

Gilmer ISD
Lunch Menu - Nutritional Information

	Calories	Fat (Grams)	Carbs (Grams)	Fiber (Grams)	Protein (Grams)		Calories	Fat (Grams)	Carbs (Grams)	Fiber (Grams)	Protein (Grams)
Main Dishes						Vegetables and Side Dishes					
BBQ Chicken	216	2.00	9.50	0.63	16.00	Blackeye Peas (Pk-4)	61.00	1.78	8.04	2.02	3.01
Burrito, Chili and Cheese	300	11.00	35.00	4.00	17.00	Blackeye Peas (5-12)	123.00	3.57	16.08	4.03	6.01
Calzone, Pepperoni	392	20.59	31.99	2.00	21.99	Baked Beans (PK-4)	71.00	0.50	14.80	2.50	3.0
Cheeseburger (Pk-6)	335	0.50	29.50	3.00	25.00	Baked Beans (5-12)	140.00	1.0	29.02	5.0	6.0
Cheeseburger (7-12)	367	17.15	26.50	4.00	30.28	Broccoli, Steamed (PK-4)	18	.76	2.27	1.42	1.33
Chicken and Dumplings (9-12)	338	16.14	24.00	2.03	23.30	Broccoli, Steamed (5-12)	36	1.51	4.55	2.85	2.66
Chicken and Dumplings (PK-8)	276	12.25	22.29	1.90	18.49	Broccoli w/Cheese (Pk-4)	56	3.99	4.95	2.16	2.27
Chicken and Rice Asian Bowl	474	12.15	65.16	3.36	26.72	Broccoli w/Cheese (5-12)	101	6.50	8.96	3.90	4.10
Chicken Fajaita Wrap (9-12)	278	13.07	17.78	1.78	21.45	Broccoli/Baby Carrots (Pk-4) Fresh Vegetables	14	.11	2.99	1.11	.77
Chicken Fajaita Wrap (PK-8)	248	11.54	17.27	1.78	17.63	Broccoli/Baby Carrots (5-12) Fresh Vegetables	28	.22	5.98	2.23	1.54
Chicken Filet	264	10.14	16.22	1.01	25.35	Broccoli/Cauliflower (PK-4) Garden Vegetables	6	.03	1.08	.56	.58
Chicken Filet (Spicy) Sandwich	383	12.13	44.19	5.03	26.26	Broccoli/Cauliflower (5-12) Garden Vegetables	13	.07	2.16	1.11	1.15
Chicken Filet Sandwich	384	11.64	38.22	5.03	31.35	Burger Salad	8	.09	7.13	.5	.43
Chicken Fried Steak	310	19.00	16.00	3.00	17.00	Cabbage, Steamed (PK-4)	10	.47	2.99	.64	.33
Chicken Fried Steak Sandwich	459	23.60	37.30	6.20	24.00	Cabbage, Steamed (5-12)	21	.94	1.50	1.29	.66
Chicken, King Ranch	367	21.00	15.68	1.31	28.00	Carrots, Baby Raw (PK-4)	15	0	3.34	.83	.42
Chicken Noodle Soup	188	4.00	18.00	1.00	21.00	Carrots, Baby Raw (5-12)	29	0	6.67	1.67	.83
Chicken Nuggets (PK-8)	263	15.19	16.20	3.04	16.20	Carrots, Cinnamon Glazed (PK-4)	48.00	1.64	7.00	1.00	0.51
Chicken Nuggets (9-12)	369	21.29	27.71	4.26	22.71	Carrots, Cinnamon Glazed (5-12)	97.00	3.00	14.00	2.00	1.00
Chicken Patty Sandwich	383	16.69	38.20	6.04	22.20	Carrots, Steamed (PK-4)	25.00	0.82	6.00	1.00	0.51
Chicken Popcorn (Elem)	250	14.00	15.00	2.00	15.00	Carrots, Steamed (PK-4)	25.00	0.82	6.00	1.00	0.51
Chicken Popcorn (Int)	312	18.00	19.00	2.70	19.00	Carrots, Steamed (5-12)	65.00	2.00	3.00	2.00	
Chicken Popcorn (Jr & Sr)	373	21.00	23.00	3.25	22.68	Cauliflower, Raw (PK-4)	9	.10	1.82	.73	
Chicken Spaghetti (9-12)	397	11.5	46.62	4.13	25.5	Cauliflower, Raw (5-12)	18	.20	3.64	1.46	1.00
Chicken Spaghetti (PK-8)	314	8.35	41.89	3.94	17.59	Celery Sticks (PK-4)	6	.06	1.11	.60	.70
Chicken Tenders	243	11.16	14.20	1.01	22.31	Celery Sticks (5-12)	12	.13	2.22	1.20	1.40
Chicken, Baked Seasoned	148	9.42	0.00	0.00	15.47	Celery/Carrot Sticks (PK-4) Dipping Sticks	9	.07	2.06	.73	.26
Chicken, Orange Zesty Glaze	201	2.00	26.67	0.00	15.47	Celery/Carrot Sticks (5-12) Dipping Sticks	19	.14	4.12	1.47	.52
Coissant Burgers	364	19.12	27.50	3.00	22.89	Chili Beans (PK-4)	45	.25	9.48	2.49	.27
Corn Dog	240	7.00	33.00	4.00	11.00	Chili Beans (5-12)	90	.50	18.96	4.99	.55
Corn Dogs, Mini	260	7.64	33.61	3.06	12.22	Coleslaw (PK-4)	87	4.62	11.55	1.15	1.50
Crispito, Chicken	400	20.01	40.02	4.00	16.01	Coleslaw (5-12)	173	9.24	23.09	2.31	2.99
Enchiladas w/Cheese (9-12)	522	27.06	42.31	3.00	25.37	Corn, Whole Kernal (PK-4)	56.00	2.60	8.68	.47	.58
Enchiladas w/Cheese (PK-8)	335	17.34	28.49	2.00	14.89	Corn, Whole Kernal (5-12)	112	5.21	17.36	.93	2.74
Fish Sticks	210	8.00	22.00	3.00	12.00	Cucumber Slices (PK-4)	5	.04	1.33	.18	.24
Frito Pie (Pk-8)	477	24.00	44.00	6.00	25.00	Cucumber Slices (5-12)	11	.08	2.66	.37	.48

