



Feeding Body & Mind...One Child At A Time

Nutrition Information on Food Items Used in Secondary School Menus

2011-2012 School Year

NOTE: Student Nutrition Services attempts to provide nutrition information that is as accurate as possible. It is based upon standard portion product guidelines, and variations of serving sizes and/or ingredient content may occur. (Nutritional information is provided by manufacturers and USDA and is subject to change periodically). Revised October 11, 2011

BREAKFAST FOODS

Product Description	Kcals	Fat (gm)	% Kcals from Fat	Sat Fat (gm)	% Sat Fat	Trans Fat (gm)	Protein (gm)	Carbs (gm)	Sodium (mg)	Dietary Fiber (gm)	Additional Comments
Assorted Yogurt	110	2	16%	1	8%	0	5	19	80	0	15% RDA Calcium
Biscuit, 2oz	190	8	37%	7	33%	0	4	24	580	0	
Breakfast Egg Casserole	138	6	39%	2	13%	0	11	10	475	1	
Breakfast Pizza- Ham & Cheese	150	6	36%	2	12%	0	8	17	480	0	
Breakfast Protein Bar- Banana/Choc	280	8	26%	3	10%	0	5	48	220	3	Whole Grain
Breakfast Protein Bar- Oatmeal	290	10	31%	3	9%	0	5	47	180	3	Whole Grain
Breakfast Scrambler	477	27	51%	10	19%	0	36	23	732	2	
Chicken Biscuit	300	14	42%	8	24%	0	11	32	760	1	
Cinnamon Toast (2slice)	363	12	30%	3	7%	0	7	62	530	4	Whole Grain Bread
Cuban Cheese Toast (1 piece)	316	17	47%	9	27%	0	18	22	472	7	
Egg & Cheese Biscuit	300	16.5	50%	10.5	32%	0	10	26	880	0	
Egg & Cheese English Muffin	253	10.5	37%	3.5	12%	0	15	27	359	3	Whole Grain
French Toast Sticks (3 sticks)	249	10.5	38%	3	11%	0	5	34	195	0	Made w/ Whole Grains
Fruit & Yogurt Parfait	275	3	10%	1	3%	0	7	57	118	4	Low fat yogurt
Granola (1/4cup)	94	3	24%	0.5	5%	0	3	16	19	1	
Ham, Egg & Cheese Biscuit	438	24	50%	12.5	26%	0	25	29	1792	0	

Product Description	Kcals	Fat (gm)	% Kcals from Fat	Sat Fat (gm)	% Sat Fat	Trans Fat (gm)	Protein (gm)	Carbs (gm)	Sodium (mg)	Dietary Fiber (gm)	Additional Comments
Ham, Egg & Cheese English Muffin	391	18	41%	5.5	13%	0	30	30	1271	3	Whole Grain
Mozzarella Cheese Stick	80	6	68%	3.5	39%	0	7	1	210	0	
Muffin, Banana Reduced Fat	170	5	26%	1	5%	0	3	28	180	1	Made w/ Whole Grains
Muffin, Blueberry Reduced Fat	160	5	28%	1	6%	0	3	27	190	1	Made w/ Whole Grains
Oatmeal, Apple Cinnamon (1cup)	227	3	11%	0	0%	0	8	45	316	5	Made w/ Whole Grains
Peanut Butter and Jelly Bar	290	17	53%	3	9%	0	8	30	260	3	
Sausage Biscuit	300	18	54%	11	33%	0	7	26	810	0	
Sausage,Cheese English Muf.	273	12	40%	5	16%	0	14	27	516	3	Whole Grain
Southern Style Breakfast											
Cheese Grits (1/2 cup)	194	4	19%	2	9%	0	8	32	49	1	
Scrambled Eggs (1/2 cup)	183	13	64%	4	20%	0	14	3	323	0	
Biscuit	190	6	37%	7	33%	0	4	24	580	0	
Or Potato Babycakes (2ea)	80	5	56%	1	15%	0	1	9	220	1	
Assorted Cereal (3/4 cup)											
Golden Grahams	110	1	8%	0	0%	0	1	23	260	1	Made w/ Whole Grains
Fruity Cheerios	90	1	10%	0	0%	0	1	20	120	1	Made w/ Whole Grains
Total Raisin Bran	100	0.5	5%	0	0%	0	2	25	140	3	Made w/ Whole Grains
Cheerios	70	1	13%	0	0%	0	2	14	130	2	Made w/ Whole Grains
Rice Chex	70	0.5	6%	0	0%	0	1	17	180	0	Made w/ Whole Grains, Gluten Free
Honey Nut Cheerios	110	1.5	12%	0	0%	0	3	22	190	2	Made w/ Whole Grains
Cinnamon Toast Crunch	120	3	23%	0.5	4%	0	1	22	200	1	Made w/ Whole Grains
Beverages											
Assorted Juice (6oz)											
Orange Juice	90	0	0%	0	0%	0	0	21	3	0	Ca & Vit A,C & D Fortified
Apple Juice	90	0	0%	0	0%	0	0	21	0	0	Ca & Vit A,C & D Fortified
Tropical Punch	90	0	0%	0	0%	0	0	21	12	0	Ca & Vit A,C & D Fortified
Grape Juice	90	0	0%	0	0%	0	0	30	0	0	Ca & Vit A,C & D Fortified
Assorted Milk (8oz)											
1/2% Chocolate Milk	150	1.5	9%	1	6%	0	8	26	209	0	30% RDA Calcium
1/2% Strawberry Milk	150	1.5	9%	1	6%	0	9	26	118	0	30% RDA Calcium
Skim Milk	90	0	0%	0	0%	0	8	11	103	0	30% RDA Calcium

