

Nutrient List: High School Lunch

12/17/15

Entrées	Portion Size	Carb (g)	Calories	Sodium (mg)	Fiber (g)	Protein (g)	Fat (g)
Burrito, Bean & Cheese	1 each	40.5	291	479	8	15.5	8
Burrito, Bean and Cheese, Ultra Spicy	1 each	41.0	312	447	7.5	15	10.5
Burrito, Beef & Bean	1 each	38.5	279	403	7.5	15.5	8
Burrito, Chicken, Rice & Bean	1 each	37	338	478	5	22	9.5
Cheeseburger on Bun	1 each	33	305	675	4	25.5	9.5
Chicken Nuggets	5 Each	9	170	396	1	15	8
Chicken Sandwich, Breaded	1 each	44	376	670	5	22	14.5
Chicken Sandwich, Hot & Spicy	1 each	48	430	700	6	23	17.5
Chicken Tender Strips	4 each	16	260	390	3	15	15
Chicken Teriyaki with Rice, No Roll	1 serving	49.5	475	1232	1	38	12.5
Chips, Tortilla	1 package	31.0	280	300	3.0	2.5	16.0
Daily Special, BBQ Chicken, Macaroni & Cheese, Vegetable & Roll	1 serving	49	530	923	4.5	33	22.5
Daily Special, Country Fried Steak, Mashed Potato & Gravy, Mixed Vegetable & Roll	1 serving	73.5	590	1299	7	24	22
Daily Special, Chicken Parmigiana with Pasta	1 serving	46	413	603	7	24.5	16
Daily Special, Chicken Chile Verde, Spanish Rice, Vegetable and Cornbread	1 serving	69	552	1293	8	29.5	16
Daily Special, Enchilada Burrito w/Rice and Vegetables	1 serving	81.5	499	923	13.5	20.5	10.5
Daily Special, Macaroni and Cheese with Vegetables	1 serving	51	488	1238	5.5	21.5	22.5
Gravy, Beef	#30	3.6	18	70	0.1	0.3	0.3
Gravy, Chicken	#20	4.3	27	157	0.1	0.3	1
Hamburger on Bun	1 each	32	270	570	4	22	7.5
Hot Dog, Beef on Bun	1 each	31	400	1040	3	17	24
Jordan Pre-Pack, Chicken Egg Roll w/ Rice	1 serving	56	387	740	3.5	20	9.5
Jordan Pre-Pack, Chicken Tenders w/ Potato Rounds & Roll	1 serving	53	515	840	6.5	19	26
Jordan Pre-Pack, Chile Verde w/ Spanish Rice & Roll	1 serving	53	413	1037	5	27.5	9.5
Jordan Pre-Pack, Enchilada Burrito and Vegetables	1 serving	52.8	370	742.5	11.5	18	10.2
Jordan Pre-Pack, Southwest Chicken Bowl & Roll	1 serving	74.5	536	1226	9	35	11.5
Jordan Pre-Pack, Spicy Chicken Nuggets w/ Potato Rounds & Roll	1 serving	50	471	850	5.5	18	23
Jordan Pre-Pack, Teriyaki Chicken Bowl & Roll	1 serving	63.5	492	1137	2	35	11
Jordan Pre-Pack, Turkey and Gravy w/ Biscuit	1 serving	38.5	421	1234	3.5	31	12.5
Meatballs, Teriyaki with Rice	1 each	44	288	857	2	14.5	5.5
Nacho Supreme	1 serving	53	533	1270	8.5	19	27

