

EAST, WEST, PIONEER RIDGE, CHASKA HIGH SCHOOL
ALTERNATE MENU ITEMS

Recipe Description	Portion Size	Calories	Carbohydrates g	Protein g	Fat g	Dietary Fiber g
CHEESEBURGER, BACON	1 SANDWICH	437	31	25	24	3
CHICKEN NUGGETS	5 PIECES	270	11	15	18	1
CHICKEN PATTY ON BUN	1 SANDWICH	160	29	5	2.5	2
CHICKEN, BUFFALO ON A BUN	1 SANDWICH	380	50	19	11.5	3
CORN DOG, TURKEY, WHOLE GRAIN,	1 CORN DOG	220	31	10	7	3
HOT DOG, BEEF, ON BUN	1 HOT DOG/BUN	340	26	14	19.5	0
HOTPOCKET, PEPPERONI	1 SERVING	360	42	16	14	3
PIZZA, PIZZAIOLI, SAUSAGE	1 SLICE	310	37	13	13	2
PIZZA,PIZZAIOLI,CHEESE	1 SLICE	285	37	13	11	2
PIZZA,PIZZAIOLI,PEPP	1 SLICE	303	37	13	12	2
RIB B Q ON A BUN	1 SANDWICH	483	33	22	28	3
SANDWICH, ROAST BEEF	1 SANDWICH	288	29	24	8	2
SANDWICH, TURKEY, HAM & CHEESE	1 SANDWICH	322	34	19	13	4
SHRIMP POPPERS	20 PIECES	220	18	10	12	2
SHRIMP MATES	10 SHRIMP	445	32	16	28	2
WRAP, SANTA FE GRILLED CHICKEN	1 WRAP	347	39	24	10	4
WRAP, TURKEY BACON	1 WRAP	310	20	20	15	0