

Nutrient List: Reid and Beach Lunch

2/21/17

Lunch Entrees	Portion Size	Carb (g)	Calories	Sodium (mg)	Fiber (g)	Protein (g)	Fat (g)
Breadstick, Cheesy	2 each	30	300	480	3	20	11
Burrito, Bean and Cheese	1 each	41.0	320	388	7.5	15.5	11.5
Burrito, Bean and Cheese, Ultra Spicy	1 each	41.0	312	447	7.5	15	10.5
Burrito, Beef and Bean	1 each	38.5	279	403	7.5	15.5	8.0
Burrito, Chicken, Rice & Bean	1 each	37.5	287	218	6.4	21	5
Cheeseburger on Bun	1 each	31.5	348	802	3	27.5	13.5
Chicken Marinara with Pasta, No Roll	1 serving	23.5	356	668	3.5	36	13
Chicken Nuggets, No Roll	5 each	15	230	440	3	12	13
Chicken Tenders, No Roll	1 serving	16	260	390	3	15	15
Chicken Teriyaki with Rice, No Roll	1 serving	35	368	742	1.5	31	10
Chili Verde, Chicken with Rice, No Roll	1 serving	36.5	334	924	3.0	24.5	8.5
Corn Dog, Chicken	1 each	27.5	238	690	2	11.5	9
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	30.5	313	697	3	24	11.5
Hot Dog on Bun	1 each	31.0	400	1040	3.0	17	24.0
Meatballs, Beef	5 each	5.0	162	234	1.0	13	10.0
Nacho Cup with Chips	1 serving	51.1	544	946	7.5	18.6	29.4
Pasta with Meatballs and Sauce, No Roll	1 serving	26.1	402	571	3.9	27.5	21.3
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	23.5	114	0	1.0	2.5	1.0
Rice, Spanish	1/2 cup	27.8	133	163	2.2	3.7	1.2
Roll, 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, BBQ Chicken w/Dressing & 2 Pkg Croutons	1 each	46	444	854	6	22	19
Salad, Chef w/Dressing & 2 Pkg Croutons	1 each	33.5	450	1155	3	21	28
Salad, Greek Chicken w/Dressing & 2 Pkg Croutons	1 each	31.5	510	1194	3.5	19.5	33
Sandwich, Chicken, Breaded on Bun	1 each	44.5	395	738	6	21	15
Sandwich, Chicken, Spicy on Bun	1 each	46.5	425	678	6	22	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	31.5	276	823	3.0	23	8.5

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Sandwich, Ham and Cheese, Hot	1 each	34.0	287	783	3.0	24	8.5
Sandwich, Ham Deli	1 each	31.0	248	880	3.0	23	6.5
Sandwich, Peanut Butter & Jelly Sandwich, 5.3 oz.	1 each	64	630	630	6	19	33
Sandwich, Pastrami & Cheese, Hot	1 each	30.0	307	1179	3.0	21.5	12.0
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	32.5	282	762	3.0	23	8.0
Sandwich, Turkey Deli	1 each	33.0	283	893	3.0	27.5	6.5
Sauce, Italian Meat	1/2 cup	12.0	135	226	2.5	9.5	6.0
Sauce, Teriyaki	3.3 TBSP	9.5	43	290	0	0.5	0
Tamale, Chicken and Green Chile	1 each	30	320	540	3	19	17
Teriyaki Meatballs with Rice, No Roll	1 serving	30.0	231.0	474.0	2.0	13.5	5.5
Tortilla Chips	1 package	31.0	270	220	3.0	3	15.0
Yogurt and Granola Bowl	1 each	84.5	487	244	5	17	10
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	12	144	155	1	10	5
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
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, 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

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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
Vegetables, Beans, Seasoned	1/2 cup	17.5	97	213	6.4	6.4	0
Vegetables, Beans, Vegetarian	1/2 cup	22	110	140	4	6	0.5
Vegetables, Broccoli, Fresh	1/2 cup	3	15	15	1.2	1.3	0.2
Vegetables, Burger Set Up	1/2 cup	1	7	133	0	0.5	0
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, Fresh	1/2 cup	2.2	10	52	1	0.5	0.1
Vegetables, Corn	1/2 cup	11	67	114	2.5	2	1
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, 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
Crackers, Condiments and Desserts	Portion Size	Carb (g)	Calories	Sodium (mg)	Fiber (g)	Protein (g)	Fat (g)
Condiment, Catsup	1 packet	2.0	10	65	0.0	0	0.0
Condiment, Hot Sauce	1 packet	1.0	5	75	0.0	0	0.0
Condiment, Mayonnaise Packet	1 packet	0.0	60	55	0.0	0	7.0
Condiment, Mustard Packet	1 packet	0.5	4	64.9	0.1	0.2	0.2
Condiment, Taco Sauce Packet	1 each	1.0	5	95	0.0	0	0.0
Cookie, Choc 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
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

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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
Salad Dressing, Ranch	1 packet	1.0	60	100	0.0	0	7.0
Salad Dressing, Italian	1 packet	1.0	10	109.3	0.0	0	0.6

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