

**Chartwells School Dining Services
Nutrient Values of Selected Menu Items**

Hot Entrees and Sandwiches

Menu Item	Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calcm	RE Vit-A	Mg Vit-C	G Protn	G Carb	G T-Fat	G S-Fat
Alpine burger w/ onions, lettuce	1 Each	341	63	540	1.68	3.07	193.47	46	1.64	22.84	27.68	14.86	6.49
Austin steak twister	1 Each	687	69	1221	4.79	5.77	255.04	112	31.84	27.06	72.55	32.66	11.7
Baked macaroni and cheese	1 Cup	642	82	1880	2.58	1.99	655.68	338	0.21	29.54	45.65	38.06	19.82
Baked ziti	1 Cup	372	27	839	5.41	2.27	347.82	238	14.11	16.78	46.69	13.45	5.3
Barbecued chicken	1 Serving	222	60	264	0.52	1.16	16.75	78	5.2	20.11	20.15	7.09	1.62
Barbecued chicken (honey barbecued chicken)	1 Serving	222	60	264	0.52	1.16	16.75	78	5.2	20.11	20.15	7.09	1.62
Beef Nachos/cheese sauce	1 Serving	378	48	1141	3.08	1.69	132.59	19	1.48	17.07	29.32	21.9	7.35
Beef tacos, hard shell	2 Each	386	86	971	1.83	2.96	128.43	60	4.87	25.01	21.31	21.82	8.18
Beef and bean chili	½ Cup	141	37	242	1.78	1.67	20.62	50	12.48	12.5	7.86	6.72	2.58
Beefaroni	¾ Cup	240	46	246	1.67	2.9	22	65	6.96	17.24	23.14	8.63	3.23
BLT Burger	1 Each	320	56	424	1.7	3.2	79.76	32	8.98	21.33	27.11	13.5	4.8
Breaded chicken, commodity	1 Serving	162	49	164	0	0.8	12	16	0	13	5	10	3
Breaded fish sticks	3 ea (3.0 oz.)	231	95	495	1.19	0.63	17.01	26	0	13.31	20.2	10.4	2.67
Breaded mozzarella cheese sticks, prefried, oven heated	5 sticks	440	30	820	1	1.9	448	95	0.3	20	34	26	9
Breaded pork patty (porkette), 2.67 oz.	1 Each	233	0	198	1.94	0.36	4.5	0	0	9.8	17	14	5.4
Breadsticks (2), shredded cheese & sauce	1 Serving	445	36	1437	0	3.72	443.39	262	32.37	24.45	51.66	13.72	5.73
Buffalo chicken wrap	1 Each	552	77	1115	4.66	5.05	173.23	264	18.09	36.57	65.95	14.78	3.36
California cheese steak wrap	1 Each	719	77	871	4.11	5.58	240.57	89	9.43	26.39	55.84	43.5	12.86
Canyon Resort Pizza	1/6 pie	455	40	1179	4.2	4.48	43.56	249	93.18	22.91	68.74	9.92	2.03
Caribbean chicken sandwich	1 Each	331	33	878	3.13	2.66	23.26	45	10.17	19.39	35.42	11.52	2.7
Catfish nuggets/strips, commodity	4 Each	260	90	320	0.7	1.6	49	9	0	20	9	15	3.7
Cheese fingers hot pocket "(rip and dip")	1 Each	641	54	1261	3.18	4.93	691.52	151	0	33.95	81.14	19.83	10.01
Cheese steak hoagie	1 Each	540	56	990	4.8	4.11	129.28	20	30.57	23.1	53.21	26.68	8.96
Cheese steak sandwich	1 Each	358	13	564	1.52	3.01	132.04	79	0.03	20.02	24.31	19.76	9.04
Cheeseburger on a Bun	1 Each	351	66	508	1.15	3.12	162.86	79	0.03	22.82	27.04	16.05	7
Chicken and cheese quesadillas	2 Each	454	41	983	3.47	4.33	392.22	78	1.13	24.52	53.5	15.1	5.75
Chicken and Ham Jambalaya	1 Cup	189	39	818	2.52	2.27	211.54	116	60.45	16.74	15.03	8.02	1.45
Chicken cacciatore over white rice	1 Cup	418	51	138	2.48	4.17	42.74	83	44.97	21.98	59.92	9.36	1.91
Chicken club sandwich	1 Each	356	84	979	1.7	2.69	73.84	32	8.98	22.88	34.84	13.49	2.35
Chicken fajita	1 Each	521	63	833	5.34	4.96	172.48	152	63.24	30.9	65.66	14.44	3.67
Chicken nuggets, breaded, baked	5 Each	213	30	426	3.04	1.09	40.59	0	0	14.2	14.2	12.17	2.54
Chicken nuggets, breaded, baked	6 Each	256	37	511	3.64	1.31	48.7	0	0	17.04	17.04	14.61	3.04
Chicken parmesan	1 Each	234	82	1036	2.31	1.21	66.67	73	8	18.17	14.28	11.91	1.98
Chicken parmesan hot pocket	1 Each	640	70	981	4.78	6.84	281.48	139	7.28	37.8	86.16	16.14	5.62

