



TUHSD Nutrition Services



NUTRITION FACTS (CALORIE/CARBOHYDRATES)

- Breakfast Menu
- Grab & Go Menu
- Deli Fresh Menu
- Daily Menu Line
- Gluten Free Menu
- Holiday Meal
- Supper Menu
- Condiments & Daily Sides

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Breakfast Calorie and Carb Count

2025-2026 SY

Menu Item	Calories per Serving (Kcals)	Carbs per Serving (grams)
Pancake on a Stick (71g)	140	16
Glazed Donut (69g)	322.75	38.25
Breakfast Pizza (104g)	230	31
Banana Loaf (96g)	260	45
Waffle (68g)	250	37
Ham & Cheese Croissant (146.78g)	300	27
Yogurt Parfait (232.46g)	381	61.70
Breakfast Sandwich (161.592g)	330	33
Cereal		
Cinnamon Toast Crunch (56g)	210	44
Cocoa Puffs (56g)	220	47
Lucky Charms (56g)	210	46
Honey Nut Cheerios (56g)	210	45
Muffins & Mini Donuts		
Sweet Potato Chocolate Chip Muffin Top (91g)	260	43
Chocolate Muffin (102g)	390	63
Blueberry Muffin (102g)	380	61
Chocolate Mini Donuts (94g)	320	42
Powdered Sugar Mini Donuts (85g)	270	41

**Breakfast Calorie and Carb Count
2025-2026 SY**

Condiments		
Ketchup – per packet	10	3
Syrup- 1 cup	120	30
Fresh Fruit		
Apple (Green or Red)	32	8
Orange	43	11
Pear	86	23
Peach	68	17
Plum	76	19
Banana	105	27
Clementine (Cuties Orange)	90	22
Nectarine	63	15
Milk		
Fat Free White	90	12
1% White	100	12
Fat Free Chocolate	140	26
Fat Free Strawberry	130	26
Juice		
Orange Tangerine (4.23 oz.)	50	12
Apple (4.23 oz.)	60	14

**Grab & Go and Deli Fresh
Calorie and Carb Count
2025-2026 SY**

Grab & Go Menu Item	Calories per Serving (Kcals)	Carbs per Serving (grams)
Entrée		
Buffalo Stuffed Sandwich	290	31
Hot & Spicy Chicken Sandwich	390	45
Pepperoni Pizza	360	33
Cheeseburger	350	32
Bean & Cheese Burrito	320	44.17
Daily Sides		
Every day: Carrots	35	8
Every day: Bean Cup	177	31
Wednesday: ***Hot Veggies		
Broccoli (8 oz.)	77	15
Corn (8 oz.)	135	17
4-way mixed (8 oz.)	75	16.5
Green Beans (8 oz.)	45	9
Friday: Side Salad (11oz.)	62	15
Deli Fresh Salads		
Fruit & Protein Bowl	310	43
Tiger Bites	240	42
Total	508	80
Grilled Chicken Salad	564	38
Tiger Bites	240	42
Total	999	75
Chicken Garden Salad	370	30
Ranch Dressing	110	2
Tiger Bites	240	42
Total	658	64
Southwest Chicken Salad	350	33
Ranch	110	2
Tiger Bites	220	37
Total	680	72
Deli Fresh Sandwiches		
Ham & Cheese Sandwich	280	29
Turkey & Cheese Sandwich	266	31
Tuna Sandwich	281	33
Smucker's (Grape/Strawberry)	590/590	64/64
Lunch Boxes		
Breakfast for Lunch	510	91

**Grab & Go and Deli Fresh
Calorie and Carb Count
2025-2026 SY**

On the Side		
Bean Cup	177	31
3 oz. Baby Carrots	35	8
Lettuce & Tomato Bag	12	3
Condiments		
Mustard – per packet	<5	0
Ketchup – per packet	10	3
Whole Fresh Fruits		
Apple (Green or Red)	32	8
Orange	43	11
Pear	86	23
Peach	68	17
Plum	76	19
Banana	105	27
Clementine (Cuties Orange)	90	22
Nectarine	63	15
Milk		
Fat Free White	90	12
1% White	100	12
Fat Free Chocolate	140	26
Fat Free Strawberry	130	26
Juice		
Tropical Twist (6.75 oz.)	90	22
Power Punch (6.75 oz.)	80	21

