

Gibsonburg School Menu

Entrees		Serving Size	Calories	Protein (gm)	Fat (gm)	Saturated Fat (gm)	Trans Fat (gm)	Cholesterol (mg)	Carbohydrates (gm)	Fiber (gm)	Sugar (gm)	Sodium (mg)	Iron (mg)	Vitamin C (mg)	Vitamin A (IU)	Calcium (mg)
Baked Potato (plain)	6 OZ	156	<6	0.0	0.0	N/A	0	36	<6	0	0	0	1.84	16	17	26
BBQ Pork Rib Patty with Wholegrain Bun	1 SAND	260	16	11.5	3.5	0	30	28	4	8	590	N/A	N/A	N/A	N/A	
Shredded Pork Patty with Wholegrain Bun	1 SAND	348	27	11.5	3	0	60	37	4	17	1130	N/A	N/A	N/A	N/A	
Bosco Sticks	1 EACH	150	10	4.5	1.5	0	10	16	2	2	230	N/A	N/A	N/A	N/A	
Breaded Chicken Patty/Bun	1 SAND	330	17	14.50	2	0	20	35	7	3	625	690	0	0	60	
Build a Burrito Day- Beef (tortilla & beef only)		209	10	10	4	0	15	22	3	2	355	2.3736	3.0576	418.84	48.84	
Build a Burrito Day- Chicken (tortilla & chicken only)		188	15	6.4	2.5	0.0	46	19	2	1	419	1	5	0	40	
Chicken Fajita Wrap (chicken, tortilla, cheddar, lettuce, sour cream, salsa)		346	17	18.7	10.0	1.5	48	29	3	5	752	2.00	7	4926	270	
Chicken Nuggets	5 EACH	180	13	8.0	1.5	0.0	20	14	2	1	450	1.80	0	0	40	
Chicken Tenders	2 PIECE	160	13	7.0	1.5	0.0	25	10	1	0	410	0.00	0	0	0	
Deli Ham/Cheese/Bun	1 SAND	270	23	13	5.5	0	65	21	4	2	1385	1.72	1	300	120	
Cheeseburger (High- bun, patty, cheese, pickle)	1 SAND	330	21	19.0	8.3	0.7	59	23	4	4	1047	2	0	300	127	
Cheeseburger (Middle/ Elementary- bun, patty, cheese, pickle)	1 SAND	319	19	19.0	9.0	0.0	46	23	4	3	1210	0	0	300	100	
Deli (meat & bun only)	1 SAND	291	18	11	2.0	0	55	33	1	3	1330	N/A	N/A	N/A	N/A	
Flatbread Sandwich/Ham/Cheese/Lettuce	1 SAND	305	24	12.5	5.5	0.0	65	26	3	2	1395	3	2.39998	4800	160	
Flatbread Sandwich/Turkey/Cheese/Lettuce	1 SAND	265	16	9.5	4.5	0.0	35	28	3	3	915	2	2	4800	180	
French Toast Sticks- Whole Grain (High School)	4 EACH	212	8	5.2	1.2	0	146.8	32	4	0	159.2	2	0	266.4	26.4	
French Toast Sticks- Whole Grain (Elementary)	3 EACH	160	7	4.0	1.0	0.0	110	23	2	0	280	1.40	0	200	20	
Grilled Chicken Patty/Bun	1 SAND	260	17	12.5	3	0	45	22	3	5	580	1.08	0	100	20	
Hamburger/Bun	1 EACH	260	17	12.5	4.3	7.0	44	22	4	4	437	N/A	N/A	N/A	N/A	
Hot Dog/Bun	1 EACH	260	10	17	5	0	45	20	4	3	750	2	0	0	80	
Hot Ham Slice/Bun	1 EACH	238	119	10	2	0	55	23	4	2	1045	3	2	28	29	
Hot Turkey Slice/Bun	1 EACH	192	22	3	0	0	35	23	4	2	1265	2	1	0	27	
Johnny Marzetti	6.3 OZ	352	20	17	7	0.5	55	28	2	5	500	15%	6%	15%	10%	
Macaroni and Cheese (Elementary)	.75CUP	307	19	12.0	6.0	0.0	30	35	1	7	750	1.08	0	750	4500	
Macaroni and Cheese (MS/HS)	1 CUP	378	22	14.6	9.0	N/A	40	44	6	N/A	462	1.86	0	396	404	
Meatball Sub/Bun	1 EACH	340	20	26	9.4	0.6	85	6	1	2	1028	3.4	1	53	127	
Mini Corn Dog Bites	6 EACH	315	11	18.0	3.8	N/A	68	27	2	11	735	2.70	N/A	N/A	60	
Mozzarella Breadsticks	2 EACH	300	14	12.0	4.0	0.0	10	34	4	N/A	740	2.16	0	200	300	
Nachos (meat, cheese, chips)		281	17	13.3	3.7	0.0	39	22	4	2	446	2	6	688	125	
Oriental Popcorn Chicken (rice, chicken, gen tso sauce)	1 BOWL	332	15	11	3.2	0	28	N/A	3	N/A	1010	2	1	71	38	

