

**Arlington ISD Food and Nutritional Services**  
**Nutritional Information 2016 -2017**

LUNCH ENTREES	Serving Size	Calories	Carb Count (g)	Total Fat (g)	Saturated Fat (g)	Protein (g)	Dietary Fiber (g)
<b>Baked Ziti</b>	5.5 oz	311	30.5	13	6	19	2.5
<b>Bean and Cheese Burrito</b>	1 each	291	41	8	4	16	8
<b>Beef Enchiladas</b>	2 each	282	40	11	4	16	3.5
<b>Beef Soft Tacos</b>	2 tacos	420	31	19	8	31	2
<i>Flour Tortillas</i>	2 each	160	26	3	0	4	2
<i>Beef Crumbles</i>	2.5 oz	120	1	7	3	13	0
<i>Shredded Amercian Cheese</i>	2 oz	140	4	9	5	14	0
<b>Breaded Chicken Sandwich</b>	1 each	430	45	17.5	3	23	6
<i>Breaded Chicken Patty</i>	1 each	270	16	15	2.5	16	3
<i>Hamburger Bun</i>	1 each	160	29	2.5	0.5	7	3
<b>Buffalo Chicken Pizza</b>	1 slice	390	35	19	7	20	3
<b>Calzone Cheese</b>	1 each	320	38	11	5	16	6
<b>Calzone Pepperoni*</b>	1 each	310	41	9	3.5	17	6
<b>Canadian Bacon Pizza (Elem)</b>	1 each	309.5	32	13	6	18	3
<b>Canadian Bacon Pizza (JH / HS)</b>	1 slice	379.5	34	17	7.5	23	2
<b>Cheeseburger</b>	1 each	345	32	13.5	5.5	23	6
<i>Sliced American Cheese</i>	1 slice	35	1	2	1	3	2
<i>Hamburger Bun</i>	1 each	160	29	2.5	0.5	7	3
<i>Beef Patty</i>	1 each	150	2	9	4	13	1
<b>Cheese Pizza (Elem)</b>	1 each	290	32	16	7	18	4
<b>Cheese Pizza (JH / HS)</b>	1 slice	360	34	16	7	21	2
<b>Cheese Quesadilla</b>	2 pieces	320	32	12	6	20	3
<b>Cheese Stick</b>	1 each	90	0	6	4	7	0
<b>Chef Salad</b>	1 Salad	165	8.5	9.5	5	16	2.5
<i>Salad Mix</i>	2 cups	25	4.5	0.5	0	2	2.5
<i>Shredded American Cheese</i>	2 oz	140	4	9	5	14	0
<b>Chef Salad w/ Ham, Egg, &amp; Cheese</b>	1 salad	194	8	10.5	4.5	20	2.5
<i>Salad Mix</i>	2 cups	25	4.5	0.5	0	2	2.5
<i>Shredded American Cheese</i>	1 oz	70	2	4.5	2.5	7	0
<i>Diced Ham</i>	1.6 oz	54	0.5	2.5	1	8	0
<i>Diced Egg</i>	1 oz	45	1	3	1	3	0
<b>Chicken Alfredo (Elem)</b>	3/8 cup oz	305	35.5	10	5	17	1
<b>Chicken Alfredo (JH / HS)</b>	1 1/3 cup	343	37	4	2	20.5	1
<b>Chicken Fajita Soft Tacos</b>	2 tacos	430	32	19	7	34	2
<i>Flour Tortillas</i>	2 each	160	26	3	0	4	2
<i>Chicken Fajita</i>	3 oz	130	2	7	2	16	0
<i>Shredded Amercian Cheese</i>	2 oz	140	4	9	5	14	0
<b>Chicken Fried Steak</b>	1 each	300	16	18	6	16	2
<b>Chicken LoMein</b>	1 cup	265	30	7.9	2	19	1
<b>Chicken Tenders</b>	3 each	240	13.5	10.5	2	22.5	1.5
<b>Chicken Teriyaki</b>	4 oz	200	14	7	2	21	0
<b>Corn Dog</b>	1 each	280	31	13	3.5	9	2
<b>Crispy Chicken Sandwich</b>	1 each	400	43	13.5	2.5	28	5
<i>Crispy Chicken Breast</i>	1 each	240	14	11	2	21	2
<i>Hamburger Bun</i>	1 each	160	29	2.5	0.5	7	3
<b>Crispy Oven Chicken</b>	1 each	190	5	11	2.5	16	1
<b>Fiesta Salad</b>	1 salad	380	43.5	47.5	5	19	4
<i>Beef &amp; Bean Chili</i>	1/2 cup	86	4.5	37	1.5	8	1.5
<i>Shredded American Cheese</i>	1/4 cup	70	2	4.5	2.5	7	0
<i>Spanish Rice</i>	1/2 cup	84	17	0	0	2	0.5
<i>Frito Corn Chips</i>	1 oz	140	20	6	1	2	2

