



NUTRITION FACTS & ALLERGEN

LUNCH MENU

Please Note



All Information is subject to change

UPDATED ON 2/26/2018

If your child has any food allergies or medical condition that requires special needs,
Please contact Carol Puderbaugh, RN, Junction City School District Nurse
at 541-998-5037 or cpuderbaugh@junctioncity.k12.or.us

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

Sloppy Joe

Contains: wheat, soy



Calories	327
Total Fat	13.3 g
Saturated Fat	4 g
Sodium	567.9 mg
Total Carb	32.2 g
Dietary Fiber	2.3 g
Sugar	9.9 g
Protein	20.9 g

Taco Chili

Contains: dairy, wheat, soy

Calories	216
Total Fat	10.4 g
Saturated Fat	4.8 g
Sodium	379.7 mg
Total Carb	17.5 g
Dietary Fiber	4.5 g
Sugar	3.8 g
Protein	13.1 g

Tortilla chips (1 oz)

Contains: soy



Calories	120
Total Fat	8 g
Saturated Fat	1 g
Sodium	135 mg
Total Carb	11 g
Dietary Fiber	1 g
Sugar	0 g
Protein	1 g

Pig in a Blanket

Contains: dairy, wheat, soy



Calories	320
Total Fat	12 g
Saturated Fat	3.3 g
Sodium	450.6 mg
Total Carb	38.9 g
Dietary Fiber	3.5 g
Sugar	3.6 g
Protein	14.2 g

Beef Gravy w/ brown rice

Contains: dairy, egg, wheat, soy

Calories	365
Total Fat	17.7 g
Saturated Fat	5.4 g
Sodium	379.9 mg
Total Carb	28.7 g
Dietary Fiber	2.3 g
Sugar	1.3 g
Protein	22.1 g

Spaghetti wo/ bread

Contains: egg, wheat, soy



Calories	332
Total Fat	14.9 g
Saturated Fat	4.5 g
Sodium	118.1 mg
Total Carb	31.1 g
Dietary Fiber	3.3 g
Sugar	6.6 g
Protein	18.3 g

Taco, beef, soft (1)

Contains: dairy, wheat, soy



Calories	275
Total Fat	16.2 g
Saturated Fat	6.6 g
Sodium	345.4 mg
Total Carb	14.8 g
Dietary Fiber	1.1 g
Sugar	1.3 g
Protein	17.2 g

Turkey Gravy w/M Potatoes, no bread

Contains: dairy, egg, wheat, soy



Calories	187
Total Fat	6.2 g
Saturated Fat	2.1 g
Sodium	671.1 mg
Total Carb	14.7 g
Dietary Fiber	0.6 g
Sugar	0.5 g
Protein	17.4 g

Salisbury Steak w/ M Potatoes, no bread

Contains: dairy, egg, wheat, soy

Calories	191
Total Fat	8.6 g
Saturated Fat	3 g
Sodium	527.2 mg
Total Carb	14.8 g
Dietary Fiber	1.6 g
Sugar	1.5 g
Protein	11.8 g

Chicken Enchilada (1)

Contains: dairy, egg, wheat, soy

Calories	186
Total Fat	8.7 g
Saturated Fat	4.3 g
Sodium	415.9 mg
Total Carb	15.5 g
Dietary Fiber	1.2 g
Sugar	2.1 g
Protein	11.7 g

Baked Potato w/ che & br & butter

Contains: dairy



Calories	387
Total Fat	21.7 g
Saturated Fat	14.5 g
Sodium	406 mg
Total Carb	30.6 g
Dietary Fiber	3.2 g
Sugar	2.5 g
Protein	16.6 g

Chicken Noodles

Contains: dairy, egg, wheat, soy



Calories	247
Total Fat	5 g
Saturated Fat	2 g
Sodium	617.6 mg
Total Carb	32.5 g
Dietary Fiber	2 g
Sugar	1 g
Protein	15 g

Macaroni & Cheese

Contains: dairy, egg, wheat



Calories	290
Total Fat	11 g
Saturated Fat	6 g
Sodium	980 mg
Total Carb	31 g
Dietary Fiber	2 g
Sugar	6 g
Protein	17 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

