

Pickerington School Food Service cannot guarantee trace amounts of potential allergens not listed on manufacturer labels for sensitive individuals.

MENU IS SUBJECT TO CHANGE

Recipe Description	Portion Size	Cals	g Carb
Breads			
Bagel-Old World	1 ea	188	40
Biscuit whole grain	1 ea	170	22
Breadsticks, Parback Chz	1 each	220	26
Breadsticks, Parbake Chz-Pepp	3.0 oz.	260	33
Breadsticks, Parbaked, Frzn	1.8 oz.	145	28
Breadsticks, Apple 7"	1 stick	170	40
Breakfast Breaks include cereal and fruit juice			
Breakfast Breaks frosted flakes breakfast in a box	1 pkg	290	60
Breakfast Breaks cocoa roos in a box	1 pkg	270	50
Breakfast Breaks cinnamon toast in box	1 pkg	286	58
Breakfast Breaks cocoa roos	2 pkg	260	49
Bun. Whole Grain Hamburger	Bun	140	28
Bun, fortified wheat honey bun (breakfast)	1 ea	270	31
Bun corn meal (sub bun)	Bun	170	35
Bun, Chicken Two fer	1 bun	90	18
Bun, hot dog	1 ea	110	21
Bun, Footlong	1 ea	190	36
Bun, Jim Diamond (Mr. Rib)	1 ea	180	36
Bun, whole grain wheat kaiser	1 ea	160	31
Bun, Blunt End Sub 8"	1 ea	310	59
Dinner Roll, Whole Grain	1 ea	90	16
Danish, mini assorted	1 ea	140	18
Flatout, regular	1 ea	90	16
Flatout, italian herb	1 ea	90	16
Flatout, sundried tomato	1 ea	90	17
French Toast Sticks	4 each	212	33
Garlic Bread, Texas Toast, GFS	1 Slice	180	20
G-Force Bar	1 Bar	220	35
Graham Crackers	1 pkg (3)	90	16
Hush Puppies	4 each	187	29.33
Muffin-Otis banana	1.8oz	170	28
Muffin-Otis chocolate chip	1.8oz	170	28
Muffin-Otis blueberry	1.8oz	160	27
Pancake, Mini	1 pkg	200	34
Pita	pita	210	37
Pretzel Bun	1 ea	230	45
Pretzel Stick Cinnamon filled	1 stick	170	34
Ultra Loco Bread Wholegrain	1 ea	140	25
Ultimate Breakfast Round-UBR	1 round	270	44
Ultimate Breakfast Round Razzle Dazzle	1 round	260	43
Saltine Crackers	4 each	50	9
Torilla flour 6in	28g	90	14
Tortilla chips	1.5 oz bag	228	27
Tortilla chips	2 oz bag	290	36
Tortilla flour 8in	1 ea 41 gram	124	21
Uncrustable-grape small	1ea	210	25
uncrustable-whole wheat grape small	1 ea	330	34
Uncrustable-grape large	1 ea	580	55
Uncrustable-strawberry small	1ea	210	25

