

2011-12 NUTRIENT INFORMATION* FOR SECONDARY LUNCH MENUS									UPDATED 12/12/2011		
NOTE: EARLY IN THE SCHOOL YEAR SCHOOLS MAY HAVE INVENTORY OF PREVIOUS YEAR'S PRODUCTS											
Values rounded to nearest .5											
ITEM	Portion	Calories Kcal	Carbs grams	Sugar grams	Tot Fat grams	Sat'd Fat grams	Trans Fat grams	Cholesterol mg	Sodium mg	Dietary Fiber grams	Protein grams
ENTREES											
Beef and Broccoli w/ Rice	1 serving	378	59.5	n/a	7	2.5	0	36	1060	3	21
Black Bean Burger	1 each	180	14	n/a	7	1	0	0	390	6	14
Chalupa Bean	1 each	233	21	0	9	2	0	14.5	677	3	12.5
Cheese Dippers w/ Salsa	4 each	339	33	3	14	7	0	30	1300	1	19
Cheese Slice, American, .5oz	1 slice	50	0	0	5	3	0	13	235	0	2.5
Cheese Snack, 1oz	1 each	100	0	0	9	6	0	25	470	0	5
Cheeseburger on Hamburger Bun	1 each	334	31	5	14	6	0	41	735	1.5	31
Chicken Bites	10	240	16	1	11	3	0	50	430	0	18
Chicken Club on Kaiser Roll	1 each	567	50	2	27	9	0	77	1096	3	32
Chicken, Mandarin Orange	1 serving	190	16	7	7	1.5	0	60	270	0	14
Chicken Nuggets, Breaded	6 each	276	16	0	16	3	0	42	558	0	17
Chicken Patty Breaded on Bun	1 each	420	42	5	19	4	0	50	810	2	19
Chicken, Hot & Spicy breaded patty, on Seeded Hamburger Bun	1 each	359	42	5	13	2.5	0	52	795	4	20
Chicken, Teriyaki	1 serving	150	6	5	7	1	0	85	280	0	21
Chili w/Beef, Beans	1 cup	324	19	na	16	6	0	65	822	5	22
Cold Cut Sub	1 each	332	34	2	9	4	0	73	1935	2	31
Egg Salad on Wheat Bread	1 each	334	35	4	15	3.5	0	437	532	3	19
Grab n' Go Bagel w/8oz Yogurt	1 serving	362	70	42	3	1.5	0	10	426	1	13
Grilled Cheese Sandwich	1 each	333	33	2	18	9	0	26	817	2	12
Grilled Cheese Sandwich Spicy	1 each	396	46	8	48	7.5	0	37	1074	5	17
Flatbread Sandwich, Cheese	1 each	270	30	5	9	3	0	10	480	2	17
Flatbread Sandwich, Southwest Chicken	1 each	270	28	5	9	3	0	20	490	3	18
Hamburger on Bun	1 each	284	30	5	10	3	0	28	480	1.5	18
Burger, Turkey	1 each	109	1	0.5	5	2	0	54	328	0	15
Hot Dog (turkey) on Bun	1 each	260	26	3	12	3.5	0	45	880	4	15
Hot Dog w/1oz Chili on Bun	1 each	341	31	3	16	5	0	61	1086	5	20
Mac & Cheese, entree	1 cup	481	30	na	31	14	<.5	61	624	1	19.5
Max Wrap	1 each	300	36	n/a	11	3	0	10	670	4	16
Orange Chipotle Turkey w/ Rice & Veggie	1 serving	447	80	n/a	11.5	<1	0	41	579	3	25
1N of 6N											

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ENTREES continued											
Peanut Butter & Jelly on White, school-made	1 each	450	64	11	18	3	0	0	365	4	14
w/ Cheese snack -- ADD	1 each	100	0	0	9	6	0	25	470	0	5
Peanut Butter & Jelly Pocket w/soy	1 each	420	49	23	18	3.5	0	0	510	3	16
Pizza Dippers w/ Salsa	4 each	339	33	3	14	7	0	30	1300	1	19
Pizza, WG Big Daddy cheese	1 each	340	39	4	9	3.5	0	15	490	4	19
with Pepperoni (add)	4 slices	43	0	n/a	4	1.5	0	12	146	0	2
PIZZA Individual 5" Cheese	1 each	400	48	4	14	6	0	30	670	2	20
PIZZA Individual 5" Pepperoni	1 each	443	48	4	18	7.5	0	42	816	2	22
Pulled Pork Sandwich	1 each	348	40	n/a	9.5	2.5	0	66	733	1	28
Shrimp Poppers (about 21 pieces)	1 serving	180	18	0	8	2	0	35	850	0	8
