

TUHSD Nutrition Services



CONTACT PERSON:

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NUTRITION FACTS (CALORIE/CARBOHYDRATES)

- **Breakfast Menu**
- **Grab & Go Menu**
- **Deli Fresh Menu**
- **Daily Menu Line**
- **Gluten Free Menu**
- **Holiday Meal**
- **Supper**
- **Lunch Menu Attachment
(condiments, daily sides, fruits
and vegetables)**

**Breakfast Calorie and Carb Count
2023-2024**

| Menu Item | Calories per Serving (Kcals) | Carbs per Serving (grams) |
|--|---|--------------------------------------|
| Pancake on a Stick (71g) | 140 | 16 |
| French Toast Sticks (84g) | 240 | 38 |
| Bagel (85g) | 217 | 44 |
| w/ Cream Cheese (30g) | 90 | 2 |
| Glazed Donut (69g) | 322.75 | 38.25 |
| Breakfast Pizza (104g) | 230 | 31 |
| Mini Pancakes (86g) | 247 | 42.2 |
| Banana Loaf (96g) | 260 | 45 |
| Waffle (68g) | 250 | 37 |
| Chicken & Waffle (146.78g) | 426 | 53.2 |
| Yogurt Parfait (232.46g) | 381 | 61.695 |
| Breakfast Sandwich (161.592g) | 320 | 33 |
| | | |
| Cereal | | |
| Cinnamon Toast Crunch (56g) | 230 | 44 |
| Cocoa Puffs (56g) | 230 | 47 |
| Lucky Charms (56g) | 210 | 46 |
| Honey Nut Cheerios (56g) | 210 | 45 |
| | | |
| | | |
| | | |
| Pop Tarts | | |
| Frosted Strawberry – 2 ct. | 354 | 75 |
| Frosted Brown Sugar Cinnamon – 2 ct. | 363 | 76.2 |
| | | |
| | | |
| | | |
| Muffins / Mini Donuts | | |
| Sweet Potato Chocolate Chip Muffin Top (91g) | 260 | 43 |
| Chocolate/Chocolate Chip WG Muffin (102g) | 390 | 63 |
| Banana Muffin (102g) | 380 | 61 |
| Blueberry Muffin (102g) | 380 | 61 |
| Chocolate Mini Donuts (94g) | 320 | 41 |
| Powdered Sugar Mini Donuts (85g) | 270 | 41 |
| | | |

**Breakfast Calorie and Carb Count
2023-2024 SY**

| Breakfast Specials | Calories per Serving (Kcals) | Carbs per Serving (grams) |
|--|---|--------------------------------------|
| Breakfast Sandwich: WG Hamburger Bun (2.2 oz.) Turkey Sausage Patty (1.5 oz.) Egg Patty (1.5 oz.) American Cheese Slice (.5 oz.) Total | 150 70 60 40 320 | 30 1 1 1 33 |
| Breakfast Pizza Total | 230 | 31 |
| Dutch Waffle (83g): w/ chicken (2.25 oz.) Total | 300 126 426 | 43 10.2 53.2 |
| Glazed Donut (69g) Total | 322.75 | 38.25 |
| Condiments | | |
| Ketchup – per packet | 10 | 3 |
| Syrup- 1 cup | 120 | 30 |
| | | |
| Fresh Fruit | | |
| Apple (Green or Red) | 32 | 8 |
| Orange | 43 | 11 |
| Pear | 86 | 23 |
| Peach | 68 | 17 |
| Plum | 76 | 19 |
| Banana | 105 | 27 |
| Clementine (Cuties Orange) | 90 | 22 |
| Nectarine | 63 | 15 |
| | | |
| Milk | | |
| Fat Free White | 90 | 12 |
| 1% White | 100 | 12 |
| Fat Free Chocolate | 140 | 26 |
| Fat Free Strawberry | 140 | 25 |
| | | |
| Juice | | |
| Orange Tangerine (4.23 oz.) | 60 | 15 |
| Apple (4.23 oz.) | 60 | 14 |