Product Description	Kcals	Fat (gm)	% Kcals from Fat	Sat Fat (gm)	% Sat Fat	Trans Fat (gm)	Protein (gm)	Carbs (gm)	Sodium (mg)	Dietary Fiber (gm)	Additional Comments
Low-Fat 1%	100	2.5	23%	1.5	14%	0	8	11	107	0	30% RDA Calcium
Condiments											
Assorted Jelly (1 packet)	35	0	0%	0	0%	0	0	9	0	0	
Peanut Butter (1 packet)	180	15	75%	2	10%	0	7	8	160	2	
Syrup (1 packet)	110	0	0%	0	0%	0	0	27	10	0	
LUNCH FOODS											
Entrees											
Asian Rice Bowl- Sweet & Sour	441	5	10%	1	2%	0	19	76	416	1	
Asian Rice Bowl- Teriyaki	375	4	10%	1	2%	0	22	59	647	1	
Baked Ziti	340	14	37%	2	5%	0	22	31	834	5	Whole Grain Pasta
BBQ Pork Platter	590	15	23%	4	6%	0	46	66	1970	4	
Big Daddy Cheese Pizza	425	15	32%	6	12%	0	24	49	650	3	Made w/ Whole Grains
Big Daddy Pepperoni Pizza	425	16	34%	6	13%	0	24	49	738	3	Made w/ Whole Grains
Buffalo Chicken Strips (4ea)	273	15	49%	3	10%	0	17	18	900	2	
Chicken & Broccoli Pasta	415	14	29%	6	13%	0	30	41	1340	2	Whole Grain Pasta
Chicken Quesadillas (1ea)	591	25	38%	11	17%	0	52	39	1463	3	
Chicken/Yellow Rice (1 cup)	383	15	34%	4	9%	0	37	25	1042	2	
Corndog All Beef	235	12	46%	4.5	17%	0	8	23	645	1	Made w/ Whole Grains
Fiesta Mac (1 cup)	418	5.5	33%	6	13%	0	28	40	572	4	Whole Grain Pasta
Individual Round Pizza- Cheese	340	6	16%	3	8%	0	20	49	550	4	Made w/ Whole Grains
Individual Round Pizza- Pepperoni	340	8	21%	3.5	9%	0	19	47	580	4	Made w/ Whole Grains
Macaroni and Cheese (1 cup)	445	16	48%	8	15%	0	27	48	1531	2	Whole Grain Pasta
Pizza Sticks (3ea)	450	18	36%	6	12%	0	21	51	1110	6	
Pocorn Chicken Bowl	255	6	21%	2	7%	0	14	37	924	2	
Southern Style Chicken Bites (5ea)	160	7	39%	1.5	8%	0	16	7	290	0	
Spaghetti w/ Meat Sauce (1 1/2 cup)	351	8.5	22%	1.5	4%	0	20	64	1072	8	Whole Grain Pasta
Spaghetti w/ Meatballs (1 1/2 cup)	433	14	29%	3.5	7%	0	26	64	1290	8	Whole Grain Pasta
Sweet & Spicy Pork Rice Bowl	470	12	23%	3	6%	0	31	36	1470	2	
Turkey Pot Roast w/ Mashed Pot	139	6	25%	2.5	10%	0	17	17	827	2	
Vegetable Lasagna	349	15	39%	1	3%	0	20	32	1694	6	Whole Grain Pasta