Hot Entrees and Sandwiches, continued

Menu Item	Portion Size	Cals	MG Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calc	RE Vit-A	Mg Vit-C	G Protn	G Carb	G T-Fat	G S-Fat
Chicken patty (breaded) on bun	1 Each	324	77	857	1.13	2.48	74.33	0	0	20.57	34.36	11.02	1.55
Chicken ranchero wrap	1 Each	597	82	1103	4.65	5.03	172.8	262	14.47	36.54	65.37	19.51	3.61
Chicken tenders	4 Each	286	36	549	2.39	2.15	47.75	24	0	13.13	19.11	17.91	4.18
Chinese chicken with pineapple	1 Cup	186	51	297	1.33	1.08	30	16	10	17.29	15.7	6.08	1.45
Egg on a biscuit	1 each	268	107	692	0.81	2.42	50.81	41	0	6.9	31.26	12.82	2.57
Eggplant parmesan	1 Serving	379	37	736	6.13	2.56	468.24	179	7.28	17.76	32.65	20.01	7.69
French toast sticks	4 Each	310	20	520	1	1.44	19.98	0	0	5.99	41.97	13.99	2.5
FROZEN PIZZA (elementary schools):													
Pizza,Tony's Breakfast Sausage	1 piece	227	14	628	1.1	1.75	139.88	56	42	9.41	22.51	11.15	3.37
Pizza,Tony's Cheese Wedge	1 piece												
Pizza,Tony'sThickCrustCheese4x6	1 piece												
Pizza,Tony'sSmart4x6Cheese4x6	1 piece												
Pizza,Tony'sSmartPep50/504x6	1 piece												
Pizza,Tony'sSmartSausage50/504x6	1 piece												
Grilled chicken on a whole wheat bun	1 Each	410	72	1018	2	3.31	150	0	0	21.46	52.21	12.15	0.95
Ham and cheese hot pocket	1 Each	612	46	2267	4.18	5.94	631.43	0	0	30.42	86.69	16.29	5.02
Ham on a biscuit	1 each	263	16	938	0.81	2.84	33.4	1	0	9.23	30.35	11.73	2.03
Ham slice or strips	2 oz. slice	60	25	730	0	0.4	0	0	0	8	2	2	1
Hamburger on a bun	1 Each	317	57	322	1.19	3.27	85.05	0	0	21.38	28.04	12.46	4.55
Homemade cheese pizza	1/6 pie	527	28	1101	2.61	3.84	402.76	124	9.54	26.42	64.59	17.13	7.13
Homemade pepperoni pizza	1/6 pie	519	41	1222	2.65	3.97	392.31	131	9.48	24.67	66.12	16.63	7.36
Honey mustard chicken wrap	1 Each	552	72	911	4.77	5.13	177.45	263	14.55	36.74	70.72	12.68	3.12
Hot and spicy chicken, Oriental style (Asian spicy chicken)	1 Serving	161	60	224	0.38	1.2	32.65	10	1.75	20.53	1.94	7.47	1.56
Hot dog on a bun	1 Each	309	30	885	1.15	2.2	67.05	0	0	9.99	23.69	18.93	7.13
Italian meat sauce	1/2 Cup	227	59	93	3.06	3.98	54.51	151	13.99	18.45	12.65	11.93	4.21
Jamaican Jerk Chicken Over Yellow Rice	1 Serving	497	53	894	2.09	4.77	41.25	119	2.36	27.81	77.19	7.26	1.34
Korean ribs braised with sesame sauce	1 Each	220	37	595	0.75	1.05	40.84	5	1.92	11.09	9.93	14.98	4.71
Lasagna, cheese, E/Side entrees	2 pieces	316	92	905	1.22	2	346.08	138	0	18.89	35.86	10.49	5.69
Meat lover's lasagna	12 oz.	329	50	385	3.68	3.05	181.41	448	19.42	20.1	35.01	11.97	4.43
Meatball sandwich	1 Each	347	33	1089	3.01	3.5	86.18	150	5.5	17.22	36.3	14.03	4.87
Meatballs, ½ oz. Each	2.5 oz.	167	33	467	0	1.5	33.35	0	1	11.67	6.67	10.01	4.17
Meatloaf, beef variation	3/4 slice"	177	62	161	0.86	1.94	45.53	29	2.48	15.12	8.72	8.77	3.33
Nachos with easy creamy cheese sauce	serving	600	127	1577	2.02	2.65	427.53	161	0	35.27	30.1	36.82	17.63
Nachos, meat, cheese	1 Serving	376	58	1359	3	1.67	123.31	0	0	19.83	36.1	17.28	6.65
Open face hot turkey sandwich	1 Each	236	15	563	1.4	2.52	29.41	8	0.2	11.48	36.12	4.78	1.26
Oven fried chicken	1 Each	173	95	123	0.64	1.62	146.62	95	0.14	15.26	19.7	3.22	0.97

