

## Nutrient List: Middle School Lunch

2/21/17

Lunch Entrées	Portion Size	Carb (g)	Calories	Sodium (mg)	Fiber (g)	Protein (g)	Fat (g)
BBQ Chicken Drumstick with Macaroni and Cheese	1 each/#6	28.3	402	952	1.7	24.9	20.4
Breadsticks, Cheesy	2 each	30.0	300	600	2.0	20	12.0
Breadsticks, Cheesy with Italian Meat Sauce	2 each/#10	39	413	670	4	26.8	18
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, Bean & Cheese, Wet	1 each	50.1	363	748	10.2	18	11.3
Burrito, Beef & Bean	1 each	38.5	279	403	7.5	15.5	8
Cereal, Granola	1/2 cup	52.5	297	115	4	5	8
Chicken, Drumstick, BBQ (No Macaroni and Cheese)	1 each	5.8	168	331	0	15.1	9
Chicken, Drumstick, Breaded (No Waffle)	1 each	5	190	450	1	16	11
Cheeseburger on Bun	1 each	30.5	337	760	3	26.5	13.5
Chicken and Waffle	1 serving	48	490	800	4	20	24
Chicken Nuggets, Hot & Spicy, No Roll	5 each	13	216	400	2	14	12
Chicken Nuggets, No Roll	5 each	15	230	440	3	12	13
Chicken Tender Strips, No Roll	3 each	16	260	390	3	15	15
Chicken Teriyaki With Rice, No Roll	1 each	45	413	1017	1.5	32	10.5
Chicken Teriyaki With Rice and Roll	1 each	62	493	1142	2.5	35	11.5
Chile Verde with Spanish Rice	#6/#8	36.5	334	924	3.0	24.5	8.5
Chili and Cheese with Cornbread	#8/#30/1 each	42.8	481	653	6.0	22.8	24.8
Chili Cheese Nachos	1 serving	45.8	511	483	6.7	18.7	28.4
Cornbread	1 serving	27.5	185	293	2	3.5	6.5
Corn Dog, Chicken	1 each	27.5	238	690	2	11.5	9
Country Fried Beef Patty	1 each	19	310	320	3	16	19
Country Fried Beef Patty on Bun	1 each	46.5	459	588	6	22.5	21
Croutons	1 each	13.0	80	135	1.0	2	2.0
Granola	1/2 cup	52.5	297	115	4	5	8
Hamburger on Bun	1 each	29.5	302	655	3	23	11.5
Hot Dog on Bun	1 each	31.0	400	1040	3.0	17	24.0
Macaroni and Cheese	2/3 cup	22.5	233	621	1.5	9.5	11
Meatballs, Teriyaki With Rice, No Roll	1 each	38.1	317	513	2.5	16.4	11.1
Meatballs, Teriyaki With Rice & T-Biscuit	1 each	53.1	397	638	3.5	20.4	12.1
Pizza, Personal Pan, Cheese	1 each	32	300	510	3	16	12
Pizza, Personal Pan, Pepperoni	1 each	33	350	770	3	20	15
Pizza, Quesadilla	1 each	40	330	830	4	16	12
Pupusa, Bean and Cheese	1 each	35	290	480	4	13	11

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Quesadilla, Chicken and Black Bean	1 each	35.5	268	469	7	17.5	7
Rice, Brown	1/2 cup	23.5	114	0	1.0	2.5	1.0
Rice, Spanish	1/2 cup	27.8	133	163	2.2	3.7	1.2
Roll, Biscuit (Served with Turkey and Gravy)	1 each	25	170	460	2	4	5
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, Mini, BBQ Chicken with Dressing & Croutons	1 each	45.5	441	852	5.5	22	19
Salad, Mini, Chef Turkey Ham w/Dressing & Croutons	1 each	33	447	1154	2.5	21	28
Salad, Mini, Greek Chicken w/Dressing & Croutons	1 each	31	507	1193	3	19.5	33
Sandwich, BBQ Beef	1 each	47.5	316	497	4	24	5
Sandwich, Chicken, Breaded on Bun	1 each	43.5	384	696	6	20	15
Sandwich, Chicken, Spicy on Bun	1 each	45.5	414	636	6	21	17
Sandwich, Grilled Cheese	1 each	30.5	280	580	3.0	18.5	9.5
Sandwich, Grilled Cheese, Spicy	1 each	31.5	301	574	3.0	15.5	12.5
Sandwich, Ham and Cheese	1 each	33.0	281	844	3.0	23.5	9.0
Sandwich, Ham & Cheese, Hot	1 each	30.0	271	824	3.0	23.5	8.5
Sandwich, Ham Deli	1 each	31.0	248	880	3.0	23	6.5
Sandwich, Pastrami & Cheese, Hot	1 each	30.0	307	1179	3.0	21.5	12.0
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	30.5	333	733	3.0	26	13.0
Sandwich, Turkey and Cheese	1 each	33.0	287	783	3.0	24	8.5
Sandwich, Turkey Deli	1 each	33.0	283	893	3.0	27.5	6.5
Sauce, BBQ	1 tablespoon	3.5	18	40	0	0	0
Sauce, Italian Meat Sauce	3/8 cup	9	113	170	2	6.5	6
Sauce, Teriyaki	3.3 tablespoon	9.5	43	290	0	0.5	0
Spicy Cheese Crunchers	4 each	40	530	830	4	20	31
Southwest Chicken Fajita w/Rice	1 serving	32.2	387	684	2.4	36.1	12
Taco, Tincher, without Pico de Gallo	1 each	16.5	298	382	1	17.5	18.5
Taco, Turkey, without Pico de Gallo	1 each	14.5	246	566	1	21.5	12
Tamale, Chicken and Green Chile	1 each	30	320	540	3	19	17
Tortilla Chips	1 package	31.0	270	220	3.0	3	15.0
Tortilla, Flour, Whole Wheat	1 each	15	90	150	1	3	2
Tostada w/ Beans & Cheese, without Pico de Gallo	1 each	33.7	298	515	4.7	12.1	12.4
Tostada Bowl, Plain, No Beans, Cheese or Pico de Gallo	1 each	14	110	5	0	1	5
Waffle, Dutch	1 each	43	300	350	3	4	13

