

Watervliet Public Schools - Nutritional Information for School Menus

Lunch Entrees

Description of Menu Item	Serving Size	Calories	Carbohydrates (g)	Fat(g)	Sat Fat(g)
Baked Rotini Pasta, scratch cooked	1cup	255	27.3	7.2	2.3
Beef Stew - made from scratch	8 oz serving	213	11.2	7.6	3
Beef Taco - South and North School	1each	324	20.1	20.3	7.1
Beef Taco - Middle and High School	2each	386	21.1	21.8	8
Beef Teriyaki Dippers	4each	168	7	9	3.5
BBQ Pulled Pork Sandwich on Whole Grain Bun	1each	310	38	8	2.1
BBQ Beef Rib on a 6" whole grain roll	1each	508	69.5	6.6	4.1
BBQ Honey Pork Riblet on whole grain roll	1each	323	36.8	7.7	2
BBQ Chicken Leg	1each	160	7	9	2
Bosco Sticks w/Marinara Sauce	2each & 4z sauce	429	62	9	4.3
Breakfast Ham & Cheese Scramble - North & South	1 #12 scoop serving	158	2	9.9	3.9
Breakfast Ham & Cheese Scramble - Middle & High Schools	1 4z serving	271	3.4	17.6	7.9
Calzone with Pepperoni, Cheese and Sauce	1each	400	36	15	7
Cheese Stick, mozzarella	1each	80	1	6	4
Cheese Omelet	1each	125	1	10	4
Chef Boyardee Ravioli - South and North School	1serving	250	31	7.1	2.4
Chef Boyardee Ravioli - Middle and High School	8 oz serving	220	36	6	2
Chicken Alfredo Twist	8 oz serving	273	36.9	6	3
Chicken and Noodles	8 oz serving	594	63.06	31	9.6
Chicken Drumstick, bbq	1 drumstick	160	7	9	2
Chicken Drumstick, breaded	1 drumstick	190.5	5	11.4	2.4
Chicken Fajita - South, North and Middle School	1each	351	24.4	15.8	3.3
Chicken Fajita - High School	2each	329	19.8	16.2	3.4
Chicken Fried Rice	8 oz serving	157	7.15	3.79	1.05
Chicken Lo Mein	1cup	169	28	3	1
Chicken Nuggets - Middle & High Schools	6each	204	10.8	9.6	2.4
Chicken Nuggets - South & North School	5each	170	9	8	2

Chicken Slider	1each	191	26	6	1
Chicken Breast, Crispy on WG Bun	1each	322	37.5	12.4	2
Chicken Breast, Spicy on WG Bun	1each	320	40	9	2
Chicken Tenders -South, North & Middle	3each	220	15	12.3	3
Chicken Tenders - High school	4each	293	20	16.4	4
Chicken Tenders - Buffalo Style	3each	260	16	15	3
Chicken Hoagie on WG Bun	1each	338	53.1	6.1	1.8
Chicken - Popcorn, breaded, homestyle	12pc serving	220	15	13	2.6
Chicken - Orange	1 serving	200	27	4	1
Chicken Salad - made from scratch	3 oz serving	119	2.83	4.9	1.07
Chili Cheese Crispito - South School	1each	240	20	14	4
Chili Cheese Crispitoes	2each	480	40	28	8
Chili Cheese Wrap	1each	300	35	11	3
Chilli Con Carne with Beef and Beans	6z bowl	160	14.6	5.2	2.1
Corn Dog - Chicken original on a stick	1each	280	30	14.6	4.5
Corn Dogs - Mini	6each	315	27	18.3	3.5
Cuban Sandwich	1each	251	29.7	7.7	4.1
French Toast Sticks	3each	147	22	3.7	1.1
French Toast Sticks	4each	196	29.4	5	1.5
French Toast Cinnamon Glazed	1 slice	237	32	8	2
Hamburger on WG Bun	1each	294	26	12.2	4
Hamburger with American Cheese on WG Bun	1each	344	27	16.3	6.6
Ham & Cheese Bagel	1each	238	30.6	5.6	2.5
Hot Dog - 8:1 3-Meat Classic on WG Bun	1each	438	48.9	20.8	5
Hot Dog - 1/4 pound Classic on WG Bun	1each	615	50.9	35.9	11
Hot Dog - Footlong 3-Meat Classic	1each	232	2	21.2	6.8
Macaroni and Cheese RF/WG - homestyle	2/3 cup serving	290	31	11	6
Meatball in Marinara Sauce	1serving	300	35	13	4
Michigan Orchard Salad wYogurt dressing	1serving	285	40	3.5	1.5
Mostaccioli - baked with Beef and cheese	6 oz serving	284	26.44	8.39	3.8
Nachos Supreme - Elementary Schools	1serving	410	23.6	24.7	6.8
Nachos Supreme - Middle and High Schools	1serving	512	29.5	30.9	8.5
Panther Burger with Bacon and Cheese on WG Bun	1each	214	23.7	8.5	2.4