Hot Entrees and Sandwiches, continued

Menu Item	Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calcm	RE Vit-A	Mg Vit-C	G Protn	G Carb	G T-Fat	G S-Fat
Pancakes	2 Each	139	16	374	1.16	1.14	25.35	0	0	3.8	26.61	2.22	0.32
Pepperoni bread	1 Each	734	71	1666	3.61	5.36	468.42	125	0.2	33.23	81.33	30.36	13.77
Popcorn chicken	15 pc. (3.56 oz)	273	20	798	1.01	1.09	20.2	253	0	16.16	18.18	15.15	3.03
RIB B Q (BBQ ribbie) sandwich on bun	1 Each	326	66	765	1.28	2.84	74.49	39	3.13	19.94	26.79	14.71	4.54
Rigatoni with 4 cheeses	2 cups	673	62	579	3.24	4.57	663.27	206	5.89	32.77	86.18	21.56	12.18
Roast chicken	1 Serving	194	72	67	0.85	1.76	20.49	81	1	23.01	2.07	10.04	2.79
Roast turkey	2 oz.	89	39	36	0	0.77	10.77	0	0	16.95	0	1.83	0.58
Salsa chicken wrap	1 Each	527	72	925	5.04	5.66	176.2	278	15.61	36.96	64.35	12.57	3.11
Sausage on a biscuit	1 each	347	20	834	0.81	2.29	34.08	2	0.09	6.99	30.36	22.06	5.89
Sausage patty, cooked	2 oz.	151	56	306	0	0.65	5.1	4	0	11.2	0	11.49	3.14
Scrambled egg patty, cooked	1 Each												
Sicilian calzone	1 Each	657	50	1471	4.11	6.57	407.38	107	9.63	29.6	83.82	22.59	9.16
Sloppy Joe on a bun	1 Each	287	46	435	1.83	3.01	76.74	56	11.99	17.88	31.24	10	3.63
Spaghetti (pasta) and meat sauce	1 1/2 cups	424	59	233	5.45	5.94	64.31	151	13.99	25.13	52.32	12.87	4.34
Spaghetti (pasta) and meatballs	1 Serving	493	51	634	5.57	6.46	59.49	158	14.57	19.25	62.85	17.95	7.92
Stromboli grinder (beef stromboli)	1 Each	427	53	805	2.67	4.02	160.46	101	4.55	24.04	44.91	15.62	5.62
Stuffed crust pizza dippers w/ sauce	1 Serving	417	17	1522	0	1.08	500	242	32.37	20.32	37.09	19.3	5.6
Three cheese lasagna	1 piece	404	48	622	3.14	3.02	629.28	261	7.58	25.01	40.72	15.81	8.07
Toasted (grilled) cheese sandwich, triple decker	1 Each	358	53	1074	0.88	1.25	370.16	369	0.13	14.52	19.62	24.54	12.26
Toasted (grilled)cheese sandwich, single layer (2 oz. cheese per sandwich)	2 Each	325	53	1009	0.61	0.89	357.07	369	0.13	13.53	13.64	24.1	12.2
Toasted (grilled) ham and cheese sandwich	1 Each	288	47	1275	2.13	1.67	193.83	109	0.01	18.25	19.81	15.35	7.1
Twin toasted cheese sandwiches, single layer (1 oz. cheese per sandwich)	2 Each	439	53	1203	1.16	1.62	385.29	423	0.14	15.57	25.67	30.46	13.35
Turkey and cheese hot pocket	1 Each	657	50	1813	4.18	6.13	110.68	0	0	34.45	88.4	18.21	6.03
Turkey hot dog on a bun	1 Each	233	45	1021	1.88	2.08	119.77	0	0	10.66	23.63	10.19	3.01
Vegetable (vegetarian) chili	3/4 Cup	203	7	648	7.81	2.43	196.02	116	14.51	14.43	28.74	4.31	1.7
Warm breaded chicken Caesar salad w/ breadsick	1 Each	428	79	1748	1.33	3.15	76.19	145	12.54	23.25	39.06	20.61	3.38

Cold Sandwiches

Menu Item	Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calcm	RE Vit-A	Mg Vit-C	G Protn	G Carb	G T-Fat	G S-Fat
All American turkey club bagel	1 Each	482	29	1454	3.22	4.46	25.85	31	8.87	27.07	64.04	12.35	2.92
Bologna & cheese on large Kaiser	1 each	439	47	1051	1.83	3.19	144.88	41	0.45	19.11	41.87	20.24	8.53
Bologna & cheese on small Kaiser	1 each	401	47	974	1.5	2.74	141.55	41	0.45	17.78	34.86	19.9	8.45
Bologna & cheese on white	1 each	361	47	970	1.2	2.58	202.05	41	0.45	15.6	28.65	20.05	8.43
Bologna & cheese on whole wheat	1 each	366	47	924	3.86	2.56	166.86	41	0.45	17.21	29.16	20.75	8.58
Buffalo chicken salad wrap	1 Each	544	53	1339	3.76	4.21	163.6	32	12.2	25.63	54.49	24.28	5.42

