

MCPS Division of Food and Nutrition Services High School Nutrient Information

Revised June 2023



Nutrient Information is provided by the Division of Food and Nutrition's approved food manufacturers. Variations may occur as product formulations can change periodically. As manufacturers inform us of product changes we will update nutritional information to reflect changes. This information is correct as of **June 20, 2023.**

| MENU ITEM | PORTION SIZE | CALORIES | TOTAL FAT (G) | SAT FAT (G) | CHOL (MG) | SODIUM (MG) | CARBS (G) | SUGARS (G) | FIBER (G) | PROTEIN (G) |
|--|--------------|----------|---------------|-------------|-----------|-------------|-----------|------------|-----------|-------------|
| BREAKFAST ENTRÉES | | | | | | | | | | |
| Belgian Waffle ^{IW} | EACH | 240 | 9 | 2.5 | 15 | 210 | 34 | 12 | 2 | 5 |
| Blueberry Chex Cereal ^{IW} | EACH | 240 | 5 | 0.5 | 0 | 350 | 46 | 12 | 1 | 3 |
| Chicken Biscuit Sandwich ^{IW} | EACH | 250 | 10 | 3.5 | 15 | 500 | 31 | 2 | 4 | 11 |
| Egg & Cheese English Muffin ^{IW} | EACH | 200 | 7 | 1.5 | 80 | 322 | 24 | 2 | 2 | 9 |
| Egg & Cheese on <i>Maryland Made</i> Croissant | EACH | 310 | 14.5 | 6.5 | 115 | 525 | 31 | 5 | 3 | 15 |
| Egg & Turkey Sausage Bagel ^{IW} | EACH | 180 | 6 | 3 | 55 | 380 | 23 | 6 | 2 | 10 |
| French Toast Sticks | 4 STICKS | 272 | 12 | 2 | 0 | 281 | 35 | 11 | 3 | 6 |
| Fruit & Yogurt Parfait with Granola | EACH | 240 | 2 | 0 | 2 | 122 | 52 | 30 | 4 | 4 |
| Grahams ^{IW} | EACH | 130 | 4 | 0 | 0 | 95 | 20 | 8 | 1 | 2 |
| Honey Cheerios Cereal ^{IW} | EACH | 210 | 3 | 0.5 | 0 | 340 | 44 | 12 | 5 | 6 |

| MENU ITEM | PORTION SIZE | CALORIES | TOTAL FAT (G) | SAT FAT (G) | CHOL (MG) | SODIUM (MG) | CARBS (G) | SUGARS (G) | FIBER (G) | PROTEIN (G) |
|--|---------------------|-----------------|----------------------|--------------------|------------------|--------------------|------------------|-------------------|------------------|--------------------|
| <i>Maryland-Made Cinnamon Roll</i> ^{IW} | EACH | 232 | 7 | 1.5 | 0 | 240 | 38 | 12 | 3 | 4 |
| Mini Cinnamon Bagel ^{IW} | EACH | 240 | 6 | 2.5 | 10 | 180 | 41 | 13 | 2 | 6 |
| Mini Maple Pancakes ^{IW} | EACH | 210 | 6 | 1 | 10 | 320 | 35 | 11 | 4 | 4 |
| Mini Strawberry Bagel ^{IW} | EACH | 230 | 6 | 2 | 10 | 190 | 42 | 13 | 2 | 6 |
| Oatmeal Breakfast Bar ^{IW} | EACH | 140 | 4.5 | 0.5 | 5 | 90 | 23 | 9 | 1 | 2 |
| Sausage Breakfast Sandwich | EACH | 260 | 12 | 4.5 | 25 | 450 | 29 | 4 | 3 | 12 |
| Turkey Ham & Cheese Breakfast Sandwich | EACH | 270 | 9 | 3.5 | 43 | 679 | 31 | 5 | 4 | 19 |
| Yogurt ^{IW} | 4 oz | 80 | 0.5 | 0 | 4 | 65 | 15 | 9 | 0 | 4 |
| MISC BREAKFAST | | | | | | | | | | |
| Cheese Sticks ^{IW} | EACH | 60 | 3 | 2 | 9 | 197 | 1 | 0 | 0 | 7 |
| Cream Cheese Cups ^{IW} | EACH | 70 | 6 | 0 | 20 | 110 | 2 | 1 | 0 | 0 |
| Jelly Packets ^{IW} | EACH | 35 | 0 | 0 | 0 | 0 | 9 | 6 | 0 | 0 |
| Peanut Butter Cups ^{IW} | EACH | 200 | 17 | 4 | 0 | 100 | 7 | 3 | 2 | 9 |
| Syrup Packets ^{IW} | EACH | 120 | 0 | 0 | 0 | 25 | 31 | 21 | 0 | 0 |

