Tru-Moo Choc Fat-Free Milk		1 each	120	0		20	0	125	Milk	Y
1% Lowfat White- Dean's		1 each	110	2.5		13	0	130	Milk	Y
Fat-Free White- Dean's		1 each	90	0		13	0	130	Milk	Y

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WEDNESDAY LUNCH ENTREES

Food Items	Item Code	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Fiber (g)	Sodium (mg)	Common Allergens Present	Gluten Free?
Wednesday										
Nachos										
Beef Taco Meat	722330	3.2 oz	111	5	1.8	5	2	292	Soy	Y
Jalapeno Cheese Sauce	135271	1.0 oz	43	3	2	1.3	0	183	Milk, Soy	Y
Refried Beans	183910	1/2 c	144	1	1	25	8	525	No known allerges	Y
Tortilla Chips	163020	1 oz	150	6	1	21	2	75	No known allerges	Y
Chicken on Whole Grain Bun	NK 157	1 each	365	11.25	1.5	38	5	487	Soy, Wheat	N
Big Daddy Primo Cheese Pizza	667772	1 slice	370	15	7	36	3	500	Milk, Wheat, Soy	N
Lasagna	NK 30	6 oz.	357	15	8	25	2.3	608	Milk, Wheat	N
Buffalo Chicken Tenders	NK 151	4 each	234	11.5	2.5	12.4	1.4	637.4	Soy, Wheat	N
Pesto Chicken Sub	NK 172	1 each	490	20.07	3.3	52.9	4.6	835	Milk, Egg, Soy, Wheat	N
Spicy Fries	VE 63219	1/2 cup	103	4.4	0.7	14.8	1.4	289	Wheat	N
Tru-Moo Choc Fat-Free Milk		1 each	120	0		20	0	125	Milk	Y
1% Lowfat White- Dean's		1 each	110	2.5		13	0	130	Milk	Y
Fat-Free White- Dean's (blue)		1 each	90	0		13	0	130	Milk	Y

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Valparaiso Valparaiso

THURSDAY LUNCH ENTREES

Food Items	Item Code	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Fiber (g)	Sodium (mg)	Common Allergens Present	Gluten Free?
Thursday										
Pepperoni Calzone	135191	1 each	340	13	5	35	3	510	Wheat, soy, milk	N
Baked Potato Bar										
Steamed Broccoli	610871	1/4 cup	12	0	0	2.3	1.4	14	No known allergens	Y
Cheese	135261	1.0 oz	43	3	2	1.3	0	183	Milk, Soy	Y
Diced Turkey Ham	202150	2.0 oz	70	3	1	0	0	350	No known allergens	Y
Baked Potato	246859	1 each=	200	0	0	48	8	0	No known allergens	Y
Bosco Sticks with	235411	2 each	280	10	6	30	2	420	Wheat, Milk	N
Red Sauce Cup	677721	1 each	40	1	0	8	1	230	No known allergens	Y
Chicago All Beef Hot Dog	471350	1 each	170	16	6	1	0	280	No known allergens	Y
on Whole Grain Bun	AM 2918	1 each	110	1.5	0	21	2	190	Wheat	N
Baked Chicken Drumstick	603391	1 pcs	190	11	2.5	5	1	450	Wheat	N
with side of Mac & Cheese	119122	1/2 cup	210	8	4.5	23	1	730	Wheat, Egg, Milk, Soy	N
Flatbread Sandwich										
Tomato Mozzarella	NK 173	1 each	367	16.7	9.2	36.5	4.25	613.8	Milk, Egg, Wheat	N
Turkey Bacon	NK 181	1 each	448	19.5	10.6	30	3	1246	Milk, Wheat	N
Italian	NK 180	1 each	459	24.3	12	30.6	3.8	1338	Milk, Wheat	N
with Seasoned Potatoes	199080	1/2 cup	130	5	1	19	2	460	Wheat	N
Tru-Moo Choc Fat-Free Milk		1 each	120	0		20	0	125	Milk	Y
1% Lowfat White- Dean's		1 each	110	2.5		13	0	130	Milk	Y
Fat-Free White- Dean's		1 each	90	0		13	0	130	Milk	Y