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 Highlighted = Food Components within Meal Item

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<b>Feistada Pizza</b>	1 slice	340	39	14	6	17	4
<b>Fish Fillet Sandwich</b>	1 sandwich	320	42	8.5	1.5	21	3.5
<i>Fish Fillet</i>	1 each	160	13	6	1	14	0.5
<i>Hamburger Bun</i>	1 each	160	29	2.5	0.5	7	3
<b>Fish Nuggets</b>	3 each	180	17	7	0.5	11	1
<b>Four Meat Pizza *</b>	1 slice	370	36	17	7	20	3
<b>Grilled Chicken Sandwich</b>	1 each	290	31	9.5	2.5	22	3
<i>Grilled Chicken Patty</i>	1 each	130	2	7	2	15	0
<i>Hamburger Bun</i>	1 each	160	29	2.5	0.5	7	3
<b>Ham &amp; Cheese Deli Sandwich</b>	1 each	277	37	7	2	20	5
<i>Sliced Ham</i>	6 slices	82	1	4	1	12	0
<i>Sliced American Cheese</i>	1ea (14g)	35	1	2	1	3	2
<i>Sub Bun</i>	1 each	160	35	1	0	5	3
<b>Hamburger</b>	1 each	310	31	11.5	4.5	20	4
<i>Hamburger Bun</i>	1 each	160	29	2.5	0.5	7	3
<i>Beef Patty</i>	1 each	150	2	9	4	13	1
<b>Hamburger Pizza (JH / HS)</b>	1 slice	360	34	16	7	21	2
<b>Hot &amp; Spicy Chicken Sandwich</b>	1 each	130	46	17.5	3.5	22	6
<i>Hot &amp; Spicy Chicken Patty</i>	1 each	270	17	15	3	15	3
<i>Hamburger Bun</i>	1 each	160	29	2.5	0.5	7	3
<b>Hot Dog</b>	1 each	300	22	18.5	7	11	2
<i>100% Beef Frank</i>	1 each	180	1	17	7	6	0
<i>Hot Dog Bun</i>	1 each	120	21	1.5	0	5	2
<b>Lasagna</b>	4x6 piece	344	36.5	13	6.6	21	3
<b>Mac 'n Cheese</b>	2/3 cup	290	31	11	6	17	2
<b>Mesquite Chicken</b>	2 each	320	6	20	5	30	0
<b>Nachos</b>	1 boat	458/506	38.5/39	26/28.5	13/15.5	17/22.5	2
<i>Tortilla Chips</i>	2 oz	280	34	14	6	4	2
<i>Cheese Sauce</i>	3 oz	130	4	9	6	8	0
<i>Taco Meat (Elem)</i>	1/8 cup	48	0.5	3	1	5	0
<i>Taco Meat (JH / HS)</i>	1/4 cup	96	1	5.5	2.5	10.5	0
<b>Orange Chicken</b>	6 oz	380	37	18.2	3.3	15.6	1.4
<i>Seasoned Rice</i>	¾ cup	153	27	2.3	1.1	4.1	1.5
<b>Oven Crispy Chicken</b>	1 each	190	5	11	2.5	16	1
<b>Oven Roasted BBQ Chicken</b>	2 each	300	4	18	4	30	0
<b>Pepper Jack Cheese Enchiladas</b>	2 each	32	32	25	13	24	3
<b>Pepperoni Pizza * (Elem)</b>	1 each	333	32	14.5	7	17	3
<b>Pepperoni Pizza (JH / HS)</b>	1 slice	370	34	16	7	21	2
<b>Popcorn Chicken</b>	12 pieces	230	14	13	2.5	14	3
<b>Ranch Chicken Wrap</b>	1 wrap	390.5	36	15	5.5	29	4
<b>Roasted Turkey Breast</b>	4 oz	95	3	1	0	20	0
<b>Shrimp Poppers</b>	2.75oz	200	20	9	1.5	9	3
<b>Sloppy Joe Sandwich</b>	1 sandwich	306	36	9.5	3.5	20	4
<i>Hamaburger Bun</i>	1 bun	160	29	2.5	0.5	7	3
<i>Beef Crumbles with Sauce</i>	1/2 cup	146	7	7	3	13	1
<b>Southwest Bowl</b>	1 bowl	361	38	15.5	7	18	2
<i>Tortilla Chips</i>	1 oz	140	17	7	3	2	1
<i>Taco Meat</i>	¼ cup	67	2	4	1.5	7	0.5
<i>Shredded American Cheese</i>	1 oz	70	2	4.5	2.5	7	0
<i>Spanish Rice</i>	1/2 cup	84	17	0	0	2	0.5
<b>Spaghetti w/ Meat Sauce</b>	1 cup	261	29.5	8.5	3	15	2.5