**Grab & Go / Deli Fresh
Calorie and Carb Count
2023-2024 SY**

| Grab & Go Menu Item | Calories per Serving (Kcals) | Carbs per Serving (grams) |
|---|---|--------------------------------------|
| Entrée | | |
| Hot & Spicy Chicken Sandwich | 350 | 39 |
| Pepperoni Pizza | 360 | 33 |
| Bean & Cheese Burrito | 291.11 | 40.95 |
| Taco Stick | 344.01 | 32.24 |
| Daily Sides | | |
| Monday, Tuesday, and Friday: Side Salad | 62.1 | 14.81 |
| Wednesday: ***Hot Veggies | | |
| Broccoli | 30 | 5.33 |
| Corn (from frozen) | 135 | 31.5 |
| 4-way mixed | 133.56 | 29.36 |
| Green Beans | 45 | 9 |
| Thursday: Veggie Cup w/ Tajin | 41.44 | 11.5 |
| Deli Fresh Salads | | |
| Fruit & Protein Bowl | 288 | 42.85 |
| Crunchmania | 220 | 37 |
| Total | 508 | 79.85 |
| Taco Salad | 538.98 | 49.74 |
| Crunchmania | 220 | 37 |
| Total | 758.98 | 86.74 |
| Chicken Garden Salad | 328 | 23.6 |
| Ranch Dressing | 110 | 3 |
| Crunchmania | 220 | 37 |
| Total | 658 | 63.6 |
| Southwest Chicken Salad | 414.25 | 33.23 |
| Crunchmania | 220 | 37 |
| Total | 634.25 | 70.23 |
| Chef Salad | 308 | 15.6 |
| Ranch Dressing | 110 | 3 |
| Crunchmania | 220 | 37 |
| Total | 638 | 55.6 |
| Deli Fresh Sandwiches | | |
| Ham & Cheese Sandwich | 280 | 29 |
| Turkey & Cheese Sandwich | 290 | 29 |
| Tuna Sandwich | 281 | 32.56 |
| Peanut Butter & Jelly -Wheat Bread | 606 | 61.16 |
| Vending Boxes | | |
| Breakfast for Lunch Box | 585 | 102.2 |
| Smucker's 5.3 oz. Uncrustable Box | 667 | 80 |

**Grab & Go/ Deli Fresh
Calorie and Carb Count
2023-2024 SY**

| | | |
|----------------------------|--------|-------|
| On the Side | | |
| Veggie Cup w/ Tajin | 41.44 | 11.5 |
| Bean Cup | 200.24 | 34.87 |
| 3 oz. Baby Carrots | 35 | 8 |
| Lettuce & Tomato | 13 | 2.56 |
| | | |
| Condiments | | |
| Mustard – per packet | 5 | 0 |
| Ketchup – per packet | 10 | 3 |
| | | |
| Whole Fresh Fruits | | |
| Apple (Green or Red) | 32 | 8 |
| Orange | 43 | 11 |
| Pear | 86 | 23 |
| Peach | 68 | 17 |
| Plum | 76 | 19 |
| Banana | 105 | 27 |
| Clementine (Cuties Orange) | 90 | 22 |
| Nectarine | 63 | 15 |
| | | |
| Milk | | |
| Fat Free White | 90 | 12 |
| 1% White | 100 | 12 |
| Fat Free Chocolate | 140 | 26 |
| Fat Free Strawberry | 140 | 25 |
| | | |
| Juice | | |
| Tropical Twist (6.75 oz.) | 90 | 22 |
| Power Punch (6.75 oz.) | 90 | 22 |
| | | |

