

School Nutrient Analysis for 2014-2015 School Year

Lunch Entrée	Portion	Calories (kcal)	Fat (grams)	Protein (grams)	Carbohydrates (grams)	Fiber (grams)
Baked Chicken (w/o breading)	1 portion	123	7.0	13.0	.6	0
Baked Chicken (with breading)	1 portion	224	3	20	10	.02
Bar-B-Q no Bun (vinegar based)	1 sandwich not including bun	190	11.8	17	2.8	.10
Bar-B-Q no bun (Texas based)	1 sandwich not including bun	268	13.2	21.39	18.3	1.3
Beef and Cheese Taco	1 portion	318	15.86	16.25	27.72	2.8
Beef –O- Roni	1 portion	283	10.67	19.96	26.14	2.5
Breaded Beef Steak	1 beef steak	321	24.43	13.72	11.38	.32
Buffalo Pizza Crunchers	4 per serving	270	30	21	40	4
Burrito	1 burrito with shell	340	13.0	16	42.0	4.00
Cheeseburger Sliders (mini)	Package	330	13	17	35	4
Cheese Pizza – Uno	1 Slice	320	11	21	36	4
Cheese Pizza-Elementary	1 slice	300	11	18	33	4
Cheese Quesadilla	1 portion with shell	310	13	16	35	3
Cheese Slice- American	.5 oz.	53	4.44	2.75	.48	.01
Cheese Sticks	5 Sticks	380	18	19	35	3
Cheeseburger no Bun	1 cheeseburger without bun	189	13.54	15.85	1.28	.41
Chef Salad w/ Chicken Salad	1 plated	299	8.9	23.7	34.2	6.71
Chef Salad w/ Tuna Salad	1 plated	290	6.46	27.03	33.6	6.25
Chef Salad w/Ham and Cheese	1plated	355	15.46	22.98	32.0	5.14
Chicken Alfredo	1 serving	229	3.44	16.6	36.85	2.09
Chicken (popcorn) Bowl Recipe #000449	1 serving	479	22.37	21.08	51.2	5.17
Chicken Chunks over Rice	¾ c chicken ½ c rice	250	4.87	19.88	30.18	1.12
Chicken Chunks without Rice	¾ cup	147	4.66	17.75	7.93	.8
Chicken Fajita – Elem.	1 fajita with shell	246	8.94	14.95	24.72	1.0
Chicken Nuggets – Chipotle	5 nuggets	270	14.7	18.75	17.13	1.44
Chicken Nuggets (breaded)	5 each	179	8.61	12.9	14.1	2.7
Chicken Parmesan w/Noodles	1 serving	382	13.91	27.95	34.26	1.73
Chicken Pattie (breaded) no bun	1 patty	202	10	16	42	2
Chicken Pattie(Grilled) no bun	1 chicken patty	150	10	13	1	1
Chicken Pattie (Spicy) no bun	1 spicy chicken patty	201	12	13	14	2
Chicken Strips- Hot and Spicy	3 strips	192	8	16	14	2
Chicken Rings/Kings Delight	5 rings	193	9.6	13.3	14.2	2.7
Corn Dog	1 corndog	270	14.0	10.0	27.0	2.70
Corn Dog Nuggets	6 nuggets	300	13.5	10.5	33	4.5
Cottage Cheese	2 oz. = 1 meat alternate	40.68	.576	7.0	1.54	0
Country Chicken Salad	1 plated	360	18.8	21.8	27.0	2.62
Fiestada Pizza	1 portion	340	12	17	41	3
Fish Pattie no bun	1 fish patty without bun	160	5	14	13	0
Fish Sticks	2 Sticks	115	5.5	7	9.5	5.0
Fish Sticks	4 sticks	230	11	14	19	1
Garden Burger no Bun	1 burger	90	2.5	12	4	4
Garlic Cheesy Bread	1 serving	340	3.5	16	44	2
Grilled Cheese (pre-packaged)	1 sandwich	280	9.68	18.6	31.58	3.0
Ham	1 oz. (1.4oz=1oz protein)	38.5	1.34	6.15	.41	0

