

Asian Chicken Bowl	Popcorn Chicken Bowl	Breakfast Bowl	Asian Chicken Bowl	Mexican Bowl	LHS Options*	Condiments
Asian Chicken 25	Popcorn Chicken 15	Scrambled Eggs 3	Asian Chicken 25	Fajitia Chicken -2	Milk	Barbecue Sauce 11
Rice 30	Mashed Potatoes 31 Gravy 3	Biscuit 27 Gravy 4	Rice 30	Taco Beef 5	White 1% 13	Ketchup 3
Carrots 9	Corn 22 Cheddar Cheese 2	Potatoes 1	Brocoli 2	Lime Rice 30	Fat Free Choc 23	Mayonnaise 1
Green Salad 2	Dinner Roll 16	Green Salad 2	Green Salad 2	Mexican Corn 22	FF Strawberry 28	Mustard 0
Dinner Roll 16	Green Salad 2	Fruit	Dinner Roll 16	Peppers/Onions 8	Fresh Fruits	Sour Cream 1 oz 1
Fruit	Fruit		Fruit	Black Beans 20	1/2 Apple 10	Salad Dressing
				Refried Beans 16	Oranges 16	Lite Ranch 1 TB 3
				Salsa 2 Fruit	Bananas 23	LF Italian 1 TB 3
				Tortilla Chips 4	Grapes 16	Green Salad 1
				Tortilla Shell 8" 20/ 6" 15	Pears 9	
					Raisins 30	
This nutritional information should not be used for menu planning for children with medical conditions or food allergies.					Canned Fruits	
Please consult a medical professional for assistance.					Applesauce 14	
IT IS IMPORTANT TO NOTE THAT INGREDIENTS AND MENU ITEMS ARE SUBJECT TO CHANGE OR SUBSTITUTION WITH OR WITHOUT NOTICE.					Mandarin Oranges 20	
Please note that the School District nor the Nutritional Analysis software provider, CANNOT guarantee that the information provided					Mixed Fruit 18	
is 100% accurate and up-to-date. The nutritional information that is displayed is provided by food manufacturers, distributors, and other third parties.					Pears 16	
Menu Items are chosen based on the dietary Guidelines for Americans and USDA National School Lunch Program.					Peaches 19	
					Pineapple 11	