Daily Menu Line – Menu Cycle #1
Calorie and Carb Count
2023-2024 SY

| Menu Item | Calories per Serving (Kcals) | Carbs per Serving (grams) |
|---|---------------------------------|------------------------------|
| Monday– Day 1- Menu Cycle #1 | | |
| Macaroni & Cheese | 420.56 | 36 |
| Fresh Steamed Broccoli & Cauliflower | 15 | 5.33 |
| Texas Toast | 13.33 | 2.5 |
| Fresh Whole Fruit* or Canned Fruit**See list below. | 100 | 7 |
| TOTAL | 548.89 | 50.83 |
| Tuesday– Day 2- Menu Cycle #1 | | |
| WG Chicken Tenders | 200 | 14 |
| Bow Tie Pasta with Veggies | 165.39 | 28.34 |
| Fresh Steamed Broccoli | 30 | 5.33 |
| Fresh Whole Fruit* or Canned Fruit**See list below. | | |
| TOTAL | 395.39 | 47.67 |
| Wednesday – Day 3- Menu Cycle #1 | | |
| Calzone | 330 | 34 |
| Tossed Salad | 47 | 9.52 |
| Ranch Dressing | 110 | 3 |
| Fresh Whole Fruit* or Canned Fruit**See list below. | | |
| TOTAL | 487 | 46.52 |
| Thursday- Day 4- Menu Cycle #1 | | |
| Cheeseburger on WG Bun | 360 | 33 |
| Lettuce & Tomato | 13 | 2.56 |
| Green Beans | 45 | 9 |
| Fresh Whole Fruit* or Canned Fruit**See list below. | | |
| TOTAL | 418 | 44.56 |
| Friday – Day 5- Menu Cycle #1 | | |
| WG Orange Chicken | 390 | 59 |
| WG Vegetable Fried Rice | 270 | 54 |
| Stir Fry Vegetables | 30 | 5 |
| Edamame | 120 | 11 |
| Fresh Whole Fruit* or Canned Fruit**See list below. | 22 | 5 |
| Fortune Cookie | | |
| TOTAL | 832 | 134 |

Daily Menu Line – Menu Cycle #2
Calorie and Carb Count
2023-2024 SY

| Menu Item | Calories per Serving (Kcals) | Carbs per Serving (grams) |
|--|---------------------------------|------------------------------|
| Monday – Day 1 Menu Cycle #2 | | |
| Chicken Alfredo Mix | 180 | 8 |
| Bowtie Pasta | 200 | 42 |
| Broccoli | 30 | 5.33 |
| WG Texas Toast | 100 | 14 |
| Fresh Whole Fruit* or Canned Fruit** See list below. | | |
| TOTAL | 510 | 69.33 |
| Tuesday – Day 2 Menu Cycle #2 | | |
| Tacos (Flour Tortilla 2 ct.) | 180 | 28 |
| Pork Carnitas | 140 | 1 |
| Shredded Cabbage | 25 | 5 |
| Corn | 135 | 31.5 |
| Pico de Gallo | 16 | 4 |
| Fresh Whole Fruit* or Canned Fruit** See list below. | | |
| TOTAL | 496 | 69.5 |
| Wednesday – Day 3 Menu Cycle #2 | | |
| WG Chicken Breast Chunks | 210 | 17 |
| Mashed Potatoes | 122.4 | 23.12 |
| Corn | 67.5 | 15.75 |
| Country Gravy | 50 | 5 |
| WG Dinner Roll | 80 | 15 |
| Fresh Whole Fruit* or Canned Fruit** See list below. | | |
| TOTAL | 529.9 | 75.87 |
| Thursday – Day 4 Menu Cycle #2 | | |
| Chicken Sandwich on WG Bun | 390 | 44 |
| Lettuce & Tomato | 13 | 2.56 |
| Pickles | 0 | 0 |
| Baked Chips | 140 | 22 |
| Fresh Whole Fruit* or Canned Fruit** See list below. | | |
| TOTAL | 543 | 68.56 |
| Friday – Day 5 Menu Cycle #2 | | |
| Pork Carnitas | 140 | 1 |
| WG Bun | 150 | 30 |
| BBQ Sauce | 110 | 28 |
| Coleslaw w/ Dressing | 122.66 | 11.2 |
| Fresh Whole Fruit* or Canned Fruit** See list below. | | |
| TOTAL | 522.66 | 70.2 |