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Hamburger Pattie- no bun	1 patty	136	9.1	13.1	.8	.4
Honey Mustard Wrap	1 Wrap	356	17.98	33.33	13.36	1.0
Hot Dog no Bun	1 hot dog without bun	100	7	6	3	0
Lasagna- 4 Cheese	1 portion	230	7	13	31	4
Macaroni and Cheese	½ cup portion	161	7.78	8.89	13.89	.56
Meatball Sub (5 meatballs) no bun	1 portion without bun	187	13.5	14.71	4.34	1.41
Meatloaf	1 portion	187	11	15	7	1
Nachos w/Chili & Cheese	10-12 nacho chips with 1/3 c. meat and 2 oz. cheese	341	21.2	15.1	24.6	1.80
Peanut Butter & Jelly (Advance 2 Pk)	1 Pkg.	580	31	20	65	8
Pepperoni Pizza- Elementary	1 slice	310	12	18	34	4
Pepperoni Pizza- Uno - Secondary	1 slice	370	15	23	36	4
Pepperoni Stuffed Crust Pizza- Secondary	1 slice	330	4.5	17	35	3
Pizza Crunchers	4 pieces	420	20	20	41	5
Pizza Quesadilla- Cheese	1 portion	360	14	18	42	5
Popcorn Chicken	18 pieces	230	12	13	17	1
Popcorn Chicken Bowl	1 serving	463	20.77	23.58	51.1	7.47
Ravioli, Mini Cheese	14 pieces	110	301	5.5	18.07	46.54
Rib B Que	1 Rib B Que w/o bun	150	9	14	4	0
Sloppy Joe no bun	4.28 oz.=2 oz. serving w/o bun	200	10	13	14	2
Soft Taco (Beef)	1 portion	318	15.86	16.25	27.72	2.8
Soup- Vegetable Beef	1 cup	114	4.35	9.03	10.9	2.68
Southwest Chicken Salad	1 Plated	375	18.23	23.74	33.54	7.03
Spaghetti with Meat Sauce—recipe #000018	6 oz. sauce with ½ c noodles	378	16.7	21.2	33.2	2.33
String Cheese	1 each	60	3.0	7.0	0	0
Sub-1/2 Turkey, Ham and Cheese	½ sub on sub roll	163	5.42	13.2	14.97	1.5
Sub-Turkey, Ham and cheese	1 oz. each-turkey, Ham and Cheese on sub roll	326	10.84	26.41	29.93	3.01
Sub-Vegetarian	1 sub	350	16.6	17.84	33.36	3.88
Sub-Vegetarian ½	½ sub	175	8.3	8.92	16.68	1.94
Teriyaki Chicken Bowl	Recipe	368	6.92	19.75	50.14	3.18
Totally Taco	1 portion	240	8	15	29	4
Turkey	1.4 oz. = 1 oz.	33	.25	6.5	1.2	.14
Tuna Wrap- Middle and High	3 oz. tuna on wrap	436	24.89	23.62	26.8	1.16
Turkey and Cheese on Bun	1 oz. turkey/ 1 oz. cheese on bun	253	12.0	17.2	20.0	1.03
Turkey- diced with gravy	5.18 oz. with gravy	140	6	18	3	0
Turkey-Sliced without gravy	2.94 oz. portion	80	1	17.0	1	0
Vegetarian Chili (without potato)	8 oz.	240	24.4	30.2	21.7	0.90
Wafer Steak and Cheese	1 wafer steak with ½ oz. cheese on bun	343	17.6	19.15	26.71	3.01
Yogurt Parfait- lunch	1 parfait	499	7.95	17.51	93.32	5.58
Yogurt Plate	1 plated recipe 000415	300	8	13	43.7	1

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Breads and Grains

Biscuit with whole grain	1 biscuit	180	8	4	23	3
Bread Stick	1 stick	140	3	5	27	3
Captain's Wafers	1 pkg.	35	1.25	.5	4.5	0
Hamburger Bun- Whole Grain-Flowers	1 bun	150	2.5	6	26	3
Honey Grahams	3 ct. pkg.	90	2.5	2.0	17	1.0
Hot Dog Bun- Whole Grain	1 bun	150	2.5	6	26	3
Saltine Crackers	1pkg	25	.75	.5	4.0	0
Roll- Homemade (2 oz.)	1 each	176	4.2	4.5	29.8	1.2
Roll- Purchased (1 oz.) Whole Grain	1 each	70	1	2	14	1
Saltine Crackers	1 pkg	25	.75	.5	4.0	0
Stuffing	1/2 cup	165	6.45	3.97	22.65	1.2
Sub Roll – Whole Grain – Flowers	1 bun	150	2.5	6	26	3
Tortilla Chips- Rounds	1 oz	140	8	2	17	1