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<b>Entrées, cont'd</b>	<b>Portion Size</b>	<b>Carb (g)</b>	<b>Calories</b>	<b>Sodium (mg)</b>	<b>Fiber (g)</b>	<b>Protein (g)</b>	<b>Fat (g)</b>
Pasta with Meatballs	1 each	60	460	619	9	30	13
Pizza Quesadilla	1 each	40	330	830	4	16	12
Pizza, Personal Pan, Cheese	1 each	32	300	510	3	16	12
Pizza, Personal Pan, Pepperoni	1 each	33	350	770	3	20	15
Quesadilla, Chicken and Black Bean	1 each	35.5	268	469	7	17.5	7
Rice, Brown	1/2 cup	23.0	114	0	1.0	2.5	0.0
Rice, Spanish	1/2 cup	27.5	133	163	2	3.5	1
Roll, T-Biscuit	1 each	15.0	80	125	1.0	4	1.0
Roll, Whole Grain	1 each	17.0	80	125	1.0	3	1.0
Salad, Chef w/Dressing & Spicy Cheese Crackers	1 each	37	444	1287	6.5	22	0.5
Salad, Chicken w/Dressing & Spicy Cheese Crackers	1 each	37.5	492	1076	6.5	27.5	27.5
Salad, Tuna w/Dressing & Spicy Cheese Crackers	1 each	35.5	450	1027	6.5	30.5	19.5
Sandwich, Fish	1 each	48.5	398	1067	5.5	23.5	13
Sandwich, Ham and Cheese	1 each	34.0	291	952	3.0	24	8.5
Sandwich, Ham Deli	1 each	31.5	263	1058	2.5	23	5.5
Sandwich, Meatball Sub	1 each	44.5	348	795	6.5	24	10.0
Sandwich, Peanut Butter & Jelly Sandwich, 5.3 oz.	1 each	64	630	630	6	19	33
Sandwich, Sun Jammer	1 each	44.0	537	451	9.5	16.5	41.5
Sandwich, Tuna	1 each	28.5	247	555	3.0	25	4.0
Sandwich, Turkey Deli	1 each	29.5	282	1081	2.5	26.5	7.5
Sandwich, Turkey Ham & Cheese, Hot	1 each	32.0	281	942	3.0	24	8.0
Sandwich, Turkey Pastrami & Cheese, Hot	1 each	30.0	317	1108	3.0	21.5	13.0
Sandwich, Turkey & Cheese	1 each	33.0	287	875	3.0	23.5	8.5
Sauce, BBQ	1 tablespoon	3.5	18	40	0	0	0
Sauce, Teriyaki	2 Tbsp	6.0	26.0	173.0	0.0	0.0	0.0
Southwest Chicken Bowl with Rice, Beans and Roll	1 each	74.5	536	1226	9	35	11.5
Spicy Cheese Crunchers	4 each	40	530	830	4	20	31
Taco, Fish with Chipotle Slaw & Pico de Gallo	1 each	32	339	879	3.5	18.5	15
Yogurt & Granola	1 each	81	451	214	3.5	12	9
<b>Fruits and Vegetables</b>	<b>Portion Size</b>	<b>Carb (g)</b>	<b>Calories</b>	<b>Sodium (mg)</b>	<b>Fiber (g)</b>	<b>Protein (g)</b>	<b>Fat (g)</b>
Fruit Cup, Applesauce	1 each	14	51	2	1	0	0
Fruit Cup, Peach	1 each	19	80	0	1	1	0
Fruit Cup, Strawberry	1 each	21	80	0	2	0	0
Fruit, Apple Pear	1 each	15.5	61	0	5	0.5	0
Fruit, Apple Slices, Fresh	1 package	8	34	0	2	0	0