Cold Sandwiches

Menu Item	Portion Size	Cals	MG Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calcm	RE Vit-A	Mg Vit-C	G Protn	G Carb	G T-Fat	G S-Fat
Cheese hoagie	1 Each	464	67	1471	2.53	2.91	414.61	238	8.98	22.73	38.13	24.65	13.98
Chicken Caesar wrap	1 Each	513	52	912	3.52	4.2	154.84	48	4.18	29.53	54.24	18.61	4.04
Chicken salad in a pita	1 sandwich	325	49	577	5.2	2.72	28.3	15	0.93	22.33	37.06	10.5	2.34
Chicken salad on large Kaiser	1 each	364	49	657	2.18	3.2	35.25	12	0.65	23.31	40.09	10.65	2.54
Chicken salad on small Kaiser	1 each	326	49	581	1.84	2.75	31.91	12	0.65	21.97	33.08	10.32	2.46
Chicken salad on white	1 each	286	49	576	1.54	2.59	92.41	12	0.65	19.79	26.87	10.46	2.44
Chicken salad on whole wheat	1 each	291	49	531	4.2	2.57	57.22	12	0.65	21.4	27.38	11.17	2.59
Chicken salad wrap	1 Each	470	49	871	3.94	4.23	151.05	31	4.35	24.59	54.1	16.6	3.96
Corned beef, turkey, coleslaw on rye	1 Each	625	35	1967	4.92	5.41	129.8	120	97.62	22.98	79.86	23.25	3.97
Fitness Turkey Sub w/ ranch marinated vegetables	1 Each	365	33	1402	3.65	4.21	36.42	45	21.03	18.32	54.41	8	0.76
Grilled chicken grilled vegetable Kaiser	1 Each	428	60	848	4.28	3.87	53.68	801	54.69	31.38	53.28	8.3	1.85
Ham & cheese on white bread	1 sandwich	272	40	1077	1.32	2.19	236.35	86	0.28	15.09	26.8	11.33	6.19
Ham & cheese on whole wheat	1 sandwich	277	40	1032	3.98	2.17	201.16	86	0.28	16.7	27.31	12.04	6.35
Ham & cheese on large Kaiser	1 each	322	41	1321	1.83	3.3	446.59	41	0	19.88	39.35	8.26	3.65
Ham & cheese on small Kaiser	1 each	284	41	1245	1.5	2.85	443.25	41	0	18.54	32.34	7.93	3.57
Ham and cheese hoagie.	1 Each	358	54	1510	2.34	3.57	536.38	179	6.07	22.02	37.6	13.32	5.94
Ham and cheese wrap	1 Each	432	45	1304	3.28	3.37	267.16	138	8.98	18.07	48.74	18.22	7.59
Ham, Pepper Jack cheese on Rye w/ Spicy mustard	1 Each	386	47	1865	6.15	3.76	213.9	37	7.4	24.61	48.05	10.57	3.94
Health Club Sub	1 Each	388	35	1389	3.61	3.98	93.34	58	13.03	22.83	48.86	10.87	2.48
Italian hoagie	1 Each	446	65	1580	2.44	3.26	191.33	191	9.13	23.84	39.19	20.54	9.72
JUNIOR HOAGIES ON HOT DOG BUNS (elem. schools)													
Junior cold cut hoagie	1 each	284	40	1007	1.4	1.84	141.03	55	5.4	13.22	22.36	15.52	6.85
Junior ham & cheese hoagie	1 each	217	32	984	1.4	1.71	136.64	55	3.25	12.76	22.79	8.02	4.02
Junior turkey & cheese hoagie	1 each	205	25	774	1.4	1.41	136.64	55	3.25	14.26	21.29	6.9	3.27
Junior turkey club sandwich	1 sandwich	189	32	920	0.89	1.66	32.31	2	3.37	14.05	15.2	7.53	1.88
Mozzarella w/ roasted vegetables wrap	1 Each	545	36	1172	5.82	4.36	613.49	898	54.69	24.6	68.71	18.97	8.07
Neapolitan hero w/red wine vinaigrette	1 Each	341	26	1379	3.28	3.23	78.28	24	14.66	21.22	50.27	6.23	1.77
PB & J sandwich (single layer) with yogurt Cup (4 oz.)	1 Serving	520	15	624	3.43	2.69	247.85	20	0.17	17.19	68.63	20.82	5.48
Pita w/ turkey and roasted Italian vegetables	1 Each	434	37	1716	4.83	4.18	112.74	798	59.54	24.68	68.37	6.68	1.26
Roast beef deli club hoagie	1 Each	427	42	1053	2.49	4.27	223.76	92	8.98	27.19	42.11	15.65	6.35
Roast beef, red onion, spicy tomato mayo on multigrain	1 Each	272	15	870	6.13	4.48	78.44	40	5.55	17.88	39.36	5.92	1.59
Roast beef, Swiss on Rye w/ honey mustard	1 Each	354	16	1050	5.8	4.63	72.87	60	11.83	20.46	53.16	6.91	1.81
Salami & cheese on large Kaiser	1 each	471	53	1574	1.83	3.56	102.83	41	0	20.97	39.09	24.46	8.15
Salami & cheese on small Kaiser	1 each	433	53	1497	1.5	3.11	99.49	41	0	19.63	32.09	24.13	8.07
Salami & cheese on white	1 each	393	53	1493	1.2	2.95	159.99	41	0	17.45	25.87	24.28	8.05
Salami & cheese on whole wheat	1 each	398	53	1447	3.86	2.93	124.8	41	0	19.06	26.38	24.98	8.21

