

BOP FY 2021 National Menu Nutrition Facts

ENTREES	Calories	Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Baked Chicken	375	18	5	0	243	190	1	0	0	49
Baked Fish	130	1	0	0	68	97	0	0	0	28
BBQ Chicken	473	18	5	0	243	786	24	1	19	50
BBQ Shredded Chicken	176	6	2	0	66	344	9	0	7	22
BBQ Tofu	81	3	1	0	0	155	7	1	5	7
Bean Burrito	222	3	0	0	0	189	38	12	1	13
Beef No Flesh Patty	124	4	1	0	4	398	10	3	1	11
Beef Taco	257	15	6	1	83	114	4	1	2	25
Beef Taco Salad	453	20	6	1	71	286	41	9	4	29
Boiled Egg	68	5	1	0	164	55	0	0	0	6
Braised Chicken	169	8	2	0	61	50	0	0	0	22
Breaded Fish	315	19	3	0	38	456	25	1	1	12
Cheese Pizza	319	12	5	0	25	662	39	4	4	16
Chef Salad	269	13	5	0	235	338	10	4	4	29
Chicken Ala King	183	6	2	0	72	120	5	0	2	25
Chicken Cheese Steak	392	21	9	1	126	474	5	0	2	43
Chicken Fajitas	118	4	1	0	48	49	3	1	1	16
Chicken Fried Rice	456	13	3	0	120	413	46	1	1	35
Chicken Lo Mein	218	7	2	0	79	260	11	2	3	27
Chicken No Flesh Patty	76	3	0	0	0	350	7	4	1	10
Chicken Parmesan	539	35	10	1	86	1200	23	2	4	33
Chicken Patty	328	22	2	0	46	604	15	1	0	17
Chicken Taco	226	12	6	0	72	245	7	2	4	22
Chicken Wrap	394	16	4	0	75	765	33	4	6	29
Chili	308	10	3	0	46	135	32	9	2	25
Chili Cheese Fries	966	57	19	1	117	626	79	11	6	39
Egg Patty	68	5	1	0	164	55	0	0	0	6
Egg Salad	130	9	2	0	219	219	4	0	3	8
Fried Chicken	432	22	6	0	233	466	7	0	0	48
Fried Rice	233	5	1	0	26	19	41	1	1	5
Hamburger	199	13	5	1	69	52	0	0	0	20
Hot dog	171	16	6	0	29	637	2	0	2	5
Hummus	127	3	0	0	0	388	19	5	3	6
HummusWrap	380	17	3	0	0	1055	48	9	8	11
Kidney Beans	343	1	0	0	0	7	62	17	1	23
Lasagna	512	21	9	1	138	1075	41	4	12	40
Lentils	314	1	0	0	0	96	55	16	2	24
Meatballs	221	13	5	1	76	98	4	1	1	21
Peanut Butter & Jelly Sandwich	593	31	6	0	0	512	64	7	28	20
Pepper Steak	242	9	4	0	93	553	7	1	3	33
Pork Roast	209	15	5	0	67	52	0	0	0	18
Roast Beef	197	9	3	0	87	40	0	0	0	30
Salisbury Steak	340	17	6	1	102	222	15	1	2	28
Soy Taco	120	1	0	0	0	63	15	5	5	15
Soy Taco Salad	335	7	1	0	0	127	49	13	7	23