Peanut Butter & Jelly Sandwich on Wheat Bread	1each	585	51.65	33.85	6.5
PBJ Smuckers WG Uncrustable - Grape Jelly	1-4.8oz each	580	55	32	7
PBJ Smuckers WG Uncrustable - Strawberry Jelly	1-5oz each	600	56	33	7
Philly Cheese Steak Sandwich - High School	1each	567	73.45	15.8	8.03
Philly Cheesesteak Sandwich - Middle School	1each	342	22	14	9
Pizza - Beefy Fiestada/Southwest	1each	340	42	12	5
Pizza - Bagel, Pepperoni	1each	330	32	13	6
Pizza - Beefy Fiestada/Southwest	1each	340	42	12	5
Pizza - Big Daddy's Cheese 1/8th slice	1each	379	44	14.3	7.2
Pizza - Big Daddy's Cheese with Pepperoni 1/8th slice	1each	379	45	14.4	7.2
Pizza - Classic Cheese; 4x6	1each	374	42	9	4
Pizza - Classic Pepperoni 4x6	1each	405	42	15.3	7
Pizza - French Bread Cheese	1each	280	33	9	4
Pizza - Personal Pan Cheese	1each	340	43	10	4
Pizza - Sausage Stuffed Crust	1each	340	36	14	5
Pizza - Stuffed Crust, Cheese	1each	310	34	11	5
Roast Turkey in Gravy	5.18oz serving	155	3	8	2
Rustic Lasagna	1 cup serving	356	21.5	19	8.7
Salad - Chef:Elementary with Turkey, Ham and Cheese	1each	209	11.07	11.5	6.4
Salad - Chef:Secondary with Turkey, Ham and Cheese	1each	241	12.7	12.5	6.6
Salad - Chef: Vegetarian/Veggie	1each	281	11	9	6
Salad - Taco with Beef, Cheddar, Salsa and Tomato	1each	211	10.88	11.65	6.8
Sandwich - Chicken Salad Wrap	1each	316	25	11	3.5
Sandwich - Deli with Turkey	1each	334	50.9	17.4	4.2
Sandwich - Deli with Ham and Cheese	1each	339	45.7	8.3	2.6
Sandwich - Grilled Cheese on WG Bread	1each	324	35	13	7
Sandwich - Monte Cristo with Ham, Turkey and Swiss	1each	472	51	13	5
Sandwich, Turkey on Whole Grain Bread, full sandwich	1each	133	13	3	0.5
Sandwich, Turkey on Whole Grain Bread, half sandwich	1each	66.5	6.5	1.5	0
Sausage Link, turkey	1link	61	0	0	0
Sausage Patty, pork	1patty	121	1	10	4
Soft Shell Taco, North, South & Middle	1each	236	22.6	10.7	5.7
Sloppy Joe on Whole Grain Bun	1each	285	35	8	2.2

Soft Shell Taco, North, South & Middle	1each	236	22.6	10.7	5.7
Spaghetti with Meatsauce - South, North and Middle School	1 cup serving	318	28.6	10	4
Spaghetti with Meatsauce - High School per posted portions	4oz Sauce & 3/4cup Pasta	339	39	9	2.5
Steak Fajita - Sizzling	1each	268	21.5	13.5	7.8
Steak Fajita - Sizzling, High School	2each	338	32.54	15.5	9.3
Stromboli - Ham and Cheese	1each	583	73.7	18.3	8
Submarine - Italian on WG Roll	1each	354	30.5	16.6	7.4
Submarine - Turkey, Ham and Cheese on WG Roll	1each	348	42.3	9.6	4.5
Toasted Pizzarino	1each	265	21.17	11	4.1
Toasted Pizzarino, South School	1each	133	10.6	5.5	2.05
Tony's Stuffed Sticks	2each	310	31	13	7
Turkey Club Sub	1each	274	31.22	8.22	3.4
Turkey Club Sub, South School	1each	223	23	7.7	2.9
Turkey Pizza Burger with Cheese	1each	268	25.5	9.1	3.2
Turkey Pot Pie - made from scratch	1serving	296	35	7.4	1.6
Turkey Tetrezini - made form scratch	1cup	301	35	10.4	3
Wet Burrito	1each	390	48.02	14.7	5
Wrap & Roll Sun-butter & Jelly Sandwich	1each	560	48	33	7.5
Wrap & Roll Peanut butter & Jelly Sandwich	1each	596	57.4	36.2	8.6