Cold Sandwiches

Menu Item	Portion Size	Cals	MG Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calcm	RE Vit-A	Mg Vit-C	G Protn	G Carb	G T-Fat	G S-Fat
Santa Fe Turkey and cheddar wrap	1 Each	443	39	1370	4.33	4.91	242.82	107	15.3	22.21	57.14	13.55	5.15
Tuna salad hoagie	1 Each	355	22	795	2.71	3.12	31.74	36	9.65	28.89	40.65	6.72	1.06
Tuna salad in pita	1 each	317	22	728	1.62	2.1	58.98	2	0.57	27.15	36.43	5.59	0.71
Tuna salad on large kaiser	1 each	363	22	828	2.14	3	25.73	2	0.57	29.03	41.53	6.7	1.07
Tuna salad on small kaiser	1 each	324	22	751	1.8	2.55	22.39	2	0.57	27.69	34.53	6.37	0.99
Tuna salad wrap	1 Each	450	22	998	3.85	3.86	133.14	31	7.14	29.85	52.6	12.15	2.36
Turkey & cheese on large Kaiser	1 each	319	28	1081	2.54	2.77	107.46	107	6.6	20.73	41.21	6.91	3.24
Turkey & cheese on small Kaiser	1 each	285	38	1132	1.78	2.87	97.79	41	3.23	18.82	34.13	6.87	3.44
Turkey & cheese on white	1 each	245	38	1127	1.48	2.71	158.29	41	3.23	16.64	27.92	7.02	3.42
Turkey & cheese on whole wheat	1 each	241	38	1006	3.86	2.24	118.57	41	0	18.57	26.04	7.28	3.3
Turkey and cheese hoagie	1 Each	360	51	1166	2.34	4.21	186.38	179	18.07	22.3	37.24	13.58	6.42
Turkey and cheese wrap	1 Each	489	39	1485	3.26	3.37	265.88	115	10.6	18.21	48.68	25.1	7.23
Turkey on whole wheat	1 each	197	24	871	4.15	2.66	44.86	0	3.23	15.11	28.2	3.29	0.78
Whole Wheat Triple Decker Turkey Club on whole wheat	1 Each	354	40	1351	6.82	4.11	72.7	58	14.65	23.6	43.79	10.58	3.01

Cold Entrée Salads

Middle & High Schools

Menu Item	Portion Size	Cals	MG Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calcm	RE Vit-A	Mg Vit-C	G Protn	G Carb	G T-Fat	G S-Fat
Wild Greens Antipasto Salad	1 Each	358	42	796	3.77	4.87	262.34	204	17.55	20.23	45.05	10.83	4.89
Wild Greens Breaded Chicken Caesar Salad	1 Each	295	80	882	2.83	2.06	60.67	169	21.13	19.46	24.94	13.16	2.34
Wild Greens Grilled Chicken Caesar Salad	1 Each	215	43	326	2.83	1.95	69.18	172	21.13	21.6	17.21	6.49	1.95
Wild Greens Catalina Roast Turkey Club Salad	1 Each	96	28	596	1.88	1.11	24.43	157	19.62	12.23	4.79	2.66	0.7
Wild Greens Chunky Tuna Salad	1 Each	121	17	283	2.07	1.9	38.21	224	22.58	15.99	7.51	3.1	0.64
Wild Greens Cobb Salad	1 Each	173	89	526	2.26	1.09	139.58	234	34.42	13.69	5.57	10.51	4.83
Wild Greens Crispy Chicken Popper Salad	1 Each	253	29	648	2.96	1.67	271.03	363	23.95	17.49	16.8	13.4	4.61
Wild Greens Deli Chef Salad	1 Each	221	215	659	1.98	1.44	227.06	304	20.17	17.85	6.7	13.9	6.47
Wild Greens Garden Salad with Cheese	1 Each	197	38	434	1.98	1.02	463.57	287	20.17	15.49	6.89	12.39	7.75
Wild Greens Monterey Ranch Chicken Salad	1 Each	179	42	245	2.74	1.14	243.6	897	21.1	17.29	6.89	9.4	4.34
Wild Greens Tomato Bruschetta Salad w/ Cheese	1 Each	547	38	619	4.54	2.14	499.89	323	40.88	18.36	28.12	41.73	11.66

Elementary Schools

Menu Item	Portion Size	Cals	MG Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calcm	RE Vit-A	Mg Vit-C	G Protn	G Carb	G T-Fat	G S-Fat
Garden salad w/ cheese	1 Each	185	36	393	3.04	0.96	488.84	807	34.03	15.82	10.22	9.44	5.78
BBQ chicken salad	1 Each	151	40	343	1.91	0.97	273.52	135	9.74	17.98	7.07	7.37	3.5

Elementary Schools

Menu Item	Portion Size	Cals	MG Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calcm	RE Vit-A	Mg Vit-C	G Protn	G Carb	G T-Fat	G S-Fat
Three cheese salad	1 Each	195	35	425	1.97	0.72	540.88	581	12.84	19.85	7.22	11.55	6.97
Ham and cheese salad	1 Each	161	40	782	2.24	1.19	372.23	666	15.72	11.76	6.62	10.19	5.76
Chicken Caesar salad	1 Each	190	56	257	1.98	1.64	96.49	155	12.44	20.27	9.32	7.79	2.6
Chef salad	1 Each	173	44	619	2.24	1.19	287.71	666	15.72	13.48	6.47	10.74	5.96
Turkey club salad	1 Each	183	36	893	1.86	1.19	26.47	97	13.24	13.03	11.91	8.63	2.55
Antipasto salad	1 Each	147	33	598	2.21	1.43	229.64	162	18.39	9.93	6.11	9.68	3.97
Oriental chicken salad	1 Each	200	51	108	1.78	2.11	44.19	86	11.44	20.32	10.66	9.1	1.86
Buffalo chicken salad	1 Each	192	60	770	1.51	1.12	234.27	154	18.5	20.22	3.93	10.58	5.5

