

Lunch Nutrition Information

Middle Schools

Table Legend
Kcal = Calories
Fat = Total Fat
Sat. Fat = Saturated Fat


Chol = Cholesterol
Na = Sodium
Carb = Carbohydrates

Fiber = Total Fiber
Pro = Protein
Vit. A = Vitamin A

Vit. C = Vitamin C
Ca = Calcium
Fe = Iron

The information contained in this list is reported by each of the manufacturers. Variations may occur due to the differences in suppliers, ingredient substitutions, recipe revisions, product assembly at the school level, and/or season of the year. Nutrients for fresh fruit are based on seasonal averages. This information is effective as April 4, 2024.

Seminole County Public Schools and employees do not assume responsibility for a particular sensitivity or allergy to any food product provided in our schools. If your child has a special diet need due to a medical condition, please contact Kymberli Dawson, MHA, RDN at dawsonkd@scps.k12.fl.us for more information. If you have specific questions or concerns with any of the products listed, please feel free to call or write:



Seminole County Public Schools
 Red Apple Dining
 400 East Lake Mary Blvd.
 Sanford, FL 32773
 407-320-0226

When searching for a specific item, use the CTRL + F keys on your keyboard and enter the item to expedite your search.

Food/Beverage Items	Serving Size	Kcal	Fat (g)	Sat. Fat (g)	Chol. (mg)	Na (mg)	Carb (g)	Fiber (g)	Pro (g)	Vit. A (IU)	Vit. C (mg)	Ca (mg)	Fe (mg)
Apple, Fresh, Small	1 each	77	0	0	0	1	21	4	0	80	7	9	0
Apple, Slices	1 packet	30	0	0	0	0	7	1	0	0	39	0	0
Applesauce Cup, Unsweetened	1 each	50	0	0	0	0	14	1	0	0	9	0	0
Apricot Cup	1 each	125	0	0	0	0	32	2	1	-	-	-	-
Baked Ziti (w/o added marinara sauce)	1 slice	331	11	5	34	591	47	6	20	-	-	359	2
Banana, Fresh	1 each	105	0	0	0	1	27	3	1	76	10	6	0
Beans, Black, Seasoned	1/2 cup	121	1	0	0	136	20	5	7	19	3	27	2
Beans, Green, Fresh Cooked	1/2 cup	40	2	1	4	119	6	2	1	479	7	33	0
Beans, Pinto	1/2 cup	124	3	0	0	143	19	4	5	365	15	52	2
Beef Seasoned, for Burrito Bowl	1 serving	177	10	5	54	555	8	2	15	0	0	0	0
Beef Seasoned, for Nachos	1 serving	89	5	2	27	278	4	1	7	0	0	0	0
Biscuit	1 each	190	9	6	0	650	23	1	4	-	-	30	2
Blueberries, fresh	1/2 cup	42	0	0	0	1	11	2	1	40	7	4	0
Blueberries, Frozen	1 serving	42	1	0	0	1	10	2	0	0	2	7	0
Bread, Brioche Hamburger Bun	1 each	160	3	1	0	270	30	2	6	-	-	40	2
Bread, Flat Rounds	1 each	75	2	0	0	150	13	1	3	2	0	20	1
Bread, Hot Dog Bun	1 each	110	2	0	0	75	21	2	4	-	-	26	1
Bread, Sliced, Sandwich	1 slice	80	1	0	0	120	15	1	3	-	-	0	1
Breadstick, Garlic	1 each	100	3	1	0	95	15	1	1	-	-	0	1
Broccoli, Fresh, Cooked	1/2 cup	24	0	0	0	23	5	2	2	435	62	33	1
Broccoli, Frozen, Cooked	1/2 cup	26	0	0	0	16	4	2	3	-	-	32	0

