

## Elementary School Nutrient Analysis for 2010-2011 School Year

Lunch Entrée	Portion	Calories (kcal)	Fat (grams)	Protein (grams)	Carbohydrates (grams)	Fiber (grams)
Asian Chicken Salad	1 each	130	1.4	6.6	27.6	8.41
Baked Chicken (w/o breading)	1 portion	123	7.0	13.0	.6	0
Bar-B-Q Sandwich	1 each	327	12.9	27.2	28.1	2.19
Beef –O- Roni	1 portion	267	12	17	21	0
Bean and Cheese Taco	1 portion	307	9.3	12.5	42.4	7.07
Burrito	portion	340	12.0	16	42.0	4.00
Cheese and Chicken Quesadilla	1 each	348	17	21	32	3.3
Cheesy Garlic Bread	1 serving	340	3.5	16	44	2
Cheese Pizza	1 each	319	12	21	29.9	2.0
Cheese Quesadilla	1 each	390	24.0	17.0	30.0	3.0
Cheese Sticks	5 Sticks	440	26.0	20.0	34.0	0
Cheeseburger on Bun	1 each	323	15.3	20.41	28.6	2.01
Chef Salad w/ Chicken Salad	1 each	299	8.9	23.7	34.2	6.71
Chef Salad w/ Tuna Salad	1 each	420	22.6	27.3	29.6	6.27
Chef Salad w/Ham and Cheese	1each	153	8.1	13.0	7.1	2.07
Chicken Fajita	1 portion	216	4.7	16.3	26.2	1.0
Chicken Nuggets	5 each	248	15.5	15.0	12.0	0.00
Chicken Pattie(Grilled)on bun	1 each	284	12.1	18.3	28.2	2.37
Chicken Sandwich (Breaded)on bun	1 each	379	17.7	19.6	36.8	1.12
Corn Dog	1 each	270	14.0	10.0	27.0	2.70
Corn Dog Nuggets	6 each	320	15.0	12.0	35.0	1.0
Country Chicken Salad	1 each	360	18.8	21.8	27.0	2.62
Fish on Bun	1 portion	294	6.7	19.6	39.8	1.12
Fish Sticks	2 Sticks	114	5.4	6.82	9.4	5.36
Garden Burger on Bun	1 each	224	4.2	17.6	30.8	5.12
Grilled Cheese (1 oz cheese)	1 each	226	10.9	9.5	25.0	2.03
Ham and Cheese on Bun	1 portion	268	11.5	15.5	28.1	1.15
Hamburger on Bun	1 portion	270	10.9	17.7	28.1	2.0
Hot Dog on Bun	1 each	270	17.5	10.0	20.0	1.00
Hot Pocket- Vegetarian	1 each	360	14	16	42	4
Macaroni and Cheese	1 portion	145	7.0	8.0	12.5	.5
Meatball Sub (5 meatballs)	1 each	250	12.30	15.8	22.5	2.63
Meatloaf	1 portion	187	13.5	14.71	4.34	1.41
Nachos w/Chili & Cheese	1 portion	341	21.2	15.1	24.6	1.80
Pepperoni Pizza	1 each	349	16	20	29.9	2
Pizza Dippers	4 each	363	15.9	21.5	32.9	1.13
Pizzatas	2 each	360	19.0	19.0	28.0	0
Pork Dunkers	2 each	74	4.5	5.5	2.9	.25
Rib B Que	1 portion	278	8.7	22.1	29.9	1.22
Sloppy Joe on Roll	1 Portion	345	12.8	20.9	35.9	2.4
Smucker's Peanut Butter & Jelly	1 each	570	32.0	17.0	54.0	5.0
Soft Taco	1 portion	363	19.4	18.7	28.5	3.01
Soup- Vegetable Beef	1 cup	91	3.04	6.31	11.06	2.52
Southwest Chicken Salad	1 each	375	1.4	6.6	27.6	8.41
Spaghetti with Meat Sauce	1 portion	378	16.7	21.2	33.2	2.33

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9/1/2010 updated 9/16/2010

String Cheese	1 each	<b>60</b>	3.0	7.0	0	0
Sub-1/2 Turkey, Ham and Cheese	½ sub	<b>129</b>	4.73	11.17	10.48	.51
Sub-Vegetarian	1 each	<b>430</b>	12.0	*0.00	42.0	4.00
Turkey and Cheese on Bun	1 each	<b>253</b>	12.0	17.2	20.0	1.03
Vegetarian Chili (without potato)	8 oz.	<b>240</b>	24.4	30.2	21.7	0.90