We strive to provide the most accurate information; however nutritional content of menu items may vary due to variations in product substitutions or seasonal availability. If you have any questions, please contact Gilmer ISD Nutrition Department.

Gilmer ISD
Lunch Menu - Nutritional Information

Frito Pie (9-12)	544	27.00	54.00	7.00	26.00	Cucumber/Carrots (PK-4) Garden Dippers	10	.06	2.26	.55	.28
Grilled Cheese	234	7.44	31.11	2.18	14.35	Cucumber/Carrots (5-12) Garden Dippers	19	.12	4.52	1.09	.56
Ham and Cheese Croissant	360	15.18	30.06	3.00	25.76	Garden Salad (PK-4)	21	.21	4.41	1.6	1.22
Ham and Cheese Sandwich	246	7.61	31.03	2.18	16.83	Garden Salad (5-12)	31	1.98	2.15	1.07	.54
Hamburger (7-12)	322	14.65	24.00	3.00	26.28	Green Beans (PK-4)	27.00	0	1.4	.67	.68
Hamburger (PK-6)	290	9.50	22.00	2.50	21.00	Green Beans (5-12)	54.00	0	8.02	2.74	1.36
Hamburger Steak w/Gravy	208	12.28	2.31	3.00	22.30	Italian Blend Vegetables (PK-4)	25	1.0	2.71	.90	.45
Hot Dog	222	12.14	18.01	2.00	12.90	Italian Blend Vegetables (5-12)	50	2.0	5.42	1.81	.90
Hot Pocket	301	12.04	32.11	3.01	17.06	Lettuce & Tomato Salad (PK-4) Fresh Salad	6	.02	1.23	.47	.35
Lasagna	296	13.91	26.74	3.19	20.78	Lettuce & Tomato Salad (5-12) Fresh Salad	12	.05	2.46	.93	.69
Meatball Sub	310	11.19	30.13	3.80	23.31	Mashed Potatoes (PK-4)	50	0	10.56	1.0	1.0
Meatloaf	220	8.09	14.95	0.80	20.52	Mashed Potatoes (5-8)	71	0	14.23	1.22	1.42
Nachos w/Beef (5-12)	306	14.84	25.86	2.41	15.23	Mashed Potatoes (9-12)	107	0	21.34	1.84	2.14
Nachos w/Beef (PK-4)	282	13.47	25.47	2.41	12.89	Mexican Corn (PK-4)	73	1.51	13.85	1.03	1.53
Pig in a Blanket	298	15.60	28.00	2.39	11.66	Mexican Corn (5-12)	146	3.02	27.70	2.05	3.07
Pizza Quesadilla	330	12.01	40.02	4.00	16.01	Mixed Vegetables (PK-4)	44	1.45	6.24	1.86	1.54
Pizza, Cheese Stuffed Crust	370	18.00	38.00	4.00	17.00	Mixed Vegetables (5-12)	89	2.91	12.49	3.71	3.09
Pizza, Pepperoni	350	15.00	35.00	4.00	19.00	Navy Beans (PK-4)	46	.07	13.11	6.84	4.55
Pizza, Cheese	340	14.00	35.00	4.00	18.00	Navy Beans (5-12)	92	.14	26.22	13.67	9.11
Ravioli, Jumbo Cheese	346	9.00	47.00	4.60	22.00	Olives, Black	42	3.52	0	0	0
Spaghetti w/Meat Balls	361	10.85	41.57	4.81	23.95	Peas & Carrots (PK-4)	32	1.29	4.67	1.42	1.42