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<b>Spicy Asian Chicken w/</b>	3 oz	204	17.5	6.5	2	16.5	0
<i>Seasoned Rice</i>	<i>¾ cup</i>	<i>153</i>	<i>27</i>	<i>3.8</i>	<i>1.1</i>	<i>4</i>	<i>1.5</i>
<b>Spicy Chicken Bowl w/</b>	4 oz	220	20	7	2	20	0
<i>Seasoned Rice</i>	<i>¾ cup</i>	<i>153</i>	<i>27</i>	<i>2.3</i>	<i>1.1</i>	<i>4.1</i>	<i>1.5</i>
<b>Steak Fingers</b>	4 each	290	16	18	6	16	2
<b>Taco Snack (Beef Burrito)</b>	1 each	292	30	14	5	15	5
<b>Turkey &amp; Cheese Deli Sandwich</b>	1 each	266	37	4	1	22	5
<i>Sliced Turkey</i>	<i>5 Slices</i>	<i>71</i>	<i>1</i>	<i>1</i>	<i>0</i>	<i>14</i>	<i>0</i>
<i>Sliced American Cheese</i>	<i>1ea (14g)</i>	<i>35</i>	<i>1</i>	<i>2</i>	<i>1</i>	<i>3</i>	<i>2</i>
<i>Sub Bun</i>	<i>1 each</i>	<i>160</i>	<i>35</i>	<i>1</i>	<i>0</i>	<i>5</i>	<i>3</i>
<b>Turkey Tetrazzini</b>	2/3 cup	272	31	8.4	4.1	20.8	1.6
<b>Wow Butter Sandwich</b>	1 sandwich	420	40	21.5	4	15	7
<i>Sandwich Bread</i>	<i>2 slices</i>	<i>160</i>	<i>30</i>	<i>2</i>	<i>0</i>	<i>6</i>	<i>2</i>
<i>Wow Butter</i>	<i>2 2/3 Tbsp</i>	<i>260</i>	<i>10</i>	<i>19.5</i>	<i>4</i>	<i>9</i>	<i>5</i>
<b>Yogurt, Strawberry &amp; Banana</b>	4 oz	45	8	0	0	6	0

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