



Nutrition Information on Food Items Used in Elementary School Menus 2007-2008 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)

BREAKFAST FOODS

Product Description	Kcals	Fat (gm)	% Kcals from Fat	Sat Fat (gm)	% Sat Fat	Protein (gm)	Carbs (gm)	Sodium (mg)	Dietary Fiber (gm)	Additional Comments
Entrees										
Assorted Yogurt	110	2	16%	1	8%	5	19	70	0	
Bagel, Cinnamon Raisin	230	1.5	6%	0	0%	8	47	350	3	
Bagel, Plain	220	1.5	6%	0	0%	9	45	360	2	
Biscuit	190	9	43%	2.5	12%	4	22	540	0	
Breakfast Pizza- Ham & Cheese	150	6	36%	2	12%	8	17	480	0	
Breakfast Stick	230	12	47%	3	12%	9	23	430	1	
Chicken Biscuit	350	17	44%	4.5	12%	10	35	810	1	
Cinnamon Toast (1slice)	250	9	32%	2.5	9%	5	35	300	2	Made w/ Whole Grains
Cuban Cheese Toast	237	12	46%	4	15%	10	21	595	1	
Egg & Cheese Biscuit	260	12	41%	2	7%	20	31	947	0	
Egg & Cheese Breakfast Burrito	234	9	35%	4	15%	9	29	520	1	
French Toast Sticks (3 sticks)	195	8	37%	1.5	7%	3	28	390	1	
Granola (1/4cup)	94	3	24%	0.5	5%	3	16	19	1	
Ham, Egg & Cheese Biscuit	278	12	39%	3	10%	25	31	1115	0	
Muffin, Blueberry Reduced Fat	160	5	28%	1	6%	3	27	190	1	Made w/ Whole Grains

Product Description	Kcals	Fat (gm)	% Kcals from Fat	Sat Fat (gm)	% Sat Fat	Protein (gm)	Carbs (gm)	Sodium (mg)	Dietary Fiber (gm)	Additional Comments
Oatmeal (2/3cup)	140	4	26%	0	0%	3	23	350	1	Made w/ Whole Grains
Pancakes, Mini Buttermilk (8ea)	160	4	23%	0.5	3%	4	26	340	2	
Peanut Butter and Jelly Bar	210	16	69%	3	13%	10	14	149	0	
Pillsbury Cinnamon Roll	220	7	29%	2	8%	5	34	199	1	
Sausage Biscuit	310	16	46%	5	15%	7	31	810	1	
Vanilla Mini Graham Squares	230	8	31%	2.5	10%	3	37	220	2	
Southern Style Breakfast										
Cheese Grits (1/2 cup)	127	3	21%	2	15%	7	17	49	0	
Scrambled Eggs (1/2 cup)	188	13	62%	4	19%	14	3	315	0	
Biscuit	190	9	43%	2.5	12%	4	22	540	0	
Or Potato Triangle	92	0	0%	0	0%	0	21	114	2	
Assorted Cereal (3/4 cup)										
Golden Grahams	120	1	8%	0	0%	2	26	270	1	Made w/ Whole Grains
Fruity Cheerios	100	1	9%	0	0%	1	23	135	2	Made w/ Whole Grains
Total Raisin Bran	100	0.5	5%	0	0%	3	25	140	3	Made w/ Whole Grains
Cheerios	110	2	16%	0	0%	3	22	210	3	Made w/ Whole Grains
Honey Nut Cheerios	110	1.5	12%	0	0%	3	22	190	2	Made w/ Whole Grains
Cinnamon Toast Crunch	120	3	25%	0.5	4%	1	22	190	1	Made w/ Whole Grains
Whole Grain Total	100	0.5	5%	0	0	2	25	150	2	100% Whole Grain
Beverages										
Assorted Juice (4oz)										
Orange Juice	60	0	0%	0	0%	0	15	0	0	Ca & Vit A,C & D Fortified
Apple Juice	60	0	0%	0	0%	0	14	0	0	Ca & Vit A,C & D Fortified
Grape Juice	80	0	0%	0	0%	0	14	0	0	Ca & Vit A,C & D Fortified
Tropical Punch	60	0	0%	0	0%	0	14	9	0	Ca & Vit A,C & D Fortified
Assorted Milk (8oz)										
1/2% Chocolate Milk	160	1.5	8%	0.5	3%	8	28	200	0	30% RDA Calcium
1/2% Strawberry Milk	170	1.5	8%	1	5%	9	32	125	0	30% RDA Calcium
Skim Milk	90	0	0%	0	0%	8	13	125	0	30% RDA Calcium
Low-Fat 1%	110	2.5	20%	1.5	12%	8	13	125	0	30% RDA Calcium