| MENU ITEM | PORTION SIZE | CALORIES | TOTAL FAT (G) | SAT FAT (G) | CHOL (MG) | SODIUM (MG) | CARBS (G) | SUGARS (G) | FIBER (G) | PROTEIN (G) |
|--|---------------------|-----------------|----------------------|--------------------|------------------|--------------------|------------------|-------------------|------------------|--------------------|
| LUNCH | | | | | | | | | | |
| CHEF INSPIRED ENTRÉES | | | | | | | | | | |
| BBQ Chicken Drumstick w/Mashed Potatoes & Rolls | SERVING | 428 | 15 | 3 | 90 | 732 | 53 | 5 | 5.5 | 23 |
| BBQ Pulled Chicken Sandwich | EACH | 274 | 7 | 1.5 | 50 | 400 | 35 | 3 | 4 | 19 |
| Beef Nachos w/Salsa, Lettuce & Tomatoes | SERVING | 499 | 26.5 | 10 | 37 | 745 | 48 | 3 | 4 | 17 |
| Beef Philly Sandwich | EACH | 338 | 12.5 | 4 | 67 | 534 | 30 | 3 | 4 | 28 |
| Beef Tacos | 2 TACOS | 327 | 13.5 | 5 | 28 | 722 | 35 | 5 | 6 | 19 |
| Chicken & Vegetable Dumplings | 6 DUMPLINGS | 281 | 7 | 0.5 | 35 | 694 | 40 | 3 | 2 | 17 |
| Chicken & Waffle Flatbread Sandwich w//Syrup | 1 SANDWICH | 522 | 15 | 2.5 | 46 | 539 | 74 | 29 | 5 | 23 |
| Chicken Philly Sandwich | EACH | 331 | 13.5 | 3.5 | 58 | 457 | 31 | 3 | 3.5 | 22 |
| Curry Chicken with Rice | 1 BOWL | 485 | 14 | 3 | 100 | 450 | 56 | 6 | 5 | 30 |
| Korean BBQ Chicken Drumstick w/Rice | SERVING | 539 | 12.5 | 3 | 90 | 518 | 82 | 6 | 3 | 23 |
| Mac & Cheese w/Chicken Bites & Roll | SERVING | 419 | 19 | 8 | 45 | 712 | 40 | 5 | 4 | 24 |
| Meatball Sub | EACH | 338 | 12 | 4 | 48 | 793 | 39 | 2 | 6 | 20 |
| Penne w/Meatballs & Marinara | SERVING | 467 | 12 | 4 | 48 | 591 | 57 | 11 | 8 | 21 |
| Ranch Chicken Power Bowl | 1 BOWL | 655 | 28 | 9 | 62 | 893 | 72 | 5 | 9 | 31 |

| MENU ITEM | PORTION SIZE | CALORIES | TOTAL FAT (G) | SAT FAT (G) | CHOL (MG) | SODIUM (MG) | CARBS (G) | SUGARS (G) | FIBER (G) | PROTEIN (G) |
|--|---------------------|-----------------|----------------------|--------------------|------------------|--------------------|------------------|-------------------|------------------|--------------------|
| Rotini with Beef Sauce & Roll | SERVING | 438 | 18.5 | 7 | 58 | 606 | 44 | 7 | 5 | 23 |
| Southwest Beef & Rice Bowl | 1 BOWL | 384 | 10 | 3.5 | 38 | 507 | 56 | 0 | 7 | 18 |
| Southwest Power Bowl | 1 BOWL | 601 | 15.5 | 2.5 | 56 | 714 | 85 | 8 | 18 | 31 |
| Spicy Chicken Power Bowl | 1 BOWL | 475 | 20.5 | 2 | 69 | 842 | 51 | 7 | 9 | 24 |
| Sweet N Sour Chicken with Rice | 1 BOWL | 383 | 5.5 | 1.5 | 50 | 331 | 64 | 5 | 4 | 18 |
| Teriyaki Chicken & Broccoli with Rice | 1 BOWL | 421 | 11 | 2 | 50 | 258 | 60 | 1 | 6 | 19 |
| PLANT-BASED & PLANT-FORWARD ENTRÉES | | | | | | | | | | |
| Bean & Cheese Nachos with Salsa, Lettuce & Tomatoes | 1 SERVING | 545 | 24 | 8.5 | 29 | 669 | 64 | 2 | 11 | 16 |
| Cheese Nachos | 1 SERVING | 663 | 42 | 20 | 75 | 1150 | 49 | 4 | 2 | 22 |
| Chik'N & Waffle Flatbread Sandwich w//Syrup | 1 SANDWICH | 567 | 17 | 3 | 0 | 702 | 90 | 31 | 6 | 18 |
| Curry Chickpeas with Rice | 1 BOWL | 439 | 9 | 0.5 | 0 | 404 | 78 | 10 | 10 | 14 |
| Korean BBQ Chik'N w/Rice | 1 SERVING | 501 | 13 | 2 | 0 | 653 | 78.5 | 8 | 7 | 19 |
| Mac & Cheese with Chik'N Nuggets & Roll | 1 SERVING | 438 | 20 | 8 | 29 | 774 | 47 | 6 | 5 | 21 |
| Spicy Chik'N Street Tacos | 2 TACOS | 428 | 14 | 1 | 0 | 740 | 57 | 5 | 10 | 24 |
| Sweet N Sour Chik'N with Rice | 1 BOWL | 537 | 13 | 2 | 0 | 695 | 88 | 7 | 8 | 20 |
| Teriyaki Edamame & Broccoli with Rice | 1 BOWL | 424 | 11 | 1.5 | 0 | 172 | 67 | 3 | 10 | 15 |