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Burger, Beef Patty (w/o Bun)	1 patty	180	13	5	60	260	0	0	17	0	0	4	2
Burger, Cheeseburger (w/o ketchup, mayo, mustard, or lettuce/tomato)	1 sandwich	385	19	7	68	678	31	3	27	0	0	157	3
Burger, Hamburger (w/o ketchup, mayo, mustard, or lettuce/tomato)	1 sandwich	344	16	6	61	536	30	3	23	0	0	53	3
Cantaloupe, Fresh	1/2 cup	27	0	0	0	13	7	1	1	2706	29	7	0
Carrots, Baby, Raw	1/2 cup	26	0	0	0	58	6	2	0	10342	2	24	1
Carrots, Fresh, Cooked	1/2 cup	54	0	0	0	84	14	2	1	11170	2	26	1
Cauliflower, Fresh	1/2 cup	13	0	0	0	16	3	1	1	0	26	12	0
Celery Sticks	1/2 cup	8	0	0	0	40	2	1	0	227	2	20	0
Cereal, Cinnamon Toast Crunch (Reduced Sugar)	1 bowl	100	3	0	0	160	22	3	1	300	5	90	3
Cheese, American, Sliced	1 slice	50	5	3	13	130	1	0	3	-	-	81	0
Cheese, Cheddar, Shredded	1 oz	110	9	6	30	170	0	0	7	-	0	195	0
Cheese, Mozzarella, Shredded	1 oz	80	5	3	15	180	2	0	6	-	-	195	0
Cheese, Parmesan	1 packet	15	1	1	5	65	0	0	1	-	-	40	0
Cheese Sauce, for Nachos	1 serving	186	14	8	40	502	6	0	12	64	0	357	0
Cheese Stick, Colby Jack	1 stick	90	6	4	15	180	1	0	8	-	-	200	0
Cheese Stick, Mozzarella	1 stick	80	6	4	15	200	0	0	7	-	-	200	0
Chicken, Asian Glazed	1 serving	181	3	1	65	556	18	0	21	-	-	17	1
Chicken, Boneless Wings (4)	1 serving	216	8	2	53	447	15	2	20	-	-	13	1
Chicken, Citrus Honey	1 serving	203	6	1	44	387	27	2	12	-	-	0	0
Chicken, for Burrito Bowl	1 serving	103	3	0	55	463	2	0	18	0	0	13	1
Chicken, for Chicken Alfredo	1 serving	76	3	0	39	169	1	0	13	-	-	9	0
Chicken, Orange	1 serving	145	3	0	39	271	18	0	11	-	2	-	1
Chicken, Spicy Thai	1 serving	187	3	1	65	559	20	0	21	165	9	18	1
Chicken, Sriracha Honey	1 serving	195	6	1	44	477	24	2	12	-	-	-	-
Chicken, Sweet BBQ Tender Bites	1 bag	70	1	0	30	180	7	0	9	-	-	10	0
Chicken, Teriyaki	1 serving	160	5	1	97	458	8	0	21	-	-	-	1
Chicken Fillet, Breaded Crispy (w/o bun)	1 each	213	8	2	53	393	15	2	20	-	-	13	1
Chicken Fillet, Breaded Spicy (w/o bun)	1 each	212	8	2	52	400	13	2	21	-	-	19	1
Chips, Baked Cheetos Crunchy	1 bag	120	5	1	0	200	16	1	2	-	-	20	0
Chips, Baked Cheetos Puffs	1 bag	90	4	1	0	140	13	1	2	-	-	10	1
Chips, Baked Lay's BBQ Potato Crisps	1 bag	110	3	0	0	125	19	1	2	-	-	10	0
Chips, Baked Lay's Original Potato Crisps	1 bag	110	3	0	0	140	19	1	2	-	-	0	0
Chips, Doritos, Cool Ranch Tortilla Chips	1 bag	130	5	1	0	180	20	2	2	-	-	30	0
Chips, Doritos, Flamas Tortilla Chips	1 bag	130	5	1	0	200	20	2	2	-	-	30	0
Chips, Doritos, Nacho Cheese Tortilla Chips	1 bag	130	5	1	1	200	20	2	2	-	-	40	0
Chips, Doritos, Sweet Chili Tortilla Chips	1 bag	130	5	1	0	200	20	2	2	-	-	30	0
Chips, Tortilla, for Nachos	1 serving	284	14	2	0	203	36	4	4	-	-	99	2
Cookie, BelVita Snack Packs	1 package	130	4	0	0	60	21	2	2	-	-	10	1