Fruit and Vegetables	Portion	Calories (kcal)	Fat (grams)	Protein (grams)	Carbohydrates (grams)	Fiber (grams)
Apple-Fresh	1 med	<b>72</b>	0	.23	19.6	3.31
Apples-canned, sliced	½ cup	<b>68</b>	.4	.2	17.2	2.04
Applesauce	½ cup	<b>90</b>	0	0	22	1.99
Baked Beans	½ cup	<b>119</b>	.48	5.08	26.99	5.24
Baked Potato-Plain	1 portion	<b>161</b>	.2	4.3	36.6	3.81
Broccoli Salad	½ cup	<b>154</b>	3.67	1.76	31.05	1.99
Broccoli Spears-Steamed	½ cup	<b>26</b>	.1	2.85	4.92	2.76
Cabbage-Steamed	½ cup	<b>17.0</b>	.05	1.9	8.28	2.86
Carrot Raisin Salad	½ cup	<b>156</b>	3.68	1.8	31.84	3.08
Carrots-Cooked	½ cup	<b>18</b>	.14	.46	4.04	1.1
Cole Slaw	½ cup	<b>46</b>	1.56	.78	7.44	.9
Corn- Sweet Kernel	½ cup	<b>82</b>	.64	2.5	19.7	2.18
French Fries- Baked	3 oz	<b>170</b>	7.0	2.0	25.0	2.0
Fruit Jello	½ cup	<b>99</b>	.03	2.25	24.06	.60
Garden Salad (no dressing)	½ cup	<b>19</b>	.2	1.1	3.7	1.54
Green Beans	½ cup	<b>20</b>	2.0	1.0	3.0	1.0
Ice Juicy	1 each	<b>80</b>	0	0	20	0
Lettuce and Tomato	¼ cup	<b>10</b>	.2	.6	2.2	.76
Lima Beans	½ cup	<b>80</b>	.09	4.51	15.9	4.4
Mashed Potatoes without Gravy	½ cup	<b>123</b>	5.67	1.14	16.4	2.51
Mixed Fruit (Fruit Cup)	½ cup	<b>56</b>	.08	.50	14.3	1.36
Mixed Vegetables	½ cup	<b>59</b>	.135	2.6	11.9	4.0
Orange-Fresh	1 small	<b>47</b>	.12	.94	11.75	2.4
Peaches	½ cup	<b>53</b>	0	.4	14.2	1.27
Pears	½ cup	<b>72</b>	0	.2	19	2.01
Peas	½ cup	<b>60</b>	0	4.0	10.	3.0
Pineapple Chunks	½ cup	<b>73</b>	1	.5	19.2	.98
Potato Rounds	8 rounds	<b>160</b>	7.0	2.0	21	2.0
Potato Salad	½ cup	<b>121.4</b>	3.45	1.73	21.3	1.14
Roll- Home made (2 oz)	1 each	<b>176</b>	4.2	4.5	29.8	1.2
Roll- Purchased (1 oz)	1 each	<b>70</b>	1	3	14	1
Spinach- Steamed	½ cup	<b>20</b>	.24	1.68	3.38	1.16
Sweet Peas	½ cup	<b>61</b>	.36	3.91	11.2	3.65
Sweet Potatoes	½ cup	<b>106</b>	.31	1.25	24.85	2.9
Three Bean Salad	½ cup	<b>109.6</b>	3.04	2.16	10.63	2.66
Vegetable Beef Soup	1 cup	<b>91</b>	3.04	6.31	11.06	2.52

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Breakfast Entrees	Portion	Calories (kcal)	Fat (grams)	Protein (grams)	Carbohydrates (grams)	Fiber (grams)
Breakfast Chicken Pattie on Bun	1 portion	225	12.0	10.0	21.0	1.12
Cinnamon French Toast	1 slice	220	7.0	9.0	31.0	0
Donut	1 each	290	10.99	6.99	41.97	0
Egg Pattie	1 portion	60	4.0	5.0	1.0	0
French Toast Sticks	2 sticks	110	3.5	2	17	1
Ham	1 oz	33	1.15	5.27	.35	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
Omelet	1 portion	108	3.3	8.38	1.37	.036
Peach Yogurt	4 oz	100	.50	4	20	0
Pizza Pocket	1 portion	180	9.0	8.0	17.0	0
Sausage and Pancake on a Stick	1 portion	251	11	11.5	26.1	.5
Sausage Pattie	1 pattie	90	7.0	6.0	1.0	0
Smuckers Peanut Butter and Jelly	1 each	320	16	9	33	3
Strawberry Banana Yogurt	4 oz	100	.50	4	19	0
Strawberry Yogurt	4 oz	100	.50	4	19	0
Toast-Texas	1 slice	120	2.0	4.0	24.0	2.0

Condiments	Portion	Calories (kcal)	Fat (grams)	Protein (grams)	Carbohydrates (grams)	Fiber (grams)
Dressing, French	2 T	35	0	0	9	0
Dressing, Italian	2 T	20	0	0	4	0
Dressing, Ranch	2 T	80	8	1	2	0
Gravy, Brown	1 oz	50	2	0	8	0
Ketchup	1 packet	9	.03	.19	2.79	.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

Beverages	Portion	Calories (kcal)	Fat (grams)	Protein (grams)	Carbohydrates (grams)	Fiber (grams)
Milk 1% White	8 oz	110	2.5	9	13	0
Milk 1% Chocolate	8 oz	160	2.5	8	28	0
Milk Skim	8 oz	90	0	8	11	0
Milk 1% Strawberry	8 oz	150	2.5	8	26	0
Juice Apple	4 oz	50	0	0	13	1
Juice Orange	4 oz	60	0	1	13	0

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