| MENU ITEM | PORTION SIZE | CALORIES | TOTAL FAT (G) | SAT FAT (G) | CHOL (MG) | SODIUM (MG) | CARBS (G) | SUGARS (G) | FIBER (G) | PROTEIN (G) |
|--|---------------------|-----------------|----------------------|--------------------|------------------|--------------------|------------------|-------------------|------------------|--------------------|
| Veggie Burger on Bun | EACH | 280 | 6.5 | 0.5 | 0 | 640 | 36 | 6 | 7 | 22 |
| Veggie Power Bowl | 1 BOWL | 615 | 18.5 | 1 | 0 | 467 | 96 | 10 | 24 | 20 |
| FROM THE FARMS | | | | | | | | | | |
| Baked French Fries | ½ cup | 110 | 3.5 | 0 | 0 | 130 | 17 | 0 | 1 | 2 |
| Entrée Salad, Chef | EACH | 476 | 23.5 | 8 | 75 | 1195 | 43 | 7 | 7 | 27 |
| Entrée Salad, Chickpea | EACH | 381 | 7.5 | 0 | 0 | 532 | 66 | 10 | 24 | 17 |
| Entrée Salad, Chik'N | EACH | 448 | 14.5 | 2 | 0 | 729 | 64 | 11 | 11 | 23 |
| Entrée Salad, Spicy Chicken | EACH | 381 | 16.5 | 3 | 45 | 437 | 37 | 6 | 5 | 23 |
| Entrée Salad, Taco | EACH | 481 | 19 | 5 | 19 | 800 | 61 | 6 | 12 | 17 |
| Fresh Baby Carrots^{IW} | ½ cup | 35 | 0 | 0 | 0 | 65 | 8 | 5 | 2 | 1 |
| Fresh Celery Sticks | ½ cup | 4 | 0 | 0 | 0 | 19 | 1 | 0 | 0 | 0 |
| Fresh Cucumber Slices | ½ cup | 10 | 0 | 0 | 0 | 1 | 2 | 0 | 0 | 0 |
| Fresh Grape Tomatoes | ½ cup | 20 | 0 | 0 | 0 | 5 | 5 | 2 | 1 | 1 |
| Fresh Side Salad | 1 cup | 20 | 0 | 0 | 0 | 8 | 4 | 2 | 1 | 1 |
| Fresh Spinach, Romaine, & Craisin Salad | 1 cup | 64 | 0 | 0 | 0 | 49 | 14 | 10 | 3 | 2 |
| Garlic & Herb Broccoli | ½ cup | 70 | 4.5 | 2.5 | 12 | 94 | 4 | 1 | 2 | 5 |

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|--|---------------------|-----------------|----------------------|--------------------|------------------|--------------------|------------------|-------------------|------------------|--------------------|
| Roasted Chickpeas^{IW} | Each | 180 | 4 | 0 | 0 | 260 | 27 | 1 | 17 | 9 |
| Roasted Corn | ½ cup | 65 | 2.5 | 0.5 | 0 | 0 | 9 | 4 | 2 | 2 |
| Roasted Green Beans | ½ cup | 26 | 1 | 0 | 0 | 2 | 5 | 1 | 2 | 1 |
| Southwest Seasoned Pinto Beans | ½ cup | 164 | 1.5 | 0 | 0 | 191 | 30 | 1 | 12 | 7 |
| FAN FAVORITES | | | | | | | | | | |
| Cheeseburger on Bun | EACH | 340 | 16 | 6 | 57 | 511 | 29 | 4 | 5 | 22 |
| Cheese Crunchers with Marinara Sauce^{IW} | 4 EACH | 467 | 20.5 | 9 | 30 | 862 | 51 | 3 | 8 | 22 |
| Hot Dog on Bun | EACH | 240 | 10 | 2.5 | 35 | 650 | 27 | 3 | 3 | 15 |
| Pizza, Personal | EACH | 310 | 13 | 6 | 30 | 440 | 31 | 9 | 3 | 16 |
| Pizza, Stuffed Crust | EACH | 320 | 12 | 6 | 35 | 570 | 36 | 5 | 4 | 17 |
| Spicy Chicken Tenders with Roll | 3 TENDERS | 297 | 11 | 1 | 59 | 494 | 32 | 4 | 6 | 20 |
| GRAB 'N GO | | | | | | | | | | |
| Cold Cut Sub | EACH | 292 | 9 | 3 | 56 | 817 | 33 | 4 | 4 | 24 |
| Fruit & Yogurt Parfait | EACH | 440 | 3 | 0.5 | 5 | 250 | 95 | 50 | 6 | 8 |
| Hummus^{IW(2)} & Rounds^{IW} | SERVING | 420 | 11 | 1 | 0 | 360 | 65 | 8 | 13 | 15 |
| PB&J Sandwich^{IW}, Smuckers | EACH | 600 | 34 | 6 | 0 | 540 | 64 | 29 | 7 | 18 |

