

### Middle And High School Nutrient Analysis Table

<b>Food Item</b>	<b>Portion</b>	<b>Calories</b>	<b>Total Fat - G</b>	<b>Sat. Fat - G</b>	<b>Cholesterol- Mg</b>	<b>Sodium- Mg</b>	<b>Carbohydrate - G</b>	<b>Fiber - G</b>	<b>Protein - G</b>
<i>Entrees /A la Carte:</i>									
Asian Chao w/Fried Rice	1 Serving	218	4	0.8	76	556	27	0.3	15
Bagel, cinnamon raisin	1 Each	260	1	0	0	460	55	4	9
Bagel, plain	1 Each	250	1	0	0	490	52	2	9
Baked Potato w/Cheese	1 Serving	422	24	13	52	1132	41	5	15
Baked Potato w/Chili	1 Serving	484	17	7	41	840	59	13	25
Baked Potato w/Chili & Cheese	1 Potato	453	21	10	46.5	987	50	9.2	20
BBQ Chicken Burger	1 Each	302	7.5	2	70	1235	43	8	17
BBQ Pork Sandwich	1 Each	321	9	3	52	748	40.5	7	21
BBQ Rib Sandwich	1 Each	281	11	2	28	737	37	3.3	17
BBQ Roasted Chicken	1 Serving	223	10	2.5	71	706	11.5	0	21
Beef Sliders	2 Each	360	20	7	50	540	30	0	16
Beefaroni	1 Cup	363	18	9	46	771	35	4	18
Bosco Sticks	2 Each	380	8	4	20	560	52	4	26
Buffalo Fries	3 Ounces	150	7	2	0	390	21	3	3
Buffalo Wings	4 Each	267	17	4.6	173	773	1	0	25
Burrito, Bean & Beef	1 Each	321	9	3	18	691	46	7	15
Burrito, Bean & Cheese	1 Each	333	9	4	18	784	48	8	15
Cheeseburger	1 Each	411	24	10	31	1011	31.4	3	26
Cheese Quesadilla	1 Each	244	7	4	5.5	783	39	1	6
Cheez-It Crackers	1 Bag	180	5	1.5	0	520	28	1	5
Chicken Fajita	1 Each	387	12	2.5	0	705	43	3	27
Chicken Nuggets	6 Each	267	17	3	59	467	12	0	14
Chicken Tenders	4 Each	320	18.7	4	53	866	20	1.3	19
Chicken Patty Sandwich	1 Each	335	12	2	20	755	42	4	18
Chicken Pita Pizza	1 Each	384	11	3.5	24	1033	48	1	24
Chicken Quesadilla	1 Each	465	24	15	77	1687	43	2	24
Chili Dog	1 Each	388	21	7.5	46	1127	31	3.6	18
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
Cinnamon Toast Crunch Bar	1 Each	150	3.5	0	0	150	28	1	2
Clodhoppers - Vanilla	1 Bag	160	5	4.5	0	130	28	2	2
Clodhoppers - Regular	1 Bag	135	4.5	1.5	0	80	22	1.5	3
CluxDelux Chicken Sandwich	1 Each	360	9.5	2	50	910	44	1.5	25
Cookie, Chocolate Chip	1 Each	110	3.5	1	10	65	18	1	1
Corn Dogs - Turkey	1 Each	280	12	3	40	1080	32	2	9
Cowboy BBQ w/Dippin Chips	1 Serving	459	15	3	31	1444	60	2	16
Cowboy BBQ Sandwich	1 Each	319	5	1	30	1344	51	10	17
Crispy Chicken	1 Breast	364	18.5	5	119	385	13	0.4	35
Crispy Chicken, Drumsticks	2 Drumstix	386	23	6	124	387	12	0.4	32
Fish Sandwich	1 Each	522	23	8	93	1054	54	3	27
Fisherman's Platter	1 Serving	261	9	1	77	455	31	1.3	17
Grilled Cheese Sandwich	1 Each	361	20	12	51	982	30	1	17
Hamburger	1 Burger	303	15	4	38	757	31	3.5	20

