

Calumet High School
Nutrition Information

<u>Item</u>	<u>Calories</u>	<u>Carbohydrates</u>
Whole Grain Hamburger Bun	150	29
Whole Grain Hotdog Bun	110	21
Whole Grain Dinner Roll	70	14
Whole Grain Bread (per slice)	70	13
Breadstick	160	54
Garlic Toast	180	20
Breaded Chicken Patty (no bun)	260	16
Grilled Chicken Patty (no bun)	130	2
Hot Dog (no bun)	130	1
Pizzaburger (no bun)	210	5
Hamburger (no bun)	160	1
Cheeseburger (no bun)	210	15
Chili	360	21.5
Chicken Quesadilla	300	34
Little Caesar's Pepperoni Pizza (slice)	340	31
Bean & Cheese Chalupa	245	21
Corn Dog	300	32
Meatballs & Gravy	305	12
Mashed Potatoes (1/2 cup)	180	24
French Bread Pizza	280	31
Cheese Soup with Ham & Cheese Sandwich	376	37
Ham & Cheese Sandwich	266	28
Turkey & Cheese Sandwich	260	29
Orange Chicken	200	27
Brown Rice (1/2 cup)	86	18
Egg Rolls (2 per serving)	320	40
Spaghetti	322	34
Turkey Stew	218	16.5
Soft Pretzel (2 per serving)	140	14
Taco Salad	231	8
Tortilla Chip (2 oz. bag)	130	19
Chili Wrap	300	35
Pepperoni Pizza	300	36
Sausage Pizza	290	37
Breaded Pork Patty	270	16
Gravy	46	4

Chicken Nuggets (8 per serving)	420	26
Grilled Cheese	320	31
Sub Sandwich	262	29
Bosco Bread Sticks (2 per serving)	460	56
Yogurt	80	16
String Cheese	60	1
Sweet Potato Puffs	120	20
Tater Tots	130	16