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Cookie, Chocolate Brownie	1 each	190	7	2	10	170	31	2	3	-	-	18	1
Cookie, Chocolate Chip	1 each	200	7	2	15	160	33	2	3	-	-	16	1
Cookie, Fortune	1 each	12	0	0	0	0	3	0	0	0	0	0	0
Cookie, Red Velvet	1 each	190	6	2	10	150	32	2	3	-	-	15	2
Cookie, Sugar	1 each	200	7	2	10	160	33	1	3	-	-	8	1
Corn, Roasted	1/2 cup	52	1	0	0	8	9	2	1	0	4	19	0
Cracker, Blueberry Lemon Crispy Bites	1 package	120	4	1	0	60	21	2	2	-	-	0	1
Cracker, Cheez-it	1 package	100	4	1	5	150	14	1	2	0	-	20	1
Cracker, Goldfish Pretzels	1 package	90	2	0	0	200	16	1	2	0	0	10	1
Cracker, Graham	1 package	90	3	0	0	95	17	1	2	-	-	10	0
Craisins (Cherry and Strawberry)	1 package	110	0	0	0	0	27	2	0	-	0	-	-
Crouton Cup	1 each	49	2	0	0	138	8	0	2	-	-	-	-
Cucumbers, Fresh, Sliced	1/2 cup	8	0	0	0	1	2	0	0	17	2	8	0
Dressing, Caesar (Ken's)	1 each	210	23	4	5	400	1	0	1	-	-	26	0
Dressing, Honey Mustard Dip Cup (KraftHeinz)	1 each	40	1	0	0	160	8	0	0	0	0	0	0
Dressing, Honey Mustard Dip Cup (Monarch)	1 each	140	13	2	10	200	7	0	0	0	0	0	0
Dressing, Light Italian Dip Cup	1 each	60	5	1	0	310	3	0	0	-	-	0	0
Dressing, Lite Ranch Dip Cup	1 each	70	7	1	5	230	1	0	1	-	-	-	-
Dressing, Mandarin Orange Sesame Ginger Cup, for Chicken Berry Salad	1 each	150	12	2	0	115	9	0	0	-	-	-	-
Envy 100% Fruit Juice, Acai Berry	1 can	110	0	0	0	5	29	0	0	500	90	130	-
Envy 100% Fruit Juice, Fruit Punch	1 can	110	0	0	0	5	29	0	0	500	90	130	-
Envy 100% Fruit Juice, Fuji Apple	1 can	110	0	0	0	5	29	0	0	500	90	130	-
Fajita Vegetables for Burrito Bowl	1 serving	42	1	0	0	4	8	2	1	862	55	17	0
Fruit, Mixed	1/2 cup	60	0	0	0	5	15	1	0	100	4	0	0
Fruit Snack, Berries n Cherries	1 pouch	130	0	-	-	15	32	3	2	-	44	-	-
Granola, Homemade	1 serving	202	9	4	14	2	28	3	3	184	0	0	1
Granola Bar, Chewy Cookies & Cream	1 each	150	4	1	0	135	29	4	2	0	-	130	1
Grapes, Fresh	1/2 cup	60	0	0	0	5	16	-	1	-	3	8	0
Gravy, Brown	1 fl oz	10	0	0	0	70	2	0	0	0	0	5	0
Honeydew, Fresh	1/2 cup	31	0	0	0	15	8	1	0	42	15	5	0

