

Middle And High School Nutrient Analysis Table

<u>Food Item</u>	<u>Portion</u>	<u>Calories</u>	<u>Total Fat - G</u>	<u>Sat. Fat - G</u>	<u>Cholesterol- Mg</u>	<u>Sodium- Mg</u>	<u>Carbohyrdate - G</u>	<u>Fiber - G</u>	<u>Protein - G</u>
<i>Entrees /Ala Carte:</i>									
Asian Style Chicken & 1/2 Cup Rice	1 Serving	304	3.5	0.5	50	450	49	2	17
Bagel, cinnamon raisin, ala carte only	1 Each	260	1	0	0	460	55	4	9
Bagel, plain, ala carte only	1 Each	250	1	0	0	490	52	2	9
Baked Potato w/Cheese	1 Serving	359	14	7	41	781	41	5	19
Baked Potato w/Chili	1 Serving	373	7	2.6	27	769	58	13	21
Baked Potato w/Chili & Cheese	1 Potato	366	10	5	34	775	50	9	20
BBQ Pork Sandwich	1 Each	319	9.3	2.8	52	785	39	2	21
BBQ Rib Sandwich (rib-b-que)	1 Each	251	11	2	28	718	28	2.3	16
BBQ Chicken, Roasted	1 Serving	215	10	2.5	71	743	10	0	21
Beefaroni	1 Cup	290	8.6	4.6	36	605	35	4	19.3
Black/Red Beans & Rice	1 Serving	357	2.4	0.2	0	1347	63	12	19
Bosco Sticks	2 Each	440	14	8	30	600	52	2	24
Buffalo Fries, ala carte only	3 Ounces	150	7	2	0	390	21	3	3
Buffalo Wings, ala carte only	4 Each	267	17	4.6	173	773	1	0	25
Buffalo Wing Basket, ala carte only	1 Basket	417	24	6.6	173	1100	22	3	28
Burrito, Bean & Cheese	1 Each	355	8	4	18	586	54	6	16.3
Cheeseburger	1 Each	369	17.5	8	55	816	32	3	25
Cheese Quesadilla	1 Each	358	13	7	40	1216	39	2	19
Chicken Fajita	1 Each	333	8.4	2.5	0	708	48	4	17
Chicken Nuggets	6 Each	199	11	1.9	37	424	8.8	0	18.7
Chicken Snack Wrap	1 Each	300	12	3.5	30.4	748	34	3.75	16
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Chicken Patty Sandwich	1 Each	310	8.5	1.5	25	720	43	3	18
Chicken Pita Pizza	1 Each	385	11.4	3.5	20	1036	48	4	24
Chicken Quesadilla	1 Each	370	12	5.5	54	1090	38	2	23
Chips & Cheddar Cheese Dip	1 Serving	268	15	7	30	948	23	2	10
Chips & Jalepeno Cheese Dip	1 Serving	268	15	7	30	998	23	2	10
Chips & Salsa	1 Serving	158	6	1	0	432	23	3	2
Cuban Sandwich	1 Each	303	8	3	40	701	39	1.3	18
Grilled Cheese Sandwich	1 Each	292	12	7	39	946	29	4	20
Hamburger	1 Burger	303	13.5	5	35	615	30.5	3	18
Hot Ham & Cheese Sandwich	1 Sandwich	204	5.5	2	37	1071	22	1	17
Hot Sliced Turkey, Thanksgiving Dinner	1 Serving	88	3	1	30	385	2	0	12
Macaroni & Cheese	1 Cup	359	11	6.6	41	694	41	1.7	22
Moza Pesto Pita	1 Each	495	25	8.3	31	963	42	3.4	22