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ENTREES (CONT'D)	Calories	Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Steak & Cheese Sub	383	20	10	1	124	428	7	1	3	44
Swedish Meatballs	284	15	6	1	92	289	9	1	1	25
Three Bean Chili	341	3	1	0	0	811	63	20	8	20
Tofu Chef Salad	71	2	0	0	0	39	9	3	6	6
Tofu Fajitas	97	4	1	0	0	51	6	1	3	10
Tofu Fried Rice	335	10	2	0	0	327	48	1	2	14
Tofu Italian Pasta	282	9	1	0	0	376	40	3	3	11
Tuna Salad	152	3	1	0	30	210	6	1	5	24
SAUCES/GRAVIES	Calories	Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Brown Gravy	43	3	1	0	0	5	4	0	0	1
Chicken Gravy	43	3	1	0	0	5	4	0	0	1
Cream Gravy	54	3	1	0	1	21	5	0	2	2
Marinara Sauce	74	1	0	0	1	510	16	5	11	3
Soy Spaghetti Sauce	93	1	0	0	0	140	13	5	7	10
SIDES	Calories	Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Baked Beans	300	1	0	0	0	333	60	19	12	15
Baked Potato	171	0	0	0	0	18	39	4	2	5
Baked Potato Chips	120	3	0	0	1	230	21	2	0	3
Baked Sweet Potato	124	0	0	0	0	50	29	5	9	3
Baked Tater Tots	329	15	3	6	0	793	47	3	0	4
Black Beans	285	1	0	0	0	8	51	19	1	19
Black Eyed Peas	328	1	0	0	0	7	59	22	2	22
Cilantro Rice	228	1	0	0	0	30	48	1	1	5
Coleslaw	72	4	1	0	3	130	9	1	7	1
Egg Noodles	197	3	1	0	41	12	36	2	1	6
French Fries	556	27	4	0	0	19	75	8	3	6
Garlic Macaroni	283	5	3	0	10	36	49	3	1	9
Italian Pasta Salad	279	11	2	0	0	356	38	3	2	7
Macaroni & Cheese	372	16	9	1	44	333	39	2	4	17
Macaroni Salad	295	12	2	0	27	270	38	2	3	8
Mashed Potatoes	144	0	0	0	0	23	33	3	3	4
Mexican Rice	210	5	1	0	0	244	37	1	1	4
Oven Brown Potatoes	157	0	0	0	0	17	36	4	2	4
Pesto Pasta	328	9	2	0	3	60	50	3	1	10
Pinto Beans	336	2	0	0	0	7	62	21	1	21
Potato Chips	151	10	1	0	0	149	15	2	1	1
Potato Salad	157	5	1	0	3	167	28	3	4	2
Rice Pilaf	223	5	1	0	2	37	39	1	4	4
Savory Rice	203	3	1	0	1	24	39	1	2	4
Spaghetti Pasta	327	5	1	0	69	17	60	3	1	11
Spaghetti w/ Marinara	255	2	0	0	0	65	50	3	2	9
Steamed Rice	336	1	0	0	0	20	71	2	0	8
Tater Tots	369	21	4	6	0	766	45	3	0	4
Three Bean Salad	251	12	2	0	0	383	33	4	21	5
Tortilla Chips	134	6	1	0	0	93	19	2	0	2

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VEGETABLES	Calories	Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Beets	35	0	0	0	0	220	8	2	6	1
Boiled Potatoes	96	0	0	0	0	8	23	3	1	2
Carrots	28	0	0	0	0	274	6	2	3	1
Collard Greens	37	1	0	0	0	320	6	5	0	3
Whole Kernel Corn	76	1	0	0	0	232	16	2	5	3
Garden Salad	25	0	0	0	0	26	5	2	3	1
Green Beans	25	1	0	0	0	261	5	2	1	1
Mixed Vegetables	56	0	0	0	0	243	11	3	3	3
Peas & Carrots	53	0	0	0	0	303	10	4	3	3
Peas	77	1	0	0	0	310	13	6	3	5
Spinach	26	1	0	0	0	222	4	3	0	3
BREAKFAST/BRUNCH	Calories	Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Bran Cereal	180	1	0	0	0	405	47	10	10	6
Breakfast Cake	339	19	10	1	27	102	38	1	20	5
French Toast	203	5	1	0	105	302	28	3	6	11
Hot Grits	105	0	0	0	0	12	22	1	0	2
Hot Oatmeal	137	3	1	0	0	108	26	4	1	5
Pancakes	205	4	1	0	45	441	34	1	5	7
Peanut Butter	678	58	12	0	0	483	25	6	12	25
Scrambled Eggs	204	16	4	0	332	122	2	0	2	12
FRUIT	Calories	Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Apple	95	0	0	0	0	2	25	4	19	0
Applesauce (canned)	102	0	0	0	0	5	27	3	23	0
Apricot	50	0	0	0	0	1	12	2	10	1
Apricot (canned, light syrup)	159	0	0	0	0	10	42	4	38	1
Apricot (frozen)	231	1	0	0	0	2	57	4	53	3
Banana	105	0	0	0	0	1	27	3	14	1
Blackberries (frozen)	114	1	0	0	0	1	28	7	21	2
Blueberries	84	0	0	0	0	1	21	4	15	1
Blueberries (frozen)	117	1	0	0	0	2	28	6	19	1
Cantaloupe	54	0	0	0	0	26	13	1	13	1
Cherries	97	0	0	0	0	0	25	3	20	2
Cherries (frozen)	231	0	0	0	0	3	58	5	52	3
Clementine	70	0	0	0	0	1	18	3	14	1
Fruit cocktail (canned, light syrup)	138	0	0	0	0	15	36	2	34	1
Grapefruit (fresh, pink or red)	54	0	0	0	0	0	14	2	9	1
Grapes	104	0	0	0	0	3	27	1	23	1
Honeydew Melon	61	0	0	0	0	31	15	1	14	1
Kiwi	42	0	0	0	0	2	10	2	6	1
Mandarin Orange	47	0	0	0	0	2	12	2	9	1
Mango	99	1	0	0	0	2	25	3	23	1
Nectarine	62	0	0	0	0	0	15	2	11	2
Orange	62	0	0	0	0	0	15	3	12	1
Papaya	62	0	0	0	0	12	16	2	11	1
Peach	59	0	0	0	0	0	14	2	13	1

