

# TUHSD Nutrition Services



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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  
2022-2023 SY**

<b>Menu Item</b>	<b>Calories per Serving (Kcals)</b>	<b>Carbs per Serving (grams)</b>
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
<b>Cereal</b>		
Cinnamon Toast Crunch (56g)	230	44
Cocoa Puffs (56g)	230	47
Lucky Charms (56g)	210	46
Honey Nut Cheerios (56g)	210	45
<b>Pop Tarts</b>		
Frosted Strawberry – 2 ct.	354	75
Frosted Brown Sugar Cinnamon – 2 ct.	363	76.2
<b>Muffins / Mini Donuts</b>		
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  
2022-2023 SY**

<b>Breakfast Specials</b>	<b>Calories per Serving (Kcals)</b>	<b>Carbs per Serving (grams)</b>
Breakfast Sandwich: WG Hamburger Bun (2.2 oz.) Turkey Sausage Patty (1.5 oz.) Egg Patty (1.5 oz.) American Cheese Slice (.5 oz.) <b>Total</b>	150 70 60 40 <b>320</b>	30 1 1 1 <b>33</b>
Yogurt Parfait: Greek Yogurt (4 oz.) WG UBR (2.2 oz.) Assorted Berries (2 oz. – avg.) <b>Total</b>	85 270 26 <b>381</b>	11.5 44 6.195 <b>61.695</b>
Dutch Waffle (83g): w/ chicken (2.25 oz.) <b>Total</b>	300 126 <b>426</b>	43 10.2 <b>53.2</b>
<b>Condiments</b>		
Ketchup – per packet	10	3
Syrup- 1 cup	120	30
<b>Fresh Fruit</b>		
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
<b>Milk</b>		
Fat Free White	90	12
1% White	100	12
Fat Free Chocolate	140	26
Fat Free Strawberry	140	25
<b>Juice</b>		
Orange Tangerine (4.23 oz.)	60	15
Apple (4.23 oz.)	60	14

**Grab & Go / Deli Fresh  
Calorie and Carb Count  
2022-2023 SY**

<b>Grab &amp; Go Menu Item</b>	<b>Calories per Serving (Kcals)</b>	<b>Carbs per Serving (grams)</b>
<b>Entrée</b>		
Hot & Spicy Chicken Sandwich	350	39
Pepperoni Pizza	360	33
Bean & Cheese Burrito	291.11	40.95
<b>Daily Sides</b>		
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
<b>Deli Fresh Salads</b>		
Fruit & Protein Bowl	288	42.85
Crunchmania	220	37
<b>Total</b>	<b>508</b>	<b>79.85</b>
Taco Salad	538.98	49.74
Crunchmania	220	37
<b>Total</b>	<b>758.98</b>	<b>86.74</b>
Chicken Garden Salad	328	23.6
Ranch Dressing	110	3
Crunchmania	220	37
<b>Total</b>	<b>658</b>	<b>63.6</b>
Chef Salad	308	15.6
Ranch Dressing	110	3
Crunchmania	220	37
<b>Total</b>	<b>638</b>	<b>55.6</b>
<b>Deli Fresh Sandwiches</b>		
Ham & Cheese Sandwich	280	29
Turkey & Cheese Sandwich	290	29
Tuna Sandwich	281	32.56
Peanut Butter & Jelly -Wheat Bread	606	61.16
<b>Vending Boxes</b>		
Breakfast for Lunch Box	585	102.2
Smucker's 5.3 oz. Uncrustable Box	667	80

**Grab & Go/ Deli Fresh  
Calorie and Carb Count  
2022-2023 SY**

<b>On the Side</b>		
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
<b>Condiments</b>		
Mustard – per packet	5	0
Ketchup – per packet	10	3
<b>Whole Fresh Fruits</b>		
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
<b>Milk</b>		
Fat Free White	90	12
1% White	100	12
Fat Free Chocolate	140	26
Fat Free Strawberry	140	25
<b>Juice</b>		
Tropical Twist (6.75 oz.)	90	22
Power Punch (6.75 oz.)	90	22

**Daily Menu Line – Menu Cycle #1  
Calorie and Carb Count  
2022-2023 SY**

Menu Item	Calories per Serving (Kcals)	Carbs per Serving (grams)
<b>Monday– Day 1- Menu Cycle #1</b>		
WG Cheese Bread	290	29
Marinara Sauce	35	7
Tossed Salad	47	9.52
Ranch Dressing	110	3
Fresh Whole Fruit* or Canned Fruit**See list below		
<b>TOTAL</b>	<b>482</b>	<b>48.52</b>
<b>Tuesday– Day 2- Menu Cycle #1</b>		
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		
<b>TOTAL</b>	<b>395.39</b>	<b>47.67</b>
<b>Wednesday – Day 3- Menu Cycle #1</b>		
WG Breakfast Burrito	388.33	27
Redskin Sliced Potatoes	90	15
Pinto Beans	120	21
Salsa	20	4
Fresh Whole Fruit* or Canned Fruit**See list below		
<b>TOTAL</b>	<b>618.33</b>	<b>67</b>
<b>Thursday- Day 4- Menu Cycle #1</b>		
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		
Fortune Cookie	22	5
<b>TOTAL</b>	<b>832</b>	<b>134</b>
<b>Friday – Day 5- Menu Cycle #1</b>		
Cheeseburger on WG Bun	360	33
Green Beans	45	9
Fresh Whole Fruit* or Canned Fruit**See list below		
<b>TOTAL</b>	<b>405</b>	<b>42</b>