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|---|---------------------|-----------------|----------------------|--------------------|------------------|--------------------|------------------|-------------------|------------------|--------------------|
| MISC LUNCH | | | | | | | | | | |
| Bagel, Honey Wheat^{IW} | EACH | 130 | 1.5 | 0 | 0 | 200 | 25 | 2 | 2 | 4 |
| Belgian Waffle^{IW} | EACH | 240 | 9 | 2.5 | 15 | 210 | 34 | 12 | 2 | 5 |
| Cheese Stick^{IW} | EACH | 60 | 3 | 2 | 9 | 197 | 1 | 0 | 0 | 7 |
| Grilled Cheese^{IW} | EACH | 280 | 10 | 5.5 | 32 | 581 | 31 | 6 | 3 | 19 |
| Hummus^{IW} | EACH | 110 | 2 | 0 | 0 | 100 | 18 | 4 | 5 | 6 |
| Marinara Cup^{IW} | EACH | 40 | 1 | 0 | 0 | 200 | 7 | 4 | 1 | 1 |
| Mini Pancakes^{IW} | EACH | 210 | 6 | 1 | 10 | 320 | 35 | 11 | 4 | 4 |
| Peanut Butter Cup^{IW} | EACH | 200 | 17 | 4 | 0 | 100 | 7 | 3 | 2 | 9 |
| Pepperoni & Cheese Stuffed Sandwich^{IW} | EACH | 300 | 12 | 5 | 30 | 590 | 31 | 5 | 3 | 19 |
| Salsa Cup^{IW} | EACH | 25 | 0 | 0 | 0 | 195 | 5 | 3 | 1 | 1 |
| Tostito® Rounds^{IW} | EACH | 200 | 7 | 1 | 0 | 160 | 29 | 0 | 3 | 3 |
| Tostito® Scoops^{IW} | EACH | 110 | 2.5 | 0 | 0 | 125 | 19 | 0 | 1 | 2 |
| Yogurt^{IW} | 4 oz | 80 | 0.5 | 0 | 4 | 65 | 15 | 9 | 0 | 4 |
| Yogurt^{IW} | 8 oz | 180 | 0 | 0 | 24 | 150 | 38 | 32 | 0 | 8 |

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|-------------------------------------|---------------------|-----------------|----------------------|--------------------|------------------|--------------------|------------------|-------------------|------------------|--------------------|
| GRAINS | | | | | | | | | | |
| Local Dinner Roll | EACH | 80 | 1.5 | 0 | 0 | 120 | 15 | 2 | 2 | 3 |
| Local Hamburger Roll | EACH | 140 | 2 | 0 | 0 | 220 | 27 | 3 | 4 | 6 |
| Local Hot Dog Roll | EACH | 130 | 2 | 0.5 | 0 | 280 | 26 | 3 | 3 | 6 |
| Mini Flatbread | EACH | 80 | 2 | 0 | 0 | 150 | 13 | 1 | 1 | 3 |
| Dressings | | | | | | | | | | |
| MCPS Made Ranch | 1 oz | 100 | 8 | 1 | 9 | 377 | 5 | 0 | 0 | 1 |
| MCPS Made Ranch | 2 oz | 200 | 16 | 2 | 18 | 754 | 10 | 0 | 0 | 2 |
| MCPS Made Sweet Mustard | 1 oz | 30 | 2 | 0 | 0 | 25 | 3 | 2 | 0 | 0 |
| MCPS Made Sweet Mustard | 2 oz | 60 | 4 | 0 | 0 | 50 | 6 | 4 | 0 | 0 |
| MCPS Made Universal Dressing | 1 oz | 136 | 9.5 | 1 | 0 | 31 | 13.5 | 11 | 0 | 0 |
| MCPS Made Universal Dressing | 2 oz | 272 | 19 | 2 | 0 | 62 | 27 | 22 | 0 | 0 |