

Secondary Lunch

Fri - 01/01/2010	Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calcm	IU Vit-A	Mg Vit-C	G Protin	G Carb	G T-Fat	G S-Fat
Beef on Rice	1 each	297	25	620	1.30	2.89	33.61	72	0.86	13.06	38.69	9.79	3.98
Crispitos Secondary	1 each	440	70	640	3.99	2.15	119.99	0	0.00	18.00	43.99	19.98	4.99
Turkey & Cheese Sandwich	1 EACH	282	48	1579	1.59	2.98	233.54	301	4.40	22.03	31.60	6.98	3.15
Salad, Chef LCISD S-1	1 EACH	187	141	971	3.03	1.94	210.73	6475	28.62	17.69	12.05	7.81	3.55
Hamburger Secondary	Burger	243	24	519	1.79	3.09	57.17	39	0.00	15.88	28.94	8.76	3.25
STUFFED CRUST PIZZA	1 EACH	390	20	1000	2.00	5.40	300.00	500	0.00	18.00	45.00	16.00	5.00
Chicken Grilled Pattie on Bu	1 each	304	43	687	1.00	3.15	49.92	386	3.26	16.69	32.00	13.32	3.48
Chicken Grilled w/Cheeseon	1 each	339	51	915	1.00	3.15	125.86	524	3.26	19.22	33.52	15.34	4.74
Steakette	1 each	339	54	833	1.96	3.07	33.99	129	0.26	18.22	20.01	21.72	7.31
TURKEY POT PIE LCISD	1 Each	286	59	1077	2.33	2.23	83.96	2442	8.46	24.47	18.86	12.63	3.96
Tuna Salad Sandwich F-8A	1 each	283	41	550	2.41	2.54	58.69	233	0.81	19.56	29.00	11.73	1.23
Taco Salad LCISD S-2	1 EACH	376	45	1001	7.92	4.89	266.95	3426	23.28	21.31	37.04	17.64	5.64
Cheeseburger	Burger	278	31	747	1.79	3.09	133.10	177	0.00	18.41	30.47	10.78	4.52
Chicken Rings	5 Rings	440	66	528	1.13	3.14	43.12	0	0.09	17.38	47.26	20.41	4.25
Enchiladas LCISD M13	SERVINGS	394	75	405	4.03	3.09	277.10	1020	1.68	24.05	29.75	20.26	9.96
Ham & Cheese Sandwich	1 EACH	294	67	1504	2.00	2.04	196.12	275	16.51	22.40	29.05	11.45	3.74
Tuna Salad Plate USDA F-8	3/4 CUP	325	62	487	3.53	2.04	44.95	438	30.39	24.29	24.60	15.12	1.93
Burrito LCISD	1 each	370	20	640	5.00	*0.00	*0.00	*0	*0.00	14.00	40.00	17.00	4.50
Lasagna LCISD M-7	SERVINGS	429	54	679	3.81	4.44	136.27	1538	33.57	27.57	55.09	11.23	4.70
CHICKEN, BARBECUED	SERVING	258	73	897	1.34	1.16	12.14	392	3.46	22.86	15.67	10.59	2.94
TOASTED CHEESE SAND	1 EACH	256	23	956	2.00	1.44	269.16	574	0.01	11.59	30.60	11.72	4.48
Potato, Stuff w/BBQ Beef M-	1 EACH	444	32	704	7.72	4.37	78.49	462	34.79	16.41	84.76	6.72	2.27
Fish Nuggets	4 Nuggets	200	30	360	1.00	0.36	0.00	0	0.00	16.00	16.00	8.00	1.50
Ribaque on Bun M5	1 each	332	32	1193	1.97	2.67	67.51	225	1.18	13.34	54.63	8.38	2.63
Poor Boy LCISD Meat 18	1 EACH	376	49	1752	2.20	3.76	470.35	288	2.26	26.61	49.11	8.44	3.41
Corn Dog, Turkey Lite	Corn Dog	280	50	570	1.00	1.80	80.00	0	1.20	10.00	32.00	14.00	4.50
HOT POCKET Ham & Chee	1 EACH	456	52	1906	2.06	4.36	612.27	275	0.00	24.49	62.47	11.42	4.81
Chili Pie LCISD M-21	1 each	423	74	2492	3.24	3.50	112.62	1325	9.82	24.98	24.27	25.07	6.60
SPAGHETTI SAUCE LCISD	.33 CUP	192	55	649	1.33	1.99	20.58	643	15.85	16.50	10.02	9.76	3.81
Chicken Fajitas LCISD M-32	1 EACH	397	76	969	2.68	3.66	117.68	274	0.26	30.65	39.44	12.13	3.12
Meatloaf M-11B	SERVINGS	259	100	452	1.80	2.71	26.86	150	4.58	22.39	11.39	13.40	4.98
Chicken Salad Plate S-10	3/4 CUP	341	84	255	3.49	1.69	43.07	401	30.85	26.35	26.58	15.15	2.79
HOT DOG ON A BUN LCIS	SERVING	249	50	857	1.00	2.87	139.47	0	1.19	9.96	23.98	13.44	4.47
Turkey Fritter	Pattie	336	103	450	1.24	2.50	24.14	58	0.02	22.28	18.34	20.95	5.03
Taco Beef LCISD M-4	1 EACH	368	37	1232	2.42	3.43	230.46	367	6.81	18.97	41.51	14.09	6.27
Beef Stroganoff LCISD M-9	.75 cup	285	73	514	2.56	2.57	56.35	319	2.65	23.52	11.25	15.63	6.96
Steak Fingers LCISD	Serving 4 each	301	27	765	1.44	48.24	3240.00	61	0.80	14.40	18.36	18.40	5.28
Pig in a Blanket LCISD M-6	1 EACH	533	52	1289	2.06	4.05	12.40	0	0.00	20.40	58.65	22.81	8.77
Nachos Grande LCISD M-8	1 each	474	74	2506	4.19	4.29	132.94	1327	9.82	27.00	37.86	24.47	6.49