

Summer School Nutrient List 2016

7/1/16

Lunch Entrees	Portion Size	Carb (g)	Calories	Sodium (mg)	Fiber (g)	Protein (g)	Fat (g)
Bagel, Plain	1 each	36	170	260	3	6	1
Bagelful	1 each	32	180	160	3	6	3
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
Burrito, Chicken & Rice	1 each	37.5	287	218	6.4	21	5
Cereal, Cinnamon Toasters	1 each	22	120	130	0.5	1	3.5
Cereal, Frosted Mini Wheats	1 each	24	100	0	3	3	0
Cheese, String	1 each	1	60	210	0	8	2.5
Chicken Nuggets	5 Each	15	230	440	3	12	13
Chicken Nuggets with Roll	5 each/1 each	32	310	565	4	15	14
Chicken Tenders	4 each	16	260	390	3	15	15
Corn Dog, Chicken	1 each	27.5	238	690	2	11.5	9
Granola (Elementary & Buffum)	1/4 cup	26	148	58	2	2.5	4
Granola (Middle & High)	1/2 cup	52.5	296	115	4	5	8
Hamburger on Wheat Bun (Elementary & Buffum)	1 each	28.5	259	538	4	20.5	7
Hamburger on Wheat Bun (Middle & High)	1 each	32	270	570	4	22	7.5
Hot Dog on Wheat Bun	1 each	32.0	280	670	3.0	16	11.0
Muffin	1 each	33.5	226	256	2.0	4.5	8.0
Pizza, Papa John's, Cheese	1 each	40	350	890	2	16	15
Pizza, Papa John's, Pepperoni	1 each	38	380	1030	2	16	18
Pizza, Personal Pan, Cheese	1 each	40	350	890	2	16	15
Pizza, Personal Pan, Pepperoni	1 each	33	350	770	3	20	15
Rice, Brown	1/2 cup	23.0	114	0	1.0	2.5	0.0
Roll, Whole Grain	1 each	17.0	80	125	1.0	3	1.0
Sandwich, Chicken (Elementary & Buffum)	1 each	42.5	389	728	6	20.5	15
Sandwich, Chicken (Middle & High)	1 each	46	400	760	6	22	15.5
Sandwich, Chicken, Hot & Spicy (Middle & High)	1 each	48	430	700	6	23	17.5
Sandwich, Grilled Cheese	1 each	30.5	280	580	3.0	18.5	9.5
Sandwich, Peanut Butter & Jelly, 2.8oz	1 each	32	320	320	3	10	17
Sandwich, Peanut Butter & Jelly, 5.3oz	1 each	64	630	630	6	19	33
Sandwich, Turkey Ham & Cheese	1 each	28	260	940	2	22	9
Sandwich, Turkey & Cheese	1 each	28	266	843	2	21.5	8.4
Teriyaki Meatballs with Rice and Sauce	1 serving	34	246	579	2	14	5.5
Teriyaki Meatballs with Rice, Roll and Sauce	1 serving	51	326	704	3	17	6.5
Wafer, Peanut Butter & Jelly	1 each	32	300	220	3	9	17

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Lunch Entrees, cont'd	Portion Size	Carb (g)	Calories	Sodium (mg)	Fiber (g)	Protein (g)	Fat (g)
Yogurt, Low Fat Strawberry-Banana, 4 oz	1 each	20	110	55	0	4	1.5
Yogurt, Low Fat Strawberry, 4 oz	1 each	19	110	50	0	4	1.5
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
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
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, 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	1 each	20	60	0	1	0	0
Fruit, Mixed	1/2 cup	15	60	5	1	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	17	70	10	1	1	0
Fruit, Pears, Diced, Canned	1/2 cup	20	80	5	2	0	1
Fruit, Pear, Fresh	1 each	21	82	0	3	0.5	0.5
Fruit, Pineapple	1/2 cup	17	70	0	1	0	0
Vegetable, Broccoli	1/2 cup	3	15	15	1	1	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)
Vegetable, Carrots	1/2 cup	9	35	45	2	1	0
Vegetable, Corn (Elementary & Buffum)	1/4 cup	5.5	33	57	1	1	0.5
Vegetable, Corn (Middle & High)	1/2 cup	11	67	114	2.5	2	1
Vegetables, Green Beans	1/2 cup	4	20	140	2	1	0
Vegetable, Jicama	1/2 cup	7	30	3	3.5	0.5	0
Vegetable, Lettuce, Shredded	3/8 cup	0.5	4	3	0	0	0
Vegetable, Lettuce, Shredded & Pickle Cup	3/8 cup, 2 each	0.5	6	170	0	0.5	0
Vegetable, Mixed (Elementary & Buffum)	1/4 cup	4	26	22	1	0.5	0
Vegetable, Mixed (Middle & High)	1/2 cup	8	52	45	2	1.5	0
Vegetable, Mixed, California Blend	1/2 cup	3	20	17	1	1	0
Vegetable, Peas	1/2 cup	9	52	75	3	3.5	0
Vegetable, Potato Rounds	5 Each	10	87	162	1	0.5	5
Vegetables, Roasted Chickpeas, Cool Ranch	1 Package	24	160	360	6	8	4
Vegetable, Tossed Salad, Romaine & Iceberg	3/8 cup	0.5	3	2	0	0	0
Crackers, Condiments & 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
Cheese, Cream	1 each	2.0	90	95	0.0	2	9.0
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, Taco Sauce	1 packet	1	5	95	0	0	0
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

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