

BREADS & GRAINS

ITEM	PORTION	CARB, G	FIBER, G	PRO, G	FAT, G	CAL
Biscuit, Honey Wheat	1 biscuit	30	2	4	6	191
Breadstick, Whole Wheat	1 stick	23	2	4	0.5	110
Brown Rice	1/2 c	20	2	2	1	95
Dinner Roll	1 roll	16	1	3	1	90
Graham Crackers	1 pack	17	1	2	3	90

CONDIMENTS & DRESSINGS

ITEM	PORTION	CARB, G	FIBER, G	PRO, G	FAT, G	CAL
BBQ Sauce	packet	12	0	0	0	48
Cocktail Sauce	packet	11	1	1	1	60
Dressing, Balsamic Vinaigrette	1.5 oz packet	4	0	1	17	170
Dressing, Caesar	1.5 oz packet	3	0	1	6	70
Dressing, French	1.5 oz packet	12	0	0	0	45
Dressing, Italian	1.5 oz packet	5	0	0	0	20
Dressing, Ranch	small packet	3	0	0	0	12
Ketchup	packet	2	0	0	0	7
Mayonnaise	packet	2	0	0	2	25
Mustard	packet	0	0	0	0	3
Parmesan Cheese	packet	0	0	2	2	27
Salsa	1 oz	2	0	0	0	14
Sour Cream	packet	2	0	2	4	51
Vinegar	1 T	0	0	0	0	2

MILKS

ITEM	PORTION	CARB, G	FIBER, G	PRO, G	FAT, G	CAL
1 % White	8 oz	13	0	8	3	110
Fat Free White	8 oz	13	0	9	0	90
Fat Free Chocolate	8 oz	23	0	8	0	130

FRUITS

ITEM	PORTION	CARB, G	FIBER, G	PRO, G	FAT, G	CAL
Apple	1 piece	35	5	1	0	130
Applesauce	1/2 c	12	2	0	0	46
Banana	1 piece	30	5	1	0	110
Blueberry Cup w/Whip	1/2 c	10	2	1	2	59
Cinnamon Apple Slices	1/2 c	17	6	0	0	66
Fruit Cocktail	1/2 c	13	2	1	0	55
Fruit, Mixed	1/2 c	18	1	0	0	80
Fruit, Tropical	1/2 c	15	2	0	0	65
Orange	1 piece	20	5	0	0	80
Peaches, Canned	1/2 c	18	2	1	0	68
Pear	1 piece	25	5	1	0	100
Pears, Canned	1/2 c	19	2	0	0	72
Pineapple Tidbits	1/2 c	14	1	1	0	57

BREAKFAST

ITEM	PORTION	CARB, G	FIBER, G	PRO, G	FAT, G	CAL
Bagel	1 bagel	31	2	14	6	230
French Toast Sticks w/ syrup	4 sticks	40	1	2	3	187
Sandwich: Sausage, Egg, Cheese	1 sandwich	26	4	19	12	286
Muffin, Banana or Blueberry	1 muffin	50	2	5	5	255
Oatmeal, w/ raisins	1 c	49	6	6	3	240
Pancake, Blueberry or Maple	1 package	35	4	4	6	210
Pigglystick	1 stick	23	1	8	11	220
Pizza	1 piece	21	1	9	10	210
Chicken Biscuit	1 sandwich	37	2	11	14	311
Waffles, Maple or Cinnamon	1 package	35	4	5	5	205
Nutrigrain, Assorted	1 bar	29	3	2	4	160
Yogurt	4 oz	20	0	3	0.5	100

LAUREL SCHOOL DISTRICT MENU REFERENCE GUIDE

SCHOOL YEAR 2014-2015

Laurel School Nutrition Services



Delicious. Nutritious. Convenient.