**Daily Menu Line – Menu Cycle #2**  
**Calorie and Carb Count**  
**2022-2023 SY**

Menu Item	Calories per Serving (Kcals)	Carbs per Serving (grams)
<b>Monday – Day 1 Menu Cycle #2</b>		
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		
<b>TOTAL</b>	<b>529.9</b>	<b>75.87</b>
<b>Tuesday – Day 2 Menu Cycle #2</b>		
Mostaccioli	200	41
w/ Meatballs	126.07	4.59
Marinara w/ veggies	80.67	16.26
WG Texas Toast	120	21
Tossed Salad	47	9.52
Ranch Dressing	110	3
Fresh Whole Fruit* or Canned Fruit**See list below		
<b>TOTAL</b>	<b>663.74</b>	<b>88.37</b>
<b>Wednesday – Day 3 Menu Cycle #2</b>		
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		
<b>TOTAL</b>	<b>496</b>	<b>69.5</b>
<b>Thursday – Day 4 Menu Cycle #2</b>		
Cheeseburger on WG Bun	360	33
Hot Vegetable-***See list below		
Fresh Whole Fruit* or Canned Fruit** See list below		
<b>TOTAL</b>	<b>360</b>	<b>33</b>
<b>Friday – Day 5 Menu Cycle #2</b>		
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		
<b>TOTAL</b>	<b>510</b>	<b>69.33</b>

**Daily Menu Line – Menu Cycle #3**  
**Calorie and Carb Count**  
**2022-2023 SY**

Menu Item	Calories per Serving (Kcals)	Carbs per Serving (grams)
<b>Monday – Day 1 Menu Cycle #3</b>		
Country Fried Steak	230	16
Mashed Potatoes	122.4	23.12
Country Gravy	50	5
WG Dinner Roll	80	15
Baby Carrots	35	8
Fresh Whole Fruit* or Canned Fruit**See list below		
<b>TOTAL</b>	<b>517.4</b>	<b>67.12</b>
<b>Tuesday – Day 2 Menu Cycle #3</b>		
Pork Carnitas	140	1
Rice	160	38
Pinto Beans	120	21
Fajita Vegetable Blend	6.67	1.67
Sour Cream	50	2
Salsa	20	4
Raspberry Churro	160	28
Fresh Whole Fruit* or Canned Fruit**See list below		
<b>TOTAL</b>	<b>656.67</b>	<b>95.67</b>
<b>Wednesday – Day 3 Menu Cycle #3</b>		
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		
<b>TOTAL</b>	<b>395.39</b>	<b>47.67</b>
<b>Thursday – Day 4 Menu Cycle #3</b>		
Cheeseburger on WG Bun	360	33
Green Beans	45	9
Fresh Whole Fruit* or Canned Fruit**See list below		
<b>TOTAL</b>	<b>405</b>	<b>42</b>
<b>Friday – Day 5 Menu Cycle #3</b>		
Chicken Alfredo Mix	180	8
Bowtie Pasta	200	42
Broccoli	30	5.33
WG Garlic Texas Toast	100	14
Fresh Whole Fruit*Canned Fruit**See list below		
<b>TOTAL</b>	<b>510</b>	<b>69.33</b>



**Gluten Free Menu Cycle #1  
Calorie and Carb Count  
2022-2023 SY**

Menu Item	Calories per Serving (Kcals)	Carbs per Serving (grams)
<b>Monday– Day 1- GF Menu Cycle #1</b>		
GF Pizza	380	46
Tossed Salad	47	9.52
Ranch Dressing	110	3
Fresh Whole Fruit*or Canned Fruit**See list below		
<b>TOTAL</b>	<b>537</b>	<b>58.52</b>
<b>Tuesday– Day 2- GF Menu Cycle #1</b>		
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		
<b>TOTAL</b>	<b>365.39</b>	<b>48.67</b>
<b>Wednesday – Day 3- GF Menu Cycle #1</b>		
GF Breakfast Bowl		
Egg, Turkey Ham & Cheese Mixture	228.33	0
Redskin Sliced Potatoes	90	15
Salsa	20	4
Fresh Whole Fruit*or Canned Fruit**See list below		
<b>TOTAL</b>	<b>338.33</b>	<b>19</b>
<b>Thursday- Day 4- GF Menu Cycle #1</b>		
Fruit & Yogurt Bowl	288	42.85
Fresh Veggie Cup	41.44	11.5
Fresh Whole Fruit*or Canned Fruit**See list below		
<b>TOTAL</b>	<b>329.44</b>	<b>54.35</b>
<b>Friday – Day 5- GF Menu Cycle #1</b>		
Cheeseburger on GF Bun	450	47
Green Beans	45	9
Fresh Whole Fruit* or Canned Fruit**See list below		
<b>TOTAL</b>	<b>495</b>	<b>56</b>