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Fruit, Apple, Fresh	1 each	20	77	0	3.5	0	0.5
Fruit, Applesauce	1/2 cup	16	60	0	2	0	0
Fruit, Banana	1 each	38.5	151	2	4	1.5	0.5
Fruit, Dried Mixed	1 box	30	120	25	2	1	0
Fruit, Grapes	1 serving	14.5	57	2	0.5	0.5	0
Fruit, Mixed	1/2 cup	15	60	5	1	0	0
Fruit, Orange, Fresh	1 each	15.5	62	0	3	1	0
Fruit, Peaches, Diced	1/2 cup	17	70	10	1	1	0
Fruit, Pears, Diced	1/2 cup	20	80	5	2	0	1
Fruit, Pears, Fresh	1 each	21	82	0	3	0.5	0.5
Fruit, Persimmons	1 each	18	68	1	3.5	0.5	0
Fruit, Pineapple	1/2 cup	17	70	0	1	0	0
Fruit, Plum, Fresh	1 each	7.5	30	0	0.5	0.5	0
Soup, Minestrone	2/3 cup	13.5	76	162	2.5	2.5	1
Vegetables, Beans, Seasoned	1/2 cup	17.5	96	273	5.5	6	13
Vegetables, Beans, Southwest, Black	1/2 cup	21.5	86	402	6	6.5	0
Vegetables, Beans, Vegetarian	1/2 cup	23	120	140	6	7	0
Vegetables, Burger Set Up	1 serving	1	72	90	0.7	0.5	6
Vegetables, Broccoli	1/2 cup	3	15	15	1.2	1.3	0.2
Vegetables, California Mix	1/2 cup	3	20	17	1	1	0
Vegetables, Carrots	1/2 cup	9	35	45	2	1	0
Vegetables, Celery	1/2 cup	2	10	52	1	0.5	0.1
Vegetables, Corn	1/2 cup	15	70	140	2	2	1.1
Vegetables, Green Beans	1/2 cup	5	25	270	1	1	0
Vegetables, Jicama, Plain	1/2 cup	7	30	3	3.9	0.6	0.1
Vegetables, Mixed	1/2 cup	8	52	45	2.2	1.5	0
Vegetables, Peas	1/2 cup	9	52	75	3	3.7	0
Vegetables, Potato Rounds	10 each	20	175	325	2.5	1	10
Vegetables, Potato, Mashed	1/2 cup	28	149	722	1.5	3	1.5
Vegetables, Potato, Seasoned Wedges	1 serving	19	139	320	3	2	6
Vegetables, Roasted Chickpeas, Cool Ranch	1 Package	24	160	360	6	8	4
Vegetables, Salad Tossed	1 cup	1.5	9	5	0.5	0.5	0
Beverages	Portion Size	Carb (g)	Calories	Sodium (mg)	Fiber (g)	Protein (g)	Fat (g)
Juice, Apple	4 oz carton	14	60	0	0	0	0
Juice, Orange	4 oz carton	14	60	10	0	0	0

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Juice, Wild Berry	4 oz Carton	15	60	10	0	0	0
Milk, 1% Low fat, White	8oz carton	16	120	160	0	11	2.5
Milk, Non Fat, Chocolate	8 oz carton	23	120	200	0	7	0
Milk, Nonfat, White	8 oz carton	13	90	135	0	9	0
Milk, Soy	1 carton	11	130	150	1	10	4
<b>Condiments, Crackers, Sauces and Desserts</b>	<b>Portion Size</b>	<b>Carb (g)</b>	<b>Calories</b>	<b>Sodium (mg)</b>	<b>Fiber (g)</b>	<b>Protein (g)</b>	<b>Fat (g)</b>
Condiment, Catsup	1 packet	2.0	10	65	0.0	0	0.0
Condiment, Chipotle Mayonnaise Slaw	1/4 cup	1.5	36	30	0.5	0	3.0
Condiment, Hot Sauce	1 packet	1	5	75	0	0	0
Condiment, Mayonnaise	1 packet	0	60	130	0	0	7
Condiment, Mustard	1 packet	0.5	4	64.9	0.1	0.2	0.2
Condiment, Pico de Gallo	#30 scoop	3	17	383	0	0	0
Condiment, Taco Sauce	1 packet	1	5	95	0	0	0
Cookie, Choc Chip, Whole Grain	1 each	18	125	114	1	2	5
Cookie, Choc Chip, Whole Grain, a la carte	1 each	29	184	161	1.5	3	6
Cookie, Chocolate Fudge, a la carte	1 each	31	194	183	2.5	3	7.5
Cookie, Oatmeal, Whole Grain, a la carte	1 each	30	200	175	1.5	3	7.5
Crackers, Cinnamon Bear	1 package	21.0	130	120	1.0	4	4.0
Crackers, Graham	1 package	20	110	140	1	2	3
Crackers, Honey Bear	1 package	20.0	130	100	1.0	2	4.0
Crackers, Jungle	1 package	20.0	130	95	1.0	2	4.0
Crackers, Maple Sunrise Bites	1 package	20	110	115	1	2	3.5
Crackers, Pretzel Goldfish	1 package	16	90	200	1	2	1.5
Crackers, Spicy Cheese	1 package	27	176	390	4	4	7
Crackers, Strawberry Waffle	1 package	21	110	95	1	2	3
Salad Dressing, Italian	1 packet	1.0	10	109.3	0.0	0	0.6
Salad Dressing, Ranch	1 packet	1.0	60	100	0.0	0	7.0
Salad Dressing, Ranch Midas (CC)	2 tablespoons	2.5	76	235	0	0.5	8

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