**Daily Menu Line – Week 1
Calorie and Carb Count
2025-2026 SY**

Menu Item	Calories per Serving (Kcals)	Carbs per Serving (grams)
Week 1 Day 1		
WG Chicken Breast Chunks	190	11
Mashed Potatoes	122	23
Corn	68	16
Country Gravy	50	5
WG Dinner Roll	80	14
Fruit - See list below.		
TOTAL	510	69
Week 1 Day 2		
Chicken Breast Strips	110	2
Alfredo Sauce	120	4
Bowtie Pasta	200	42
Texas Toast	100	14
Fruit - See list below.		
TOTAL	530	62
Week 1 Day 3		
Cheeseburger on WG Bun	350	32
Lettuce & Tomato Bag	12	3
Fruit - See list below.		
TOTAL	362	35
Week 1 Day 4		
Chicken Tenders	280	16
Bowtie Pasta with 4 Way Veggies	165	28
Steamed Broccoli	30	5
Fruit - See list below.		
TOTAL	475	50
Week 1 Day 5		
WG Cheese Bread Pull Apart	300	30
Marinara Sauce	35	7
Tossed Salad	47	10
Ranch Dressing	110	2
Fruit - See list below.		
TOTAL	492	49

Daily Menu Line – Week 2
Calorie and Carb Count
2025-2026 SY

Menu Item	Calories per Serving (Kcals)	Carbs per Serving (grams)
Week 2 Day 1		
WG Chicken Chunks	190	11
Orange Sauce	100	24
WG Vegetable Fried Rice	270	54
Fortune Cookie	22	5
Fruit - See list below.		
TOTAL	582	94
Week 2 Day 2		
Tortilla Chips	280	36
Cheese Sauce	186	10
Jalapenos	3	0
Sour Cream	50	2
Tomato	8	0
Romaine Lettuce	8	2
Fruit - See list below.		
TOTAL	535	50
Week 2 Day 3		
Cheeseburger on WG Bun	350	32
Lettuce & Tomato Bag	12	3
Fruit - See list below.		
TOTAL	362	35
Week 2 Day 4		
Chicken Sandwich on WG Bun	390	44
Lettuce & Tomato Bag	12	3
Pickles	0	0
Pasta Salad	42	87
Fruit - See list below.		
TOTAL	834	133
Week 2 Day 5		
Cheeseburger on WG Bun	350	32
Lettuce & Tomato Bag	12	3
Baked Beans (4 oz.)	150	31
Fruit - See list below.		
TOTAL	512	65

**Gluten Free Menu Week 1
Calorie and Carb Count
2025-2026 SY**

Menu Item	Calories per Serving (Kcals)	Carbs per Serving (grams)
Week 1 Day 1 – Gluten Free Menu		
GF Chicken Nugget	540	56
Mashed Potatoes	123	24
Corn	68	16
GF-WG Dinner Roll		
Fruit - See list below.		
TOTAL	731	96
Week 1 Day 2 – Gluten Free Menu		
Chicken Breast Strips	110	2
GF- Alfredo Sauce	23	1
GF- Penne Pasta	200	44
Steamed Broccoli	77	15
Fruit - See list below.		
TOTAL	410	62
Week 1 Day 3 – Gluten Free Menu		
GF Ravioli w/ Marinara Sauce	300	35
Tossed Salad	47	10
Ranch Dressing	110	2
Fruit - See list below.		
TOTAL	472	47
Week 1 Day 4– Gluten Free Menu		
GF Chicken Tenders	170	14
Bow Tie Pasta with Veggies	165	29
Broccoli	30	5
Fruit - See list below.		
TOTAL	365	49
Week 1 Day 5 – Gluten Free Menu		
Cheeseburger on GF Bun	430	48
Lettuce & Tomato Bag	12	3
Green Beans	45	9
Fruit - See list below.		
TOTAL	487	60

