

Nutrient List: Middle School Lunch

1/6/16

Lunch Entrées	Portion Size	Carb (g)	Calories	Sodium (mg)	Fiber (g)	Protein (g)	Fat (g)
Breadsticks, Cheesy	2 each	30.0	300	600	2.0	20	12.0
Breadsticks, Cheesy with Italian Meat Sauce	2 each/#10	39	402	670	4	27	16.5
Burrito, Bean & Cheese	1 each	40.5	291	479	8	15.5	8
Burrito, Beef & Bean	1 each	38.5	279	403	7.5	15.5	8
Cereal, Granola	1/2 cup	43	241	94	3.6	4.4	6.7
Cheeseburger on Bun	1 each	29.5	294	643	4	24	9
Chicken Chile Verde with Rice	#6/#8	32.5	314	746	2.5	23.5	8.0
Chicken Chile Verde with Tortilla	#6/1 each	21.5	269	856	3.0	24	9.0
Chicken Nuggets	5 each	9	170	396	1	15	8
Chicken Tender Strips	4 each	16	260	390	3	15	15
Chicken Teriyaki With Rice and Roll	1 each	59.5	489	1142	2.5	36	11.5
Chili Cheese Nachos	1 serving	45.5	532	591	6	22.5	29.5
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
Egg Roll	1 each	22	230	450	3	17	9
Egg Roll with Rice and Teriyaki Sauce	1 ea/#8/#20	55	386	740	4	20	10
Hamburger on Bun	1 each	28.5	259	538	4	20.5	7
Hot Dog on Bun	1 each	32.0	280	670	3.0	16	11
Macaroni and Cheese	2/3 cup	22.5	227	575	1.5	10	11
Meatballs, Teriyaki With Rice & Roll	1 each	49	326	704	3	18	6.5
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
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, 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 Chef, Chicken	1 each	5.5	236	431	1	22	14
Salad, Mini Chef, Turkey Ham	1 each	5.5	188	642	1	17	11
Salad, Tuna, Mini	1 each	5	226	477	1	25	11
Sandwich, Chicken, Breaded on Bun	1 each	40.5	365	638	5	20.5	14
Sandwich, Chicken, Spicy on Bun	1 each	44.5	419	667	5.5	21.5	16.5
Sandwich, Grilled Cheese	1 each	30.5	284	655	2.3	18.5	10.2
Sandwich, Grilled Cheese, Spicy	1 each	33	317	975	2	15.5	12.5
Sandwich, Grilled Ham & Cheese	1 each	29.5	273	754	2	18.5	9

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Lunch Entrées, cont'd	Portion Size	Carb (g)	Calories	Sodium (mg)	Fiber (g)	Protein (g)	Fat (g)
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, 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, Italian Meat Sauce	3/8 cup	9	102	170	2	7	4.5
Sauce, Marinara, Meatless	3/8 cup	10.5	48	94	2.5	2	0
Sauce, Teriyaki	3.3 tablespoon	9.5	43	290	0	0.5	0
Southwest Chicken Fajita w/Rice	1 serving	32	387	684	2	36	12
Taco, Fish, without Pico de Gallo & Chipotle Slaw	1 each	27.5	286	466	3	18.5	12
Taco, Tincher, without Pico de Gallo	1 each	16	274	381	1	18	15.5
Taco, Turkey, without Pico de Gallo	1 each	14.5	246	566	1	21.5	12
Tortilla, Flour, Whole Wheat	1 each	15	90	150	1	3	2
Tostada w/Beans & Cheese, without Pico de Gallo	1 each	33.5	291	507	4.5	11.5	12
Tostada Bowl without Beans, Cheese & Pico de Gallo	1 each	14	110	5	0	1	5
Turkey and Gravy	1/2 cup	6	129	624	0.2	15.5	4.8
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	82.5	449	200	3.5	11	9
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
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
Fruits and Vegetables	Portion Size	Carb (g)	Calories	Sodium (mg)	Fiber (g)	Protein (g)	Fat (g)
Fruit Cup, Applesauce	1 each	14	51	2	1	0	0

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Fruits and Vegetables, <i>cont'd</i>	Portion Size	Carb (g)	Calories	Sodium (mg)	Fiber (g)	Protein (g)	Fat (g)
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, 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
Vegetable, Beans, Seasoned	1/2 cup	17.5	96	273	5.5	6	13
Vegetable, Beans, Southwest	1/2 cup	21.5	86	402	6	6.5	0
Vegetable, Beans, Vegetarian	1/2 cup	23	120	140	6	7	0
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	2.2	10	52	1	0.5	0.1
Vegetable, Chipotle Mayo Slaw	1/2 cup	3	73	60	1	0.5	6.5
Vegetables, Corn	1/2 cup	11	67	114	2.5	2	1
Vegetables, Green Beans	1/2 cup	5	25	270	1	1	0
Vegetables, Jicama, Fresh	1/2 cup	7	30	3	3.9	0.6	0.1
Vegetables, Jicama, Spicy	1/2 cup	8	40	86	4.5	0.5	0.2
Vegetables, Lettuce, Shredded	1 cup	2.1	10	7	0.9	0.6	0.1
Vegetables, Mixed	1/2 cup	8.2	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	16	80	370	2	2	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

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Crackers, Condiments and Desserts	Portion Size	Carb (g)	Calories	Sodium (mg)	Fiber (g)	Protein (g)	Fat (g)
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
Cookie, Chocolate Chip, Whole Grain	1 cookie	17.5	126	115	0.5	1.5	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
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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