Daily Menu Line – Menu Cycle #3
Calorie and Carb Count
2023-2024 SY

| Menu Item | Calories per Serving (Kcals) | Carbs per Serving (grams) |
|--|---------------------------------|------------------------------|
| Monday – Day 1 Menu Cycle #3 | | |
| Chicken Alfredo Mix | 180 | 8 |
| Bowtie Pasta | 200 | 42 |
| Broccoli | 30 | 5.33 |
| WG Texas Toast | 100 | 14 |
| Fresh Whole Fruit* or Canned Fruit** See list below. | | |
| TOTAL | 510 | 69.33 |
| Tuesday – Day 2 Menu Cycle #3 | | |
| WG Cheese Bread Pull Apart | 278.15 | 29.5 |
| Marinara Sauce | 35 | 7 |
| Tossed Salad | 47 | 9.52 |
| Ranch Dressing | 110 | 3 |
| Fresh Whole Fruit* or Canned Fruit** See list below. | | |
| TOTAL | 470.15 | 49.02 |
| Wednesday – Day 3 Menu Cycle #3 | | |
| WG Chicken Tenders | 200 | 14 |
| Bow Tie Pasta | 165.39 | 28.34 |
| Steamed Broccoli | 30 | 5.33 |
| Fresh Whole Fruit* or Canned Fruit**See list below. | | |
| TOTAL | 395.39 | 47.67 |
| Thursday – Day 4 Menu Cycle #3 | | |
| Macaroni & Cheese | 420.56 | 36 |
| Fresh Steamed Broccoli & Cauliflower | 15 13.33 | 5.33 2.5 |
| Texas Toast | 100 | 7 |
| Fresh Whole Fruit* or Canned Fruit**See list below. | | |
| TOTAL | 548.89 | 50.83 |
| Friday – Day 5 Menu Cycle #3 | | |
| Cheeseburger on WG Bun | 360 | 33 |
| Lettuce & Tomato | 13 | 2.56 |
| Green Beans | 45 | 9 |
| Fresh Whole Fruit* or Canned Fruit**See list below. | | |
| TOTAL | 418 | 44.56 |

Gluten Free Menu Cycle #1

**Calorie and Carb Count
2023-2024 SY**

| Menu Item | Calories per Serving (Kcals) | Carbs per Serving (grams) |
|--|--|---|
| Monday– Day 1- GF Menu Cycle #1 Fruit & Yogurt Bowl Fresh Veggie Cup Fresh Whole Fruit*or Canned Fruit**See list below. TOTAL | 288 41.44 329.44 | 42.85 11.5 54.35 |
| Tuesday– Day 2- GF Menu Cycle #1 GF Chicken Tenders Bow Tie Pasta with Veggies Fresh Broccoli Fresh Whole Fruit* or Canned Fruit**See list below. TOTAL | 170 165.39 30 365.39 | 14 29.34 5.33 48.67 |
| Wednesday – Day 3- GF Menu Cycle #1 GF Ravioli w/ Marinara Sauce Tossed Salad Ranch Dressing Fresh Whole Fruit* or Canned Fruit** See list below. TOTAL | 315.38 47 110 472.38 | 37.88 9.52 3 50.4 |
| Thursday- Day 4- GF Menu Cycle #1 Cheeseburger on GF Bun Lettuce & Tomato Green Beans Fresh Whole Fruit* or Canned Fruit**See list below. TOTAL | 450 13 45 508 | 47 2.56 9 58.56 |
| Friday – Day 5- GF Menu Cycle #1 Chef Salad Ranch Dressing Fresh Whole Fruit* or Canned Fruit **See list below. TOTAL | 308 110 418 | 15.6 3 18.6 |

