

Parents,

The nutrition information in this document is based on the planned cycle menu for the year. I have made changes to list it by category instead of by the weekly menu as the weekly menu may change due to availability, seasonal pricing, and delivery of items previously ordered from the agriculture commodity program. Please check the online menu under the Parent Section/Lunch Room to find what is being served weekly/daily. Also, please feel free to call or email me at any time if you have questions. I will try to update the nutrition information on new items as I have time, but, if you don't see it, I will gladly get it for you. Thank you for allowing us to serve your children.

Lisa Cyrus

Food Service Director

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Entrées:

Chick Fil A Sandwich- 440 cal/1350 sod/40 carb
Hamburger-272 cal/148 sod/19 carbs
Tony's Pizza- 300 cal/580 sod/35 carbs/ 5 sat fat
Sausage Patty-60 cal/100 sod/0 carbs
Egg Patty-50 cal/85 sod/1 carb
Biscuit-120 cal/410 sod/18 carb Gravy-135 cal/750 sod/18 carbs for 2 oz
Chicken Sandwich-380 cal/650 sod/45 carbs/2.5 SF
Mini Corn Dogs-180 cal/280 sod/20 carbs
Spaghetti-385 cal/542 sod/51 carbs
Cheezy Breadsticks-280 cal/6 sf/460 sod/30 carbs
Nachos-381 cal/420 sod/24 carbs
Fish Sticks- 220/460 sod/18 carbs
Grilled Cheese-420 cal/880 sod/44 carbs
5" Round Pizza-320 cal/480 sod/35 carbs
Orange Chicken w/Rice-310 cal/190 sod/44 carbs
Meatball Sub-580 cal/1750 sod/72 carbs
Spicy Chicken Sandwich-370 cal/495 sod/36 carbs
Quesadilla-330 cal/830 sod/40 carbs
Turkey Noodle Alfredo-452 cal/716 sod/51 carbs
Cheeseburger on Whole Grain Bun- 375 cal/715 sod/32 carbs
Chicken Salad Sandwich- 405 cal/876 sod/57 carbs
BBQ Chicken Sandwich-242 cal/441 sod/37 carbs
Chicken Nuggets- 5 pcs=240 cal/470 sod/16 carbs for K-6 and 8 pcs=384 cal/752 sod/26
carbs for 7-12
Sub on Whole Grain Hoagie- 370 cal/1200 sod/55 carbs
Chili Dog-250 cal/940 sod/25 carbs
Bosco Cheese Sticks- 280cal/420 sod/30 carbs
Potato-60 cal/0 sod/13 carbs
Smoothie-275 cal/95 sod/59 carbs for strawberry and 68 for blueberry
Chef Salad-226 cal/477 sod/21.5 carbs
Papa John's Pizza- Cheese- 350 cal/930 sod/40 carbs/8 SF
Pepperoni- 380 cal/1050 sod/40 carbs/9 SF
Sausage-380 cal/1010 sod/40 carbs

Chef Salad-127 cal/839 sod/12 carbs (does not include dressing)

Fruits:

Fresh Orange- 81 cal/1.7 sod/21 carbs
Fresh Apples- 72 cal/1.4 sod/19
Apple Slices-30 cal/0 sod/7 carbs per 2 oz pkg
Grapes-53 cal/0 sod/15 carbs
Fresh Strawberries-50 cal/0 sod/11 carbs
Fresh Blueberries-80 cal/0 sod/21 carbs
Banana-110 cal/0 sod/27 carbs
Peaches-60 cal/5 sod/14 carbs
Applesauce-51 cal/2 sod/14 carbs
Pineapple-70 cal/0/18 carbs
Pears-60 cal/5 sod/16 carbs
Mandarin Oranges-90 cal/10 sod/20 carbs
Strawberry Cup (frozen)-90 cal/0 sod/22 carbs
Peach Cup (frozen)-80 cal/0 sod/19 carbs
Sidekicks Slushie (100% Fruit Juice)-80 cal/45 sod/20 carbs
Tropical Fruit Salad-80 cal/0 sod/20 carbs
Mixed Fruit-60 cal/5 sod/15 carbs

Vegetables:

Tater Tots-150 cal/360 sod/19 carbs
Hash Brown Patty-130 cal/240 sod/15 carbs
Crinkle Fries-110 cal/20 sod/17 carb
Potato Wedges-102 cal/100 sod/16 carbs
Seasoned Fries-150 cal/170 sod/25 carbs

Side Salad-15 cal/15 sod/4 carbs
Steamed Broccoli-26 cal/22 sod/5 carbs
Baby Carrots-35 cal/65 sod/8 carbs
Peas-59 cal/140 sod/11 carbs
Lettuce-15 cal/10 sod/3 carbs and Tomato-7.5 cal/2.5 sod/1.75 carbs (for Nachos)
Refried Beans-190 cal/560 sod/22 carbs
Corn-70 cal/5 sod/13 carbs
Cooked Carrots-18 cal/140 sod/4 carbs
Egg Roll-150 cal/530 sod/24 carbs
Celery-10 cal/0 sod/2 carbs
Mac n Cheese-320 cal/245 sod/48 carbs
Green Beans-16 cal/140 sod/3 carbs
Cucumbers-0 cal/0 sod/2 carbs
Mashed Potatoes-125 cal/20 sod/20 carbs

Other Sides:

Cheese Sauce-60 cal/360 sod/5 carbs
Roll-140 cal/150 sod/27 carbs
Chicken Noodle Soup-60 cal/870 sod/7 carbs
Tomato Soup- 90 cal/480 sod/20 carbs
Chips-160 cal/170 sod/15 carbs
Gravy-40 cal/130 sod/6 carbs

Condiments:

Ketchup- 10 cal/85 sod/3 carbs
Ranch Dipping Cups- 70 cal/125 sod/5 carbs
Mustard- 0 cal/70 sod/0 carbs
Mayonnaise- 80 cal/75 sod/1 carb/1.5 SF
BBQ- 20.6 cal/87.9 sod/5 carbs
Tartar Sauce-42.5 cal/99.6 sod/3 carbs/.6 SF
Butter-40 cal/30 sod/0 carbs
Sour Cream-60 cal/50 sod/2 carbs
Bacon-120 cal/520 sod/0 carbs
Ranch Dressing Packets-130 cal/370 sod/8 carbs
French Dressing Packets-90 cal/200 sod/9 carbs
Honey Mustard Dressing Packets-190 cal/220 sod/12 carbs
Slice Cheese-100 cal/270 sod/2 carbs
Salsa-5 cal/35 sod/1 carb