Product Description	Kcals	Fat (gm)	% Kcals from Fat	Sat Fat (gm)	% Sat Fat	Protein (gm)	Carbs (gm)	Sodium (mg)	Dietary Fiber (gm)	Additional Comments
Condiments										
Lite Cream Cheese (1 packet)	71	6	76%	4	51%	2	1	120	0	Lite
Syrup (1 packet)	122	0	0%	0	0%	1	32	4	0	
Peanut Butter (1 packet)	190	16	76%	3.5	16%	8	6	150	2	
Assorted Jelly (1 packet)	50	0	0%	0	0%	0	13	15	0	
LUNCH FOODS										
Product Description										
Entrees										
Baked Ziti	309	11	32%	2	6%	19	32	690	1	
Beef Gordita Taco	297	11	33%	4	12%	20	33	897	5	
Beef Nachos	381	17	40%	3	7%	16	42	920	3	
Chicken Gordita Taco	355	14	35%	4	10%	33	26	1078	3	
Chicken Nuggets (5ea)	239	15	56%	4	15%	13	11	360	0	
Chicken/Turkey Pot Pie	364	14	35%	2	5%	22	37	935	2	
Chicken/Yellow Rice (3/4 cup)	290	8	25%	2	6%	25	29	373	2	
CornDog	280	15	48%	4.5	14%	10	26	830	1	
Fish Treasures (4ea)	260	13	45%	3	10%	18	17	360	1	
Hot Dog	282	19	61%	9	25%	11	30	700	1	
Jumbo Beef Taco	235	11	42%	4	15%	16	18	507	4	
Lasagna Roll Up	310	14	41%	6	17%	20	25	627	2	
Macaroni and Cheese (2/3 cup)	265	9	31%	5	17%	17	29	941	1	
Mozzerella Cheese Sticks (6ea)	360	18	45%	8	21%	12	32	910	0	
Nachos with Cheese Sauce	313	17	49%	5	14%	12	31	772	2	
Oven Roasted Chicken (2oz)	170	7	37%	2	11%	20	0	60	0	
Pizza Sticks (2ea)	310	14	41%	6	17%	18	32	590	1	
Popcorn Chicken (approx 14)	200	10	45%	2	9%	13	13	500	0	
Ravioli (8ea)	310	10	29%	3	9%	10	40	1060	6	
Spaghetti w/ Meat Sauce (1 cup)	358	9	23%	2	5%	15	54	1311	5	
Spaghetti w/ Meatballs (1 cup)	462	17	33%	5	10%	21	55	1231	4	
Turkey Tetrizzini	356	12	30%	4	10%	33	26	273	1	

Product Description	Kcals	Fat (gm)	% Kcals from Fat	Sat Fat (gm)	% Sat Fat	Protein (gm)	Carbs (gm)	Sodium (mg)	Dietary Fiber (gm)	Additional Comments
Whole Grain Cheese Pizza	260	7	23%	4	14%	18	32	750	5	Made w/ Whole Grains
Whole Grain Pepperoni Pizza	270	8	26%	4	13%	18	32	810	5	Made w/ Whole Grains
Sandwiches										
BBQ Cuban Pork Sandwich	417	8	17%	2	4%	28	52	1571	4	
BBQ Riblet Sandwich	351	11	28%	2	5%	17	49	1059	2	
Cheeseburger	367	16	39%	6	15%	28	33	898	1	
Chicken Salad Wrap	382	15	35%	3	7%	24	35	879	2	
Chicken Supreme Sandwich	470	20	38%	4	8%	21	48	953	0	
Crustless PBJ	320	18	51%	4	11%	10	32	333	2	
Cuban Sandwich	350	9	23%	3	8%	20	41	1320	3	
Grilled Cheese Sandwich	471	20	38%	6	11%	20	59	1369	4	
Ham & Cheese Sub	273	6	20%	2	7%	21	32	1020	2	
Ham and Cheese Wrap	405	16	36%	5	11%	16	40	1630	3	
Hamburger	299	12	36%	4	12%	22	30	447	1	
Meatball Sub	370	18	44%	4	10%	21	33	477	2	
Turkey & Cheese Sub	276	6	20%	2.5	8%	23	31	606	2	
Veggie Burger	320	7.5	21%	1	3%	17	46	483	6	
Salads										
Cheese Chef Salad w/ lite dressing	256	18	63%	3	11%	10	16	596	3	
Chicken Salad Chef w/ Lite Dressing	313	20	58%	4	12%	20	13	804	3	
Garden Salad (1/2 cup)	10	0	0%	0	0%	1	2	11	1	
Ham Chef Salad w/ lite dressing	259	17	59%	4	14%	15	13	968	3	
Oriental Chicken Salad w/ Mandarin Orange dressing	522	27	47%	5	9%	27	40	1154	4	
Spinach and Cheese Chef Salad w/ Mandarin Orange dressing	328	23	63%	2	5%	8	23	461	4	
Tuna Salad Chef	361	21	52%	3	7%	24	18	1068	3	
Turkey and Cheese Chef Salad w/ lite dressing	282	17	54%	4	13%	18	13	489	3	