**Gluten Free Menu Cycle #2
Calorie and Carb Count
2023-2024 SY**

| Menu Item | Calories per Serving (Kcals) | Carbs per Serving (grams) |
|--|---------------------------------|------------------------------|
| Monday– Day 1- GF Menu Cycle #2 | | |
| GF Chicken Alfredo Mix | 170 | 3 |
| GF Penne Pasta | 200 | 44 |
| Broccoli | 30 | 5.33 |
| Fresh Whole Fruit* or Canned Fruit **See list below. | 120 | 21 |
| TOTAL | 400 | 52.33 |
| Tuesday – Day 2 GF Menu Cycle #2 | | |
| Tacos (Corn Tortilla 3 ct.) | 110 | 22 |
| Pork Carnitas | 140 | 1 |
| Shredded Cabbage | 25 | 5 |
| Corn | 135 | 31.5 |
| Pico de Gallo | 16 | 4 |
| Fresh Whole Fruit* or Canned Fruit **See list below. | | |
| TOTAL | 426 | 63.5 |
| Wednesday – Day 3 GF Menu Cycle #2 | | |
| Chef Salad | 308 | 15.6 |
| Ranch Dressing | 110 | 3 |
| Fresh Whole Fruit* or Canned Fruit **See list below. | | |
| TOTAL | 418 | 18.6 |
| Thursday – Day 4 GF Menu Cycle #2 | | |
| Cheeseburger on GF Bun | 450 | 47 |
| Lettuce & Tomato | 13 | 2.56 |
| Green Beans | 45 | 9 |
| Fresh Whole Fruit* or Canned Fruit **See list below. | | |
| TOTAL | 508 | 58.56 |
| Friday – Day 5 GF Menu Cycle #2 | | |
| Pork Carnitas | 140 | 1 |
| WG Bun | 150 | 30 |
| BBQ Sauce | 110 | 28 |
| Coleslaw w/ Dressing | 122.66 | 11.2 |
| Fresh Whole Fruit* or Canned Fruit** See list below. | | |
| TOTAL | 522.66 | 70.2 |

**Gluten Free Menu Cycle #3
Calorie and Carb Count
2023-2024 SY**

| Menu Item | Calories per Serving (Kcals) | Carbs per Serving (grams) |
|--|---------------------------------|------------------------------|
| Monday– Day 1- GF Menu Cycle #3 | | |
| GF Chicken Alfredo Mix | 170 | 3 |
| GF Penne Pasta | 200 | 44 |
| Broccoli | 30 | 5.33 |
| Fresh Whole Fruit* or Canned Fruit **See list below. | 120 | 21 |
| TOTAL | 400 | 52.33 |
| Tuesday – Day 2 GF Menu Cycle #3 | | |
| Chef Salad | 308 | 15.6 |
| Ranch Dressing | 110 | 3 |
| Fresh Whole Fruit* or Canned Fruit **See list below. | | |
| TOTAL | 418 | 18.6 |
| Wednesday – Day 3 GF Menu Cycle #3 | | |
| GF Chicken Tenders | 170 | 14 |
| Bow Tie Pasta with Veggies | 165.39 | 29.34 |
| Fresh Broccoli | 30 | 5.33 |
| Fresh Whole Fruit* or Canned Fruit **See list below. | | |
| TOTAL | 365.39 | 48.67 |
| Thursday – Day 4 GF Menu Cycle #3 | | |
| Cheeseburger on GF Bun | 450 | 47 |
| Lettuce & Tomato | 13 | 2.56 |
| Green Beans | 45 | 9 |
| Fresh Whole Fruit* or Canned Fruit **See list below. | | |
| TOTAL | 508 | 58.56 |
| Friday – Day 5 GF Menu Cycle #3 | | |
| Taco Salad | 566.48 | 46.74 |
| Fresh Veggie Cup | 41.44 | 11.50 |
| Bean Cup | 200.24 | 34.87 |
| Baby Carrots | 35 | 8 |
| Fresh Whole Fruit* or Canned Fruit **See list below. | | |
| TOTAL | 843.16 | 101.11 |