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Nachos w/Cheese Only	1 Serving	496	27	11	41	1072	42	2	20
Nachos w/Chili Only	1 Serving	509	21	6.6	26	1060	59	9.6	22
Nachos w/Chili & Cheese	1 Serving	502	24	9	34	1066	51	5.8	20.7
Pancakes w/Sausage	1 Serving	247	12.3	3.8	34	553	28	1.3	6.5
PBJ Uncrustable	1 Each	320	16	3	0	350	33	2.5	9
Personal Pizza	1 Each	405	14.5	7.5	35	1032	47	3.8	21
Philly Turkey & Cheese Sandwich	1 Each	319	7.6	2.6	31	695	42	1.8	19
Pizza, Unos, Cheese	1 Slice	310	11	6	25	810	35	2	18
Pizza, Unos, Pepperoni	1 Slice	370	15	7	35	980	35	2	20
Pretzel	1 Each	380	2	0	0	320	80	4	12
Pretzel, with Cheese	1 Each	390	8	5	30	700	66	2	12

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Roasted Chicken	1 Serving	235	14	3.5	96	317	0	0	29
Scrambled Eggs,Pancake, saus	1 Serving	238	15	4.75	195	432	15	1	12.5
Shepherd's Pie	1 Each	233	12.6	5.3	46	1010	11	2.3	17.75
Sloppy Joe Sandwich	1 Each	325	9	3	33	1061	45	3.2	18
Soft taco	1 Each	319	12	4	31	1216	33	1.9	17
Spaghetti	1 Serving	347	8.8	3.2	33	630	46	5	21
Spaghetti w/Marinara Sauce	1 Serving	223	2.8	0	0	415	41	3.2	5.6
Sun Chips - French Onion	1 Bag	140	6	0.5	0	260	19	1	2
Sun Chips - Southwest Cheddar	1 Bag	140	6	0.5	0	320	19	1	2
Sweet & Sour Chicken w/Rice	1 Serving	315	12	3	87	581	29	1.5	20
Taco	1 Each	204	10.7	4.5	31	876	13	1.8	14
Turkey Enchiladas	1 Each	370	13.6	5	40	1115	39	1.8	21
Turkey & Cheese Wrap	1 Each	315	9.5	3.7	40	521	34	1.6	21
Turkey Submarine	1 Each	305	6.5	2.7	43	538	40	1.6	21
Turkey Supreme	1 Each	332	10	4.7	53	1109	32	2.3	25
Zingers, spicy wings	6 Each	300	12	2	53	1200	21	1.5	24

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<i>Lighten Up Selections:</i>									
1905 Salad	1 Each	285	17	8	46	1241	21.5	3	22
Cheese w/Apple, Celery & Carrots	1 Each	221	14	8.5	40	441	9.5	3	15
Chef's Salad	1 Each	200	8.6	4.5	151	821	11	3.5	21
Chicken Caesar Salad	1 Each	275	11	5	72	373	15	2.6	29
Chicken Salad & Fruit Platter	1 Each	246	7	0.5	49	219	28	2	17
Cobb Salad	1 Each	160	6	2.8	150	546	8.5	2	19
Greek Salad, includes dressing	1 Each	257	14	6	232	438	18	3	15
Large Spinach Salad	1 Each	168	8	3.3	239	665	8	3	18
Oriental Chicken Salad, includes dressing	1 Each	521	28	3	48	334	41	8	29
PB w/Apple, Celery & Carrots	1 Each	254	18	2.3	0	205	16	4	3
Southwest Black Bean Salad, includes dressing	1 Each	405	11.7	5	20	1099	56	12	20
Spring Salad, includes dressing	1 Each	351	26	7	20	460	19	5.5	14
Summer Salad, includes dressing	1 Each	365	26	7	20	465	23	5	14
Veggie Pita Delight	1 Each	490	18	1.5	0	967	68	13	16
Vegetarian Taco Salad	1 Each	319	11	5	20	828	39	8	15
Yogurt Parfait,Cherry & Blueberry	1 Each	414	8.5	2.4	5	197	75	6	11
Yogurt Parfait, Cherry & Peach	1 Each	440	8.5	2.4	5	201	83	6	11
Yogurt Parfait, Peach & Blueberry	1 Each	414	8	2.3	5	201	76	5	11
Yogurt Parfait, Peach & Strawberry	1 Each	445	8	2.3	5	202	85	6	11
Yogurt Parfait, Strawberry & Blueberry	1 Each	421	8	2	5	198	77	5.5	11