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Side Items (1/2 cup unless otherwise specified)										
Applesauce	58	0	0%	0	0%	0	15	3	2	
Alphabet Soup (1cup)	82	2	22%	1	11%	2	14	863	2	
BBQ Baked Beans	120	1	8%	0	0%	6	25	558	6	
Broccoli Casserole	120	8	60%	2	15%	5	8	281	3	
Broccoli Salad	225	9	36%	1	4%	3	35	144	3	
Broccoli with lite ranch dip	72	4	50%	1	13%	2	4	185	2	
California Blend Vegetables	46	0	0%	0	0%	2	10	47	3	
Carrot & Raisin Salad	82	4	44%	1	5%	1	12	284	2	
Carroteenies with lite ranch dip	105	4	48%	1	12%	1	9	257	1	
Carrots, Sliced	41	0	0%	0	0%	1	10	83	3	
Chicken Noodle Soup (1cup)	140	3	19%	1	6%	2	22	1200	4	
Cornbread (1 piece)	158	2	11%	1	6%	4	32	487	1	Made w/ Whole Grains
Cuban garlic bread (1 piece)	112	6	48%	1	8%	3	12	144	1	
Frozen Fruit Pop	80	0	0%	0	0%	0	21	15	0	100% RDA Vitamin C
Garlic Roll (1 ea)	170	3	16%	1	5%	6	28	260	3	Whole Grain
Grapes	59	0	0%	0	0%	0	15	2	1	
Green Bean Casserole	64	4	56%	1	14%	2	6	336	2	
Green Beans	17	0	0%	0	0%	1	4	225	2	
Green Peas	67	0	0%	0	0%	4	12	305	4	
Italian Blend Vegetables	29	0	0%	0	0%	1	6	193	3	
Italian Green Beans	30	1	20%	0	0	1	4	297	2	
Jello Cubes	75	0	0%	0	0%	1	18	50	0	25% RDA Vitamin C
Mandarin Oranges	77	0	0%	0	0%	1	20	7	1	
Mashed Potatoes	71	0	0%	0	0%	1	16	26	2	
Mexican Rice	89	2	20%	0	0%	2	16	347	0	
Mixed Vegetables	42	0	0%	0	0%	2	8	412	4	
Okra & Tomatoes	21	0	0%	0	0%	1	5	10	2	
Pasta Salad	150	7	42%	1	6%	4	17	495	1	
Peach Slices	52	0	0%	0	0%	1	14	5	1	
Pear Slices	65	0	0%	0	0%	1	17	5	4	

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Peas & Carrots	54	0	0%	0	0%	3	11	160	3	
Peas & Corn	69	1	13%	0	0%	3	14	284	3	
Pineapple Coleslaw	57	3	47%	0	0%	1	8	99	2	
Plantains	106	0	0%	0	0%	1	28	10	2	
Potato Wedges	125	0	0%	0	0%	2	28	125	2	
Potatoes Au Gratin	76	5	59%	2	24%	4	4	128	0	
Seasoned Black Beans	24	0	0%	0	0%	2	5	121	2	
Squash Medley	29	1	31%	0	0%	2	5	6	2	
Steamed Broccoli	17	0	0%	0	0%	2	3	35	2	
Steamed Broccoli w/ Cheese	80	4	45%	1	11%	4	6	130	2	
Tator Tots	141	8	51%	4	26%	2	16	283	2	
Tiny Triangles	132	6	41%	1	7%	2	18	115	0	
Tomato Soup (1cup)	45	1	20%	0	0%	1	9	371	0	
Whole Grain Roll (1ea)	156	2	12%	0	0%	6	28	251	3	Whole Grain
Whole Kernel Corn	84	1	11%	0	0%	3	19	352	2	
Yellow Rice	108	1	8%	0	0%	4	21	116	2	
Condiments										
Assorted Dressing										
Lite Ranch (.75oz)	55	4	65%	1	16%	0	4	213	0	Lite
Lite Caesar (.75 oz)	50	4	72%	1	18%	1	2	440	0	Lite
Fat Free Italian (1.5 oz)	71	7	89%	1	13%	0	3	625	0	Lite
Ketchup (1 packet)	10	0	0%	0	0%	0	3	100	0	
Lite Mayonnaise (1 packet)	40	4	90%	1	23%	0	2	100	0	Lite
Sour Cream, RF (1 packet)	50	4	72%	2	36%	1	2	20	0	Reduced Fat
Marinara Sauce (1/4cup)	69	3	33%	0	0%	2	12	523	1	
Mustard (1 packet)	5	0	0%	0	0%	0	0	56	0	
Tartar Sauce (1 packet)	60	6	90%	1	15%	0	1	100	0	