Fruit and Vegetables

Apple-Fresh	1 med	72	0	.23	19.6	3.31
Applesauce	½ cup	90	0	0	22	1.99
Apples-canned, sliced	½ cup	68	.4	.2	17.2	2.04
Baked Beans	2/3 cup	159	.64	6.78	35.99	7.0
Baked Potato-Plain	1 portion	161	.2	4.3	36.6	3.81
Banana - fresh	1 med	31	.16	.29	26.95	.415
Black Olives	¼ cup	42.8	3.98	.31	2.33	1.19
Blueberries	½ cup	40	.50	.33	9.43	2.1
Broccoli- Fresh	¼ cup	7.48	.081	.62	1.46	.57
Broccoli Salad	½ cup	154	3.67	1.76	31.05	1.99
Broccoli Spears-Steamed	½ cup	26	.1	2.85	4.92	2.76
Cabbage-Steamed	½ cup	17.0	.05	1.9	8.28	2.86
Carrot Raisin Salad	½ cup	156	3.68	1.8	31.84	3.08
Carrots- raw (baby)	1 bag	16	.06	.29	4.0	1.32
Carrots- Raw- Shredded	¼ cup	11.28	.07	.256	2.63	.77
Carrots-Cooked	½ cup	18	.14	.46	4.04	1.1
Cherries	½ cup	44	.12	.94	10.91	1.3
Chickpeas	¼ cup	52.8	1.17	2.95	8.09	2.64
Cole Slaw	½ cup	46	1.56	.78	7.44	.9
Corn- Sweet Kernel	½ cup	82	.64	2.5	19.7	2.18
Cranberry Sauce (garnish)	1/8cup	52	.05	.069	13.45	.345
Cucumbers- Fresh with peel	¼ cup	7.5	.0275	.1625	.91	.125
French Fries- Baked	3 oz.	170	7.0	2.0	25.0	2.0

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Fruit Jello	½ cup	99	.03	2.25	24.06	.60
Garden Salad (no dressing)	½ cup	19	.2	1.1	3.7	1.54
Grapes – fresh	½ cup	31	.16	.29	7.89	.415
Green Beans	½ cup	20	2.0	1.0	3.0	1.0
Green Beans	¼ cup	10	1.0	.5	1.5	.5
Ice Juicy	1 each	80	0	0	20	0
Lettuce and Tomato	¼ cup	10	.2	.6	2.2	.76
Lima Beans	½ cup	80	.09	4.51	15.9	4.4
Mashed Potatoes without Gravy	½ cup	123	5.67	1.14	16.4	2.51
Mixed Fruit (Fruit Cup)	½ cup	56	.08	.50	14.3	1.36
Mixed Vegetables	½ cup	59	.135	2.6	11.9	4.0
Mushrooms – Fresh	¼ cup	5.5	.085	.77	.815	.25
Onions- chopped- raw	¼ cup	10	.025	.275	2.34	.425
Orange-Fresh	1 small	47	.12	.94	11.75	2.4
Peaches	½ cup	53	0	.4	14.2	1.27
Pear – fresh	Med	96	.2	.63	26.66	5.15
Pears	½ cup	72	0	.2	19	2.01
Peas	½ cup	60	0	4.0	10.	3.0
Peppers- Sweet, Green, Raw, Chopped	¼ cup	7.45	.063	.32	1.72	.633
Peppers. Sweet, Red, Raw, Chopped	¼ cup	11.55	.1	.369	2.25	.78
Peppers-Sweet, Yellow, Raw, Chopped	¼ cup	10.06	.08	.37	2.35	.335
Pineapple Chunks	½ cup	73	1	.5	19.2	.98
Potato Rounds	8 rounds	160	7.0	2.0	21	2.0
Potato Salad	½ cup	121.4	3.45	1.73	21.3	1.14
Potato Wedges	½ cup	183	.37	5.58	41.03	2.83
Potatoes Au Gratin	1/2 c	110	3	2	18	3
Spiced Apples	½ c	86	.95	.16	19.89	1.11
Spinach – Raw	½ cup	3.45	.0003	.429	.545	.33
Spinach- Steamed	½ cup	20	.24	1.68	3.38	1.16
Strawberry Cup Frozen	½ cup				33	
Sweet Peas	½ cup	61	.36	3.91	11.2	3.65
Sweet Potato – Whole – Medium Size	1	103	.17	2.29	23.61	3.8
Sweet Potato Waffle Fries	2.11 oz	90	3	1	15	2
Sweet Potato Puffs	3 oz	130	3	1	23	2
Sweet Potatoes- recipe 000456	½ cup	125	3.02	.93	24.12	2.15
Three Bean Salad	½ cup	109.6	3.04	2.16	10.63	2.66
Vegetable Beef Soup	1 cup	91	3.04	6.31	11.06	2.52

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Lunch Entrée

Portion

Calories
(kcal)

Fat
(grams)

Protein
(grams)

Carbohydrates
(grams)

Fiber
(grams)