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FRIDAY LUNCH ENTREES

Food Items	Item Code	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Fiber (g)	Sodium (mg)	Common Allergens Present	Gluten Free?
Friday										
Meatball Sub	NK 174	1 each	490	20.9	9	50	4	789	Milk, Egg, Soy, Wheat	N
Mini Quesadillas	107201	3 pcs	250	8	2.5	30	4	600	Milk, Wheat, Soy	N
Big Daddy Primo Cheese Pizza	667772	1 slice	370	15	7	36	3	500	Milk, Wheat, Soy	N
Jamacian Street Tacos	NK 176	2 tacos	330	11.1	4.9	34	4	666.7	Milk, Soy, Wheat	N
Pizza Crunchers with Red Sauce Cup	143271 677721	4 each 1 each	420 40	20 1	9 0	41 8	5 1	790 230	Milk, Wheat No known allergens	N Y
Viking Burger with Classic French Fries	NK 93 199910	1 each 1/2 cup	598 150	36.86 6	14.8 1	33 22	4.3 2	760 400	Milk, Soy, Wheat Wheat	N N
Tru-Moo Choc Fat-Free Milk		1 each	120	0		20	0	125	Milk	Y
1% Lowfat White- Dean's		1 each	110	2.5		13	0	130	Milk	Y
Fat-Free White- Dean's		1 each	90	0		13	0	130	Milk	Y

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DELI GRAB 'N GO ENTREES

Food Items	Item Code	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Fiber (g)	Sodium (mg)	Common Allergens Present	Gluten Free?
Deli										
Turkey Pesto Sub	NK 159	1 each	435	20.4	6.3	37	4.3	1085	Milk, Egg, Soy, Wheat	N
Garden Veggie Salad	NK 13	1 each	281	16.5	7.7	16.4	3.5	420	Milk, Egg, Peanut, Tree Nut,	N
Chef Salad- turkey	NK 14	1 each	244	11.8	6.5	15.8	3.5	598	Milk, Peanut, Tree Nut, Soy,	N
Fresh Veggie Wrap	NK 163	1 each	448	25.4	15.5	35.7	4.8	916	Milk, Wheat	N
Fruit Medley	NK 168	1 each	408	13.8	6.6	51.2	4.1	518	Milk, Egg, Soy, Wheat	N
Yogurt Parfait	NK 178	1 each	363	4.25	1.6	73.3	3.2	109.5	Milk	Y
LARGE PBJ Uncrustable	516761	1 each	630	33	7	64	6	630	Peanuts, Wheat	N
Alternate Meal: SMALL PBJ Uncrustable 2.6z	527462	1 each	320	17	3.5	32	3	320	Wheat, Peanuts	N

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HARVEST BAR OPTIONS (Included with all Lunch and Grab 'n Go Entrees)

