

AAFES SMP SY 20/21 NUTRITION INFORMATION

updated 7 April 2021

												X=Contains Allergen					
		Calories					Carbs (g)					Allergens					
Menu Item	Comments	Breakfast	Elementary	Middle	High	Sure Start	Breakfast	Elementary	Middle	High	Sure Start	Dairy	Eggs	Soy	Wheat	Fish	Pork
5-cheese panini (grilled cheese)						332					28	D		S	W		
alfred mac w/chicken nuggets			468	468	468	468		45.9	45.9	45.9	45.9	D		S	W		
alfredo mac			338	338	338	338		39	39	39	39	D			W		
alfredo spaghetti & meatballs			540	540	540	540		71.4	71.4	71.4	71.4	D		S	W		
apple-slaw, green			82	82	99	32		10	10	11	4		E	S			
apple, fresh	1 small		78		78			21									
applesauce no granola		40					10										
applesauce w/granola		165					29										
bacon (extra)	2 slices	40	40	40	40	40	0	0	0	0	0						
bacon egg on toast		516	516	516	516	516		85.7	85.7	85.7	85.7	D	E	S	W		
bacon egg slider		195	195	195	195	195		24.7	24.7	24.7	24.7	D	E		W		
baguette, garlic (bread)			166	166	166	166		24.4	24.4	24.4	24.4				W		
banana	1 med	105	105				27	27									
bbq joe			196	196	196	196		19.7	19.7	19.7	19.7				W		
BBQ sauce	2 Tbsp		60	60	60			15	15	15							
beans, baked			155	155	207	52		28	28	38	9						
beans, rancho			180	180	225	60		33	33	44	11						
beans, seasoned green			49	49	65	16		5	5	7	2						
beef fingers	4 fingers		280					20						S	W		
beef, bbq sliced, sandwich			354	354	354	354		46.6	46.6	46.6	46.6			S	W		
beef, salisbury strips			396	396	396	396		35.7	35.7	35.7	35.7			S	W		
beefy rice bowl w/alfredo	1 bowl		470	470	470			58	58	58	58	D					
best BLT (BF BLT)			178	178	225	178		15.5	15.5	27.3	15.5				W		
BLT Sandwich	SS/EL=1/2 sandwich	226	113	226	226	113	27	13	27	27	13	D		S	W		
blueberry pancakes			210	210	210	210		35	35	35	35	D	E	S	W		
breadsticks, cheesy	2 sticks		440	440	440			50	50	50		D		S	W		
broccoli parm			47	47	64	17		5	5	7	2	D					
broccoli seasoned			87	87	103	87		20	20	23.3	20			S			
buffalo chicken salad on croissant			361	361	361	361		40.6	40.6	40.6	40.6	D	E	S	W		
burger w/o cheese			329	329	329	329		30	30	30	30			S	W		
burger w/o cheese			328	328	328	328		29.8	29.8	29.8	29.8				W		
carrots, baby			44	44	58	15		10	10	13	4						
carrots, honey glazed			72	72	88	28		16	16	20	7						
cauliflower & carrots			33	33	42	10		7	7	9	2						
cauliflower, roasted buffalo			34	34	45	10		6.7	6.7	8.9	1.9						

celery & tomatoes															
cheesy breadsticks		199	199	209			23.6	23.6	34		D		S	W	
chicken alfredo		529	529	529	529		71	71	71	71	D			W	
chicken and waffles		407	445	445	350		40	42	42	27	D	E	S	W	
chicken buffalo sliders		303	401	401			36.3	58.6	58.6		D	E	S	W	
chicken drumstick		190	190	380			5	5	10					W	
chicken nuggets (popcorn)	4-4.5 oz svg	230	230	275	230		14	14	16	14			S	W	
chicken tender wrap		526	526	526			18.1	18.1	18.1		D			W	
chicken tenders	1 tender	80	80	80	80		4	4	4	4				W	
chicken wings, bbq		310	387	465			9	11	13						
chicken wings, honey lime		548	608	721			16.8	18.7	22.1						
chicken, crispy sliders		261	261	522			23	23	45			E	S	W	
chicken, grilled sandwich		311	311	311	311		34	34	34	34			E	S	W
chicken, mega mini salad		469	469	469			34.1	34.1	34.1		D			W	
chicken, pulled, rice bowl (no sauce)		393	393	393	393		55	55	55	55			S	W	
chicken, santa fe		160	160	160			3.5	3.5	3.5		D		S		
Choc Chip Cookie		160	160	160	160		27	27	27	27				W	
corn dogs, mini	6 ea (HS 9ea)	310	310	310	465	310	26	26	26	39	26	D	E	S	W
corn, seasoned		83	83	110	28		18	18	24	6					
cornbread	1 ea	200	200	200	200		27	27	27	27	D	E		W	
croissant, buttery	1 ea	220	220	220	220		30	30	30	30				W	
croissant, egg and cheese		315					28				D	E	S	W	
croissant, ham & cheese (melt)		400	400	400			32	32	32		D	E	S	W	
croissant, ham and egg		345					33				D	E	S	W	
cucumbers & tomatoes		30	30	41	11		7	7	9	2.5					
donut, WG		390.5	390.5	390.5	390.5	390.5	33.8	33.8	33.8	33.8	D	E	S	W	
donut, WG, cinn & sugar		280					30				D	E	S	W	
English Muffin Ham and Egg		245					24				D	E	S	W	
fish sandwich		645	640	640	640		74	74	74	74				W	F
fish sticks		293	408	408	293		28	38.8	38.8	28	D	E	S	W	F
flatbread (served 1 & 2 flats)	1 flat	80	80	80	80		13	13	13	13	D		S	W	
French Toast Bites	6 bites	380					38				D	E	S	W	
fries, oven		100	100	130	33		18	20	26	7					
fries, ranch		100	100	130	33		18	20	26	7					
fries, sweet potatoes		130	199	199	233	65	21	32	32	38	10				
fruit, seasonal		~60					~15								
granola	1/4 c svg	90					17								
grape cup				104					27						
gravy, country style cream		382.7	382.7	382.7	382.7		59.5	59.5	59.5	59.5	D	E	S	W	

smoothie, fruit (see seasonal fruit recipe)		42.6	42.6	85		10.9	10.9	21.7						
soup, broccoli cheese		204	204	204	204	14	14	14	14	D				
spaghetti & meatballs		579.6	579.6	579.6	579.6					D	S	W		
spaghetti and meatsauce		530	530	530	530	75	75	75	75			W		
spicy alfredo cheese sauce	1/2 cup					9	9	9	9	D				
spicy cheddar cheese sauce	1/2 cup					5	5	5	5	D				
syrup	pc	120				31								
taco, pork		826	826	1251.8	826	66	66	100	66	D		W		P
Toast, Cinnamon Apple	1 pkg	260				45				D	S	W		
tomatoes, cherry		21	21	28	7.5	4	4	6	2					
veggie bean & rice bowl (SW)		452.6	452.6	452.6		80.8	80.8	80.8		D	S			
veggie wrap		432	423	423	211.6	40.7	40.7	40.7	211.6	D	E	S	W	
waffles, BF	1 pkg	190				29				D	E	S	W	
waldorf salad		150	150			33				D	E	S		