Teriyaki Chicken on Rice

Contains: wheat, soy

Calories	272
Total Fat	5 g
Saturated Fat	2 g
Sodium	581 mg
Total Carb	41.2 g
Dietary Fiber	2 g
Sugar	17.6 g
Protein	15.8 g

Pancakes, 4" (2)

Contains: dairy, egg, wheat, soy

Calories	120
Total Fat	2 g
Saturated Fat	0 g
Sodium	250 mg
Total Carb	24 g
Dietary Fiber	3 g
Sugar	6 g
Protein	4 g



Eggs, scrambled (1/4c)

Contains: egg, dairy

Calories	70
Total Fat	4 g
Saturated Fat	1.25 g
Sodium	65 mg
Total Carb	1.5 g
Dietary Fiber	0 g
Sugar	1 g
Protein	6 g

Sausage, links (2) (GF)

Contains: egg, dairy

Calories	320
Total Fat	24 g
Saturated Fat	10 g
Sodium	400 mg
Total Carb	0 g
Dietary Fiber	0 g
Sugar	0 g
Protein	4 g



Syrup

Contains:

Calories	119
Total Fat	0 g
Saturated Fat	0 g
Sodium	30 mg
Total Carb	30 g
Dietary Fiber	0 g
Sugar	28 g
Protein	0 g



BBQ Chicken Sandwich

Contains: wheat, soy

Calories	233
Total Fat	5 g
Saturated Fat	2 g
Sodium	562 mg
Total Carb	29.2 g
Dietary Fiber	2 g
Sugar	7.8 g
Protein	18 g

Pulled Pork Sandwich

Contains: wheat, soy

Calories	291
Total Fat	7.3 g
Saturated Fat	2.5 g
Sodium	687.3 mg
Total Carb	29.2 g
Dietary Fiber	2 g
Sugar	7.8 g
Protein	19.8 g



Chicken Burger

Contains: wheat, soy

Calories	390
Total Fat	16 g
Saturated Fat	2.5 g
Sodium	570 mg
Total Carb	38 g
Dietary Fiber	5 g
Sugar	3 g
Protein	22 g

Hamburger

Contains: wheat, soy



Calories	250
Total Fat	9 g
Saturated Fat	3 g
Sodium	380 mg
Total Carb	25 g
Dietary Fiber	3 g
Sugar	3 g
Protein	17 g

Chicken Twister

Contains: wheat, soy



Calories	390
Total Fat	16.5 g
Saturated Fat	3.5 g
Sodium	570 mg
Total Carb	42 g
Dietary Fiber	5 g
Sugar	3 g
Protein	18 g

Pizza - pepperoni (HS only)

Contains: dairy, wheat, soy



Calories	300
Total Fat	11 g
Saturated Fat	4 g
Sodium	550 mg
Total Carb	33 g
Dietary Fiber	4 g
Sugar	9 g
Protein	15 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	300
Total Fat	11 g
Saturated Fat	5 g
Sodium	580 mg
Total Carb	35 g
Dietary Fiber	4 g
Sugar	14 g
Protein	16 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

Baked Beans

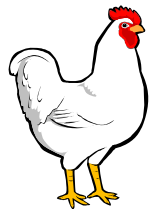
Contains: soy



Calories	151
Total Fat	1.6 g
Saturated Fat	0.1 g
Sodium	346.4 mg
Total Carb	28.8 g
Dietary Fiber	7 g
Sugar	9.1 g
Protein	7 g

Chicken Nuggets (5)

Contains: wheat, soy



Calories	210
Total Fat	12 g
Saturated Fat	2 g
Sodium	320 mg
Total Carb	13 g
Dietary Fiber	2 g
Sugar	1 g
Protein	13 g

Chicken Burrito

Contains: dairy, wheat, soy

Calories	342
Total Fat	11.5 g
Saturated Fat	5.5 g
Sodium	494.6 mg
Total Carb	40.4 g
Dietary Fiber	6.4 g
Sugar	3.5 g
Protein	17.4 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

