

NUTRITION FACTS & ALLERGEN LUNCH MENU



Please Note



All Information is subject to change

Updated 1/23/15

If your child has any food allergies or
medical condition that requires special needs

Please contact Carol Puderbaugh, RN

Junction City School District Nurse

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Food is prepared in a kitchen that also prepares foods containing
wheat, peanuts, dairy, eggs, soy, tree nuts, fish and shellfish

Listed in no particular order

Chicken Burger

Contains: wheat, soy

Calories	400
Total Fat	17 g
Saturated Fat	2.5 g
Sodium	660 mg
Total Carb	41 g
Dietary Fiber	7 g
Sugar	4 g
Protein	22 g



Hamburger without cheese

Contains: wheat, soy

Calories	270
Total Fat	10 g
Saturated Fat	3 g
Sodium	470 mg
Total Carb	28 g
Dietary Fiber	5 g
Sugar	4 g
Protein	17 g

Hamburger with cheese

Contains: dairy, wheat, soy

Calories	325
Total Fat	14.5 g
Saturated Fat	5.5 g
Sodium	605 mg
Total Carb	29 g
Dietary Fiber	5 g
Sugar	4.5 g
Protein	19.5 g



Pizza - stuffed crust pepperoni (HS only)

Contains: dairy, wheat, soy

Calories	330
Total Fat	14 g
Saturated Fat	4.5 g
Sodium	870 mg
Total Carb	35 g
Dietary Fiber	3 g
Sugar	4 g
Protein	17 g

Pizza - pepperoni

Contains: dairy, wheat, soy

Calories	270
Total Fat	8 g
Saturated Fat	4 g
Sodium	810 mg
Total Carb	33 g
Dietary Fiber	4 g
Sugar	5 g
Protein	18 g



Pizza - cheese

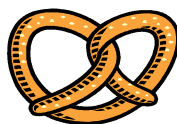
Contains: dairy, wheat, soy

Calories	260
Total Fat	7 g
Saturated Fat	4 g
Sodium	720 mg
Total Carb	33 g
Dietary Fiber	4 g
Sugar	5 g
Protein	18 g

Chef Salad without bread

Contains: dairy

Calories	137
Total Fat	9.5 g
Saturated Fat	5.25 g
Sodium	432 mg
Total Carb	3 g
Dietary Fiber	0 g
Sugar	0 g
Protein	12 g



Pretzel - soft (side bread)

Contains: wheat

Calories	140
Total Fat	0.5 g
Saturated Fat	0 g
Sodium	150 mg
Total Carb	30 g
Dietary Fiber	3 g
Sugar	1 g
Protein	5 g

Mini Corndogs (5)

Contains: egg, wheat, soy

Calories	225
Total Fat	10 g
Saturated Fat	3.12 g
Sodium	350 mg
Total Carb	25 g
Dietary Fiber	3.75 g
Sugar	5 g
Protein	8.75 g



Corndog

Contains: egg, wheat, soy

Calories	240
Total Fat	8 g
Saturated Fat	2.5 g
Sodium	390 mg
Total Carb	30 g
Dietary Fiber	5 g
Sugar	5 g
Protein	9 g

Biscuit - 1oz (side bread)

Contains: dairy, wheat, soy

Calories	100
Total Fat	5 g
Saturated Fat	4.5 g
Sodium	230 mg
Total Carb	13 g
Dietary Fiber	1 g
Sugar	1 g
Protein	2 g



Biscuit - 2oz (side bread)

Contains: dairy, wheat, soy

Calories	210
Total Fat	10 g
Saturated Fat	9 g
Sodium	460 mg
Total Carb	27 g
Dietary Fiber	2 g
Sugar	2 g
Protein	4 g

Sandwich - PB&J - grape & strawberry

Contains: wheat

Calories	320
Total Fat	17 g
Saturated Fat	3.5 g
Sodium	320 mg
Total Carb	32 g
Dietary Fiber	3 g
Sugar	13 g
Protein	10 g



Sandwich - club

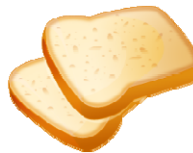
Contains: wheat, soy

Calories	265
Total Fat	7.25 g
Saturated Fat	2 g
Sodium	810 mg
Total Carb	33 g
Dietary Fiber	4 g
Sugar	3.75 g
Protein	18.25 g