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<i>Salad Dressings-</i>									
1905 Dressing	1 Serving	208	22	1.5	0	19	1.4	0.2	0.2
Caesar Dressing	1 Serving	110	11	2	10	320	2	0	1
Citrus Yogurt Dressing	1 serving	86	7.7	0.5	0	3	4	0	0.2
Creamy Italian	1 Packet	40	4	0.5	0	150	1	0	0
French Dressing	1 Packet	50	4	0.5	0	75	2	0	0
Greek Dressing	1 Serving	185	20	1.4	0	1	0.6	0.2	0.1
Italian Dressing	1 Packet	5	0	0	0	90	1	0	0
Oriental Dressing	1 Ounce	234	22.5	1.6	0	110	8	0	0.3
Ranch Dressing	1 Ounce	50	4	0.5	0	253	3	0	0
Southwest Ranch Dressing	2 Ounce	96	8	1	5	476	5	0	0.4

<i>Condiments:</i>									
Brown Gravy	1 Serving	10	0	0	0	142	2	0	0

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Cranberry Sauce	2 Tbsp	60	0	0	0	5	15	0	0
Marinara Sauce	0.25 Cup	28	1	0	0	208	4	1	0
Marinara, Tomato Sauce	0.25 Cup	41	0	0	0	577	10	2	0
Salsa	0.25 Cup	20	0	0	0	264	4	1	0
Yogurt & Cream Cheese, plain	1 Ounce	60	3.5	2	15	90	3	0	5
Yogurt & Cream Cheese, strawber.	1 Ounce	60	3	2	10	75	4	0	4

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<i>Breads/Grains:</i>									
Berry Muffin	1 Muffin	164	2	0	0	88	33	1	3
Blueberry Muffin	1 Muffin	164	2.2	0.2	0.2	87	33	1	2.6
Cherry Muffin	1 Muffin	200	2.2	0.2	0.2	89	42	1	3
Cornbread	1 Piece	104	2.7	0.3	13	67	18	1	2
Cornbread Stuffing	1 Serving	148	6	1	1.6	362	21	1.4	3
Couscous	0.5 Cup	110	0.5	0	0	2.5	23	1	4
Cowboy Bread	1 Piece	171	6.4	1.3	14	149	26	0.5	2
Garlic Toast	1 Slice	126	1	0	0	171	25	2.7	4
Rice, Brown	0.5 Cup	164	1.5	0	0	0	34	2	4
Rice, White	0.5 Cup	170	0	0	0	0	37	0	4
Rice, Yellow	0.5 Cup	95	0	0	0	351	21	0	2.5
Roll, Dinner, 2 ounces	1 Roll	141	1.8	0.4	0.2	249	27	2.5	4.5
Saltine Crackers, with yogurt & salads	4 Packages	320	6	0	0	1080	52	4	8
Spice Bread	1 Slice	226	1.8	0.3	6.7	158	48	1.3	4.3
Spice Cake, sold on holidays	1 Piece	158	7	0.5	4	118	22	0.5	1.5
Texas Toast	1 Piece	100	1	0	0	200	19	1	3

