

**Gilmer ISD**  
**Lunch Menu - Nutritional Information**

	Calories	Fat (Grams)	Carbs (Grams)	Fiber (Grams)	Protein (Grams)		Calories	Fat (Grams)	Carbs (Grams)	Fiber (Grams)	Protein (Grams)
<b>Main Dishes</b>						<b>Vegetables and Side Dishes</b>					
BBQ Chicken	367	12.96	18.96	1.28	40.15	Blackeye Peas (Pk-4)	61.00	1.78	8.04	2.02	3.01
Burrito, Beef & Bean	288	8.69	39.90	8.18	14.80	Blackeye Peas (5-12)	123.00	3.57	16.08	4.03	6.01
Burrito, Chili and Cheese	300	11.00	35.00	4.00	17.00	Baked Beans (PK-4)	75.00	0.50	14.50	2.50	3.0
Cheeseburger (Pk-6)	295	12.50	22.50	3.00	24.00	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)	336	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)	275	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 Nuggets	263	15.19	16.20	3.04	16.20	Cabbage, Steamed (5-12)	21	.94	1.50	1.29	.66
Chicken Patty Sandwich	383	16.69	38.20	6.04	22.20	Carrots, Baby Raw (PK-4)	15	0	3.34	.83	.42
Chicken Popcorn	253	14.15	15.16	3.03	15.16	Carrots, Baby Raw (5-12)	29	0	6.67	1.67	.83
Chicken Spaghetti (9-12)	352	10.07	42.5	3.94	22.01	Carrots, Cinnamon Glazed (PK-4)	62	1.75	9.43	1.71	.86
Chicken Spaghetti (PK-8)	314	8.35	41.89	3.94	17.59	Carrots, Cinnamon Glazed (5-12)	95	3.5	13.85	1.76	.89
Chicken Tenders	243	11.16	14.20	1.01	22.31	Carrots, Steamed (PK-4)	29	0	7.03	1.92	.64
Chicken, Baked Seasoned	148	9.42	0.00	0.00	15.47	Carrots, Steamed (5-12)	58	0	14.06	3.84	1.28
Chicken, Orange Zesty Glaze	201	2.00	26.67	0.00	15.47	Cauliflower, Raw (Pk-4)	9	.10	1.82	.73	.70
Coissant Burgers	364	19.12	27.50	3.00	22.89	Cauliflower, Raw (5-12)	18	.20	3.64	1.46	1.40
Corn Dog	240	7.00	33.00	4.00	11.00	Celery Sticks (PK-4)	6	.06	1.11	.60	.26
Corn Dogs, Mini	260	7.64	33.61	3.06	12.22	Celery Sticks (5-12)	12	.13	2.22	1.20	.52
Crispito, Chicken	400	20.01	40.02	4.00	16.01	Celery/Carrot Sticks (PK-4) Dipping Sticks	9	.07	2.06	.73	.27
Enchiladas w/Cheese (9-12)	522	27.06	42.31	3.00	25.37	Celery/Carrot Sticks (5-12) Dipping Sticks	19	.14	4.12	1.47	.55
Enchiladas w/Cheese (Pk-8)	335	17.34	28.49	2.00	14.89	Chili Beans (PK-4)	45	.25	9.48	2.49	1.50
Fish Sticks	420	16.00	44.00	6.00	24.00	Chili Beans (5-12)	90	.50	18.96	4.99	2.99
Grilled Cheese	234	7.44	31.11	2.18	14.35	Colesalaw (PK-4)	87	4.62	11.55	1.15	.58
Ham and Cheese Croissant	360	15.18	30.06	3.00	25.76	Colesalaw (5-12)	173	9.24	23.09	2.31	1.15
Ham and Cheese Sandwich	246	7.61	31.03	2.18	16.83	Corn, Whole Kernal (PK-4)	52	2.60	8.68	.47	1.37
Hamburger (7-12)	322	14.65	24.00	3.00	26.28	Corn, Whole Kernal (5-12)	112	5.21	17.36	.93	2.74
Hamburger (PK-6)	250	9.50	22.00	2.50	21.00	Cucumber Slices (PK-4)	5	.04	1.33	.18	.24
Hamburger Steak w/Gravy	208	12.28	2.31	3.00	22.30	Cucumber Slices (5-12)	11	.08	2.66	.37	.48
Hot Dog	222	12.14	18.01	2.00	12.90	Cucumber/Carrots (PK-4) Garden Dippers	10	.06	2.26	.55	.28

