

Poudre School District Nutrition Information

LUNCH SELECTIONS	Nutrition Information								Allergens					
	Calories	Total Fat g	Saturated Fat g	Cholesterol mg	Sodium mg	Total Carb g	Dietary Fiber g	Protein g	Egg	Fish	Milk	Soy	Wheat	Peanut/Tree Nut
BBQ CHICKEN SANDWICH	330	8.1	2.0	75	624	36	2	26			•	•	•	
BEEF TACOS - CORN SHELLS	231	11.3	4.0	16	347	21	3	12			•	•		
BURRITO, BEEF & BEAN	304	11.7	4.9	22	682	32	5	15			•	•	•	
CHEESEBURGER	309	13.3	5.4	55	680	23	2	24			•		•	
CHICKEN ALFREDO	467	8.7	2.3	76	270	48	2	32			•		•	
CHICKEN FAJITA	282	10.4	3.0	60	733	26	1	22				•		
WITH BROWN RICE	452	11.9	3.0	60	733	61	3	26				•		
CHICKEN NUGGETS	180	8.0	1.5	20	450	14	2	13				•	•	
CHICKEN PATTY SANDWICH	340	4.5	2.5	55	790	33	1	20			•	•	•	
CHICKEN RICE BOWL	298	6.3	1.3	50	86	41	3	20						
GENERAL TSO'S SAUCE	31	1.0	0.1	0	185	6	0	0				•	•	
HUNAN ORANGE SAUCE	27	0.0	0.0	0	158	7	0	0				•	•	
SOY SAUCE	10	0.0	0.0	0	920	0	0	2				•	•	
SWEET & SOUR SAUCE	59	0.0	0.0	1	282	14	1	1				•	•	
CHICKEN SANDWICH - SPICY	310	12.5	2.5	55	660	33	2	18	•		•	•	•	
CHICKEN QUESADILLA	367	17.7	8.3	80	550	24	1	25			•		•	
CHICKEN TACO	318	11.1	3.0	75	393	26	1	25					•	
CHICKEN WINGS - 4 WINGS	276	17.3	5.3	78	968	13	4	19					•	
CHILI W/ BEEF & BEANS	161	7.6	4.1	23	265	13	4	12				•		
CINNAMON ROLL	190	3.5	1.0	0	210	11	1	5	•				•	
CHILI CHEESE FRIES	315	12.4	3.7	16	624	38	6	16			•	•		
CORN DOG	240	8.0	2.0	20	590	33	5	9	•			•	•	
ENCHILADA BAKE	264	16.6	8.5	45	628	11	3	18			•	•	•	
GRILLED CHEESE SANDWICH	208	5.9	2.9	15	684	25	4	14			•	•	•	
GRILLED HAM & CHEESE	239	7.2	3.3	32	993	25	4	19			•	•	•	
HAMBURGER W/ BUN	274	11.3	4.1	47	470	22	2	21			•	•	•	
HOT DOG W/ BUN	240	13.0	3.5	25	710	20	1	10	•		•	•	•	•
HUMMUS - 2 OZ	140	12.0	2.0	0	240	6	2	2				•		
WITH VEGGIES	158	6.0	0.9	0	309	21	8	6				•		
LASAGNA	310	10.4	3.7	19	770	36	5	19			•	•	•	
LASAGNA, VEGETABLE	260	7.4	2.5	11	657	35	4	14			•		•	
MAC & CHEESE - ELEM	189	7.2	4.0	20	657	22	1	11	•		•		•	
MAC & CHEESE - SECOND	283	10.8	6.1	30	985	32	1	16	•		•		•	
NACHOS EL GRANDE	480	23.3	8.3	20	559	51	7	18			•	•		
ORANGE CHICKEN W/RICE	452	10.8	2.4	76	669	63	1	28				•	•	
OVEN BAKED CHICKEN	140	8.0	2.5	55	480	3	1	13			•	•		