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<i>Vegetable Selections:</i>									
Baked Beans	0.5 Cup	140	0.5	0	0	460	28	4	6
Broccoli w/Dip	0.5 Cup	55	3.5	0.4	0	230	5	1	1
Broccoli, Steamed	0.5 Cup	10	0	0	0	10	2	1	1
Caesar Side Salad	1 Each	14	0.5	0	1.8	34	1	1	1
Carrots w/Dip	0.5 Cup	75	4	0.5	9	310	9	2	1
Chicken Noodle Soup	1 Cup	84	1	0.2	13	377	12	1.4	6.7
Chicken Tortilla Soup	1 Cup	282	10	2	54	776	29	4	21
Corn	0.5 Cup	93	1	0	0	247	21	2	3
Creamy Tomato Soup, homemade	1 Cup	141	3	0.6	0.8	960	26	3	2
Cucumber w/Dip	0.5 Cup	51	3.5	0.4	0	218	4	0	1
Garden Cup	0.5 Cup	12	0	0	0	17	3	1	0.3
Green Beans	0.5 Cup	23	0	0	0	294	5	2	1
Lettuce & Tomato	0.5 Cup	11	0	0	0	4.5	2.5	0.8	0.6
Mashed Potatoes	0.5 Cup	75	1	0	0	345	15	1.3	1.5
Mashed Potato Bake	0.5 Cup	168	15	7	26	212	9	0	4
Minestrone Soup	1 Cup	56	1	0	0	560	10	2	2
Mixed Veggies	0.5 Cup	30	0	0	0	0	6	1.2	1.2
Oven Fries	0.5 Cup	80	3	1	3	17	13	1	1
Parslied Potatoes	0.5 Cup	122	4	1	0	58	18	2	2
Peas	0.5 Cup	52	0	0	0	0	9	3	4
Potato Wedges	0.5 Cup	70	0	0	0	8	16	1.5	2.28
Refried Beans	0.5 Cup	144	3	0.9	0	459	22	5	7
Roasted Potatoes/Potato wedges	0.5 Cup	157	0	0	0	14	35	5	4
Salsa Queso Soup	1 Cup	145	6	1	5	355	11	2	3.7
Spanish Bean Soup	1 Cup	91	1	0	6	248	16	4.5	5
Spinach	0.5 Cup	38	0	0	0	100	6	4	5
Tator Tots	9 Each	144	7	4	9	297	16	2	2
Tomato Soup, Creamy	1 Cup	141	3	0.6	0.8	960	26	3	2
Tomato Soup, Regular	1 Cup	114	0	0	0	891	25	1	2.5
Tomato Wedges	0.5 Cup	16	0	0	0	4	4	1	0.8
Tossed Salad	1 Each	11	0	0	0	4	2	1	0.5
Turkey Noodle Soup	1 Cup	84	1	0	8	468	12	2	6
Vegetable Soup	1 Cup	47	0	0	0	315	9	2.6	2

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Veggie Chicken Soup	1 Cup	162	8.5	2.5	18	927	16	3	7
Zucchini, Steamed	0.5 Cup	9	0	0	0	6	2	0.6	0.7
Zucchini & Squash, Steamed	0.5 Cup	14	0	0	0	9	3	1	1
Zucchini w/ Dip	0.5 Cup	88	5	0.7	0.3	327	7	1	1.5
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<i>Fruit Selections:</i>									
Apple	1 Apple	55	0	0	0	1	15	2.5	0
Applesauce	0.5 Cup	96	0	0	0	4	25	1.5	0
Apple Crisp	0.5 Cup	258	7	1	0	80	46	2	2
Banana	1 Each	90	0	0	0	1	23	3	1
Berry Crisp	0.5 Cup	279	8	1	0	76	51	6	3
Blueberries, dried	0.5 Cup	228	0.1	0	0	2	56.5	7.5	0.6
Cherry Crisp: All	0.5 Cup	260	7.5	1.5	0	75	46	2.6	3
Cinnamon Apples	0.5 Cup	67	0	0	0	5	17	1	0
Grapes	0.5 Cup	55	0	0	0	2	15	1	0.5
Grapefruit Half	1/2 Half	48	0	0	0	0	12	2	1
Mixed Fruit	0.5 Cup	36	0	0	0	5	9	1	0
Mixed Fruit with Cherries	0.5 Cup	108	0	0	0	5	26	1.6	0.6
Orange: All	1 Orange	70	0	0	0	0	17	4	1
Peaches, Canned	0.5 Cup	69	0	0	0	6	19	2	0
Peach Cups	0.5 Cup	118	0	0	0	8	30	2	1
Peach Crisp	0.5 Cup	275	7	1.4	0	81	50	2.3	2.7
Pear Crisp	0.5 Cup	300	7	1.4	0	83	55	3	2.5
Pears, diced	0.5 Cup	72	0	0	0	6	19	2	0.2
Pears, sliced	0.5 Cup	60	0	0	0	4	16	2	0.5
Pineapple, Canned	0.5 Cup	70	0	0	0	10	17	1	1
Pineapple, Fresh	0.5 Cup	37	0	0	0	1	10	1	0
Rosy Applesauce	0.5 Cup	91	0	0	0	21	22	2	0
Spiced Pears	0.5 Cup	42	0	0	0	3.5	11	1	0
Strawberry Cup	0.5 Cup	110	0	0	0	4	33	2.4	0.7
Strawberries in Jello	0.5 Cup	77	0	0	0	48	19	2	1
Tangerine	1 Each	45	0	0	0	2	11	1.5	0.7
Watermelon	0.5 Cup	23	0	0	0	1	6	1	0.5