Food Items	Item Code	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Fiber (g)	Sodium (mg)	Common Allergens Present	Gluten Free?
Romaine Salad	NK 148	1/2 cup	6	0	0	1	0.5	0	No known allergies	Y
Apple Slices	473171	1 pkg	28.5	0	0	7	1.7	2.9	No known allergies	Y
Celery	781592	1/2 cup	7.5	0	0	2	1	50	No known allergies	Y
Cucumbers	198587	1/2 cup	4	0	0	1	0	0	No known allergies	Y
Fresh Broccoli	732451	1/2 cup	15	0.2	0	3	1.1	14.5	No known allergies	Y
Fresh Carrots	510637	1/2 cup	52	0	0	12	4	88	No known allergies	Y
Frozen Strawberries	293393	1/2 cup	100	0	0	25	1.3	0	No known allergies	Y
Fruitable- Reg	272122	1 each	60	0	0	14	0	15	No known allergies	Y
Grape Tomato	129631	1/2 cup	18	0	0	6	0	6	No known allergies	Y
Grapes	280895	1/2 cup	60	0	0	15	0.66	10	No known allergies	Y
Mandarins	612448	1/2 cup	60	0	0	14	0	10	No known allergies	Y
Peaches	256760	1/2 cup	50	0	0	14	1	5	No known allergies	Y
Pickle Spears	107352	2 each	0	0	0	0	0	210	No known allergies	Y
Pickled Jalapenos	499943	1 oz	5	0	0	1	1	280	No known allergies	Y
Pico de Gallo	NK 171	1/4 cup	12	0	0	2.9	0.7	39.6	No known allergies	Y
Pineapple	189979	1/2 cup	75	0	0	20	1	1.2	No known allergies	Y
Salsa	452841	1/4 cup	20	0	0	4	2	140	No known allergies	Y
Sugar Snap Peas	778214	1/2 cup	12.6	0	0	2.6	1	0	No known allergies	Y
Whole Grain Roll	AM 4372	1 each	100	1.5	0	19	2	125	Wheat	N
Ketchup	819492	1 T	20	0	0	5	0	160	No known allergies	Y
Mustard packet	109908	1 each	0	0	0	0	0	65	No known allergies	Y
Mayo- Lite packet	188741	1 each	50	4.5	0.5	2	0	70	Egg	Y
Ranch Dressing	676210	2 T	160	17	3	1	0	240	Egg, Milk, Soy	Y
Syrup	160090	1 each	120	0	0	31	0	0	No known allergies	Y
Salsa Cup	677802	1 each	30	0	0	6	0	210	No known allergies	Y
Parmesan Cheese	445401	1 T	20	2	1	0	0	70	Milk	Y
Hot Sauce- Chamula	204850	1 t	0	0	0	0	0	80	No known allergies	Y
BBQ Sauce	664950	2 T	40	0	0	9	0	390	No known allergies	Y

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BREAKFAST (Available Every Day)

Food Items	Item Code	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Fiber (g)	Sodium (mg)	Common Allergens Present	Gluten Free?
EVERY DAY										
Ham & Cheese Croissant	NK 29	1 each	347	16.3	6	32	2	750	Milk, Eggs, Soy, Wheat	N
Breakfast Pizza	160432	1 each	220	8	2	27	3	460	Milk, Wheat, Soy	N
French Toast	652370	3 each	330	12	2	47	2	420	Soy, Wheat	N
Burrito	NK 61	1 each	416	20.6	9.8	37.4	4	786	Milk, Eggs, Soy, Wheat	N
Glazed donuts	556582	1 each	351	16	7	48	3	300.4	Milk, Soy, Wheat	N
Bagel Sandwich	NK 27	1 each	357	17	6.3	32	4	673	Milk, Egg, Wheat	N
Strawberry Yogurt Parfait	NK 197	1 each	263	3.5	1.1	53.8	2.7	57	Milk	Y
Granola	NK 177	1/4 cup	77	2.8	0.5	11.25	1.17	1.35	No known allergens	Y
Cheese Stick	786801	1 pkg	80	6	2	1	0	210	Milk	Y
GM Lucky Charms	265811	1 bowl	100	1	0	23	2	180	No known allergens	Y
GM Honey Nut Cheerios	509396	1 bowl	110	1.5	0	22	2	160	Tree Nuts	Y
GM Golden Grahams	509434	1 bowl	100	1	0	24	1	220	Wheat	N
100% Apple Juice	118921	1 each	50	0	0	13	0	10	No known allergens	Y
100% Grape Juice	118940	1 each	80	0	0	19	0	20	No known allergens	Y
100% Orange Juice	118930	1 each	60	0	0	13	0	0	No known allergens	Y
Tru-Moo Choc Fat-Free Milk		1 each	120	0		20	0	125	Milk	Y
1% Lowfat White- Dean's (pink)		1 each	110	2.5		13	0	130	Milk	Y
Fat-Free White- Dean's (blue)		1 each	90	0		13	0	130	Milk	Y

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