Grain/Bread Entrée Accompaniments

Menu Item	Portion Size	Cals	MG Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calcm	RE Vit-A	Mg Vit-C	G Protn	G Carb	G T-Fat	G S-Fat
Bagel, 4 oz.	1 Each	312	0	606	2.61	4.04	83.92	0	0	11.91	60.56	1.81	0.25
Biscuit, 2 oz.	1 Each	232	1	671	0.83	2.1	31.26	1	0	3.95	30.94	10.52	1.59
Buttered noodles	1/2 Cup	66	0	18	0.46	0.51	4.2	18	0.03	1.72	9.93	2.05	0.33
Breadstick, soft, 1.5 oz.	1 Each	55	0	115	0	0.9	0	0	0	2	10.5	0.5	0
Bread stuffing	1/2 Cup	121	0	384	1.55	1.22	43.17	37	0.91	3.72	15.64	5.05	1
Cinnamon toast	1 slice	74	0	108	0.57	0.58	21.24	36	0.17	1.05	8.48	4.09	0.74
Corn muffin, 2 oz.	1 Each	91	18	225	0.68	0.55	21.26	13	0.03	2.1	13.92	2.89	0.79
Dinner roll, 1.125 oz.	1 Each	44	0	54	0.61	0.57	28.07	0	0	1.37	7.34	1	0.24
English muffin, 2 oz.	1 Each	145	0	286	1.64	1.54	107.16	0	0.06	4.76	28.35	1.13	0.16
Fortune cookie	serv	18	1	3	0	0.06	0	0	0	0.33	3	0.17	0
Garlic bread	1 slice	61	0	124	0.54	0.7	5.68	9	0.05	1.85	9.68	1.59	0.18
Italian bread slice	1 oz.	38	0	83	0.38	0.42	11.06	0	0	1.25	7.09	0.5	0.12
Cheesy macaroni	1 Cup	126	1	138	0.91	0.98	19.9	0	0	3.59	21.34	2.72	0.56
Macaroni salad, homemade	1/2 Cup	77	0	103	0.61	0.55	6.82	64	0.31	1.79	11.89	2.53	0.04
Mini pancakes, 0.6 oz. ea.	5 Each	97	4	216	0.77	1.48	26.37	12	0.13	2.21	18.54	1.4	0.32
Oriental fried rice	1 Cup	201	38	106	1.76	2.14	27.96	129	3.62	5.21	36.36	3.61	0.7
Pancakes, 1.1 oz.	2 Each	71	3	159	0.56	1.09	19.33	9	0.09	1.62	13.6	1.03	0.24
Pasta salad w/ vegetables, homemade	1/2 Cup	55	0	53	1.14	0.59	12.24	80	7.26	1.99	10.28	0.75	0.12
Pasta with marinara sauce	1/2 Cup	68	0	197	1.59	0.72	7.97	30	4	2.1	12.68	1.27	0.18
Plain pasta	1/2 Cup	47	0	0	0.44	0.47	2.34	0	0	1.6	9.49	0.22	0.03
Rice and beans	1 Cup	115	1	452	4.41	1.45	32.97	16	3.78	4.8	21.81	0.96	0.15
Rice-vegetable casserole (veggie rice)	1/2 Cup	61	0	258	0.64	0.74	6.96	168	1.44	1.32	11.82	0.87	0.12
Saltines, ¼ oz. packages	3 pkg.	91	0	228	0.64	1.2	14.48	0	0	1.96	15.1	2.42	0.35
Waffles, square	2 Each	238	8	784	2	5.5	190.01	0	0	5.6	36.8	7.4	1.42
White rice	1/2 Cup	51	0	151	0.16	0.47	3.95	0	0	1.06	11.13	0.11	0.03

Grain/Bread Entrée Accompaniments

Menu Item	Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calcm	RE Vit-A	Mg Vit-C	G Protn	G Carb	G T-Fat	G S-Fat
White bread	1 slice	34	0	87	0.31	0.48	19.26	0	0	0.97	6.46	0.42	0.09
Whole wheat bread	1 slice	34	0	74	0.97	0.46	10.08	0	0	1.36	6.45	0.59	0.13
Whole wheat dinner roll	1 Each	47	0	85	1.33	0.43	18.78	0	0	1.54	9.05	0.83	0.15

