

**Nutrition and Allergy Information for Secondary Menu Items - \*\*See nutrition and allergy statement on last page. Revised 6/20/16**

	Serving Size	Calories per Serving	Protein (g)	Carbs (g)	Total Fat (g)	Saturated Fat (g)	Sodium (mg)	Fiber (g)	Peanuts	Tree Nuts	Milk	Eggs	Soy	Wheat	Fish	Shellfish
Nutrition Information									Allergens							
Bean and Cheese Burrito	1 each	270	13.8	44	5.7	2.0	305.7	8.0			X		X	X		
Beef Soft Taco	1 each	332	21.6	23.8	16.6	6.2	717	3.0			X		X	X		
Beef Taco Salad	1 Serv.	147	13.0	18	3	2	195	0.0			X		X	X		
Black Bean Burger	1 Serv.	341	22.0	42	6.5	0.5	610	9.0				X	X	X		
Brown Rice	1/2 cup	160	4	34	1.5	0.0	0	1								
Brunch Lunch with 4 Sausage	1 Serv.	430	19.0	42	21	7.0	610	3.0			X	X		X		
Cheese Pizza	1 each	420	23.0	34	21	9.0	720	2.0			X		X	X		
Cheese Quesadilla	1 each	320	18.0	32	13	6.0	600	3.0			X	X	X	X		
Cheese Sandwich- Complimentary	1 each	235	14.0	30	6.5	2.5	540	2.0			X		X	X		
Chicken Burger on a Bun	1 each	338	22.0	40	9.5	2.0	586	2.0					X	X		
Chicken Drumstick	1 each	130	13.0	2	8	2.0	330	0.0								
Chicken Nuggets	6 each	226	18.0	17	9.6	2.4	475	1.0					X	X		
Chicken Soft Taco	1 each	216	17.0	10	6.8	2.2	809	3.0			X		X	X		
Corn Dog	1 each	240	9.0	30	8	2.5	390	5.0				X	X	X		
Fish Nuggets	1 Serv.	230	16.0	18	10	1.5	300	2.0							X	
Hamburger on a Bun	1 each	280	19.0	27	9.5	3.5	275	2.0					X	X		
Hamburger Gravy	1 Serv.	125	10.0	6	6	2.5	495	1.0			X		X	X		
Hawaiin Pizza	1 Ser.	465	27.1	39	22	9.5	864	2.3			X		X	X		
Macaroni and Cheese	8 oz	300	16.0	36	16	8.1	758	1.0			X	X	X	X		
Macho Nachos	1 Serv.	442	17.6	41	21.6	9.0	371	3.0			X		X			
Mandarin Orange Chicken	3.9 oz	150	11.0	19	3	0.5	280	0.0				X	X	X		
Pepperoni Pizza	1 Serv.	440	23.0	34	21	10.0	820	2.0			X		X	X		
Sloppy Joe on a Bun	1 each	270	18.0	31	7.5	2.5	705	4.0					X	X		
Spaghetti Casserole	1 cup	336	16.0	50	6.6	2.6	690	13.8					X	X		
Stuffed Bread Sticks	2 each	310	18.0	31	13	7.0	590	3.0			X	X	X	X		
Sweet & Sour Chicken	1 Serv.	140	11.0	18	3	0.5	200	0.0				X	X	X		
Sweet & Sour Meatballs	5 each	175	10.8	10	10.8	4.2	693	0.8			X	X	X	X		
Taco Pizza	1 Serv.	450	25.4	35	23	9.7	768	2.0			X		X	X		
Texas Toast	1 each	290	18.0	30	12	5.0	550	3.0			X		X	X		
Teriyaki Chicken Bites	5 each	175	19.0	10	5.6	1.9	450	1.3					X	X		
Toasted Cheese Sandwich	1 each	284	18.5	31	10.1	5.8	655	2.3			X		X	X		
Turkey Gravy over Mashed Potatoes	1 Serv.	150	12.3	14	3.6	1.1	397	1.0			X		X	X		

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Nutrition Information									Allergens							
<b>BREAD</b>																
Hamburger Bun	1	150	7	26	0.5	0	190	2						X		
Whole Grain Roll	1 oz	70	3	12	0.5	0	90	1						X		
Whole Grain Roll	28g	140	5	27	1	0	75	3								
Sandwich Bread	1 slice	80	4	14	1	0	125	1			X		X	X		
<b>FRUIT/VEGETABLES</b>																
Baked Beans	1/2 cup	200	8	41.0	1.5	0	490	9								
Canned Fruit, average	1/2 cup	74	0.4	19.2	0	0	4	1.6								
Canned Corn	1/2 cup	65	2	15	1	0	15	2								
Fresh Salad, average	1/2 cup	14	0.8	2.8	2	0	8	1.2								
French Fries	3 oz	207	2.5	27	9.9	2.2	588	7.5						X		
Fresh Fruit, average	1/2 cup	52	0.5	13.4	0	0	0	2								
Fruit Cup - Applesauce- Cinnamon	4.5 oz	90	0	22	0	0	15	2								
Fruit Cup - Mixed Fruit	4 oz	76.5	0.44	20	0	0	11	1.1								
Fruit Cup - Peaches	4.4 oz	80	1	19	0	0	0	1								
Fruit Cup - Pears	4.5 oz	60	0.3	15.6	0	0	0	2								
Fruit Cup - Strawberries	4.5 oz	90	1	22	0	0	0	2								
Fresh Vegetable, average	1/2 cup	16	0.7	4	0	0	32	1.1								
Jicama	1/4 cup	12	0.23	2.87	0	0	1	1.6								
Mashed Potatoes	1/2 cup	60	2.0	13	0	0.0	15	1.0			X		X			
Raisins	each	120	1	29	0	0	5	2								
Tater Tots	3 oz	197	2.0	22	11.2	1.7	358	2.4								
<b>Milk</b>																
1% White Milk	8 oz	110	8.0	13	2.5	1.5	125	0.0			X					
Chocolate Nonfat Milk	8 oz	130	8.0	23	0	0.0	230	0.0			X					
<b>Dressing</b>																
Ranch	1 oz	87	0.46	2.14	9.57	1.42	141	0.02			X					

\*\*The nutrition and allergy information is taken directly from manufacturers' labels and databases and is subject to change. Edmonds School district does not guarantee the accuracy of the information and provides it solely for your convenience. For additional information please contact Sara Conroy, Edmonds School District's Operations Manager of Food Services, at 425-431-7076