**Gluten Free Menu Week 2
Calorie and Carb Count
2025-2026 SY**

Menu Item	Calories per Serving (Kcals)	Carbs per Serving (grams)
Week 2 Day 1 – Gluten Free Menu		
Chef Salad	310	16
Ranch Dressing	110	2
Fruit - See list below.		
TOTAL	420	18
Week 2 Day 2 – Gluten Free Menu		
Tortilla Chips	280	36
Cheese Sauce	186	10
Lettuce, Tomato, & Jalapenos	18	2
Sour Cream Cup	50	2
Fruit – See list below.		
TOTAL	534	50
Week 2 Day 3 – Gluten Free Menu		
GF Ravioli w/ Marinara Sauce	300	35
Tossed Salad	47	10
Ranch Dressing	110	2
Fruit - See list below.		
TOTAL	472	47
Week 2 Day 4– Gluten Free Menu		
GF Chicken Tenders	170	14
Bow Tie Pasta with Veggies	165	29
Broccoli	30	5
Fruit - See list below.		
TOTAL	365	49
Week 2 Day 5 – Gluten Free Menu		
Cheeseburger on GF Bun	430	48
Lettuce & Tomato Bag	12	3
Green Beans	45	9
Fruit - See list below.		
TOTAL	487	60

**Menu Line – Holiday Meal
Calorie and Carb Count
2025-2026 SY**

Menu Item	Calories per Serving (Kcals)	Carbs per Serving (grams)
Holiday Meal		
Roast Turkey	80	0
Gravy	12.5	2
Mashed Potatoes	122.4	23.12
Stuffing	130	22
Cranberry Sauce	110	28
Corn (Frozen)	135	31.5
WG Dinner Roll	80	15
Pumpkin Pie	360	56
Whipped Topping	25	2
Fruit - See list below.		
TOTAL	983	181

**Supper Menu
Calorie and Carb Count
2025-2026 SY**

Menu Item	Calories per Serving (Kcals)	Carbs per Serving (grams)
Week 1 Monday - Supper Spicy Grilled Cheese Baby Carrots Fruit - See list below. TOTAL	 345 35 380	 31 8 39
Week 1 Tuesday - Supper Cheesy Pull-Apart Marinara Sauce Baby Carrots Fruit - See list below. TOTAL	 300 35 35 370	 30 7 8 45
Week 1 Thursday – Supper Corn Dog Baby Carrots Fruit - See list below. TOTAL	 240 35 328	 30 8 50
Week 2 Monday - Supper Cheeseburger on WG Bun Lettuce, Tomato, & Pickles Baby Carrots Fruit - See list below. TOTAL	 360 12 35 407	 33 3 8 44
Week 2 Tuesday – Supper Bean & Cheese Burrito Salsa Cup Baby Carrots Fruit - See list below. TOTAL	 291 25 35 351	 41 3 5 49
Week 2 Thursday – Supper Anytimers Baby Carrots Fruit - See list below. TOTAL	 390 35 425	 41 8 49

**Condiments & Daily Sides
2025-2026 SY**

Condiments (Optional)		
Lettuce & Tomato Bag	12	3
Mustard – per packet	<5	0
Ketchup – per packet	10	3
Daily Sides		
Side Salad w/ Italian Dressing	90	18
3 oz. Baby Carrots	35	8
Bean Cup	177	31
Hot Vegetables		
Broccoli	30	5.33
Corn (from frozen)	135	32
4-way mixed	75	17
Green Beans	45	9
Canned Fruit		
Applesauce	120	30
Mixed Fruit	120	34
Fruit Cocktail	120	32
Peaches – Diced	120	28
Peaches – Sliced	120	28
Pears – Diced	120	32
Pears – Sliced	120	32
Pineapple – Tidbits	140	38
Whole Fresh Fruit		
Apple	32	8
Orange	43	11
Pear	86	23
Peach	68	17
Plum	76	19
Banana	105	27
Clementine (Cuties Orange)	90	22
Nectarine	63	15
Fresh Fruit Mix (Mixed Berries, Melons & Grapes)	98	25