Vegetables

Menu Item	Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calcm	RE Vit-A	Mg Vit-C	G Protn	G Carb	G T-Fat	G S-Fat
Baked beans, canned, vegetarian	1/2 Cup	55	0	220	2	1.8	40	75	1.2	3	11	0.25	0
Broccoli, frozen, cooked	1/2 Cup	13	0	5	1.38	0.28	15.18	87	18.45	1.43	2.46	0.06	0
Carrots, frozen, cooked	1/2 Cup	14	0	22	1.2	0.19	12.77	646	0.84	0.21	2.82	0.25	0.04
Carrots and onions	1/2 Cup	49	0	53	1.67	0.19	20.1	1043	4.47	0.78	6.64	2.43	0.47
Carrot sticks, fresh	1/2 Cup	18	0	30	1.23	0.13	14.5	1236	2.59	0.41	4.21	0.11	0.01
Celery sticks, fresh	1/2 Cup	4	0	25	0.5	0.06	12.4	4	0.96	0.21	0.92	0.05	0.01
Collard greens (no meat)	1/2 Cup	19	0	23	1.4	0.53	96.69	271	12.4	1.44	3.85	0.2	0.03
Cole slaw, commercially prepaed	1/2 Cup	80	0	285	1	0.18	20	50	48	0.5	7.5	5.5	0.75
Corn, frozen, cooked	1/2 Cup	33	0	0	0.98	0.19	1.23	9	1.43	1.05	7.91	0.27	0.04
Creole ratatouille (spicy creole vegetables)	1/2 Cup	60	0	194	2.17	1.38	27.88	28	5.02	1.05	4.77	4.57	0.66
Cucumber slices, fresh	1/2 Cup	4	0	1	0.13	0.07	4.16	5	0.73	0.17	0.94	0.03	0.01
Green beans, frozen, cooked	1/2 Cup	9	0	3	1.01	0.3	16.54	14	1.38	0.5	2.18	0.06	0.01
Green bean salad, homemade	1/2 Cup	29	0	159	1.36	0.41	20.15	24	4.41	0.73	3.51	1.63	0.23
Lettuce, iceberg	1/4 Cup	1	0	1	0.08	0.03	1.24	2	0.19	0.06	0.2	0.01	0
Hash brown patty, 2 oz.	1 Each	62	3	180	0.56	0.2	0	0	0.67	0.56	6.75	3.37	1.69
Mashed potatoes, Trio	1/2 Cup	30	0	13	0.5	0.18	0	0	15	0.5	6.5	0	0
Mixed vegetables, frozen, cooked	1/2 Cup	30	0	16	2	0.37	11.38	195	1.46	1.3	5.96	0.07	0.01
Orange glazed carrots	1/2 Cup	48	0	139	0.78	0.4	17.2	683	6.79	0.43	7.53	1.93	0.37
Oven fries (oven baked French fries)	1/2 Cup	67	0	89	1.07	0.42	2.68	0	3.38	1.06	10.45	2.53	0.42
Peas, frozen, cooked	1/2 Cup	31	0	29	2.2	0.61	9.6	27	3.96	2.06	5.7	0.11	0.02
Peas and carrots, frozen, cooked	1/2 Cup	19	0	27	1.24	0.38	9.2	310	3.24	1.24	4.05	0.17	0.03
Peas and corn, frozen, cooked	1/2 Cup	32	0	15	1.59	0.4	5.41	18	2.7	1.55	6.81	0.19	0.03
Potato salad, commercially prepared	1/2 Cup	75	6	225	0.75	0.13	7.5	8	3.38	1.13	8.63	4.12	0.56
Potato rounds (tater tots, potato puffs)	1/2 Cup	68	0	228	0.98	0.48	9.15	1	2.1	1.02	9.3	3.27	1.55
Potato wedges (baked potato wedges)	1/2 Cup	57	0	18	0.89	0.74	5.67	0	8.33	1.74	12.82	0.12	0.03
Rice and beans	1 Cup	115	1	452	4.41	1.45	32.97	16	3.78	4.8	21.81	0.96	0.15
Salsa, commodity	1/2 Cup	23	0	280	0.91	1.46	7.82	36	2.61	0.98	4.56	0.13	0.01
Sweet potatoes, canned, plain	1/2 Cup	58	0	34	1.15	0.57	14.03	509	16.83	1.05	13.46	0.13	0.03
Sweet potatoes, glazed	1/2 Cup	82	0	43	1.53	0.55	12.34	379	5.45	0.67	15.75	2.02	0.33
Stewed tomatoes	1/2 Cup	16	0	54	0.56	0.25	11.88	34	7.02	0.44	3.75	0.13	0.02

Vegetables

Menu Item	Portion Size	Cals	MG Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calcm	RE Vit-A	Mg Vit-C	G Protn	G Carb	G T-Fat	G S-Fat
Stir fried vegetables (oriental stir fried vegetables)	1/2 Cup	32	0	156	1.07	0.58	32.12	56	17.19	1.21	3.5	1.77	0.24
Mexican corn	1/2 Cup	46	0	104	1.42	1.06	14.06	124	7.21	1.43	9.02	1.25	0.2
Tomato Soup, Campbell's	1/2 Cup	20	0	177	0	0.15	3.75	29	6.77	0.25	4	0.25	0
Tomato Sauce Cup	1/2 Cup	20	0	321	0.92	0.62	7.96	60	4.29	0.81	4.51	0.15	0.02
Tomatos, canned	1/2 Cup	24	0	187	0.6	0.6	9.6	36	10.08	1.56	5.16	0.18	0.02
Tomato wedges or diced tomatoes, fresh	1/4 Cup	5	0	2	0.24	0.1	1.1	14	4.2	0.19	1.02	0.07	0.01
Tossed salad mix, plain	1/2 Cup	3	0	2	0.33	0.13	4.48	51	1.38	0.22	0.6	0.04	0
Tossed salad w/ dressing	1/2 Cup	24	0	44	0	0.04	1.25	7	0	0.04	0.81	2.33	0.29
Vegetable Soup, Campbell's	8 oz.	35	0	391	0	0.35	7.5	302	2.4	1	6	0.5	0
Veggie sticks (celery/carrot), fresh	1/2 Cup	12	0	30	0.91	0.1	14.68	620	1.87	0.33	2.66	0.08	0.01