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Hot Dog, w/o Bun	1 each	170	15	6	35	360	2	0	7	-	-	-	1
Hummus Box (w/o flat rounds, fresh fruit, fresh veggies or cheese stick)	1 each	251	16	2	0	189	20	4	7	0	1	7	1
Hummus Dip for Vegetables	1 each	125	8	1	0	95	10	2	3	0	0	4	1
Ice Cream Bar, Chocolate Scooter Crunch	1 bar	170	6	2	0	85	26	0	2	-	-	95	0
Ice Cream Bar, Low Fat Orange Blossom	1 bar	80	1	1	5	40	18	0	1	-	-	68	0
Ice Cream Bar, Polar Blast Fruit Punch Juice	1 bar	80	0	0	0	10	21	0	0	-	-	8	0
Ice Cream Bar, Sour Artic Apple Polar Blast Juice	1 bar	70	0	0	0	0	19	0	0	-	-	9	0
Ice Cream Bar, Strawberry Scooter Crunch	1 bar	160	6	2	0	75	25	0	2	-	-	94	0
Ice Cream Cone, Low Fat Chocolate and Vanilla Twist	1 cone	140	2	2	5	60	23	1	3	30	-	87	1
Ice Cream Cone, Low Fat Cookies & Cream	1 cone	140	3	2	5	80	24	0	3	-	-	104	0
Ice Cream Cone, Low Fat Crazy	1 cone	140	3	2	10	95	26	0	4	-	-	129	0
Ice Cream Cup, Low Fat Chocolate Sundae	1 cup	100	2	1	5	35	18	0	3	-	-	105	1
Ice Cream Cup, Low Fat Strawberry Sundae	1 cup	100	2	1	5	35	18	0	2	-	-	105	0
Ice Cream Cup, Low Fat Vanilla	1 cup	100	2	1	5	35	16	0	3	-	-	120	0
Ice Cream Cup, No Fat Cotton Candy Twister (Frozen Yogurt)	1 cup	90	0	0	0	40	19	0	2	-	-	86	0
Ice Cream Cup, Orange Sherbet	1 cup	140	2	1	5	35	30	0	1	-	-	56	0
Ice Cream Cup, Raspberry Sherbet	1 cup	140	2	1	5	30	32	0	1	-	-	52	0
Ice Cream Push-Up Tube, Wild Monster Watermelon Fruit Juice	1 push-up tube	60	0	0	0	0	16	0	0	-	-	7	0
Ice Cream Sandwich, Low Fat Cookies & Cream	1 sandwich	140	3	2	5	150	27	1	3	-	-	101	0
Ice Cream Sandwich, Low Fat Vanilla	1 sandwich	140	3	2	5	140	27	1	3	-	-	100	0
JUICY JUICE:													
Juice, Apple - 4.23 fl oz	1 carton	60	0	0	0	10	15	-	0	-	54	-	-
Juice, Berry - 4.23 fl oz	1 carton	60	0	0	0	10	15	-	0	-	54	-	-
Juice, Fruit Punch - 4.23 fl oz	1 carton	60	0	0	0	10	15	-	0	-	54	-	-
Juice, Grape - 4.23 fl oz	1 carton	60	0	10	0	10	15	-	0	-	54	-	-
Juice, Orange Tangerine - 4.23 fl oz	1 carton	60	0	0	0	10	15	-	0	-	54	-	-
Juice Rush, Cherry Blue Raspberry	1 each	110	0	0	0	20	27	0	0	0	0	20	0
Juice Rush, Strawberry Mango	1 each	110	0	0	0	20	27	0	0	0	0	20	0
Ketchup, Packet (Red Gold)	1 each	10	0	0	0	25	2	0	0	-	-	0	0
Kiwi, Fresh	1/2 cup	68	1	0	0	0	16	3	2	75	104	46	0
Lettuce and Cheese Cup, for Burrito Bowl	1 each	94	6	4	20	215	2	0	8	120	1	207	0
Lettuce Cup	1 serving	3	0	0	0	2	1	0	0	121	1	4	0
Lettuce and Tomato Cup, for Chicken Sandwich and Burger	1 each	7	0	0	0	3	1	1	0	287	3	6	0
Mashed Potatoes (w/o gravy)	1/2 cup	78	1	0	0	177	15	1	2	0	0	12	0
Mayonnaise, packet	1 each	60	6	1	4	60	1	0	0	-	-	1	0
Milk, Chocolate, (Fat Free)	1 each	110	0	0	5	210	19	0	8	750	2	325	0
Milk, White 1%	1 each	110	3	2	10	130	13	0	8	500	-	300	0