Unrustable-strawberry large	1 ea	580	55
Vegetable Lo Mein	6oz	290	43
Warm Cornbread, Awry	1 ea	180	22
Waffle (IW) blueberry	1 ea	240	37
Waffle (IW) cinnamon	1 ea	231	33
Waffle (IW) maple syrup	1 ea	240	35
white whole grain bread	1 ea	60	13
Whole Wheat Bread	2 slices	100	20
Waverly Gold Crackers	2 pkgs-4 crackers	60	8
Beverages			
Juice 4 oz apple	4 oz	60	14
Juice 4oz Grape	4oz	80	18
Juice 4oz orange	4 oz	50	13
Juice 4oz fruit punch	4 oz	60	14
Skim Milk	HALF PINT	80	13
Milk,1% Lowfat	HALF PINT	110	13
Milk Fat Free chocolate	HALF PINT	130	24
Milk Fat Free strawberry	HALF PINT	130	23
Cheeses			
American Cheese, Lite, Sliced	.5 oz.	35	2
Blue Cheese Crumbles	1oz	98	1
Cheddar Cheese, LF Shredded	1 oz.	80	0
Mozzarella Cheese, Shredded	1/4 cup	90	1
Cheese Snack pack-cheddar	1oz	90	0
Mozzarella Cheese stick	1oz	60	1
Desserts, Cookies, Snacks			
Angel Food Cake	1 piece (55g)	135	29
Apple Crisp	1 piece	194	30.48
Apple Snack Cake	1 ea	180	29
Brownies	1 ea	151	23.22
Chips, Sun chips	1 oz.	140	19
Chips, Baked Dorito's	1 oz.	120	21
Chips, Baked Cheetos Crunchy regular or flamin hot	1 oz.	120	17
Cookie, oatmeal chocolate chip	1.33oz	148.12	23.99
Cookie, oatmeal raisin chip	1.33oz	146.8	23.52
Cookie, double chocolate	1.33oz	146.69	23.97
Cookie, Otis reduced fat chocolate chips	1. 0 oz	110	19
Cookie Otis reduced fat carnival	1oz	110	19
Cookie, Otis reduced fat oatmeal raisin	1 oz.	110	18
Cookie, Otis reduced fat sugar	1 oz.	110	19
Cookie, Otis reduced fat carnival	1.5oz	170	28
Cookie, Otis reduced fat chocolate brownie	1.5oz	150	27
Cookie, Otis reduced fat chocolate chip	1.5oz	170	28
Cookie, Otis reduced fat oatmeal raisin	1.5oz	160	28
Cookie, Otis reduced fat sugar	1.5 oz	160	29
Cookies, President Day Smart Cookie	1 pkg	130	22
Choc Chip Chips Ahoy 100 calorie count	1pkg (24)	100	18
Churros Stick	45g	170	22
Churros Stick Fruit Filled	1 piece	160	28
Cinnamon Crunchmania Snacks	1 pkg (50 gr)	230	37
Curious George Fruit Snack	1 pkg	100	22
Dip, Caramel Apple	2tbsp/1oz	6	22
Fortune Cookie, GFS	1 each	30	6
Frozen Yogurt, Chocolate, Annie's	4 oz	100	23
Frozen Yogurt, Vanilla, Annie's	4 oz	110	22
Ice Cream Cup, Vanilla	1/2 cup	145	16.99
Jello red	2.5 tbsp	70	17
Oreo 100 calorie	1 pkg (23g)	100	19

Peanut Butter Buckeye Bars	1 each	198	31.6
Poptart-whole grain brown sugar cinnamon	1 ea	200	34
Poptart whole grain strawberry	1 ea	190	35
Potato Chips, BBQ BkdLays, GFS	1 pkg (1 oz)	140	24
Pretzels	1 pkg (1 oz)	110	23
Pretzel soft heart shaped	2.3 oz	180	35
Pudding Cup, Choc SwsMs	1 each (3.5 oz)	150	23
Rice Krispie Treat mini	.39oz 1 mini package	45	8.5
Shamrock Cookie	1 ea	110	17
Shebet Cup, Orange	1 each	137	30
Shebet cup, Raspberry	1 each	110	24
Sherbet Cup, Lime	1 each	134	29
Sunshine Cheezits	1 pkg (42g)	220	25
Wheat Thins 100calorie	1 pkg (22.4)	100	16
Yogurt Danimals Crush Cup	1 4 oz	110	19
Yogurt-Go-Gurt	1 each	80	13
Yogurt-strb-Trix	4 oz	90	17
Yogurt-raspberry rainbow trix	4 oz	90	17
Yogurt Watermelon-Trix	4 oz	90	17
Condiments, Sauces			
BBQ Sauce	1each	45	11
Cheese Sauce Cup Cheddar 3 oz	1 each	130	4
Cheese Sauce Cup Jalapeno 3 oz	1 each	134	4
Cheese Sauce	3tbsp = 2oz	120	16
Cheese Sauce Land O Lakes cheese pouch bulk	2oz (.25cup)	100	3
Cheese sauce land o lakes red. Sodium	2oz	86	3
Chicken gravy	.5 oz	51	8.1
Chili Sauce, LF Hot Dog Style	1 oz.	25	2.17
Con Queso or White Queso Blanco Sauce	1oz	90	0
Franks Hot Sauce	1tsp	1	0
General Tso Sauce	1 tbsp	30	7
Honey Mustard Sauce	1 each	140	5
Hot Sauce	1 each	0	0
Ketchup Packet	1 each	8	2
Marinara Sauce, Cup, GFS	2 oz	25	6
Marinara Sauce (gallon)	.25 cup	35	5
Ranch Cup	1 oz.	150	1
Ranch dressing lite	30g	90	4
Salsa: Commodity	1oz	10	1.98
Sour Cream, Cup - GFS	1 each (2T/1oz)	60	2
Spaghetti Sauce, RED Gold	.5cup	80	14
Sweet and Sour Sauce	1 each	43	11
Sweet and Sour Sauce (gallon for popcorn chicken)	1tbsp	30	7
Syrup	1 each	123	31
Tzatziki sour cream	2 tbsp	50	2
Teriyaki Sauce	2 oz	12	3
Fruits			
Apple	1 small (3.7 oz)	72	19
Apple slices in a bag	2oz	30	7
Applesauce (bulk)	1/2 cup	50	13
Applesauce pre packaged			
Applesauce plain	1/2 cup	90	22
Cherry applesauce	1/2 cup	90	23
Cinnamon Applesauce	1/2 cup	120	30
Mixed Fruit Applesauce	1/2 cup	100	24
Strawberry/bananna	1/2 cup	100	22
Banana	1 med (4.2 oz)	105	27
Fruit Cup, Mixed	.5 cup	68	18