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FRUIT (CONT'D)	Calories	Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Peach (canned, light syrup)	136	0	0	0	0	13	37	3	33	1
Pear	101	0	0	0	0	2	27	6	17	1
Peach (frozen)	235	0	0	0	0	15	60	5	55	2
Pear (canned, light syrup)	143	0	0	0	0	13	38	4	30	0
Pineapple	83	0	0	0	0	2	22	2	16	1
Pineapple (canned, light syrup)	131	0	0	0	0	3	34	2	32	1
Plum	91	1	0	0	0	0	23	3	20	1
Plum (canned, light syrup)	159	0	0	0	0	50	41	2	39	1
Raspberries	64	1	0	0	0	1	15	8	5	1
Raspberries (frozen)	258	0	0	0	0	3	65	11	54	2
Strawberries	46	0	0	0	0	1	11	3	7	1
Strawberries (frozen)	245	0	0	0	0	8	66	5	61	1
Tangerine	47	0	0	0	0	2	12	2	9	1
Watermelon	46	0	0	0	0	2	11	1	9	1
SOUPS	Calories	Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Black Bean Soup	312	2	1	0	1	14	55	19	3	20
Cream of Potato Soup	154	1	0	0	2	57	31	3	6	5
BREADS	Calories	Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Biscuit	144	4	1	0	0	348	24	1	1	3
Cornbread	211	8	1	0	26	366	30	1	3	4
Flour Tortilla	150	4	1	0	0	361	24	2	2	4
Garlic Bread	158	12	7	0	29	194	11	0	2	2
Whole Wheat Bread	71	1	0	0	0	129	12	2	1	4
Whole Wheat Hamburger Bun	108	2	0	0	0	196	18	3	2	5
Whole Wheat Hot Dog Bun	108	2	0	0	0	196	18	3	2	5
CONDIMENTS/ADD-ONS	Calories	Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Catsup	9	0	0	0	0	82	2	0	2	0
Diced Onions & Peppers	17	0	0	0	0	2	4	1	2	1
Jelly	28	0	0	0	0	3	7	0	5	0
Lettuce	4	0	0	0	0	3	1	0	1	0
Margarine	33	4	1	1	0	31	0	0	0	0
Mayonnaise	30	3	0	0	2	78	2	0	1	0
Mustard	3	0	0	0	0	55	0	0	0	0
Pancake Syrup	73	0	0	0	0	17	20	0	12	0
Pickles	2	0	0	0	0	113	0	0	0	0
Salad Dressing	18	2	0	0	0	97	1	0	0	0
Salsa	19	0	0	0	0	90	4	2	3	1
Sauteed Onions	54	3	1	0	0	29	8	1	3	1
Shredded Cheese	230	19	11	1	58	365	1	0	0	14
Sliced Cheese	78	7	4	0	21	355	1	0	0	4
Sliced Onion	5	0	0	0	0	1	1	0	1	0
Sugar Substitute Pks	7	0	0	0	0	0	2	0	2	0
Tartar Sauce	57	4	1	0	3	197	6	0	5	0
Tomato	9	0	0	0	0	3	2	1	1	0
BEVERAGES	Calories	Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)

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Coffee	2	0	0	0	0	5	1	1	0	0
Milk	167	0	0	0	10	206	24	0	25	17