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PASTA **	210	2.0	0.0	0	25	38	4	10	•				•	
CHICKEN - 3 oz	130	3.5	1.0	80	40	0	0	26						
MEATBALLS - 2.5 oz	190	13.5	5.5	35	240	4	1	15			•	•	•	
ALFREDO SAUCE	48	1.2	0.8	4	397	7	0	2			•			
MARINARA SAUCE	80	4.0	0.5	0	540	11	1	2						
PHILLY CHEESE STEAK	471	20.6	11.1	74	1319	43	2	28			•	•	•	
PIG IN A BLANKET	206	12.8	3.8	25	668	14	1	9				•	•	
PIZZA, CHEESE - ELEM	320	9.0	3.5	15	490	39	4	19			•	•	•	
PIZZA, CHEESE - SECOND	390	12.0	4.0	15	620	49	5	23			•	•	•	
PIZZA, HAWAIIAN	425	12.5	4.1	23	765	54	5	26			•	•	•	
PIZZA, PEPPERONI - ELEM	328	10.4	3.6	20	553	38	4	19			•	•	•	
PIZZA, PEPPERONI - SECOND	410	13.0	4.5	25	690	48	5	24			•	•	•	
PIZZA, VEGGIE	418	13.5	4.2	15	725	53	6	23			•	•	•	
POTATO, BAKED	118	0.1	0.0	0	326	27	3	3						
W/ CHILI	187	3.0	1.7	9	609	36	4	7				•		
RAVIOLIS	245	6.5	1.9	60	789	34	4	17	•		•		•	
RIB A QUE SANDWICH	310	11.5	5.5	35	880	35	1	17			•	•	•	
SLOPPY JOE SANDWICH	234	7.0	2.0	14	742	31	4	13			•	•	•	
SMOTHERED BURRITO	337	11.3	4.1	22	887	36	5	15				•	•	
SPAGHETTI	250	9.5	2.7	14	922	30	5	13	•			•	•	
TERIYAKI CHICKEN DIPPERS	130	3.5	1.0	35	560	9	0	15				•	•	
WITH BROWN RICE	300	5.5	1.0	35	560	44	2	19				•	•	
TURKEY GRAVY	112	4.9	1.9	43	503	3	0	14			•	•		
MASHED POTATOES	53	0.7	0.0	0	20	11.3	4	1			•			
EGG NOODLES	219	2.5	0.7	47.8	12	40.6	1.8	8	•				•	
TURKEY POT PIE	249	16.0	2.0	32.3	708	27	3	15	•		•	•	•	
UNCRUSTABLE PB&J	320	16.0	3.0	0	350	33	3	9					•	•
YOGURT, CHEESE, FRUIT	313	9.0	4.1	25	291	53	4	14			•			

*** NEW PASTA CONTAINS LEGUMES

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SALADS, DELI SANDWICHES AND WRAPS	Nutrition Information								Allergens					
	Calories	Total Fat g	Saturated Fat g	Cholesterol mg	Sodium mg	Total Carb g	Dietary Fiber g	Protein g	Egg	Fish	Milk	Soy	Wheat	Peanut/Tree Nut
BUFFALO CHICKEN SALAD	191	8.3	1.3	16	447	20	4	10	•		•	•	•	
CHEF SALAD	142	6.1	2.4	113	527	9	4	15	•		•			
CHICKEN CAESAR SALAD	269	8.3	2.8	55	844	26	3	21	•		•	•	•	
FAJITA CHICKEN SALAD	124	5.7	2.8	43	385	5	1	14				•		
MANDARIN CHICKEN SALAD	221	10.5	3.3	57	356	11	2	21			•		•	
TACO SALAD	355	11.1	5.0	18	931	44	7	18			•	•	•	

HAM & CHEESE DELI	257	8.9	3.9	63	1502	22	1	23			•		•	
MEATBALL DELI	418	18.4	7.5	45	951	38	7	27			•	•	•	
TUNA SANDWICH	136	2.2	0.4	28	436	43	0	24		•		•	•	
TURKEY, HAM & CHEESE DELI	194	5.3	2.2	35	922	21	1	16			•		•	
TURKEY & CHEESE DELI	207	5.0	2.0	31	844	24	2	17			•		•	
TURKEY & CHEESE WRAP	240	9.0	5.0	25	764	27	2	13			•		•	
VEGGIE WRAP	282	13.6	7.9	32	631	28	2	12			•		•	
VEGGIE WRAP-SECONDARY	294	11.2	3.1	9	749	38	2	10			•		•	

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