Fruit Roll hot Colors	1 ea (14g)	50	11
Fruit Roll strawberry	1 ea (14g)	50	11
Fruitique bar-strawberry	1 each	140	21
Grapes	20 each	68	18
Kiwi		46	11
Mandarin Oranges,LtSyrup, GFS	1/2 cup	70	17
Orange	1 fruit (4.6 oz)	80	19
Peaches Diced	1/2 cup	70	17
Pears Diced	1/2 cup	80	19
Pineapple Tidbits	1/2 cup	47	11
Strawberries (frozen)	1/4 cup	19	5
Warm Cinnamon Apples	.5 cup	83	21.18
Proteins			
Bacon (for Bacon Cheeseburger)	3 each	80	1
Beef Chili w/ Beans (Reduced Fat)	5.8 oz	153	14
Beef Patty-Flamebroiled	2.15 oz	120	1
Beef Patty-Flamebroiled (H.S. and JR HG Bacon Burger)	3 oz	190	0
Beef Stk for Philly Steak	2oz	105	2
Big Daddy Pizza cheese	1 ea	380	44
Big Daddy Pizza pepperoni	1 ea	380	45
Big Daddy Pizza Buffalo Chicken	1 ea	340	38
Big Daddy Pizza Meat Combo	1 ea	360	40
Bosco Stick Pizza Stuffed	1 stick	280	35
Bosco stick-red fat 7inch	1 stick	210	27
Bosco Stick-regular 7 inch	1 stick	230	28
Bosco Stuffed Crust Pizza	1 ea	340	42
Bratwurst	1 link	320	2
Bratwurst mini	1ea	150	2
Burrito Bean and Cheese	1 ea	370	51
Calzone Turkey Pepperoni	1 ea 5.25oz	400	36
Cheese Pizza Quesadilla	1 each	320	35
Cheezey Breadsticks (S&F foods)	1 (3scored breadsticks)	300	37
Chicken, Brd Plain	1 patty	220	11
Chicken, Brd, Hot & Spicy	1 patty	238	12
Chicken Cheese Quesadilla	1 each	320	34
Chicken Cor Don Bleu Sandwich	1 ea	438	41
Chicken Diced	2oz	76	0
Chicken Egg Roll	1each	160	20
Chicken Grilled	1ea	130	2
Chicken Noodle Soup	1/2 cup	90	13
Chicken Nuggets	5 nuggets	267	13
Chicken Nuggets whole grain	5 nuggets	180	14
Chicken Nuggets Pilgrims Pride gold kist	5nuggets	210	14
Cicken Patty Whole grain	1 ea	230	15
Chicken Patty Regular	1ea	170	11
Chicken Patty Pilgrims Pride	1 ea	204	14
Chicken, Teriyaki	1 ea	150	6
Chix chips BBQ	4 each	220	16
Chix popcorn hmstyl pepr	16 pcs	307	19
Chicken Rings, Kings Delight	5	200	12
Chicken Rings Tyson	5 each	220	13
Chicken Roasted	1 breast	110	1
Chix stix FC	9 each	209	10
Chix strips fajita	3 each	220	15
Chicken Tenders Krispy Krunchy	3 each	240	15
Chicken Tenders Hot and Spicy	3 each	230	14
Chicken Two Fers	2 each	170	11
Chicken Wonderbites	4 each	180	5