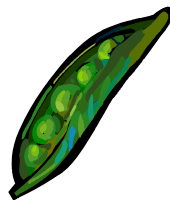
Chicken Quesadilla (2 tri)

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

Hot Cheese Sticks (2)

Contains:



Calories	300
Total Fat	11 g
Saturated Fat	6 g
Sodium	490 mg
Total Carb	30 g
Dietary Fiber	3 g
Sugar	40 g
Protein	20 g

Bagel Melt (GF, if pre-requested)

Contains: dairy, wheat, soy



Calories	307
Total Fat	12.5 g
Saturated Fat	6 g
Sodium	1022 mg
Total Carb	36 g
Dietary Fiber	3 g
Sugar	4 g
Protein	16 g

Chef Salad without bread

Contains: dairy



Calories	172
Total Fat	10.7 g
Saturated Fat	7 g
Sodium	441.1 mg
Total Carb	2.5 g
Dietary Fiber	0 g
Sugar	1.5 g
Protein	12.1 g

Fish shapes (4)

Contains: fish, wheat, soy

Calories	220
Total Fat	9 g
Saturated Fat	1.5 g
Sodium	230 mg
Total Carb	19 g
Dietary Fiber	2 g
Sugar	1 g
Protein	15 g

Sandwich - PB&J - gr. or straw

Contains: wheat, soy, nut



Calories	300
Total Fat	17 g
Saturated Fat	3 g
Sodium	280 mg
Total Carb	32 g
Dietary Fiber	4 g
Sugar	14 g
Protein	9 g

Sandwich - tuna

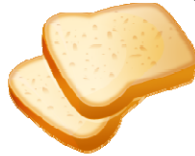
Contains: fish, wheat, soy



Calories	276
Total Fat	7.6 g
Saturated Fat	0.8 g
Sodium	706 mg
Total Carb	29.6 g
Dietary Fiber	2 g
Sugar	2 g
Protein	20 g

Sandwich - ham & cheese

Contains: wheat, soy



Calories	271
Total Fat	9.8 g
Saturated Fat	4.1 g
Sodium	885.2 mg
Total Carb	31.8 g
Dietary Fiber	2 g
Sugar	3.6 g
Protein	18.7 g

Sandwich - club

Contains: wheat, soy

Calories	269
Total Fat	9 g
Saturated Fat	3.5 g
Sodium	845.5 mg
Total Carb	31 g
Dietary Fiber	2 g
Sugar	3 g
Protein	19.6 g

Coleslaw (1/4 cup)

Contains: dairy, soy

Calories	45
Total Fat	3.8 g
Saturated Fat	0.6 g
Sodium	52.5 mg
Total Carb	1.6 g
Dietary Fiber	0.5 g
Sugar	1.1 g
Protein	0.3 g

Roll, dinner, one

Contains: wheat, soy



Calories	70
Total Fat	0.5 g
Saturated Fat	0 g
Sodium	90 mg
Total Carb	12 g
Dietary Fiber	1 g
Sugar	1 g
Protein	3 g

Pretzel - soft

Contains: wheat, soy



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

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

Cinnamon Roll (1 mini)

Contains: dairy, egg, wheat, soy



Calories	90
Total Fat	0.5 g
Saturated Fat	0 g
Sodium	70 mg
Total Carb	19 g
Dietary Fiber	1.6 g
Sugar	5 g
Protein	2 g

Bread Sticks, garlic

Contains: egg, wheat, soy



Calories	90
Total Fat	3 g
Saturated Fat	0 g
Sodium	95 mg
Total Carb	15 g
Dietary Fiber	1 g
Sugar	<1 g
Protein	3 g

Cookies - choc chip, indiv. wrapped

Contains: wheat, dairy, egg, soy, nuts



Calories	140
Total Fat	4 g
Saturated Fat	105 g
Sodium	100 mg
Total Carb	26 g
Dietary Fiber	2 g
Sugar	12 g
Protein	2 g