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Munchies Snack Munch Mix	1 each	110	4	0	0	180	18	2	3	-	-	30	3
Mustard, packet	1 each	4	0	0	0	66	0	0	0	0	0	4	0
Nectarine, Fresh	1 each	57	0	0	0	0	14	2	1	428	7	8	0
Noodles, Lo Mein	3/4 cup	193	3	0	0	286	38	5	6	0	0	0	2
Orange, Fresh	1 each	69	0	0	0	0	17	4	1	340	68	65	0
Pasta, Penne, for Chicken Alfredo	3/4 cup	152	1	0	0	0	30	3	5	0	0	19	1
Pasta, Spaghetti (w/o meat sauce or marinara)	3/4 cup	159	1	0	0	0	31	3	5	0	0	15	1
Peach Cup	1 each	90	0	0	0	0	21	2	1	-	-	-	-
Peaches, Fresh	1 each	51	0	0	0	0	12	2	1	424	9	8	0
Peaches, Canned, diced in extra light syrup	1/2 cup	60	0	0	0	0	16	1	1	27	5	1	0
Pear, Canned, in juice	1/2 cup	60	0	0	0	0	15	2	0	0	2	0	0
Pear, Fresh, Medium	1 each	101	0	0	0	2	27	6	1	44	8	16	0
Pepper, Red, Crushed	1 packet	0	0	0	0	0	0	0	0	200	2	0	0
Peppers, Bell, Fresh	1/2 cup	11	0	0	0	1	3	1	0	-	40	5	0
Pico de Gallo for Burrito Bowl/Quesadilla/Nachos	1 serving	5	0	0	0	8	1	0	0	205	3	3	0
Pineapple, Fresh	1/2 cup	41	0	0	0	1	11	1	0	48	39	11	0
Pineapple, Tidbits	1/2 cup	80	0	0	0	10	20	1	0	0	12	0	0
Pineberries, Fresh	1/2 cup	24	0	0	0	1	6	2	1	9	44	12	0
Pizza, Oven Fresh Buffalo Chicken Ranch (w/o parmesan cheese)	1 slice	421	18	5	58	1061	42	4	27	-	-	324	3
Pizza, Oven Fresh Cheese (w/o parmesan cheese)	1 slice	329	11	4	28	642	43	5	19	0	0	322	3
Pizza, Oven Fresh Pepperoni (w/o parmesan cheese)	1 slice	360	14	5	34	758	43	5	20	0	0	322	3
Plum, Fresh	1 each	35	0	0	0	0	9	1	1	266	7	5	0
Potato, Oven Fries	1 serving	156	5	0	0	234	23	1	3	-	-	16	0

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Potato, Roasted Wedges	1 serving	86	2	0	2	104	17	2	2	6	10	20	1
Potato, Waffle Fries	1 serving	318	14	2	0	79	42	2	4	0	0	0	1
Quesadilla, Carnitas (w/o Pico de Gallo)	1 each	404	18	8	74	922	38	8	31	237	3	272	3
Quesadilla, Cheese (w/o Pico de Gallo)	1 each	390	19	10	51	718	35	5	25	0	0	566	1
Rice, Brown	3/4 cup	180	2	0	0	3	38	1	5	0	0	3	0
Rice Krispies Treats	1 each	160	4	1	0	140	30	1	2	0	-	0	2
Rice, Lime Cilantro	3/4 cup	180	2	0	0	3	38	1	5	85	2	3	0
Roll, Dinner	1 each	90	1	0	0	65	16	1	3	-	-	26	1
Roll, Sub	1 each	150	2	0	0	260	28	3	5	-	-	40	1
Salad, Chef, Turkey & Cheese (w/o Dressing or Croutons/Crackers)	1 each	161	7	4	40	466	7	3	19	8071	7	241	1
Salad, Chef, Turkey Ham & Cheese (w/o Dressing or Croutons/Crackers)	1 each	185	10	5	48	415	9	3	16	7766	7	241	1
Salad, Chicken Caesar (w/o Dressing or Croutons/Crackers)	1 each	145	5	2	78	252	5	2	24	9963	9	59	2
Salad, Corn	1/2 cup	35	0	0	0	339	6	1	1	318	5	11	0
Salad, Chicken Berry (w/o Dressing or Croutons/Crackers)	1 each	214	7	0	83	503	12	4	28	8213	32	61	3
Salad, Side	1 serving	20	0	0	0	17	4	2	1	5129	5	23	1
Salami, Turkey	1 slice	20	1	0	10	80	1	0	2	0	0	13	0
Salsa, Corn for Burrito Bowl	1 serving	9	0	0	0	85	1	0	0	80	1	3	0
Salsa	1 serving	10	0	0	0	230	3	1	0	100	0	0	0
Sandwich, Chicken Fillet Crispy (w/o mayo, ketchup, mustard or lettuce/tomato)	1 sandwich	381	11	2	54	677	46	5	27	-	-	62	2
Sandwich, Chicken Fillet Spicy (w/o mayo, ketchup, mustard or lettuce/tomato)	1 sandwich	380	11	2	53	684	44	5	28	-	-	68	2
Sandwich, Grilled Cheese	1 sandwich	347	15	7	41	668	33	2	22	0	0	405	2
Sandwich, Grilled Turkey-Ham & Cheese	1 sandwich	391	17	8	59	788	34	2	27	0	0	405	2
Sandwich, Vegetarian Chick'n (w/o mayo, ketchup, mustard or lettuce/tomato)	1 sandwich	388	16	3	0	642	45	6	19	0	0	110	3
Sandwich, Rib-b-que, for special centers	1 sandwich	458	19	6	25	1097	53	3	18	-	-	158	2
Sauce, BBQ Dip Cup - Taste Pleasures	1 each	41	0	0	0	236	9	0	0	-	-	3	0
Sauce, Alfredo, for Chicken Alfredo	1 serving	195	16	11	45	478	7	0	5	160	1	177	0
Sauce, Marinara, for Baked Ziti (extra)	1 serving	28	0	0	0	180	8	2	2	-	-	9	0