Pizza- Pepperoni Whole Grain	1 EACH	320	16	12.0	5.0	0.0	20	37	3	14	710	2.70	0	400	250
Pizza- Cheese Whole Grain	1 EACH	300	15	11.0	4.0	0.0	15	37	3	14	600	2.70	0	500	250
Popcorn Chicken	16 PIECE	194	12	10.0	3.0	0.0	28	N/A	1	N/A	855	1.60	1	71	28
Salisbury Steak	1 EACH	243	13	17.5	7.0	1.0	35	8	3	0	830	2.12	0	128	59
Shredded Turkey/Bun	1 SAND	203	16	5.5	1.5	0	30	23	3	3	790	N/A	N/A	N/A	N/A
Sloppy Joe/Bun	1 SAND	214	17	7.5	2.2	0	44	30	4	11	617	N/A	N/A	N/A	N/A
Spaghetti/Meat Sauce	2 OZ, .0.5 CUP	260	9	2.5	1.0	0.0	10	54	8	9	540	2.52	0	750	20
Spicy Chicken Patty/Bun	1 SAND	331	22	13.5	2	0	52	32	4	3	538	N/A	N/A	N/A	N/A
Stuffed Crust Pepperoni Pizza	1 SLICE	330	16	14.0	4.5	0.0	20	36	2	4	880	2.70	0	300	250
Taco Salad (lettuce, meat, cheddar, salsa, cour cream, chips)	1 SALAD	371	16	24.5	11.0	1.5	40	22	14	5	807	2.26	6	5345	30
Toasted Cheese Sandwich	1 EACH	284	19	10.0	6.0	0.0	30	31	2	7	660	1.23	0	524	468
Tomato Soup	1 CUP	90	2	0.0	0.0	0.0	0	20	1	12	480	0.72	6	400	0
Turkey and Gravy	4 OZ	120	15	6.0	2.0	0.0	55	2	0	N/A	460	0.72	0	0	20
Turkey with Gravy over Mashed Potatoes		220	23	5	1	0	52	17	1		821	1.2	22	200	22
Uncrustable- Grape	1 EACH	320	10	16.0	3.5	0.0	0	33	3	13	320	1.44	0	0	20
Uncrustable- Strawberry	1 EACH	320	10	16.0	3.5	0.0	0	33	3	13	310	1.44	0	0	20
Walking Taco (Elementary- Fritos, meat, cheese)		291	17	16.3	4.2	0.0	39	20	3	2	501	2.00	5	688	105
Walking Taco (MS/HS- Fritos, meat, cheese, salsa, lettuce)		316	18	16.3	4.2	0.0	N/A	25	4	5	751	2.72	7	5288	125