Product Description	Kcals	Fat (gm)	% Kcals from Fat	Sat Fat (gm)	% Sat Fat	Trans Fat (gm)	Protein (gm)	Carbs (gm)	Sodium (mg)	Dietary Fiber (gm)	Additional Comments
Sandwiches											
BBQ Cuban Pork Sandwich	329	10	27%	2.5	7%	0	32	30	683	4	Whole Grain Bun
Cheeseburger	338	15	39%	6	16%	0	27	26	702	5	Whole Grain Bun
Chicken & Ranch Pita	384	18	42%	4	9%	0	27	29	1115	2	
Chicken Supreme Sandwich	376	10	24%	1	2%	0	24	45	978	4	Whole Grain Bun
Grilled Chicken Sandwich	280	10.5	34%	1.5	5%	0	43	31	580	4	Whole Grain Bun
Ham & Cheese Sub	272	7	23%	2	7%	0	19	34	972	1	Whole Grain Bun
Ham and Cheese Wrap	356	12	30%	4	10%	0	23	40	1425	3	
Hamburger	288	11	34%	4	13%	0	24	26	477	5	Whole Grain Bun
Hot Dog All Beef	300	17.5	53%	6	1800%	0	14	25	780	4	Whole Grain Bun
Peanut Butter & Jelly Sandwich	300	16	48%	3	9%	0	9	35	300	2	
Tuna Salad Pita	313	9.5	27%	2	6%	0	25	31	774	2	
Turkey & Cheese Panini (1/2)	298	11.5	35%	6	18%	0	17	27	759	0	
Turkey & Cheese Pita	307	10	29%	1	3%	0	23	32	555	2	
Turkey & Cheese Wrap	354	12	31%	4	10%	0	24	38	809	3	
Salads (Lite Dressing Not Included)											
Asian Chicken Salad	181	6	30%	0.5	2%	0	11	26	196	4	
Cheese Chef Salad	191	11	52%	2	9%	0	12	14	349	4	
Garden Salad (3/4 cup)	15	0	0%	0	0%	0	2	3	17	1	
Ham Chef Salad	162	6.5	36%	3	17%	0	18	10	611	4	
Southwest Chicken Salad	386	15	35%	5	12%	0	30	39	1012	8	
Turkey Chef Salad	156	5	29%	2	12%	0	22	7	132	3	
Side Items (1/2 cup unless otherwise specified)											
Applesauce	57	0	0%	0	0%	0	0	15	3	1	
Alphabet Soup (1cup)	82	2	22%	1	11%	0	2	14	863	2	
Assorted Fruit Nuggets	50	0	0%	0	0%	0	0	13	10	0	Made from 66% Fruit
Banana Pudding	237	6	23%	5	19%	0	4	43	81	1	
BBQ Baked Beans	210	1	4%	0	0%	0	10	43	436	9	
Birthday Celebration Cake	277	12	39%	1.5	5%	0	3	40	252	0	