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Sauce, Marinara for Spaghetti	1 serving	47	0	0	0	353	12	3	3	-	-	18	0
Sauce, Meat for Spaghetti	1 serving	146	4	2	24	587	21	5	11	-	-	24	0
Soup, Tomato	1 serving	69	0	0	0	369	15	1	2	0	4	18	0
Starfruit, Fresh	1/2 cup	17	0	0	0	1	4	2	1	33	19	2	0
Strawberries & Blueberries Cup	1 each	90	0	0	0	0	20	2	0	-	-	-	-
Strawberries, Fresh	1/2 cup	24	0	0	0	1	6	2	1	9	44	12	0
Sub, Turkey and Cheese (w/o mayo or mustard packet)	1 each	309	12	4	58	692	32	3	18	0	0	122	2
Sunflower Kernels, Honey Roasted	1 packet	190	15	2	0	65	11	3	6	0	0	20	1
Syrup, Cup (KraftHeinz)	1 each	120	0	0	0	20	30	-	0	-	-	0	0
Syrup, Cup (Smucker's)	1 each	80	0	0	0	15	21	-	0	-	-	0	0
Tangerine, Fresh	1 each	47	0	0	0	2	12	2	1	599	24	33	0
Tomatoes, Grape	1/2 cup	7	0	0	0	2	1	0	0	317	5	4	0
Tortilla, Flour 10", for cheese or carnitas quesadilla	1 each	160	4	2	0	185	32	5	5	0	0	78	1
Turkey Breast, Sliced	1 slice	15	0	0	7	77	0	0	3	0	0	0	0
Turkey Ham, Sliced	1 slice	22	1	0	9	60	1	0	2	0	0	3	0
Uncrustables	1 each	300	17	3	0	280	32	4	9	-	-	26	1
Vegetables, Mixed	1/2 cup	64	1	0	0	34	11	4	3	3464	3	20	1
Vegetarian, Chick'n Patty (w/o bun)	1 patty	220	13	2	0	360	14	3	13	-	-	60	2
Waffles, Maple	2 each	180	6	2	8	300	32	2	4	-	-	26	2
Watermelon, Fresh	1/2 cup	23	0	0	0	1	6	0	0	432	6	5	0
Yogurt Parfait w/Strawberries or Mangos	1 each	268	1	1	6	122	56	2	7	254	51	289	1
Zucchini, Fresh	1/2 cup	11	0	0	0	5	2	1	1	124	11	10	0

Table Legend

Kcal = Calories

Fat = Total Fat

Sat. Fat = Saturated Fat

Chol = Cholesterol

Na = Sodium

Carb = Carbohydrates

Fiber = Total Fiber

Pro = Protein

Vit. A = Vitamin A

Vit. C = Vitamin C

Ca = Calcium

Fe = Iron

The information contained in this list is reported by each of the manufacturers. Variations may occur due to the differences in suppliers, ingredient substitutions, recipe revisions, product assembly at the school level, and/or season of the year. Nutrients for fresh fruit are based on seasonal averages. This information is effective as April 4, 2024.

Seminole County Public Schools and employees do not assume responsibility for a particular sensitivity or allergy to any food product provided in our schools. If your child has a special diet need due to a medical condition, please contact Kimberli Dawson, MHA, RDN at dawsonkd@scps.k12.fl.us for more information. If you have specific questions or concerns with any of the products listed, please feel free to call or write:



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