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Ham & Cheese Submarine	1 Each	206	2.6	0.4	1.5	355	39	2	7
Ham & Cheese Wrap	1 Each	216	5.6	3	1.5	465	37	2	6
Hot Dog	1 Each	278	15	5	30	860	25	1	11
Hot Pocket, Pizza	1 Each	350	14	4.5	10	600	42	4	16
Hot Pocket, Taco	1 Each	340	12	4	0	530	43	4	15
Lasagna	1 Piece	379	14	7	60	1379	38	2	23
Macaroni & Cheese	1 Cup	420	22	12.6	51.5	1037	41	2	18
Mozza Pesto Pita	1 Each	311	13	1	0	697	40	3	7
Nacho Normal Pizza	1 Each	330	13	2.5	15	560	39	3	16
Nachos w/Cheese Only	1 Serving	555	36	15	52	1460	46	4	16
Nachos w/Chili Only	1 Serving	617	29	9	41	1168	63	12	26
Nachos w/Chili & Cheese	1 Serving	586	32	12	47	1314	54	8	21
Open Face Pork Sandwich	1 Each	197	8.5	3	52	145	12	1	18
Open Face Turkey Sandwich	1 Each	237	4	1	31	503	14	1	14
Philly Turkey & Cheese Sandwich	1 Each	314	8	2	33	756	43	2	19
Pizza, Red Baron, Cheese	1 Pizza	540	17	7	30	1180	72	3	25
Pizza, Red Baron, Pepperoni	1 Pizza	590	22	8.5	34	1383	72	3	25
Pizza, Unos, Cheese	1 Slice	310	12	6	25	790	32	2	18
Pizza, Unos, Pepperoni	1 Slice	370	18	8	40	1050	32	2	21
Pretzel	1 Each	380	2	0	0	320	80	4	12
Pretzel, with Cheese	1 Each	390	8	5	30	700	66	2	12
Pulled Pork	1 Serving	136	7.75	2.8	52	34	0	0	16
Roasted Chicken	1 Serving	170	10	2.5	70	230	0	0	21
Shepherd's Pie	1 Each	309	23	10	55	1030	9	2.4	18
Sloppy Joe Sandwich	1 Each	419	18	7	41	1046	48	3.6	20
Snack Wrap, Chicken	1 Wrap	318	14	5	35	834	35	3.9	15
Spaghetti	1 Serving	289	8.3	3	18.5	276	39.1	3.4	13.2
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	346	23	9	48	940	17	2.5	17
Taco Boat	1 Each	346	24	9	48	945	17	3.5	18
Tuna Noodle Casserole	1 Serving	329	13	7	77	1000	28	2	25
Turkey & Cheese Wrap	1 Each	286	8	4	31	486	37	1.6	17
Turkey Cobbler	1 Piece	240	11	4	31	839	19	1	14
Turkey Enchiladas	1 Each	427	19	10	54	1500	43	2	23
Turkey, Hot Sliced, Thanksgiving	2 Ounces	88	3	1	30	385	2	0	12
Turkey, Hot Sliced, Christmas	3 Ounces	132	4.5	1.5	45	578	3	0	18
Turkey Submarine	1 Each	325	9	4	43	538	40	1.6	21
Turkey Supreme	1 Each	360	16	8	91	1258	31	2	24