Sandwich - tuna

Contains: fish, wheat, soy

Calories	300
Total Fat	6 g
Saturated Fat	0.5 g
Sodium	730 mg
Total Carb	32 g
Dietary Fiber	5 g
Sugar	2 g
Protein	19 g



Sandwich - toasted cheese

Contains: dairy, wheat, soy

Calories	290
Total Fat	11 g
Saturated Fat	5 g
Sodium	860 mg
Total Carb	32 g
Dietary Fiber	4 g
Sugar	5 g
Protein	18 g

Bagel Melt

Contains: dairy, wheat, soy

Calories	277
Total Fat	7 g
Saturated Fat	2.8 g
Sodium	946 mg
Total Carb	36.8 g
Dietary Fiber	3 g
Sugar	6.2 g
Protein	17.5 g



Sloppy Joe

Contains: wheat, soy

Calories	344
Total Fat	14 g
Saturated Fat	4 g
Sodium	710 mg
Total Carb	35 g
Dietary Fiber	4 g
Sugar	11 g
Protein	20 g

BBQ Chicken Sandwich

Contains: wheat, soy

Calories	248
Total Fat	5.4 g
Saturated Fat	1 g
Sodium	809 mg
Total Carb	35.6 g
Dietary Fiber	4 g
Sugar	11.4 g
Protein	17.2 g



BBQ Pork Sandwich

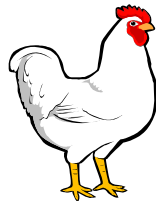
Contains: dairy, egg, wheat, soy

Calories	382
Total Fat	7.1 g
Saturated Fat	2 g
Sodium	803 mg
Total Carb	60.5 g
Dietary Fiber	6 g
Sugar	16 g
Protein	18.75 g

Chicken Nuggets (5)

Contains: wheat, soy

Calories	262.5
Total Fat	15 g
Saturated Fat	2.5 g
Sodium	400 mg
Total Carb	16.25 g
Dietary Fiber	2.5 g
Sugar	1.25 g
Protein	16.25 g



Chicken Twister

Contains: wheat, soy

Calories	442.5
Total Fat	20 g
Saturated Fat	6 g
Sodium	730 mg
Total Carb	45.25 g
Dietary Fiber	6.5 g
Sugar	2.25 g
Protein	21.25 g

Hot Cheese Sticks (2)

Contains: dairy, wheat, soy

Calories	300
Total Fat	14 g
Saturated Fat	5 g
Sodium	780 mg
Total Carb	32 g
Dietary Fiber	4 g
Sugar	2 g
Protein	14 g



Meatball Sub

Contains: dairy, egg, wheat, soy

Calories	377.5
Total Fat	9.5 g
Saturated Fat	2.25 g
Sodium	392.5 mg
Total Carb	53.5 g
Dietary Fiber	8.5 g
Sugar	8 g
Protein	22 g

Ravioli

Contains: dairy, wheat, soy

Calories	260
Total Fat	8 g
Saturated Fat	3.5 g
Sodium	600 mg
Total Carb	30 g
Dietary Fiber	4 g
Sugar	6 g
Protein	16 g



Burrito

Contains: dairy, wheat, soy

Calories	310
Total Fat	9 g
Saturated Fat	4 g
Sodium	580 mg
Total Carb	40 g
Dietary Fiber	9 g
Sugar	4 g
Protein	16 g

Fish Sticks (4)

Contains: fish, dairy, wheat

Calories	230
Total Fat	10 g
Saturated Fat	1.5 g
Sodium	470 mg
Total Carb	20 g
Dietary Fiber	2 g
Sugar	0 g
Protein	14 g



Chicken Quesadilla (2 tri)

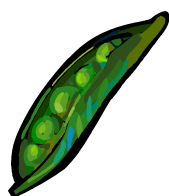
Contains: dairy, egg, wheat, soy

Calories	300
Total Fat	12 g
Saturated Fat	5 g
Sodium	600 mg
Total Carb	32 g
Dietary Fiber	3 g
Sugar	2 g
Protein	18 g

Egg Roll

Contains: egg, wheat, soy

Calories	150
Total Fat	5 g
Saturated Fat	1 g
Sodium	320 mg
Total Carb	16 g
Dietary Fiber	2 g
Sugar	2 g
Protein	9 g