Chili	5.83 oz = 2oz	159	17
Corn Dogs, Mini	5 each	240	21
Egg Salad Sandwich	1 each	244	30
Eggroll, Pork & Veggie	1 ea	200	18
Eggroll, Turkey	1 ea	170	19
Eggroll, Vegetarian	1 ea	150	23
Eggroll, Vegetarian mini	1 ea or 1.5oz	75	12
Fiestada Pizza	1 ea	340	42
Fish Seafood Sliders (fish only)	2	196	16
Footlong Hot Dog	1 each	231	2
French Bread Pizza	1 each	330	40
Freschetta Flatz Buffalo Chicken Pizza	1 ea	280	28
Grilled Cheese Sandwich	1 sandwich	371	49
Ham, Diced	1 oz.	37	0
Hot Dogs, Mini	2 each	140	0
Hot Dog	1 ea	172	1
Italian Sub just meat and veggies	1 sandwich	503	1.81
Jalepeno Mini Bread sticks (4)	2ea	230	30
Johnny Marzetti	3/4 cup	283	26.14
Lamb,Dom,Cubed for Stew or Kabobs	2 oz	76	0
Macaroni & Cheese RF	6oz	291	32
Macaroni & Cheese side RF	3 oz	145	16
Max Sticks breadsticks (2)	1 ea	150	17
Meatballs	2oz	146	1.8
Mexican Chicken Bake	6oz = 2oz meat/meat alternate	404	52.55
Mozzerella Cheese Sti, Battered	4 each	360	36
New Orleans Cajun Chicken	2.85 oz (oz2m/ma)	140	15
Omelet	1 ea	131	2
Personal Pan Pizza	1 7"	540	74
Pizza Whole Grain Double Stuffed	1 each	230	27
Pizza Cheese Stuffed Crust	1 each (5.75oz)	390	45
Pizza Pepperoni Stuffed Crust	1 ea	390	45
Pizza, Cheese Boat or Bread Pizza	1 ea	390	38
Pizza Crispy Crust cheese	1 ea	300	36
Pizza, Crispy Crust pepperoni	1 ea	310	36
Pizza Dippers (Stuffed)	4 each	320	29
Pizza french bread cheese schwanns	1 ea	320	36
Pizza French Bread pepperoni schwanns	1 ea	330	35
Pizza, Red Baron 4 cheese	1 ea	510	57
Pizza, Red Baron 4 cheese & pepperoni	1 ea	540	60
Pizza, Bosco Stuffed Crust	1 ea	330	43
Popcorn Shrimp	21 pcs = 1oz cn label	220	19
Pulled Pork	2oz	134	9
Ravioli, Cheese	3 each	211	22
Rib B Que	2.25 oz	193	4
Sausage Link	1 ea	61	0
Spaghetti sauce beef red fat	2 oz	63	3.21
Specialty Chicken Club Sandwich	1 ea	471	40.5
Stuffed Shells	2 each	190	30
Taco filling beef red fat/na	2 oz	61	3.09
Tuna Salad Sandwich	1 each	304	34.4
Turkey breast sknls	2 oz	48	1.04
Turkey breast slcd ovn rstd	2 oz	53	1.1
Turkey Pot Pie Filling	5.96oz	141	11
Turkey Salad Sandwich	1 each	263	29
Twisted Cheese Sticks	2 sticks	460	66
Twisted Edge Pizza 3 meat	1 ea	390	46
Twisted Edge Pizza cheese	1 ea	370	44

Twisted Edge Pizza chicken	1ea	360	43
Vegetable Lo Mein	6oz	290	43
Wedge Pizza	1 ea	327	37
Starches			
Bread Stuffing	1.5 oz	165	22.65
Rice, Brown	1/2 cup	108	22
Rice, Brown and White Rice Mixture	1/2 cup	110	23
Rotini	1/2 cup cooked	156	31
Vegetable Fried Rice	4.5 oz (1/2 cup)	137	28
Spaghetti (Enriched) 2oz dry=1 c cooked	4oz cooked spaghetti we serve on line	105	22.5
Vegetables			
Augratin potato classic	1/2 cup	374	69
Baked Beans	1/2 CUP	235	49.5
Black Beans	1/2 cup	110	20
Broccoli: Frozen, Boiled	.25 CUP	13	2.46
Broccoli Cheese Rice Casserole	.33 cup	137	19.91
Carrots, Raw/Strips	.5 cup	25	6
Cauliflower: Frozen,Boiled	.25 CUP	9	1.69
Celery Sticks, Raw	.125 cup	2	0.37
Charro Beans	1/2 cup	90	15
Chinese Style Vegetables	1/2 cup	74	7.52
Coleslaw	.5 cup	106	13
Corn, Whole Kernel Cut, GFS	.5 cup	74	15.67
Green Onions, diced	1 Tablespoon	4	1
French fries 3/8" clr coat	.5 cup	111	16