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Juice Selections:

Apple Juice	4 Fl Oz	60	0	0	0	0	14	0	0
Blue Raspberry Juice	4 Fl Oz	60	0	0	0	0	14	0	0
Frozen Fruit Smoothie	6 Oz	160	0	0	0	0	28	0	12
Fruit Blend Juice, 100%	4 Fl Oz	60	0	0	0	0	14	0	0
Grape Juice	4 Fl Oz	60	0	0	0	0	19	0	0
Green Apple Juice	4 Fl Oz	60	0	0	0	0	14	0	0
Orange Juice	4 Fl Oz	60	0	0	0	0	15	0	0
Peach Juice	4 Fl Oz	60	0	0	0	0	14	0	0
Tropical Island Splash Juice	4 Fl Oz	60	0	0	0	0	14	0	0

Milk Selections-

Skim (fat-free) Milk	8 Fl Oz	83	0	0	5	103	12	0	8
1% (low-fat) Milk	8 Fl Oz	102	2.4	1.5	12	107	12	0	8
2% (reduced-fat) Milk	8 Fl Oz	122	5	3	20	100	11	0	8
1/2% Chocolate Milk	8 Fl Oz	146	1.4	0.4	5	119	27	0	8
1/2% Strawberry Milk	8 Fl Oz	150	1.5	0.8	7	119	27	0	8

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<i>Ala Carte Drink Selections:</i>									
Dasani Water	12 Fl Oz	0	0	0	0	0.5	0	0	0
Dasani Water	20 Fl Oz	0	0	0	0	0.5	0	0	0
Minute Maid, Apple Juice	10 Fl Oz	140	0	0	0	25	35	0	0
Minute Maid, Orange Juice	10 Fl Oz	140	0	0	0	20	33	0	0
Powerade Zero, Strawberry	12 Fl Oz								
<i>High School Only:</i>									
Fuze, Blueb Rasp Pomegranate	12 Fl Oz	10	0	0	0	5	2	0	0
Fuze, Peach Mango	12 Fl Oz	40	0	0	0	15	8	0	0
Fuze, Strawberry Melon	12 Fl Oz	10	0	0	0	5	2	0	0
Island Oasis, Banana	12 Fl Oz	160	0	0	0	0	39	1	0
Island Oasis, Mango	12 Fl Oz	150	0	0	0	0	38	1	0
Island Oasis, Peach	12 Fl Oz	160	0	0	0	0	39	1	1
Island Oasis, Pina Colada	12 Fl Oz	170	2.5	2.5	0	10	37	2	1
Island Oasis, Strawberry	12 Fl Oz	150	0	0	0	0	37	2	0

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Island Oasis, Wild Berry	12 Fl Oz	160	0	0	0	0	38	2	0
Vitamin Water, Dragonfruit	12 Fl Oz	75	0	0	0	0	19	0	0
Vitamin Water, Fruit Punch	12 Fl Oz	75	0	0	0	0	19	0	0
Vitamin Water, Grape	12 Fl Oz	75	0	0	0	0	19	0	0
Vitamin Water, Kiwi-Strawberry	12 Fl Oz	75	0	0	0	0	19	0	0
Vitamin Water, Orange-Orange	12 Fl Oz	75	0	0	0	0	19	0	0