

## Middle and High School Nutrient Analysis for 2010-2011 School Year

Lunch Entrée	Recipe #	Portion	Calories (kcal)	Fat (grams)	Protein (grams)	Carbohydrates (grams)	Fiber (grams)
Asian Chicken Salad	000237	1 each	130	1.4	6.6	27.6	8.41
Baked Chicken (w/o breading)	000186	1 portion	123	7.0	13.0	.6	0
Bar-B-Q Sandwich	000117	1 each	327	12.9	27.2	28.1	2.19
Breaded Beef Steak Sandwich	000299	1 each	456	26.16	19.31	38.15	1.44
Beef-O-Roni	000148	1portion	267	12	17	21	0
Burrito	000126	portion	340	12.0	16	42.0	4.00
Cheese and Chicken Quesadilla	000269	1 each	348	17	21	32	3.3
Cheesy Garlic Bread	000287	1 portion	340	3.5	16	44	2
Cheese Pizza	000166	1 each	310	10.0	24.0	36	5.00
Cheese Quesadilla	000129	1 each	390	24	17	30	3.0
Cheese Sticks	000144	5 each	440	26.0	20.0	34.0	0
Cheeseburger on Bun	000107	1 each	323	15.3	20.41	28.6	2.01
Chef Salad w/ Chicken Salad	000219	1 each	299	8.9	23.7	34.2	6.71
Chef Salad w/ Tuna Salad	000218	1 each	420	22.6	27.3	29.6	6.27
Chef Salad w/Ham and Cheese	000174	1each	153	8.1	13.0	7.1	2.07
Chicken Fryz- Spicy	000196	8 strips	178	8.4	15.7	10.0	1.04
Chicken Fryz-Regular	000195	8 strips	155	5.8	15.1	10.1	0.30
Chicken Nuggets	000006	5 each	248	15.5	15.0	12.0	*0.00
Chicken Pattie(Grilled)on bun	000203	1 each	284	12.1	18.3	28.2	2.37
Chicken Rings/Kings Delight	000173	5 rings	236	16.4	11.3	12.3	*0.00
Chicken Sandwich (Breaded)on bun	000160	1 each	379	17.7	19.6	36.8	1.12
Corn Dog	000113	1 each	270	14.0	10.0	27.0	2.70
Country Chicken Salad	000214	1 each	360	18.8	21.8	27.0	2.62
Fish on Bun	000111	1 portion	294	6.7	19.6	39.8	1.12
Garden Burger on Bun	000235	1 each	224	4.2	17.6	30.8	5.12
Grilled Cheese (1 oz cheese)	000135	1 each	226	10.9	9.5	25.0	2.03
Hamburger on Bun	000003	1 each	270	10.9	17.7	28.1	2.0
Hot Dog on Bun	000066	1 each	270	17.5	10.0	20.0	1.00
Hot Pocket- Vegetarian	000234	1 each	360	14	16	42	4
Macaroni and Cheese	000141	3.6 oz	145	7.0	8.0	12.5	.5
Meatball Sub (5 meatballs)	000013	1 each	250	12.30	15.8	22.5	2.63
Meatloaf	000010	1 portion	187	13.5	14.71	4.34	1.41
Nachos w/Chili & Cheese	000189	1 portion	341	21.2	15.1	24.6	1.80
Pepperoni Pizza/Giorgio/Wheat	000168	1 each	330	13.0	24.0	34.0	6.00
Popcorn Chicken	000159	14 pieces	198	10.6	14.3	11.5	*0.00
Rib B Que	000109	1 portion	278	8.7	22.1	29.9	1.22
Sloppy Joe on Bun	000005	1 portion	345	12.8	20.9	35.9	2.4
Smucker's Peanut Butter & Jelly	000212	1 each	570	32.0	17.0	54.0	5.0
Southwest Chicken Salad	000215	1 each	375	1.4	6.6	27.6	8.41
Spaghetti With Meat Sauce	000018	1 portion	378	16.7	21.2	33.2	2.33
Sub-Made to Order	000207	3 oz sandwich	318	12.9	27.2	28.1	2.19
Sub-Turkey, Ham and Cheese	000171	1 each	277	8.22	21.37	35.94	2.14
Sub-Vegetarian	000238	1 each	430	16.3	10.42	25.69	1.66
Tuna Wrap	000176	1 each	436	24.89	23.62	26.8	1.16
Vegetarian Chili (without potato)	000220	8 oz.	240	24.4	30.2	21.7	0.90

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9/1/2010

Vegetable Beef Soup	000183	1 cup	<b>91</b>	3.04	6.31	11.06	2.52
Wrap-Turkey, Ham and Cheese	000172	1 each	<b>291</b>	11.2	18.4	26.9	1.01