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Hot Pocket	301	12.04	32.11	3.01	17.06	Cucumber/Carrots (5-12) Garden Dippers	19	.12	4.52	1.09	.56
Lasagna	296	13.91	26.74	3.19	20.78	Garden Salad (PK-4)	21	.21	4.41	1.6	1.22
Meatball Sub	310	11.19	30.13	3.80	23.31	Garden Salad (5-12)	31	1.98	2.15	1.07	.54
Meatloaf	220	8.09	14.95	0.80	20.52	Green Beans (PK-4)	41	1.86	3.42	2.74	1.36
Nachos w/Beef (5-12)	306	14.84	25.86	2.41	15.23	Green Beans (5-12)	81	3.72	6.84	1.37	.68
Nachos w/Beef (PK-4)	282	13.47	25.47	2.41	12.89	Italian Blend Vegetables (PK-4)	25	1.0	2.71	.90	.45
Pizza Quesadilla	330	12.01	40.02	4.00	16.01	Italian Blend Vegetables (5-12)	50	2.0	5.42	1.81	.90
Pizza, Cheese Stuffed Crust	370	18.00	38.00	4.00	17.00	Lettuce & Tomato Salad (PK-4) Fresh Salad	6	.02	1.23	.47	.35
Pizza, Pepperoni (7-12)	330	14.00	36.01	2.00	16.00	Lettuce & Tomato Salad (5-12) Fresh Salad	12	.05	2.46	.93	.69
Pizza, Pepperoni (PK-6)	270	9.99	31.98	4.00	15.99	Mashed Potatoes (PK-4)	50	0	10.56	1.0	1.0
Spaghetti w/Meat Balls	361	10.85	41.57	4.81	23.95	Mashed Potatoes (5-8)	71	0	14.23	1.22	1.42
Spaghetti w/Meat Sauce	399	9.04	45.66	3.68	17.51	Mashed Potatoes (9-12)	107	0	21.34	1.84	2.14
Steak Fingers	314	19.26	16.22	3.04	17.24	Mexican Corn (PK-4)	73	1.51	13.85	1.03	1.53
Stuffed Crust Dippers	494	16.70	58.34	6.98	30.90	Mexican Corn (5-12)	146	3.02	27.70	2.05	3.07
Tacos (9-12)	414	20.29	33.82	3.15	22.50	Mixed Vegetables (PK-4)	44	1.45	6.24	1.86	1.54
Tacos (PK-8)	250	12.82	17.04	1.60	15.85	Mixed Vegetables (5-12)	89	2.91	12.49	3.71	3.09
Turkey and Cheese Sandwich	222	4.10	20.97	1.10	24.33	Navy Beans (PK-4)	46	.07	13.11	6.84	4.55
Turkey and Dressing	341	12.23	31.66	1.48	20.57	Navy Beans (5-12)	92	.14	26.22	13.67	9.11
Western Burger	429	22.78	31.32	2.67	24.28	Olives, Black	42	3.52	0	0	0
						Peas & Carrots (PK-4)	32	1.29	4.67	1.42	1.42
						Peas & Carrots (5-12)	64	2.58	9.33	2.85	2.84
						Peas, Green (PK-4)	69	2.81	8.07	2.03	2.68
						Peas, Green (5-12)	139	5.62	16.14	4.05	5.36
						Pinto Beans (PK-4)	76	.34	13.67	3.41	4.65
						Pinto Beans (5-12)	151	.67	27.10	6.73	9.27
						Pinto's w/Cheese (PK-4)	94	2.32	12.86	4.08	5.01
						Pinto's w/Cheese (5-12)	143	3.48	19.95	6.12	7.51
						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
						Scalloped Potatoes (PK-4)	106	3.57	13.87	1.17	3.91
						Scalloped Potatoes (5-8)	170	7.03	19.46	1.69	6.31
<b>Milk</b>											
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						
<b>Condiments/ Other</b>											
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						
Mustard Packet	10	0.00	0.00	0.00	0.00						
Ranch Dressing Fat Free Packet	70	8.00	1.00	0.00	0.00						
Salsa	30	0.00	4.04	0.00	0.00						
<b>Fruit and Fruit Juices</b>											
Apple	72	0.23	19.06	3.31	0.36						
Applesauce	80	0.00	20.41	0.89	0.89						
Banana	105	0.39	26.95	3.07	1.29						
Citrus Cup, Mandarin Orange/Pineapple	103	0.00	25.12	1.48	0.00						
Cool Fruit Cup, Mandarin Orange/Grapes	71	0.16	17.45	0.92	0.28						
Fruit Medley, Strawberries/Grapes	38	0.15	7.39	0.96	0.46						

