

FARMINGTON PUBLIC SCHOOLS

SECONDARY LUNCH NUTRITION FACTS - NUTRITION SERVICES DEPT.

Food Item	Serving size	Calories	Carbs gr.	Fat gr.	Sat. Fat gr.	Fiber gr.
BBQ Chicken Sandwich						
BBQ Chicken Patty	3 oz.	130	0	3.5	1	0
Bun	1	130	23	2	0	2
BBQ Sauce	2 T	58	14	0	0	0
Bosco Sticks & Sauce						
Bosco Sticks	2 ea.	440	52	14	8	2
Sauce	1	30	4	1	0	0
Cheese Quesadilla						
	3 ea.	250	29	9	2.5	2
Chicken Quesadilla						
	1 ea.	320	35	14	3	1
Cheeseburger						
Burger	1	190	0	12	5	0
Cheese	1	50	0.5	4.5	2.5	0
Bun	1	130	23	2	0	2
Chicken Caesar Wrap						
Chicken	1 ea.	120	1	2.5	0.5	0
Lawash	1 ea.	90	18	1	0	1
Lettuce	1/2 c.					
Dressing	1/2 pkg	115	0.5	13	2	0
Croutons	1 pkg	30	5	1	0	0
Chicken Fajitas						
Chicken	3 oz.	130	2	7	2	0
Tortillas	2 ea.	180	30	4	2	0
Chicken Nuggets						
	5 ea.	300	18.35	16.65	3.35	0
Chicken Patty on Bun						
Chicken Patty	1	230	13	13	2.5	1
Bun	1	130	23	2	0	2
Chicken Rings						
	5 ea	232	13	13	3	0
Chicken Tenders w/Tortillas						
Chicken Tenders	4 ea.	293	20	16	3.32	1.32
Tortillas	2 ea.	180	30	4	2	0
French Bread Pizza						
	1 ea	320	36	11	2.5	2

French Toast Sticks	4 ea.	310	42	14	2.5	1
Turkey Sausage	2 ea.	120	0	8	2	0
Syrup	1 ea.	123	31	0	0	0

Grilled Cheese Sandwich						
Cheese	2 slices	100	1	9	5	0
Bread	2 slices	120	22	2	0	0
Margarine	1 Tbsp.	100	0	11	2	0

Hamburger	1-3oz	190	0	12	5	0
Bun	1	130	23	2	0	2

Hot Dog on Bun						
Hot Dog	1	180	3	16	7	0
Bun	1	120	22	1.5	0	0

Kielbasa & Sauerkraut						
Kielbasa	1 ea.	336	2	30	11	0
Sauerkraut	1/4 cup	5	1	0	0	1

Lasagna w/ Sauce						
Lasagna	1 ea	200	21	8	4.5	1
Sauce	1/2 cup	80	11	3	1	2

Little Caesar's Pizza						
Pepperoni	1 slice	410	41	18	8.04	3.09
Cheese	1 slice	380	41	15	7.52	3.14

Macaroni & Cheese	1 cup	420	48	16	9	1
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Mashed Potato Bowl						
Potatoes	1/2 cup	76	15	1	0.1	1.3
Popcorn Chicken	12 pieces	220	15	13	3	1
Corn	1/4 cup	40	8.5	0.5	0	1
Gravy	1/4 cup	35	4	2	1	0

Meatball Sub						
Meatballs	5 ea	150	4	9	3.5	1
Sub Bun	1 ea	149	30	1	0	1
Sauce	1/4 c	40	6	2	0	1

Mini Turkey Corndogs	6 ea.	240	21	15	3.5	0
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Nachos & Cheese						
Nachos	1-1.5 oz pkg	220	28	11	1	3
Cheese	1	130	4	9	6	0

Papa John's Pizza Cheese	1 pc.	350	40	15	4.5	2
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Papa John's Pizza Pepperoni	1 pc.	370	39	17	6	2
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Popcorn Chicken	12 pc	220	15	13	3	1
Ravioli	1 cup	232	28	7	3	5
Rib BBQ Sandwich						
Rib BQ	1 ea.	245	10	17.5	6	0.9
Hamburger Bun	1 ea.	130	23	2	0	2
Salisbury Steak						
Salisbury Steak	1 ea.	224	5	17	8	3
Gravy	1/4 c	25	4	1	0	0
School Cheese Pizza 5" round	1	370	46	16	7	2
4 x 6 Square Pizza	1	370	42	15	4.5	2
Big Daddy's Harvest Cheese	1	340	39	12	4.5	2
Spaghetti w/Sauce						
Spaghetti	1 cup	174	37.2	0.8	0.14	6.2
Sauce	5.6 oz.	86	9	9	3.3	2
Spicy Chicken Sandwich						
Chicken Patty	1	200	12	11	2.5	1
Bun	1	130	23	2	0	2
Spicy Chicken Tenders	4 ea.	293	17.3	16	3.32	1.3
Sweet & Sour Chicken	4 oz.	230	36	4.5	1	0
Rice	1/4 c	170	38	0	0	0
Tacos						
Taco Meat	3 oz.	96	4	3	1.2	2
Tortillas	2 ea	180	30	4	2	0
Veggie Burger	1 ea.	150	10	5	1	4
Hamburger Bun	1 ea.	130	23	2	0	2
Veggie Lo Mein	6 oz.	290	43	7	2	3
Veggie Nuggets	5 ea	237.5	22.5	8.75	1.25	2.5
Potato/Vegetable	All fries are baked					
Scalloped Potato	1/2 cup	109	17	3	1	1
AuGratin Potato	2/3 cup	117	24	2	0	2
Baked Potato	1 ea.	26	6	0	0	1
Wedge cut fries	14 ea.	120	20	3	1	2
Oven Fries	18 ea.	110	20	3	0	2
Smiley Face Potato	6 ea.	160	24	6	1	2
Cubed Potatoes	3 oz.	130	16	6	3	2
Curly Fries	3 oz.	140	21	5	2	2
Mashed Potatoes	1/2 cup	74	16	1	0	1
Tater Tots	1/2 cup	133	17.5	5.8	0.83	1.6