Fried Rice

Contains: dairy, egg, wheat, soy

Calories	184
Total Fat	4 g
Saturated Fat	1 g
Sodium	409 mg
Total Carb	29.4 g
Dietary Fiber	1.4 g
Sugar	g
Protein	3.75 g

Pancakes, mini (9)

Contains: dairy, egg, wheat, soy

Calories	157
Total Fat	2.25 g
Saturated Fat	0.4 g
Sodium	368 mg
Total Carb	32.25 g
Dietary Fiber	4.5 g
Sugar	6 g
Protein	4.5 g



Eggs, scrambled

Contains: egg, dairy

Calories	70
Total Fat	4.5 g
Saturated Fat	1.5 g
Sodium	65 mg
Total Carb	0 g
Dietary Fiber	0 g
Sugar	0 g
Protein	6 g

Chicken Noodles

Contains: dairy, egg, wheat, soy

Calories	340
Total Fat	5.75 g
Saturated Fat	0.66 g
Sodium	354 mg
Total Carb	47 g
Dietary Fiber	3.75 g
Sugar	3.5 g
Protein	24.5 g



Cowboy Mac

Contains: dairy, egg, wheat, soy

Calories	346
Total Fat	15.75 g
Saturated Fat	6.25 g
Sodium	541.5 mg
Total Carb	32 g
Dietary Fiber	6 g
Sugar	6.5 g
Protein	19.5 g

Taco Chili

Contains: dairy, egg, wheat, soy

Calories	265
Total Fat	12.25 g
Saturated Fat	4.5 g
Sodium	321.5 mg
Total Carb	21.75 g
Dietary Fiber	6 g
Sugar	6.75 g
Protein	16.75 g



Tortilla chips (side bread)

Contains: soy

Calories	120
Total Fat	6 g
Saturated Fat	0 g
Sodium	85 mg
Total Carb	14 g
Dietary Fiber	1 g
Sugar	0 g
Protein	2 g

Baked Potato w/ cheese (wo/ bread & butter)

Contains: dairy

Calories	316
Total Fat	5 g
Saturated Fat	0.66 g
Sodium	276 mg
Total Carb	43.5 g
Dietary Fiber	3.75 g
Sugar	3.5 g
Protein	24.5 g



Beef Gravy w/ brown rice

Contains: dairy, egg, wheat, soy

Calories	297
Total Fat	13.5 g
Saturated Fat	4 g
Sodium	185 mg
Total Carb	27 g
Dietary Fiber	2 g
Sugar	0 g
Protein	18 g

Taco, beef, soft

Contains: dairy, wheat, soy

Calories	274
Total Fat	15.75 g
Saturated Fat	6 g
Sodium	264 mg
Total Carb	16 g
Dietary Fiber	3 g
Sugar	1 g
Protein	16.5 g

Spanish Rice

Contains: dairy, egg, wheat, soy

Calories	138
Total Fat	1.75 g
Saturated Fat	0.3 g
Sodium	268 mg
Total Carb	27.5 g
Dietary Fiber	1.5 g
Sugar	g
Protein	3.25 g

Turkey Gravy over Mashed Potatoes

Contains: dairy, egg, soy

Calories	222
Total Fat	6 g
Saturated Fat	1 g
Sodium	879 mg
Total Carb	25 g
Dietary Fiber	1 g
Sugar	1 g
Protein	13 g



Salisbury Steak w/ Mashed Potatoes

Contains: dairy, egg, wheat, soy

Calories	252.5
Total Fat	10.25 g
Saturated Fat	3 g
Sodium	789 mg
Total Carb	26.5 g
Dietary Fiber	2 g
Sugar	1 g
Protein	14.3 g

Spaghetti wo/ bread

Contains: egg, wheat, soy

Calories	332.5
Total Fat	15 g
Saturated Fat	4.35 g
Sodium	364 mg
Total Carb	31 g
Dietary Fiber	6 g
Sugar	6.5 g
Protein	19.65 g



Garlic Bread Stick, WG, (2) (HS only)

Contains: dairy, egg, wheat, soy

Calories	180
Total Fat	6 g
Saturated Fat	1 g
Sodium	280 mg
Total Carb	26 g
Dietary Fiber	2 g
Sugar	4 g
Protein	6 g