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Fruit, Mixed	71	0.13	18.54	1.88	0.60	Scalloped Potatoes (9-12)	294	9.91	.8.52	3.25	10.85
Fruit, Tropical	95	0.00	22.17	1.06	1.06	Smiley Potatoes (PK-8)	95	3.27	14.55	1.46	1.46
Grapes	58	0.30	14.78	0.78	0.54	Spanish Rice (5-12)	200	3.53	37.97	1.86	4.04
Juice, Apple	60	0.00	18.00	0.00	0.00	Squash Casserole (PK-4)	67	2.95	7.68	1.06	2.92
Juice, Grape	80	0.00	18.00	0.00	1.00	Squash Casserole (5-12)	180	7.92	20.60	2.84	7.86
Juice, Orange	50	0.00	18.00	0.00	1.00	Sweet Potatoes (PK-4)	126	.33	29.11	.04	2.0
Melon Cup, Cantaloupe/Honeydew	64	0.17	15.65	1.85	0.76	Sweet Potatoes (5-12)	252	.67	58.23	.08	4.0
Orange	45	0.12	11.28	2.30	0.90	Tater Tots (PK-4)	100	4.98	11.84	1.25	1.25
Orange, Mandarin	82	0.00	19.50	1.03	0.00	Tater Tots (5-8)	199	9.97	23.68	2.49	4.49
Orange, Mandarin/Kiwi Slices	70	0.25	17.38	3.51	1.38	Tater Tots (9-12)	276	13.79	32.74	3.45	3.45
Peaches, Sliced	67	0.00	16.22	0.00	0.95	Tater Tot Casserole (5-8)	170	9.21	17.55	1.71	3.27
Pears, Diced	59	0.12	15.22	2.02	0.37	Tater Tot Casserole (9-12)	257	13.89	26.47	2.57	4.93
Pineapple, Tidbits	59	0.00	14.78	0.99	0.00						
Strawberries	28	0.26	6.64	1.73	0.58						
Strawberries/Kiwi	37	0.31	8.19	1.91	0.68						
Jello	72	0.00	17.39	0.00	1.02						
<b>Breads</b>											
Roll, Honey Wheat	154	2.48	27.85	2.98	4.97						
Toast	69	0.99	13.88	0.99	2.97						
Breadstick	100	2.99	14.95	2	5						
Cornbread (PK-4)	117	4.72	17.53	1.1	1.1						
Cornbread (5-12)	146	5.9	21.91	1.37	1.37						
Crackers	50	1	8.99	0	1						
Garlic Toast	69	0.99	13.88	0.99	2.97						
Bread slice	60	1	12	2	3						
Texas Toast, Garlic	90	2.5	15.01	2	3						

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