VEGETABLES

ITEM	PORTION	CARB, G	FIBER, G	PRO, G	FAT, G	CAL
Beans, Green	1/2 c	5	2	1	0	22
Broccoli	1/2 c	10	6	6	0	52
Broccoli & Cauliflower	1/2 c	6	3	3	0	35
Carrot & Celery	1/2 c	2	0	0	0	8
Carrot, Baby Bagged	4 oz	7	2	1	0	30
Carrot, Coin	1/2 c	6	2	0	1	30
Coleslaw	1/2 c	7	1	0	5	68
Corn	1/2 c	22	4	4	1	98
Kale	1/2 c	3	1	2	0	20
Lettuce & Tomato	1/2 c	2	1	0.5	0	11
Peas, Garden Fresh	1/2 c	9	3	4	0	52
Potato, Baked Sweet	1/2 c	17	2	1	3	94
Potatoes, French Fries Sweet	1/2 c	12	2	1	0	52
Potatoes, Mashed	1/2 c	34	3	3	3	169
Potatoes, Oven Roasted Sweet	1/2 c	20	2	2	0	84
Salad, Black Bean & Corn	1/2 c	16	3	5	2	155
Salad, Cannellini Bean	1/2 c	15	4	4	6	119
Salad, Fiesta Bean	1/2 c	48	9	11	8	304
Salad, Tossed	1/2 c	6	2	2	2	41
Tomatoes, Stewed	1/2 c	6	1	1	0	26
Vegetables, California	1/2 c	6	3	3	0	36
Vegetables, Fajita	1/2 c	8	1	1	0	38

ENTREES

ITEM	PORTION	CARB, G	FIBER, G	PRO, G	FAT, G	CAL
Caesar Salad	1 each	8	4	17	6	143
Cheeseburger	1 each	29	4	30	26	460
Chicken Buffalo Salad	1 each	34	7	21	12	309
Chicken Chef Salad	1 each	17	7	18	9	214
Chicken Fajita	1 serving w/ rice	49	3	30	13	441
Chicken Parmesan	1 each	16	0	19	15	262
Chicken Teriyaki	1 serving w/ rice	52	1	21	7	351
Chicken, Boneless Buffalo	4 tenders	25	0	20	15	316
Chicken, Mandarin Orange	1 serving w/ rice	40	2	15	9	305
Chicken, Nuggets	6 nuggets	14	0	17	18	288
Chicken, Popcorn	20 pieces	15	1	18	13	230
Chicken, Roasted	1 serving	0	0	19	10	170
Chicken, Tenders	4 tenders	20	1	19	16	293
Chili, Beef Homemade	4 oz	12	4	13	6	149
Fish Fillet	1 each	19	1	14	15	270
Fish Nuggets,	5 nuggets	30	1	15	15	313
Ham Chef Salad	1 each	15	7	17	4	168
Hot Dog & Roll	1 on bun	22	2	12	17	289
Macaroni & Cheese	1 piece	43	3	18	13	358
Pizza Stix, w/Sauce	4 sticks, 4 oz sauce	32	4	16	14	320
Pizza, Cheese French Bread	1 slice	33	1	15	16	340
Pizza, Crispy Crust Cheese	1 slice	37	3	15	10	300

ENTREES cont.

ITEM	PORTION	CARB, G	FIBER, G	PRO, G	FAT, G	CAL
Quesadilla, Cheese	1 serving	30	4	13	16	323
Quesadilla, Chicken	1 serving	31	4	43	37	647
Salisbury Steak	1 steak	2	1	11	13	170
Shepherd's Pie	1 serving	8	2	22	13	233
Shrimp Poppers	20 pieces	26	3	12	14	270
Spaghetti w/ Meat sauce	1/2 c	53	8	21	10	354
Turkey Chef Salad	1 each	15	7	17	4	168
Yogurt	8 oz	17	0	3	0	79

SANDWICHES & WRAPS

ITEM	PORTION	CARB, G	FIBER, G	PRO, G	FAT, G	CAL
Sandwich, BBQ Beef	1 each	36	3	17	20	385
Sandwich, Chicken Salad	1 each	29	5	16	10	262
Sandwich, PB & J	1 each	45	5	13	25	460
Sandwich, Roast Beef & Cheese	1 each	28	5	21	15	314
Sandwich, Teriyaki	1 each	28	2	21	5	232
Sandwich, Tuna Salad	1 each	32	4	24	8	297
Sandwich, Turkey & Cheese	1 each	29	5	17	7	238
Sandwich, Ham & Cheese	1 each	28	2	17	13	302
Sub, Italian	1 each	33	4	17	16	347
Wrap, Ham & Cheese	1 wrap	36	5	17	11	307
Wrap, Turkey & Cheese	1 wrap	41	3	20	14	373
Wrap, Honey Mustard	1 wrap	7	0	12	9	156