Fruit and Vegetables	Recipe #	Portion	Calories (kcal)	Fat (grams)	Protein (grams)	Carbohydrates (grams)	Fiber (grams)
Apple-Fresh	000064	1 med	<b>72</b>	0	.23	19.6	3.31
Apples-Canned, Sliced	000131	½ cup	<b>68</b>	.4	.2	17.2	2.04
Applesauce	000089	½ cup	<b>90</b>	0	0	22	1.99
Baked Beans	000069	½ cup	<b>119</b>	.48	5.08	26.99	5.24
Baked Potato (Plain)	000044	1 portion	<b>161</b>	.2	4.3	36.6	3.81
Broccoli Salad	500039	½ cup	<b>154</b>	3.67	1.76	31.05	1.99
Broccoli Spears(steamed)	000070	½ cup	<b>26</b>	.1	2.85	4.92	2.76
Cabbage (steamed)	000095	½ cup	<b>17</b>	.05	1.9	8.28	2.86
Carrot Raisin Salad	500045	½ cup	<b>156</b>	3.68	1.8	31.84	3.08
Carrots-Cooked	000130	½ cup	<b>18</b>	.14	.46	4.04	1.1
Cole Slaw	000134	½ cup	<b>46</b>	1.56	.78	7.44	1.1
Corn (sweet kernel)	000065	½ cup	<b>82</b>	.64	2.5	19.7	2.18
French Fries- Baked	000184	3 oz	<b>170</b>	7.0	2.0	25.0	2.0
Fruited Jello	000071	½ cup	<b>99</b>	.03	2.25	24.06	.60
Garden Salad (no dressing)	000087	½ cup	<b>19</b>	.2	1.1	3.7	1.54
Green Beans	000102	½ cup	<b>20</b>	2.0	1.0	3.0	1.0
Ice Juicy	000146	1 portion	<b>80</b>	0	0	20	0
Lettuce and Tomato	000121	¼ cup	<b>10</b>	.2	.6	2.2	.76
Lima Beans	000428	½ cup	<b>80</b>	.09	4.51	15.9	4.4
Mashed Potatoes (no gravy)	000132	½ cup	<b>123</b>	5.67	1.14	16.4	2.51
Mixed Vegetables	000433	½ cup	<b>59</b>	.135	2.6	11.9	4.0
Orange-Fresh	000086	1 small	<b>47</b>	.12	.94	11.75	2.4
Peaches	000093	½ cup	<b>53</b>	0	.4	14.2	1.27
Pears	000105	½ cup	<b>72</b>	0	.2	19	2.01
Peas	000112	½ cup	<b>60</b>	0	4.0	10.	3.0
Pineapple Chunks	000103	½ cup	<b>73</b>	1	.5	19.2	.98
Potato Rounds	000138	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
Rolls- Homemade (2 oz)	500164	1 roll	<b>176</b>	4.2	4.5	29.8	1.2
Rolls- Purchased (1 oz)	000277	1 roll	<b>70</b>	1	3	14	1
Spinach (steamed)	000104	½ cup	<b>20</b>	.24	1.68	3.38	1.16
Sweet Peas	0000112	½ cup	<b>61</b>	.36	3.91	11.2	3.65
Sweet Potato Fries	000276	½ cup	<b>140</b>	6	1	21	2
Sweet Potatoes	000276	½ cup	<b>106</b>	.31	1.25	24.85	2.9
Three Bean Salad	000279	½ cup	<b>109.6</b>	3.04	2.16	10.63	2.33
Vegetable Beef Soup	000183	1 cup	<b>91</b>	3.04	6.31	11.06	2.52

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Breakfast Entrees	Recipe #	Portion (kcal)	Calories (grams)	Fat (grams)	Protein (grams)	Carbohydrates (grams)	Fiber
French Toast Sticks	000275	2 sticks	110	3.5	2	17	1
Breakfast Chicken Pattie on Bun	000036	1 Portion	225	17.0	10.	21.0	1.12
Cinnamon French Toast	000029	1 slice	220	7.0	9.0	31.0	0
Donut	000024	1 each	290	10.99	6.99	41.97	0
Egg Pattie	000123	1 portion	60	4.0	5.0	1.0	0
Ham	000199	1 oz	33	1.15	5.27	.35	0
Kellogg's Apple Jacks reduced Sugar	000047	1 each	80	0	1	18	0
Kellogg's Foot Loops Reduced Sugar	000046	1 each	70	.5	1	16	0
Kellogg's Frosted Flakes reduced Sugar	000048	1 each	100	0	2	25	0
Omelet		1 portion	108	3.3	8.38	1.37	.036
Peach Yogurt	000249	4 oz	100	.50	4	20	0
Pizza Pocket	000023	1 portion	180	9.0	8.0	17.0	0
Sausage and Pancake on Stick	000021	1 portion	251	11.0	11.5	26.1	.5
Sausage Pattie	000163	1 pattie	90	7.0	6.0	1.0	0
Smuckers Peanut Butter and Jelly	000033	1 each	320	16	9	33	3
Strawberry Banana Yogurt	000263	4 oz	100	.50	4	19	0
Strawberry Yogurt	000244	4 oz	100	.50	4	19	0
Toast-Texas	000061	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
Mayonnaise	1 packet	88	9.53	.146	.413	.013
Mustard	1 packet	5	.113	.34	.568	.07

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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