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Yogurt, Low Fat Peach, 8 oz	1 each	41	210	105	0	7	2.5
Yogurt, Low Fat Strawberry-Banana, 8 oz	1 each	41	210	110	0	7	2.5
Yogurt, Low Fat Strawberry, 8 oz	1 each	38	200	105	0	7	2.5
Yogurt, Low Fat Vanilla, 8 oz	1 each	39	210	105	0	7	2.5
Yogurt and Granola	1 serving	92.5	504	221	4	12	10.5
Yogurt Parfait w/Fruit and Granola (16oz cup)	1 each	91	512	244	6.5	17.5	10
<b>Beverages</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>
Juice, Apple	4 oz carton	14	60	0	0	0	0
Juice, Orange	4 oz carton	14	60	10	0	0	0
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	12	144	155	1	10	5
<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
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, Mandarin Orange Cup	1 each	20	60	0	1	0	0
Fruit, Mixed	1/2 cup	13.5	54	22	1.8	0	0
Fruit, Nectarine	1 each	14	60	0	2	1	0
Fruit, Orange, Fresh	1 each	15.5	62	0	3	1	0
Fruit, Peaches, Diced	1/2 cup	14.5	63	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	19	80	10	0	0	0
Fruit, Plum, Fresh	1 each	7.5	30	0	0.5	0.5	0

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Vegetables, Beans, BBQ Baked	1/2 cup	26	131	178	4	6.5	0.5
Vegetables, Beans, Seasoned	1/2 cup	17.5	97	213	6.4	6.4	0
Vegetables, Beans, Southwest with Cheese	1/2 cup	25.1	156	329	9	10.5	2.5
Vegetables, Beans, Vegetarian	1/2 cup	22	110	140	4	6	0.5
Vegetables, Broccoli	1/2 cup	3	15	15	1.2	1.3	0.2
Vegetables, California Mix	1/2 cup	3.5	21	46	1	0.5	0
Vegetables, Carrots, Diced	1/2 cup	6	33	52	2	0.5	0
Vegetables, Carrots, Fresh	1/2 cup	9	35	45	2	1	0
Vegetables, Celery	1/2 cup	2.2	10	52	1	0.5	0.1
Vegetables, Chipotle Mayo Slaw	1/2 cup	3	84	70	1	0.5	8
Vegetables, Corn	1/2 cup	11	67	114	2.5	2	1
Vegetables, Curtido	1/2 cup	5	19	158	1	0.5	0
Vegetables, Green Beans	1/2 cup	4	20	140	2	1	0
Vegetables, Jicama, Fresh	1/2 cup	7	30	3	3.9	0.6	0.1
Vegetables, Jicama with Tajin	1 ea/1 pkt	6.5	33	193	3.5	0.5	0
Vegetables, Lettuce, Shredded	1 cup	2.1	10	7	0.9	0.6	0.1
Vegetables, Minestrone Soup	2/3 cup	13.9	76	150	2.9	2.7	1
Vegetables, Mixed	1/2 cup	9	48	33	1.5	1.5	0
Vegetables, Peas	1/2 cup	9	52	75	3	3.7	0
Vegetables, Potato Rounds	10 each	17.5	150	225	1	1	8.5
Vegetables, Potato, Mashed	1/2 cup	16	80	370	2	2	1.5
Vegetables, Potato, Seasoned Wedges	1 serving	19	146	426	1	1	7.5
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
<b>Crackers, Condiments 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 Packet	1 packet	2.0	10	65	0.0	0	0.0
Condiment, Hot Sauce	1 packet	1	5	110	0	0	0
Condiment, Mayonnaise Packet	1 packet	0	60	130	0	0	7
Condiment, Mustard Packet	1 packet	0.5	4	64.9	0.1	0.2	0.2
Condiment, Pickle Slices	2 each	0	2	167	0	0	0
Condiment, Pico de Gallo	#20 scoop	3	17	383	0	0	0
Condiment, Taco Sauce	1 packet	1	5	95	0	0	0
Condiment, Tajin	1 packet	0	2	127	0	0	0
Cookie, Chocolate Chip, Whole Grain	1 cookie	16.5	118	107	0.5	1.5	4.5
Crackers, Cinnamon Bear	1 package	21.0	130	120	1.0	4	4.0
Crackers, Graham	1 package	20	110	140	2	2	3

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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	2	2	3.5
Crackers, Pretzel Goldfish	1 package	16	90	200	1	2	1.5
Crackers, Strawberry Waffle	1 package	21	110	95	1	2	3
Pudding, Chocolate Midas	3/8 cup	33	178	285	1.2	0.9	5.5
Salad Dressing, Italian, Packet	1 packet	1.0	10	109.3	0.0	0	0.6
Salad Dressing, Ranch Packet	1 packet	1.0	60	100	0.0	0	7.0
Salad Dressing, Ranch, Midas	2 tablespoons	2.5	76	235	0	0.5	8

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