

WCPSS Middle Schools Nutrient List

Lunch Entrees		
Menu Item	Serving Size	Carb. (g)
Bean & Cheese Burrito	2 shells	42
Beans & Franks	1 cup	16
Cheese & Crackers	1 serving	22
Cheese Dunkers	4 each	29
Cheese Enchiladas	2 shells	51
Cheese Pizza	1 slice	33
Cheesy Nachos	1 serving	51
Chef Salad	1 serving	4
Chicken Broccoli Noodle Bake	1 cup	26
Chicken Fajita Wrap	1 wrap	45
Chicken Nuggets	5 nuggets	10
Chicken Pasta Salad	1 cup	47
Chicken Sandwich	1 patty	38
Chicken Tenders	3 tenders	12
Cold Cut Combo	1 sandwich	17
Corn Dog Nuggets	6 nuggets	35
Egg Roll	1 roll	24
Fish Filet	1 filet	11
Fish Nuggets	5 nuggets	23
Hamburger	1 patty	4
Hamburger w/Cheese Slice	1 patty / slice	5
Hot Dog	1 dog	2
Italian Beefaroni	1 cup	28
Meatball Sub	1 sub	25
Oven Baked Chicken	1 serving	7
PB Uncrustables	1 serving	54
Peanut Butter & Crackers	1 serving	31
Peanut Butter Sandwich	1 sandwich	51
Pepperoni Pizza	1 slice	33
Popcorn Chicken	1 cup	18
Pork BBQ on Bun	1 sandwich	31
Southwest Pizza	1 slice	33
Spaghetti w/Meat Sauce	1 cup	34
Stuffed Crust Pizza	1 slice	46
TexMex Tacos w/Chips	1 serving	37
TexMex Tacos w/Soft Shell	1 shell	26
Toasted Cheese Sandwich	1 sandwich	24
Tuna Salad Sandwich	1 sandwich	24
Turkey Corn Dog	1 dog	28
Vegetarian Hot Pocket	1 pocket	40

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Lunch Sides		
Menu Item	Serving Size	Carb. (g)
100% Apple Juice	4 oz carton	14
100% Grape Juice	4 oz carton	18
100% Orange Juice	4 oz carton	13
Apple Crisp	1/2 cup	52
Baked Apples	1/2 cup	27
Baked Beans	1/2 cup	28
Baked French Fries	1/2 cup	17
Broccoli w/Cheese Sauce	1/2 cup	7
Chilled Mixed Fruit	1/2 cup	16
Chilled Peaches	1/2 cup	16
Chilled Pears	1/2 cup	17
Chilled Pineapple	1/2 cup	16
Cinnamon Applesauce	1/2 cup	22
Corn on the Cob	2 ears	38
Creamy Cole Slaw	1/2 cup	18
Dip for Veggie Sticks	2 Tbsp	21
French Dressing	1 pkt	0
Fresh Apple	1 apple	20
Fresh Banana	1 banana	28
Fresh Canteloupe	1/2 cup	6
Fresh Cucumbers	1/2 cup	0
Fresh Grapes	1/2 cup	16
Fresh Orange	1 orange	37
Fresh Pluots	1 pluot	19
Fresh Watermelon	1/2 cup	5
Glazed Carrots	1/2 cup	15
Gravy for Whipped Potatoes	2 Tbsp	0
Italian Dressing	1 pkt	0
Oven Baked Potato Wedges	1/2 cup	20
Parsley Potatoes	1/2 cup	13
Peach Crisp	1/2 cup	49
Peach, Fresh	1 peach	13
Potato Chips (as garnish w/sandw.)	1 oz	15
Ranch Dressing	1 pkt	0
Seasoned Green Beans	1/2 cup	5
Seasoned Greens	1/2 cup	0
Seasoned Lima Beans	1/2 cup	19
Seasoned Peas	1/2 cup	0
Seasoned Peas & Carrots	1/2 cup	10
Seasoned Succotash	1/2 cup	18
Seasoned Vegetable Blend	1/2 cup	0
Shredded Lettuce & Diced Tomato	1/2 cup	0
Spicy Pinto Beans	1/2 cup	22
Steamed Broccoli	1/2 cup	0
Steamed Cabbage	1/2 cup	31
Strawberry Crisp	1/2 cup	65

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Tortilla Chips (as garnish w/sandw.)	1 oz	18
Tossed Salad	1/2 cup	0
Veggie Sticks	1/2 cup	6
Whipped Potatoes	1/2 cup	15
Whole Kernel Corn	1/2 cup	16

Lunch Bread Items

Menu Item	Serving Size	Carb. (g)
Biscuit	1 biscuit	27
Breadstick	1 stick	11
Corn Muffin	1 muffin	43
Fried Rice	2/3 cup	21
Hamburger Bun	1 bun	28
Hot Dog Bun	1 bun	22
Roll	1 roll	27
Sandwich Bread	1 slice	10

Milk

Menu Item	Serving Size	Carb. (g)
1% Chocolate Milk	1 carton	25
1% Milk	1 carton	12
1% Strawberry Milk	1 carton	28
Skim Milk	1 carton	12

Breakfast Items

Menu Item	Serving Size	Carb. (g)
Bagel	1 bagel	36
Cheese Biscuit	1 biscuit	27
Cheese on Whole Wheat Toast	1 slice	12
Chicken Biscuit	1 biscuit	33
Cinnamon Bun	1 bun	34
Cinnamon Toast	2 slices	20
Cinnamon Toast Crunch, WholeGr	1 bowl	21
Cream Cheese	2 oz	0
Egg	2 oz	0
French Toast Sicks	4 sticks	42
Froot Loops, Whole Grain	1 bowl	16
Frosted Flakes, Whole Grain	1 bowl	25
Grits	1/2 cup	16
Oatmeal	1/2 cup	16
Oatmeal Breakfast Squares	2 squares	70
Pancakes	2 pancakes	30
Sausage Biscuit	1 biscuit	27
Sausage Pancake on a Stick	1 stick	21

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Syrup	1 packet	21
Toast	1 slice	10
Trix, Whole Grain	1 bowl	20
Turkey Egg & Cheese Pocket	1 pocket	18
Waffles	2 waffles	28

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