w/ Macaroni & Cheese (side) ADD	2/3 cup	351	26	na	20	11	<.5	46	776	0	15
Quesadilla, Cheese	1 each	455	45	n/a	22.5	12	0	56	1663	0	21
Quesadilla, Beef	1 each	401	47	n/a	17	8	0	47	1675	0.5	18
Quesadilla, Chicken	1 each	385	45	n/a	15	7	0	43	1598	0	20.5
Shrimp Poppers (about 42 pieces)	1 serving	360	36	0	16	4	0	70	1700	0	16
Spaghetti w/Meatballs	1 serving	480	54	na	17	8	0	49	1107	6	31.5
Spaghetti w/Cheesy breadstick	1 serving	435	66	n/a	7.5	3.5	0	<.5	749	7	21
Slider, Chicken w/ Bun	2 each	418	54	6	13	2	0	50	1060	2	14
Steak & Cheese on Seeded Steak Roll	1 each	420	40	5	18	7	0	50	701	2	23
Tuna Salad on Wheat Bread	1 each	286	35	4	7	1	0	46	815	3	24
Turkey w/Gravy	1 serving	130	4	na	3.5	1	<.5	42	1412	0	21
Turkey Ham & Chs on Rye	1 each	355	37	0	11	4	0	77	1600	2	27
Turkey Sub on Italian Sub Roll	1 each	250	33	2	3	0	0	42	1574	1	26
Morningstar Chik'n Nuggets	6 each	285	27	2	11	2	0	0	735	3	18
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ENTRÉE SALADS (dressings and breads, except tortilla pieces, not included)											
Chef Salad	1 each	222	7	0	12	6	0	72	1429	2	23
Chicken Caesar Salad	1 each	243	3	0	17.5	7	0	68	696	2	28
Chicken Fajita Salad w/Tortilla Pieces	1 each	494	45	0	23	8.5	0	66	624	7	24
Shrimp Popper Salad	1 each	310	23	0	17	7.5	0	63	1044	2	16
Spicy Chicken Salad w/ Tortilla Pieces	1 each	601	57	0	30.5	9	0	90	877	6	27
Taco Salad w/WG Tortilla Pieces	1 each	648	49	0	34	13	0	84	1194	7	28
Tuna Salad Special	1 each	402	39	na	18	3	0	46	907	6	25
Vegetarian (egg/cheese) Salad	1 each	211	7	0	14	7	0	240	254	2	14.5
SALAD DRESSINGS											
Creamy Caesar Dressing	1.5 fl.oz.	93	3	na	8	1	0	3	240	0	0.5
Ranch Dressing	1.5 fl.oz.	60	3	n/a	5	1	0	7	275	0	0
Salsa Ranch Dressing	1.5 fl.oz.	49	3	n/a	4	1	0	6	256	0	0
BREADS											
Dinner Roll, Whole Wheat	1 roll	130	24	3	2	0	0	0	250	4	7
French Bread	1 slice	75	15	<1	0.5	0	0	0	155	1	3
Hamburger Bun	1 bun	150	29	5	2	0	0	0	260	1	4
Hot Dog Bun	1 bun	130	24	3	2	0	0	0	250	4	7
Italian Sub Roll	1 roll	140	29	2	1.5	0	0	0	290	1	5
Kaiser Roll	1 roll	160	31	2	1.5	0	0	0	300	0	5
Loco Bread	1 piece	140	25	2	2.5	0.5	0	0	260	3	5
Pretzel , Whole Grain , Soft	1 knot	170	36	1	1	0	0	0	150	4	6
Seeded Hamburger Bun	1 bun	180	32	5	3.5	0.5	0	0	260	4	6
Seeded Steak Roll	1 roll	210	40	5	2.5	0.5	0	0	400	2	7
Tortilla Pieces, Whole Kernal Corn	1 oz	130	18	<1	6	1	0	0	90	2	2
Tortilla, Flour, 8"	1 each	120	21	1	4	1	0	0	290	2	3
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FRUITS/JUICES											
Apple Juice Box, 6 oz.	1 carton	90	21	18	0	0	0	0	5	0	0
Orange Juice, 4oz	1 carton	55	14	14	0	0	0	0	0	0.5	1
Applesauce, canned, unsweetened	1/2 cup	50	15	11	0	0	0	0	15	2	0
Apples, spiced	1/2 cup	85	22	na	0	0	0	0	2	2	0
Apricots, canned	1/2 cup	80	19	14	0	0	0	0	10	0	0
Fruit, Fresh, assort'd, average	1 piece	78	20	8-18	0	0	0	0	12	1 - 4	0
Fruit Fresh, grapes, 1 bunch	2 oz	38	10	8	0	0	0	0	0	0.5	0
Mixed Fruit (Fruit Cup), canned	1/2 cup	72	18	15	0	0	0	0	6	0	0
Peaches, canned	1/2 cup	70	17	13	0	0	0	0	10	0	0