Spaghetti w/Meat Sauce	399	9.04	45.66	3.68	17.51	Peas & Carrots (5-12)	64	2.58	9.33	2.85	2.84
Steak Fingers	314	19.26	16.22	3.04	17.24	Peas, Green (PK-4)	69	2.81	8.07	2.03	2.68
Stuffed Crust Dippers	494	16.70	58.34	6.98	30.90	Peas, Green (5-12)	139	5.62	16.14	4.05	5.36
Tacos (9-12)	487	24.00	40.00	3.50	27.00	Pinto Beans (PK-4)	76	.34	13.67	3.41	4.65
Tacos (5-8)	340	17.00	27.00	2.36	19.00	Pinto Beans (5-12)	151	.67	27.10	6.73	9.27
Tacos (Elem)	224	12.00	14.50	1.00	15.00	Pinto Beans (5-12)	151	.67	27.10	6.73	9.27
Turkey and Cheese Sandwich	222	4.10	20.97	1.10	24.33	Pinto's w/Cheese (PK-4)	94	2.32	12.86	4.08	5.01
Turkey and Dressing	341	12.23	31.66	1.48	20.57	Pinto's w/Cheese (5-12)	143	3.48	19.95	6.12	7.51
Western Burger	369	18.00	27.00	1.40	24.00	Pork-n-Beans (PK-4)	55	.50	10.0	2.50	3.50
						Pork-n-Beans (5-12)	110	1.0	20.0	5.0	7.0
						Potato Salad (PK-4)	60	.85	11.84	.98	1.18
						Potato Salad (5-12)	124	2.0	24.18	1.96	2.41
						Potato Wedges (PK-4)	74	2.92	10.52	1.17	1.27
						Potato Wedges (5-12)	124	4.93	17.76	1.97	2.13
						Potatoes, Roasted (PK-4)	55	1.5	9.0	1.0	1.0
						Potatoes, Roasted (5-12)	110	3.0	18.0	2.0	2.0
						Potato, Baked 1/2	122	3.65	20.51	1.5	2.43
						Potato, Baked	340	16.67	37.21	4.69	11.67
						Refried Beans (PK-4)	120	2.5	18.0	6.0	6.0
						Refried Beans (5-12)	60	1.25	9.0	3.0	3.0
						Salad w/Diced Tomatoes (PK-4) Tossed Salad	7	.08	1.51	.53	.46
						Salad w/Diced Tomatoes (5-12) Tossed Salad	15	.17	3.21	1.12	.95
Milk											
Chocolate Fat Free	120	0.00	20.00	0.00	8.00						
Lactaid Fat Free	80	0.00	13.00	0.00	8.00						
Strawberry Fat Free	110	0.00	19.00	0.00	8.00						
White 1%	110	2.50	13.00	0.00	8.00						
Condiments/ Other											
BBQ Dip Cup	45	0.04	11.25	0.50	0.41						
Butter	120	14.00	0.00	0.00	0.00						
Gravy	29	0.00	7.80	0.00	0.00						
Ketchup Packet	10	0.00	2.00	0.00	0.00						
Mayonnaise Fat Free Packet	15	0.00	3.00	0.00	0.00						

We strive to provide the most accurate information; however nutritional content of menu items may vary due to variations in product substitutions or seasonal availability. If you have any questions, please contact Gilmer ISD Nutrition Department.