**Menu Line – Holiday Meal
Calorie and Carb Count
2023-2024 SY**

| Menu Item | Calories per Serving (Kcals) | Carbs per Serving (grams) |
|-------------------------------------|---------------------------------|------------------------------|
| Holiday Meal | | |
| Roast Turkey | 114 | 0 |
| Gravy | 12.5 | 2 |
| Mashed Potatoes | 122.4 | 23.12 |
| Stuffing | 130 | 22 |
| Cranberry Sauce | 110 | 28 |
| Corn (Frozen) | 135 | 31.5 |
| WG Dinner Roll | 80 | 15 |
| Pumpkin Pie | 360 | 56 |
| Whipped Topping | 25 | 2 |
| Fresh Whole Fruit – *See list below | | |
| Canned Fruit – **See list below | | |
| TOTAL | 1088.90 | 179.62 |

**Supper
Calorie and Carb Count
2023-2024 SY**

| Menu Item | Calories per Serving (Kcals) | Carbs per Serving (grams) |
|--|--|------------------------------------|
| Monday- Day 1- Supper Bean & Cheese Burrito Salsa Cup Daily Sides ****See list below Fresh Whole Fruit* or Canned Fruit **See list below. TOTAL | 291.11 25 316.11 | 40.95 5 45.95 |
| Tuesday- Day 2- Supper Breakfast Pizza String Cheese Tony Grahams Daily Sides-****See list below Fresh Whole Fruit* or Canned Fruit**See list below. TOTAL | 240 80 120 440 | 31 2 20 53 |
| Wednesday- Day 3- Supper Turkey & Cheese on WG Bun Daily Sides-****See list below Fresh Whole Fruit* or Canned Fruit** See list below. TOTAL | 300 300 | 31 31 |
| Thursday- Day 4- Supper Cheeseburger on WG Bun Daily Sides-****See list below Fresh Whole Fruit* or Canned Fruit** See list below. TOTAL | 360 360 | 33 33 |
| Friday- Day 5- Supper Corn Dog Baked Beans Daily Sides-****See list below Fresh Whole Fruit* or Canned Fruit** See list below. TOTAL | 240 340 580 | 30 66 96 |

**Condiments, Daily Sides, Hot Veggies, Whole, Canned and Fresh Fruit Mix
Calorie and Carb Count
2024-2024 SY**

| | | |
|---|--------|-------|
| Condiments (Optional) | | |
| Lettuce & Tomato Bag | 13 | 2.56 |
| Mustard – per packet | 5 | 0 |
| Ketchup – per packet | 10 | 3 |
| | | |
| ****Daily Sides | | |
| Mon. Tues. & Fri.: Side Salad w/ Italian Dressing | 62.1 | 14.81 |
| 3 oz. Baby Carrots | 35 | 8 |
| Veggie Cup w/ Tajin | 34.9 | 7.32 |
| Bean Cup | 200.24 | 34.87 |
| | | |
| ***Hot Vegetables | | |
| Broccoli | 30 | 5.33 |
| Corn (from frozen) | 135 | 31.5 |
| 4-way mixed | 133.56 | 29.36 |
| Green Beans | 45 | 9 |
| | | |
| **Canned Fruit | | |
| Applesauce | 120 | 30 |
| Mixed Fruit | 120 | 34 |
| Fruit Cocktail | 120 | 32 |
| Peaches – Diced | 120 | 28 |
| Peaches – Sliced | 120 | 28 |
| Pears – Diced | 120 | 32 |
| Pears – Sliced | 120 | 32 |
| Pineapple – Tidbits | 140 | 38 |
| | | |
| *Whole Fresh Fruit | | |
| Apple | 32 | 8 |
| Orange | 43 | 11 |
| Pear | 86 | 23 |
| Peach | 68 | 17 |
| Plum | 76 | 19 |
| Banana | 105 | 27 |
| Clementine (Cuties Orange) | 90 | 22 |
| Nectarine | 63 | 15 |
| | | |
| Fresh Fruit Mix (Mixed Berries, Melons & Grapes) | 98 | 24.85 |
| | | |