Fruits & Fruit Juices

Menu Item	Portion Size	Cals	MG Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calcm	RE Vit-A	Mg Vit-C	G Protn	G Carb	G T-Fat	G S-Fat
Apple	1 Each	72	0	1	3.31	0.17	8.28	7	6.35	0.36	19.06	0.23	0.03
Apple Cranberry crisp	1 Serving	192	0	113	2.56	0.97	20.5	75	3.56	1.92	29.76	7.87	1.46
Applesauce, sweetened	1/2 Cup	97	0	4	1.53	0.45	5.1	1	2.17	0.23	25.39	0.23	0.04
Apricots, canned, light syrup	1/2 Cup	80	0	5	2.02	0.49	13.91	167	3.42	0.67	20.86	0.06	0
Baked apple slices	1/2 Cup	86	0	18	1.29	0.22	7.9	16	0.14	0.17	18.94	1.57	0.29
Baked apples & raisins	1/2 Cup	100	0	24	1.42	0.29	9.68	20	0.25	0.28	21.55	2.04	0.37
Banana, Petite	1 Each	93	0	1	2.42	0.31	6.06	8	9.19	1.04	23.66	0.48	0.19
Cranberry sauce, canned, sweetened	1/4 Cup	105	0	20	0.69	0.15	2.77	1	1.39	0.14	26.94	0.1	0.01
Fruit cocktail, canned, light syrup	1/2 Cup	69	0	7	1.21	0.35	7.26	25	2.3	0.48	18.07	0.08	0.01
Mandarin oranges, juice packed	1/2 Cup	36	0	5	1.13	0.26	11.34	124	32.04	0.71	8.89	0.04	0
Orange, fresh	1 Each	62	0	0	3.14	0.13	52.4	28	69.69	1.23	15.39	0.16	0.01
Orange juice, unsweetened	1/2 Cup	55	0	1	0.25	0.21	12.45	10	40.96	1	12.52	0.34	0.02
Peach, fresh	1 Each	34	0	0	1.3	0.22	5.22	47	5.74	0.79	8.3	0.22	0.01
Peaches, canned, light syrup	1/2 Cup	68	0	6	1.63	0.45	3.77	44	3.01	0.56	18.26	0.04	0
Peach Cup, frozen, sweetened	1/2 Cup	118	0	8	2.25	0.46	3.75	35	117.75	0.79	29.98	0.16	0.01
Pear, fresh	1 Each	81	0	1	4.31	0.24	12.51	3	5.84	0.53	21.49	0.17	0.01
Pears, canned, light syrup	1/2 Cup	71	0	6	1.99	0.35	6.22	0	0.87	0.24	18.89	0.04	0
Pineapple chunks, juice packed	1/2 Cup	75	0	1	1	0.35	17.43	5	11.83	0.52	19.55	0.1	0.01
Raisins	1/4 Cup	109	0	4	1.45	0.75	17.76	0	1.2	1.17	28.68	0.17	0.05
Trail mix, commodity	1/2 Cup	297	0	0	6	1.35	39	45	0	3	48	10.8	0.9

Condiments

Menu Item	Portion Size	Cals	MG Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calcm	RE Vit-A	Mg Vit-C	G Protn	G Carb	G T-Fat	G S-Fat
BBQ sauce	1 fl. oz.	23	0	255	0.38	0.28	5.94	27	2.19	0.56	4	0.56	0.08
Caesar dressing, creamy	2 fl. oz.	130	7	333	0	0	14.49	0	0	0	3.62	12.32	2.17
French Dressing, creamy	1 fl. oz.	137	0	268	0	0	0	22	0	0	4.92	12.57	1.91
Poultry gravy, from mix	1 fl. oz.	10	0	142	0.13	0.03	4.87	0	0.32	0.33	1.79	0.24	0.06
Brown gravy from mix	1 fl. oz.	19	1	269	0.26	0.06	16.77	0	0	0.6	3.26	0.43	0.21
Honey mustard cup	1 fl. oz.	70	0	177	0.07	0.19	8.67	271	0.36	0.53	7.23	4.41	0.69
Creamy Italian dressing	2 fl. oz.	220	0	440	0	0	0	0	0	0	12	18	3
Ketchup	1 oz.	28	0	315	0.26	0.14	5.1	29	4.28	0.49	7.31	0.14	0.02
Mayonnaise	1 oz.	202	10	162	0	0	0	0	0	0	0	22.27	3.04
Mustard	1 oz.	21	0	355	0.28	0.57	23.81	0	0	1.33	1.81	1.25	0.06
Ranch dressing, light	2 fl. oz.	93	13	492	0	0	0	0	0	0	9.3	5.98	0.66
Syrup	1 oz.	66	0	23	0.2	0.01	0.85	0	0	0	17.43	0	0

Milk

Menu Item	Portion Size	Cals	MG Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calcm	RE Vit-A	Mg Vit-C	G Protn	G Carb	G T-Fat	G S-Fat
MILK, Skim	HALF PINT	1	83	5	103	0	0.07	306.25	149	0	8.26	12.15	0.2
MILK, 1% Lowfat	HALF PINT	1	102	12	107	0	0.07	290.36	144	0	8.22	12.18	2.37
MILK, 1% Chocolate	HALF PINT	1	158	8	153	1.25	0.6	287.5	148	2.25	8.1	26.1	2.5
MILK, 1% strawberry	HALF PINT	1	210	10	110	0	0	250	100	1.2	7	40	2
MILK, 2% Lowfat	HALF PINT	1	122	20	100	0	0.07	285.48	139	0.49	8.05	11.42	4.81
MILK, Whole	HALF PINT	1	146	34	118	0	0.12	285.6	74	2.16	7.9	11.18	8.02

Desserts

Menu Item	Portion Size	Cals	MG Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calcm	RE Vit-A	Mg Vit-C	G Protn	G Carb	G T-Fat	G S-Fat
Gelatin dessert (Jello)	1/2 cup prepared	70	0	110	0	0	0	0	0	9	2	17	0
Chocolate pudding, Hunts, comm	1 pudding cup	90	0	140	0	0.72	40	0	0	0	2	20	0
Vanilla pudding, Hunt's commod	1 pudding cup	90	0	120	0	0.72	40	0	0	0	2	20	0