

## Hall County School Nutrient Information

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Lunch Entree Menu Items for ES, MS, and HS	Serving Size	Calories	Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carbohydrate (g)	Fiber (g)	Protein (g)
Burrito, Cheese & Bean (Bulk)	4.5 oz	310	9	4	0	580	40	9	16
Burrito, Cheese & Bean (IW)	4.5 oz	310	9	4	0	580	40	9	16
Burrito, Cheese & Bean (Bulk)	4.5 oz	310	9	4	0	580	40	9	16
Burrito, Beef & Bean Red Chili (Bulk)	4.5 oz	280	7	2	0	470	39	8	14
Burrito, Fiesta Bean (IW)	5.05 oz	310	8	2.5	0	620	45	10	15
Cheeseburger w/ Bun	1 sandwich	333	12.7	4.85	0	703	30	2.62	23.5
Cheesy Ravioli (Chef Boyardee CN)	1 serving (6 oz.)	280	10	5	0	743	30.5	5	18.5
Chicken Filet, Grilled	3 oz	110	4.5	1.5	-	450	1	0	17
Chicken Filet, Honey Dijon	1 piece (3.2 oz)	182	6	1.6	-	297	7.6	0.3	22.7
Chicken, Nuggets	5 pieces	230	16	3.5	0	480	10	3	12
Chicken Patty, Breaded	1 patty	220	15	3.5	0	470	10	3	12
Chicken Patty, Breaded Sandwich	1 sandwich	362	16.65	3.5	0	745	37	5	16
Chicken Filet, Spicy Breaded (King's Delight)	1 patty (3.25 oz.)	160	5	1	0	462	13	<1	15
Chicken Filet, Spicy Breaded Sandwich (King's)	1 sandwich	300	6.5	1	0	732	40	2.5	19
Chicken, Baked Drumsticks (No Sauce)	1 piece (84g)	110	6		-	65	0	0	16
Chicken, Crispy Baked (USDA A526)	breast piece (140g)	364	18	5	-	385	13	<1	35
Chicken, Crispy Baked (USDA A526)	2 drumsticks (144g)	386	23	6	-	387	12	<1	32
Chicken, Asian Glazed Bites	5 chunks (150g)	286	7	1.5	0	1105	35	0	21
Chicken, Crispy Bites	4 pieces (95g)	190	8	1.5	0	620	14	1	16
Chicken, Popcorn, Asian style	3.2 oz (10 pieces)	130	6	1	0	240	10	0	11
Chicken, Popcorn	3 oz. (10 pieces)	160	9	1.5	0	310	7	0	15
Chicken, Pot Pie (USDA D-19)	1 serving	344	19	4.6		261	23	2	20
Chicken, Tenders, Honey Mustard Glazed	2 (3.5oz)	190	5	1	0	970	22	0	13
Chicken Wrap, Kung Pao Chicken	1 (5 oz.)	303	9	2.5	0	286	37	4.8	19
Chili Cheese Max Wrap	1 (4.8 oz)	300	11	3	-	670	36	4	16
Chili Con Carne (USDA D-20)	1/2 cup	180	8.5	3.5	-	204	11	2.5	15
Corndog, Chicken (State Fair)	1 (113g)	220	7	1.5	0	650	31	3	10
Corndog, Mini Chicken, (State Fair)	4 (78g)	190	10	3	0	480	21	1	7
Egg Rolls, Chicken & Vegetable (China Blues)	1 (5 oz.)	289	6	1.5	0	491	26	3	20
Fajitas	1/2 cup + 1 tortilla	334	10	2.4	-	612	36	2	22
Fish Nuggets (Midship)	5 (120g)	250	12	3	0	400	21	1	15
Fish Portion Filets (Midship)	1 (112g)	230	10	2.5	0	370	19	1	14
Fish Sandwich	1 sandwich	370	11.5	2.5	0	640	46	3	18
Frito Pie	1 serving	437	25.5	8.6	0	443	27	4	25
Hamburger w/ Bun	1 sandwich	298	10.7	3.6	0	508	28.8	2.6	20.5
Hot Dog	1 frank	180	16	5	0	450	1	0	6
Hot Dog w/ Bun	1 serving	290	17	5	0	660	22	2	10
Lasagna	1 serving	270	12.5	6.6	-	452	21	2	19
Nachos, Beefy Cheesy (with taco meat)	1 serving	403	25	12	-	708	23	3	20
Nachos, Beefy Cheesy (USDA D-28)	1 serving	281	15	6.1	-	590	19	2	18
Nachos, Chili Cheese	1 serving	467	28	12	0	515	26	3	28
Nachos, Cheesy	1 serving	238	15	6	0	755	17	1	10
Pepperoni Pizzatas	2 pieces	250	8	3	-	560	27	3	19
Pepperoni, Stuffed Sandwich	1 piece	330	16	8	-	560	27	2	19
Pizza, Cheese, 4 x 6 (ConAgra)	1 serving (4.5oz)	270	9	3	0	750	33	4	15
Pizza, Pepperoni, 4 x 6 (ConAgra)	1 serving (4.5oz)	270	9	3	0	810	33	4	15
Pizza, Cheese, 4 x 6 (Nardones)	1 serving (5oz)	310	12	7	0	560	28	3	22
Pizza, Pepperoni, 4 x 6 (Nardones)	1 serving (5oz)	340	16	8	0	810	28	3	22