Gilmer ISD
Lunch Menu - Nutritional Information

Mustard Packet	10	0.00	0.00	0.00	0.00	Scalloped Potatoes (PK-4)	106	3.57	13.87	1.17	3.91
Ranch Dressing Fat Free Packet	70	8.00	1.00	0.00	0.00	Scalloped Potatoes (5-8)	170	7.03	19.46	1.69	6.31
Salsa	30	0.00	4.04	0.00	0.00	Scalloped Potatoes (9-12)	294	9.91	8.52	3.25	10.85
Fruit and Fruit Juices						Smiley Potatoes (PK-8)	95	3.27	14.55	1.46	1.46
Apple	72	0.23	19.06	3.31	0.36	Spanish Rice (5-12)	200	3.53	37.97	1.86	4.04
Applesauce	80	0.00	20.41	0.89	0.89	Squash Casserole (PK-4)	67	2.95	7.68	1.06	2.92
Banana	105	0.39	26.95	3.07	1.29	Squash Casserole (5-12)	180	7.92	20.60	2.84	7.86
Citrus Cup, Mandarin Orange/Pineapple	103	0.00	25.12	1.48	0.00	Sweet Potatoes (PK-4)	126	.33	29.11	.04	2.0
Cool Fruit Cup, Mandarin Orange/Grapes	71	0.16	17.45	0.92	0.28	Sweet Potatoes (5-12)	252	.67	58.23	.08	4.0
Fruit Medley, Strawberries/Grapes	38	0.15	7.39	0.96	0.46	Tater Tots (PK-4)	100	4.98	11.84	1.25	1.25
Fruit, Mixed	71	0.13	18.54	1.88	0.60	Tater Tots (5-8)	199	9.97	23.68	2.49	4.49
Fruit, Tropical	95	0.00	22.17	1.06	1.06	Tater Tots (9-12)	276	13.79	32.74	3.45	3.45
Grapes	58	0.30	14.78	0.78	0.54	Tater Tot Casserole (5-8)	170	9.21	17.55	1.71	3.27
Juice, Apple	60	0.00	18.00	0.00	0.00	Tater Tot Casserole (9-12)	257	13.89	26.47	2.57	4.93
Juice, Grape	80	0.00	18.00	0.00	1.00						
Juice, Orange	50	0.00	18.00	0.00	1.00	Breads					
Melon Cup, Cantaloupe/Honeydew	64	0.17	15.65	1.85	0.76	Roll, Honey Wheat	150	2	27	3	6
Orange	45	0.12	11.28	2.30	0.90	Toast	69	0.99	13.88	0.99	2.97
Orange, Mandarin	82	0.00	19.50	1.03	0.00	Breadstick	100	2.99	14.95	2	5
Orange, Mandarin/Kiwi Slices	70	0.25	17.38	3.51	1.38	Cornbread (PK-4)	117	4.72	17.53	1.1	1.1
Peaches, Sliced	67	0.00	16.22	0.00	0.95	Cornbread (5-12)	146	5.9	21.91	1.37	1.37
Pears, Diced	59	0.12	15.22	2.02	0.37	Crackers	50	1	8.99	0	1
Pineapple, Tidbits	59	0.00	14.78	0.99	0.00	Garlic Toast	69	0.99	13.88	0.99	2.97
Strawberries	28	0.26	6.64	1.73	0.58	Bread slice	80	1	15	1	3
Strawberries/Kiwi	37	0.31	8.19	1.91	0.68	Texas Toast, Garlic	90	2.5	15.01	2	3
Jello	72	0.00	17.39	0.00	1.02						

We strive to provide the most accurate information; however nutritional content of menu items may vary due to variations in product substitutions or seasonal availability. If you have any questions, please contact Gilmer ISD Nutrition Department.