Product Description	Kcals	Fat (gm)	% Kcals from Fat	Sat Fat (gm)	% Sat Fat	Trans Fat (gm)	Protein (gm)	Carbs (gm)	Sodium (mg)	Dietary Fiber (gm)	Additional Comments
Breaded Okra	180	7	35%	1	5%	0	3	25	270	3	
Broccoli Casserole	120	8	60%	2	15%	0	5	8	258	3	
Broccoli Salad	152	3	18%	0	0%	0	2	31	129	2	
Broccoli w/ Yogurt Dip	67	0.5	7%	0	0%	0	3	14	66	1	Low Fat Yogurt
Carrot & Raisin Salad	81	4	44%	1	11%	0	1	12	304	2	
Carroteenies w/ Yogurt Dip	76	0.5	6%	0	0%	0	2	17	92	2	Low Fat Yogurt
Chicken Infused Rice	75	0	0%	0	0%	0	2	16	312	0	
Corn & Zucchini Slices	82	2	22%	0	0%	0	3	16	243	2	
Cornbread (1 piece)	159	3	17%	1	6%	0	3	29	665	0	Made w/ Whole Grains
Cuban garlic bread (1 piece)	132	6	41%	3	20%	0	2	15	212	5	
Cucumber Slices w/ Yogurt Dip	61	0.5	7%	0	0%	0	2	13	50	1	Low Fat Yogurt
Frozen Fruit Pop (2.25oz)	60	0	0%	0	0%	0	0	15	10	0	100% RDA Vitamin C
Garlic Roll (1 ea)	170	3	16%	1	5%	0	6	28	260	3	Whole Grain
Goldfish Cheddar Crackers	100	3.5	35%	1	10%	0	3	14	170	1	
Grapes	59	0	0%	0	0%	0	0	15	2	1	
Green Beans	17	0	0%	0	0%	0	1	4	434	2	
Green Peas	74	0	0%	0	0%	0	5	13	404	4	
Honey Glazed Carrots	75	1	12%	0	0%	0	1	18	154	3	
Jello Cubes	69	1	13%	1	13%	0	1	16	32	1	25% RDA Vitamin C
Macaroni & Cheese	223	8	32%	4	16%	0	14	24	766	1	
Mandarin Oranges	77	0	0%	0	0%	0	1	20	7	1	
Mashed Potatoes	51	0	0%	0	0%	0	0	10	381	0	
Mexican Cornbread	219	6	25%	3	12%	0	8	32	797	1	
Mexican Infused Rice	100	1	9%	0	0%	0	2	21	416	0	
Mixed Vegetables	74	0	0%	0	0%	0	3	15	269	5	
Orange Pineapple Fruit Slushie	62	0	0%	0	0%	0	0	16	4	3	100% Fruit
Pasta Salad	148	7	42%	1	6%	0	4	17	438	1	
Peach & Blueberry Cobbler	193	5	8%	1	5%	0	2	38	97	2	
Peach Slices	52	0	0%	0	0%	0	1	14	5	1	
Pear Slices	65	0	0%	0	0%	0	1	17	5	4	

Product Description	Kcals	Fat (gm)	% Kcals from Fat	Sat Fat (gm)	% Sat Fat	Trans Fat (gm)	Protein (gm)	Carbs (gm)	Sodium (mg)	Dietary Fiber (gm)	Additional Comments
Pineapple Coleslaw	57	3	47%	0	0%	0	1	8	99	2	
Pineapple Tidbits	39	0	0%	0	0%	0	1	10	1	1	
Pineapple Tidbits & Grapes	57	0	0%	0	0%	0	1	15	1	1	
Pinto Beans & Rice	188	1	5%	0	0%	0	7	37	385	5	
Potato Smiles (4ea)	130	5	35%	1	7%	0	2	19	180	2	
Potato Wedges	125	0	0%	0	0%	0	2	28	125	2	
Roasted Vegetables	21	1	43%	0	0%	0	1	2	145	1	
Seasoned Black Beans	136	0	0%	0	0%	0	8	25	807	8	
Steamed Broccoli	25	0	0%	0	0%	0	2	5	238	2	
Stir Fry Vegetables	99	2	18%	0	0%	0	3	15	396	4	
Strawberry Shortcake	226	7	28%	2	8%	0	2	39	137	2	
Sweet Potato Bake	150	3	18%	2	12%	0	4	27	83	2	
Sweet Potato Tots	130	3	21%	0	0%	0	1	23	230	2	70% DV Vitamin A
Tator Tots	141	8	51%	4	26%	0	2	16	283	2	
Tomato Soup (1cup)	45	1	20%	0	0%	0	1	9	371	0	
Whole Grain Roll (1ea)	156	2	12%	0	0%	0	6	28	251	3	Whole Grain
Whole Kernel Corn	84	1	11%	0	0%	0	3	19	353	2	
Yellow Rice	108	1	8%	0	0%	0	4	21	116	2	
Condiments											
Lite Ranch (.75oz)	60	6	90%	1	15%	0	1	1	200	0	Lite
Ketchup (1 packet)	10	0	0%	0	0%	0	0	3	100	0	
Lite Mayonnaise (1 packet)	40	4	90%	1	23%	0	0	2	100	0	Lite
Marinara Sauce (1/4cup)	69	3	33%	0	0%	0	2	12	523	1	
Mustard (1 packet)	5	0	0%	0	0%	0	0	0	56	0	
Oil Vinaigrette (1.5oz)	130	13	90%	2	14%	0	0	4	250	0	
Sour Cream, RF (1 packet)	50	4	72%	2	36%	0	1	2	20	0	Reduced Fat
Tartar Sauce (1 packet)	60	6	90%	1	15%	0	0	1	100	0	
Italian Dressing (1.5oz)	10	0	0	0	0	0	0	2	460	0	Fat Free