**Gluten Free Menu Cycle #2**  
**Calorie and Carb Count**  
**2022-2023 SY**

Menu Item	Calories per Serving (Kcals)	Carbs per Serving (grams)
<b>Monday– Day 1- GF Menu Cycle #2</b> GF Pizza Tossed Salad Ranch Dressing Fresh Whole Fruit * or Canned Fruit **See list below  <b>TOTAL</b>	 380 47 110  <b>537</b>	 46 9.52 3  <b>58.52</b>
<b>Tuesday – Day 2 GF Menu Cycle #2</b> Chef Salad Ranch Dressing Fresh Whole Fruit* or Canned Fruit **See list below  <b>TOTAL</b>	 308 110  <b>418</b>	 15.6 3  <b>18.6</b>
<b>Wednesday – Day 3 GF Menu Cycle #2</b> Tacos (Corn Tortilla 3 ct.) Pork Carnitas Shredded Cabbage Corn Pico de Gallo Fresh Whole Fruit* or Canned Fruit **See list below  <b>TOTAL</b>	 110 140 25 135 16  <b>426</b>	 22 1 5 31.5 4  <b>63.5</b>
<b>Thursday – Day 4 GF Menu Cycle #2</b> Cheeseburger on GF Bun Green Beans Fresh Whole Fruit*or Canned Fruit **See list below  <b>TOTAL</b>	 450 45  <b>495</b>	 47 9  <b>56</b>
<b>Friday – Day 5 GF Menu Cycle #2</b> GF Chicken Alfredo Mix GF Penne Pasta Broccoli Fresh Whole Fruit* or Canned Fruit **See list below  <b>TOTAL</b>	 170 200 30 120  <b>400</b>	 3 44 5.33 21  <b>52.33</b>

**Gluten Free Menu Cycle #3  
Calorie and Carb Count  
2022-2023 SY**

Menu Item	Calories per Serving (Kcals)	Carbs per Serving (grams)
<b>Monday– Day 1- GF Menu Cycle #3</b>		
GF Pizza	380	46
Tossed Salad	47	9.52
Ranch Dressing	110	3
Fresh Whole Fruit* or Canned Fruit**See list below		
<b>TOTAL</b>	<b>537</b>	<b>58.52</b>
<b>Tuesday – Day 2 GF Menu Cycle #3</b>		
Pork Carnitas	140	1
Rice	160	38
Pinto Beans	120	21
Fajita Vegetable Blend	6.67	1.67
Sour Cream	50	2
Salsa	20	4
Fresh Whole Fruit** or Canned Fruit *See list below		
<b>TOTAL</b>	<b>496.67</b>	<b>67.67</b>
<b>Wednesday – Day 3 GF Menu Cycle #3</b>		
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		
<b>TOTAL</b>	<b>365.39</b>	<b>48.67</b>
<b>Thursday – Day 4 GF Menu Cycle #3</b>		
Cheeseburger on GF Bun	450	47
Green Beans	45	9
Fresh Whole Fruit* or Canned Fruit **See list below		
<b>TOTAL</b>	<b>495</b>	<b>56</b>
<b>Friday – Day 5 GF Menu Cycle #3</b>		
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
<b>TOTAL</b>	<b>400</b>	<b>52.33</b>

**Menu Line – Holiday Meal  
Calorie and Carb Count  
2022-2023 SY**

Menu Item	Calories per Serving (Kcals)	Carbs per Serving (grams)
<b>Holiday Meal</b>		
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		
<b>TOTAL</b>	<b>1088.90</b>	<b>179.62</b>

**Supper**  
**Calorie and Carb Count**  
**2022-2023 SY**

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

**Condiments, Daily Sides, Hot Veggies, Whole, Canned and Fresh Fruit Mix  
Calorie and Carb Count  
2022-2023 SY**

<b>Condiments (Optional)</b>		
Lettuce & Tomato Bag	13	2.56
Mustard – per packet	5	0
Ketchup – per packet	10	3
<b>****Daily Sides</b>		
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
<b>***Hot Vegetables</b>		
Broccoli	30	5.33
Corn (from frozen)	135	31.5
4-way mixed	133.56	29.36
Green Beans	45	9
<b>**Canned Fruit</b>		
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
<b>*Whole Fresh Fruit</b>		
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
<b>Fresh Fruit Mix (Mixed Berries, Melons &amp; Grapes)</b>	98	24.85