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Food Item	Portion	Calories	Total Fat - G	Sat. Fat - G	Cholesterol- Mg	Sodium- Mg	Carbohydrate - G	Fiber - G	Protein - G
<i>Lighten Up Selections:</i>									
1905 Salad	1 Each	470	36	8	41	1200	14	4	20
Cheese w/Apple, Celery & Carrots	1 Each	221	14	8.5	40	441	9.5	3	15
Chef's Salad	1 Each	253	14	7.5	165	892	9	3.5	22
Chicken Caesar Salad	1 Each	269	12	4	19	346	16	2.6	22
Cobb Salad	1 Each	174	8.6	4	153	624	8	2	18
Greek Salad	1 Each	442	33	7.5	232	439	18	4	15.5
Large Spinach Salad	1 Each	160	10.5	5	241	754	8	3	17
Oriental Chicken Salad	1 Each	521	29	4	54	320	42	8	32
PB w/Apple, Celery & Carrots	1 Each	265	18	3	0	228	16	5	9
Southwest Black Bean Salad	1 Each	432	16	7	25	1293	57	13	18
Veggie Pita Delight	1 Each	490	18	1.5	0	967	68	13	16
Veggie Pita Pocket	1 Each	562	29	19	76	1300	46	4	27
Vegetarian Taco Salad	1 Each	350	15	7	25	1004	42	9	14
Yogurt Parfait, Cherry & Blueberry	1 Each	304	7	1	5	184	51	5	11
Yogurt Parfait, Cherry & Peach	1 Each	330	7	1	5	188	59	5	11
Yogurt Parfait, Peach & Blueberry	1 Each	304	7	1	5	188	53	4	11
<i>Condiments:</i>									
Brown Gravy	1 Serving	10	0	0	0	142	2	0	0
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
Oriental Dressing	1 Ounce	139	13	1	0	110	5	0	0
Ranch Dressing	1 Ounce	50	4	0.5	0	253	3	0	0
Salsa	0.25 Cup	20	0	0	0	264	4	1	0
Yogurt & Cream Cheese, plain	1 Oz	60	3.5	2	15	90	3	0	5
Yogurt & Cream Cheese, strawber.	1 Oz	60	3	2	10	75	4	0	4
<i>Breads/Grains:</i>									
Berry Muffin	1 Muffin								
Café Crackers	4 Packages	120	6	0	0	300	16	0	4
Cornbread	1 Piece	93	2.7	0	13	67	15	1	2
Cornbread Stuffing	1 Serving	145	6	1	6	333	19	2	3
Couscous	0.5 Cup	110	0.5	0	0	2.5	23	1	4
Garlic Toast	1 Slice	126	1	0	0	171	25	2.7	4
Golden Pilgrim Rolls / Holiday Roll	1 Roll	152	5	1	13	16	23	1	3.5
Vegetable Fried Rice	0.5 Cup	155	3.4	0.5	52	211	25	0.6	5
Pear Muffin	1 Muffin	164	2	0	0	89	33	1	3
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	1 Roll	174	5	1	0	9	27	1	4
Roll - Yeast	1 Roll	141	4	1	0	12	21	0	3
Spice Bread/Muffin	1 Slice	269	2	0.5	25	157	58	1	4
Spice Cake	1 Piece	160	7	0.6	16	115	22	0.5	1

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<i>Vegetable Selections:</i>									
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	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	6	0	0	0	2	1	0.5	0
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
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
Refried Beans	0.5 Cup	144	3	0.9	0	459	22	5	7
Salsa Queso Soup	1 Cup	145	6	1	5	355	11	2	3.7
Tator Tots	9 Each	144	7	4	9	297	16	2	2
Tossed Salad	1 Each	11	0	0	0	4	2	1	0.5
Vegetable Soup	1 Cup	47	0	0	0	315	9	2.6	2
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
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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
Banana	1 Each	90	0	0	0	1	23	3	1
Berry Crisp									
Cherry Crisp: All	0.5 Cup	277	7.5	1.5	0	77	50	2.6	3
Grapes	0.5 Cup	55	0	0	0	2	15	1	0.5
Mixed Fruit, recipe	0.5 Cup	36	0	0	0	5	9	1	0
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

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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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<i>Juice Selections:</i>									
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
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
<i>Milk Selections-</i>									
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
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