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Pizza, Cheese, Wedge (ConAgra)	1 slice (4.5 oz.)	270	10	3	0	800	32	4	15
Pizza, Pepperoni, Wedge (ConAgra)	1 slice (4.5 oz.)	270	10	4	0	860	32	4	16
Pizza, Cheese, Wedge (Nardones)	1 slice (5 oz.)	311	12		0	-	28	1	20
Pizza, Pepperoni, Wedge (Nardones)	1 slice (5 oz.)	350	16		-	760	31	<1	20
Pizza, Cheese, 6" Personal (Nardones)	1 (6.5oz)	410	14	8	0	680	45	1	22
Pizza, Pepperoni, 6" Personal (Nardones)	1 (6.5oz)	430	18	8	-	950	45	1	22
Pizza, Cheese, 5" Personal (ConAgra)	1 (5.4 oz.)	340	10	3.5	-	700	43	3	17
Pizza, Pepperoni, 5" Personal (ConAgra)	1 (5.5 oz.)	350	11	4	-	780	43	3	18
Pizza, Cheese, 5" Personal, Deep Dish (Nardones)	1 (5.25 oz.)	230	8	3	-	360	26	4	15
Pizza, Pepperoni, 5" Personal, Deep Dish (Nardones)	1 (5.98 oz.)	400	15	8	-	450	44	2	21
Pizza, White, School-made	1 slice	381	16	7	0	801	32	1	26
Pizza, BBQ chicken, School-made	1 slice	460	22	12.6	0	919	37	1	26
Pizza, Southwest, Octagon (Nardones)	1 (5 oz.)	320	16	9	-	640	28	2	17
Pizza, Southwest, Wedge (ConAgra)	1 slice (5 oz.)	280	10	3	0	740	33	4	16
Pizza, Roasted Chicken Sicilian	1 slice (5.6 oz.)	360	13	4	0	950	43	4	20
Pizza Quesadilla, Cheese	1 slice (5 oz.)	360	14	4	0	810	42	5	18
Pizza Quesadilla, Chicken	1 slice (5 oz.)	320	10	2.5	0	770	38	4	18
Quesadilla, Chicken & Cheese	1 serving	400	16	6.5	-	771	37	1.5	25
Salad Trio (Chicken, Pasta, and Fruit Salads)	1	384	16	3	0	334	38	3	22
Salad, Chef w/ egg & cheese	1	169	10	4.7	0	177	8	2	12
Salad, Chef w/ ham & cheese	1	192	11	6	0	719	8	2	15
Salad, Chef w/ turkey & cheese	1	207	12	7	0	221	8	2	18.5
Salad, Chicken (plain)	1/2 cup	174	9	2	0	162	3	0	18
Salad, Chicken Plate (w/ lettuce, tomato)	1	192	10	2	0	174	7	2	19
Salad, Fresh Apple	1	392	19	2	0	122	51	5	10
Salad, Fruit & Cottage Cheese	1	182	1	1	-	470	30	2	15
Salad, Tuna (plain)	3/8 cup	133	5	1	0	477	4	0	17
Salad, Tuna Plate (w/ lettuce, tomato)	1	151	5	1	0	489	8	2	18
Sloppy Joes w/ bun	1 sandwich	345	13	5	0	540	36	2	21
Smoky BBQ Pork Rib	3.25 oz	245	17.5	6	0	620.4	10	1	12
Smucker's Grilled Cheese	1 (57g)	150	5	3	0	560	17	<1	10
Smucker's PB & J	1 (71g)	260	11	2	0	290	31	2	9
Spaghetti w/ Meat Sauce	1 serving	309	9	3	0	574	39	5	19
Steak, Crispy (Pierre) *no chicken	1 (3.8oz)	314	20.9	7.5	0.5	486	14.1	0.5	17
Tacos	2 tacos	461	30	10.5	-	677	30	4	23
Tacozagna	1 serving	258	11	4.5	0	864	22	2	17
Wrap, Turkey & Cheese	1 wrap	329	10	4	0	774	36.5	1	21
Wrap, Ham & Cheese	1 wrap	309	9	3	0	1312	38	1	19
Wrap, Tuna Salad	1 wrap	353	11	3.5	0	1034	39	1	22
Wrap, Chicken Salad	1 wrap	397	15	3.5	0	726	39	2	24
Wrap, Honey Dijon Chicken	1 wrap	424	12	3	-	872	47	2	29
Sub, Turkey & Cheese	1 sandwich	316	10	3	0	1187	39	1	16
Sub, Ham & Cheese	1 sandwich	229	5	2	0	1025	30	2	17
Sub, Tuna Salad	1 sandwich	416	10	1	-	904	50	1	29
Sub, Chicken Salad	1 sandwich	314	11	2	0	432	30	2	22
Sub, Meatball	1 sandwich	301	11	5	0	754	30	3	19