Cookies - double fudge, ind. wrapped

Contains: wheat, dairy, egg, soy, nuts

Calories	140
Total Fat	4.5 g
Saturated Fat	1 g
Sodium	115 mg
Total Carb	24 g
Dietary Fiber	2 g
Sugar	12 g
Protein	2 g

Brownie - individually wrapped

Contains: wheat, dairy, egg, soy, nuts

Calories	200
Total Fat	7 g
Saturated Fat	1.5 g
Sodium	130 mg
Total Carb	32 g
Dietary Fiber	2 g
Sugar	17 g
Protein	3 g

Churro - raspberry

Contains: wheat, dairy, egg, soy



Calories	160
Total Fat	4 g
Saturated Fat	1 g
Sodium	60 mg
Total Carb	28 g
Dietary Fiber	1 g
Sugar	9 g
Protein	3 g

Gold Fish - reg or colored

Contains: wheat, dairy, soy



Calories	100
Total Fat	3.5 g
Saturated Fat	1 g
Sodium	170 mg
Total Carb	14 g
Dietary Fiber	1 g
Sugar	0 g
Protein	3 g

Gold Fish - pretzel

Contains: wheat, dairy



Calories	90
Total Fat	1.5 g
Saturated Fat	0 g
Sodium	200 mg
Total Carb	16 g
Dietary Fiber	1 g
Sugar	0 g
Protein	2 g

Crouton - individually wrapped

Contains: wheat, dairy, egg, soy, nuts

Calories	30
Total Fat	1 g
Saturated Fat	0 g
Sodium	95 mg
Total Carb	5 g
Dietary Fiber	0 g
Sugar	1 g
Protein	1 g

Dressing - ranch, RF (2 tbsp)

Contains: dairy, egg



Calories	140
Total Fat	15 g
Saturated Fat	2.5 g
Sodium	210 mg
Total Carb	1 g
Dietary Fiber	0 g
Sugar	1 g
Protein	1 g

Peach cup, frozen

Contains:



Calories	80
Total Fat	0 g
Saturated Fat	0 g
Sodium	0 mg
Total Carb	19 g
Dietary Fiber	1 g
Sugar	16 g
Protein	1 g

Strawberry cup, frozen

Contains:



Calories	90
Total Fat	0 g
Saturated Fat	0 g
Sodium	0 mg
Total Carb	22 g
Dietary Fiber	2 g
Sugar	18 g
Protein	1 g

Peaches, canned, 1/2 cup

Contains:

Calories	60
Total Fat	0 g
Saturated Fat	0 g
Sodium	10 mg
Total Carb	14 g
Dietary Fiber	0 g
Sugar	11 g
Protein	0 g

Pears, canned, 1/2 cup

Contains:

Calories	60
Total Fat	0 g
Saturated Fat	0 g
Sodium	5 mg
Total Carb	15 g
Dietary Fiber	2 g
Sugar	12 g
Protein	0 g

Mixed Fruit, canned, 1/2 cup

Contains:



Calories	60
Total Fat	0 g
Saturated Fat	0 g
Sodium	5 mg
Total Carb	15 g
Dietary Fiber	1 g
Sugar	12 g
Protein	0 g

Applesauce, canned, 1/2 cup

Contains:



Calories	51
Total Fat	0 g
Saturated Fat	0 g
Sodium	2 mg
Total Carb	14 g
Dietary Fiber	1 g
Sugar	11 g
Protein	0 g

Pineapple, canned, 1/2 cup

Contains:



Calories	80
Total Fat	0 g
Saturated Fat	0 g
Sodium	10 mg
Total Carb	19 g
Dietary Fiber	0 g
Sugar	16 g
Protein	0 g

Blueberries, frozen, 1/2 cup

Contains:

Calories	40
Total Fat	1 g
Saturated Fat	0 g
Sodium	1 mg
Total Carb	10 g
Dietary Fiber	2 g
Sugar	g
Protein	0 g

Peanut Butter cup

Contains: peanuts



Calories	200
Total Fat	17 g
Saturated Fat	4 g
Sodium	150 mg
Total Carb	8 g
Dietary Fiber	2 g
Sugar	3 g
Protein	7 g