Breakfast Entrees

Apple Oatmeal Bar – Applway	1 portion	270	7	3	49	3
Banana Bread	1 portion	270	10	5	43	2
BeneFit – Banana Choc. Chip	1 bar	280	8	5	48	3
BeneFit – Oatmeal Chocolate Chip	1 bar	290	9	5	47	3
BeneFit – Apple Cinnamon	1 bar	290	9	5	48	3
Biscuit	1	180	8	4	23	3
Breakfast Bar	1 portion	290	9	5	47	3
Breakfast Break w/yogurt (Blueberry)	1 pkg.	295	3	6	60	2
Breakfast Break w/yogurt (Strawberry)	1 pkg.	250	3	4	52	1
Breakfast Chicken Pattie without bun	1 portion	89	4.3	6	6.5	1.3
Cheese- 1 slice	1 oz.	106	4.44	2.75	.96	.01
Chicken breakfast pattie	1 pattie	89	4.4	6.0	6.5	1.3
Donut	1 each	230	11	4	30	0
Eggs- Frozen – Whole	¼ c	90	6.13	7.24	.64	0
Egg Pattie	1 portion	60	4.0	5.0	1.0	0
Egg and Cheese on Bun	Pre-packaged	160	7	6	20	2
French Toast Sticks –Whole Grain	3 sticks	310	13	7	39	4
Ham	1 oz.	33	1.15	5.27	.35	0
Honey Grahams	3 ct. pkg.	90	2.5	2.0	17	1.0
Kellogg's Apple Jacks reduced Sugar	1 each	80	0	1	18	0
Kellogg's Foot Loops Reduced Sugar	1 each	70	.5	1	16	0
Kellogg's Frosted Flakes reduced Sugar	1 each	100	0	2	25	0
Meal Break w/ Blueberry Yogurt	1 pkg.	389	5.8	14	69	3
Meal Break w/Strawberry Yogurt	1 pkg.	299	5.8	12	50	2
Mini Pancakes	1 pkg.	210	6	4	35	4
Omelet	1 portion	108	3.3	8.38	1.37	.036
Peanut Butter and Jelly – Advance Pierre	1 each	290	15	10	32	4c
Roll- Purchased (1 oz.) Whole Grain	1 each	70	1	2	14	1
Sausage and Pancake on a Stick (Foster Farms)	1 portion	170	6	9	21	3
Sausage and Pancake on A stick (Don Lee)	1 portion	205	8.3	8.8	23.4	.6
Sausage Pattie	1 patty	90	7.0	6.0	1.0	0
Sausage Pattie on Bun	1 sandwich	160	8	9	15	1
Strawberry Banana Yogurt	4 oz.	100	.50	4	19	0
Strawberry Oatmeal Bar	1 portion	270	9	4	47	3
Strawberry Yogurt	4 oz.	100	.50	4	19	0
Yogurt Parfait-Breakfast	Recipe	242	1.22	7.46	50.49	2.57
Zucchini Bread	1 pre-pkg.	270	10	5	43	2

Condiments

Bar B Que Sauce	1 T	25	0	0	6.0	.44
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Dressing, French	1 packet	35	0	0	9	0
Dressing, Italian	1 packet	20	0	0	4	0
Dressing, Ranch	1 packet	80	8	1	2	0
Gravy, Brown	1 oz	50	2	0	8	0
Honey	1 packet	27	0	.03	7.42	.02
Ketchup	1 packet	9	.03	.16	2.26	.03
Maple Syrup	1 oz	60	0	0	14	0
Mustard	1 packet	5	.113	.34	.568	.07
Mayonnaise	1 packet	88	9.53	.146	.413	.013
Taco Sauce	1 packet	10	0	0	2.0	1.0
Tartar Sauce	1 packet	63	3.59	.23	7.94	.4

Beverages

Milk 1% White	8 oz	110	2.5	9	13	0
Milk Chocolate	8 oz	110	0	9	20	0
Milk Skim	8 oz	90	0	8	11	0
Milk Strawberry	8 oz	110	0	8	20	0
Pearl-Organic Soymilk- Vanilla	8.25 oz	60	1.98	3.42	7.1	.24
Juice Apple	4 oz	50	0	0	13	1
Juice Orange	4 oz	60	0	1	13	0
Fruit Punch	4 oz	53	0	0	15	0

Snacks

Chocolate and Vanilla Pudding	1 portion				21	
Carnival Cookie	1.33 oz				23	
Chocolate Chip Cookie	1.33 oz				23	
Elf Grahams	1 oz pkg				20	
Ice Cream Push – Pops, Cotton Candy	3 oz				15	
Ice Cream Sandwich	4 oz				29	
Ice Cream, Strawberry Ripple	3 oz				16	
Ice Cream, Vanilla/Chocolate	3 oz				16	
Italian Ice, Sour Cherry	4 oz				29.5	
Popsicle, Scribblers	2-1.2 oz				15	
Popsicle, Firecracker Jr.	1.6 oz				9	
Scooby-Doo Bones, Cinnamon	1 pkg				20	
Liugi 100% Juice Lime Sorbet	1 pkg					
Liugi 100% Juice Orange Sobet	1 pkg					
Bear Grahams (MJM)	package				18	
Pretzel, Soft	1 portion				38	
Slushie	1 portion				28	

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