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Recipe Description	Portion Size	Cals	g Carb
Breakfast Breaks include cereal and fruit juice			
Breakfast Breaks frosted flakes breakfast in a box	1 pkg	260	56
Breakfast Breaks lucky charms breakfast in a box	1 pkg	280	54
Breakfast Breaks fruit loops breakfast in a box	1 pkg	338	79
Breakfast Breaks fruity cheerios breakfast in a box	1pkg	256	56
Breakfast Breaks cinn apple cheerios	1pkg	260	55
Breakfast Breaks cheerios	1 pkg	230	54
Breakfast Breaks cocoa puff in a box	1 pkg	260	50
Breakfast Breaks cinnamon toast in box	1 pkg	286	58
Breakfast Breaks cocoa roos	2 pkg	260	49
Bun, fortified wheat honey bun (breakfast)	1 ea	270	31
G-Force Bar	1 Bar	220	35
Graham Crackers	1 pkg (3)	90	16
Muffin-Otis banana	1.8oz	170	28
Muffin-Otis chocolate chip	1.8oz	170	28
Muffin-Otis blueberry	1.8oz	160	27
Pancake, Mini	1 pkg	200	34
Un crustable-grape small	1ea	210	25
un crustable-whole wheat grape small	1 ea	330	34
Un crustable-grape large	1 ea	580	55
Un crustable-strawberry small	1ea	210	25
Un crustable-strawberry large	1 ea	580	55
Vegetable Lo Mein	6oz	290	43
Warm Cornbread, Awry	1 ea	180	22
Waffle (IW) blueberry	1 ea	240	37
Waffle (IW) cinnamon	1 ea	231	33
Waffle (IW) maple syrup	1 ea	240	35
Wheat roll	1 bun	80	15
Beverages			
Juice 4 oz apple	4 oz	60	14
Juice 4oz Grape	4oz	80	18
Juice 4oz orange	4 oz	60	13
Juice 4oz fruit punch	4 oz	60	14
Milk,1% Lowfat	HALF PINT	102	12.18
Milk 1% chocolate	HALF PINT	150	24
Milk 1% strawberry	HALF PINT	150	27
Cheeses			
Cheese Snack pack-cheddar	1oz	90	0
Mozzarella Cheese stick	1oz	60	1
Desserts, Cookies, Snacks			
Cinnamon Crunchmania Snacks	1 pkg (50 gr)	230	37
Clodhoppers, Cocoa	1ea	160	28
Clodhoppers, Vanilla	1 ea	160	28
Curious George Fruit Snack	1 pkg	100	22
Fortune Cookie, GFS	1 each	30	6
Frudel Apple	1ea	210	36
Frudel Cherry		210	36
Poptart-whole grain brown sugar cinnamon	1 ea	200	34
Poptart whole grain strawberry	1 ea	190	35
Yogurt Danimals Crush Cup	1 4 oz	110	19

Yogurt-Go-Gurt	1 each	80	13
Yogurt-strb-Trix	4 oz	90	17
Yogurt-raspberry rainbow trix	4 oz	90	17
Yogurt Watermelon-Trix	4 oz	90	17
Fruits			
Apple	1 small (3.7 oz)	72	19
Apple slices in a bag	2oz	30	7
Applesauce (bulk)	1/2 cup	50	13
Applesauce pre packaged			
Applesauce plain	1/2 cup	90	22
Cherry applesauce	1/2 cup	90	23
Cinnamon Applesauce	1/2 cup	120	30
Mixed Fruit Applesauce	1/2 cup	100	24
Strawberry/bananna	1/2 cup	100	22
Banana	1 med (4.2 oz)	105	27
Fruit Cup, Mixed	.5 cup	68	18
Fruit Roll hot Colors	1 ea (14g)	50	11
Fruit Roll strawberry	1 ea (14g)	50	11
Fruitique bar-strawberry	1 each	140	21
Grapes	20 each	68	18
Kiwi		46	11
Mandarin Oranges,LtSyrup, GFS	1/2 cup	70	17
Orange	1 fruit (4.6 oz)	62	15.4
Peaches Diced	1/2 cup	80	19
Pears Diced	1/2 cup	62	16
Pineapple Tidbits	1/2 cup	47	11
Strawberries (frozen)	1/4 cup	19	5
Warm Cinnamon Apples	.5 cup	83	21.18