Pears, canned	1/2 cup	80	20	14	0	0	0	0	5	2	0
Pineapple, canned	1/2 cup	70	17	15	0	0	0	0	10	1	0
SOUPS											
Broccoli Cheese	1 cup	170	13.5	na	9	4	<.5	13	1140	1	5
Chili Soup	1 cup	243	24	na	9	3	<.5	34	927	6	14.5
Turkey Rice	1 cup	109	17	na	1	0	<.5	12	607	1	6
Vegetable	1 cup	75	15	na	1	0	<.5	2	375	2	3
VEGETABLES/SIDES											
Baby Carrots, fresh	1.6oz pkg	22	5	3	0	0	0	0	28	2	1
Baked Beans	1/2 cup	133	28	na	0	0	0	0	582	5	6
Bread (Corn) Stuffing	1/2 cup	120	23	3	1	0	0	0	660	1	4
Cole Slaw	1/2 cup	85	11	n/a	4.5	1	0	6.5	203	0.5	0.5
Corn	1/2 cup	58	14	1	0	0	0	0	7	1	2
Green Beans	1/2 cup	18	3	0	0	0	0	0	7	1	1
Macaroni & Cheese (side)	2/3 cup	322	20	na	20.5	9.5	<.5	41	418	0.5	13
Mixed Vegetables	1/2 cup	45	9	1	0	0	0	0	34	1.5	1
Potatoes, mashed	2/3 cup	123	21	1	3.5	1.5	0	0	297	2	2
Potatoes, mashed w/ 1/4 C gravy	2/3 cup	151	23	N/A	5.5	2	0	0	488	2	2.5
Potatoes, fries, 3.5oz	1 serving	156	26	0	4	0.5	0	0	444	1	2
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VEGETABLES/SIDES continued											
Potatoes, rounds (tater tots), 3.5oz	1 serving	88	11.5	0	4	0.5	0	0	182	1	1
Potatoes, Seasoned cubes 3 oz	1 serving	110	17	0	4	1	0	0	340	2	2
Potatoes, sweet mashed	2/3c	173	40	n/a	<.5	0	0	0	128	3	3.5
Potatoes, sweet potato fries, 3.5oz	1 serving	176	32	13	5	1	0	0	256	3	0
Rice, Brown	2/3 cup	253	55	n/a	13	0	0	0	7	2	6
Rice Combo (White/Brown)	1/2 cup	103	22	0	2.5	0	0	0	4	0	2
Rice Pilaf	1/2 cup	104	23	0	0	0	0	0	52	0	3
Rice Spanish	1/2 cup	121	26	na	0	0	0	0	324	1	3
Rice White	2/3 cup	205	45	0	0	0	0	0	5	0	5
Side Salad (no dressing)	1 cup	5	1	0	0	0	0	0	4	1	0
Vegetable Fried Rcie	1 cup	220	32	3	7	1.5	0	135	320	3	7
ALA CARTE ITMES											
Brownie Bites	1 each	124	19	na	5	1	0	19	125	1	1
Cookie, chocolate chip, frozen dough, baked at school	1 each	140	20	11	6	1.5	0	14	152	1	2
Fruited Gelatin (Apricot) w/topping	1/2 cup	60	14	na	0	0	0	0	10	1	0
Fruit Juice Bar, Whole Fruit	1 each	40	9	7	0	0	0	0	5	2	0
Fruit Snacks	1 pkg	80	19	15	0	0	0	0	10	N/A	1
Sherbet Cup, ass'td	1 each	110	23	19	1.5	1	0	5	20	0	0
Redi-Bake Cookie - Candy	1 each	110	19	10	4	1	0	10	105	0	1
Redi-Bake - Oatmeal Raisin	1 each	110	18	9	3.5	0.5	0	10	100	1	2
Redi-Bake Cookie - Sugar	1 each	110	19	10	3.5	1	0	5	120	0	1
ALA CARTE ITMES											
Granola, No Raisin	1 oz.	110	23	8	0	0	0	0	64	2	2.3
Yogurt, Non-fat Vanilla	1 oz.	23	5	na	0	0	0	1	19	0	1
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CONDIMENTS/OTHER											
Catsup	1 packet	9	2	2	0	0	0	0	69	0	0
Cream Cheese	1 packet	70	2	1	6	4	0	20	110	0	2
Duck Sauce	1 packet	5	2	1	0	0	0	0	45	0	0
French Dressing	1 packet	40	1	1	3	1	0	0	125	0	0
Italian Dressing, fat free	1 packet	3	1	0.3	0	0	0	0	175	0	0
Ranch Dressing	1 packet	40	1	0	5	1	0	0	112	0	0
Mayonnaise, reduced calorie	1 packet	40	1.5	1	4	0	0	0	112	0	0
Salsa	1 fl. oz.	5	1	1	0	0	0	0	155	0	0
Syrup (1.5 fl. oz.)	1 packet	120	28	19	0	0	0	0	0	0	0
Taco Sauce	1 packet	1	0	0	0	0	0	0	47	0	0
Tarter Sauce	1 packet	30	3	2	2	0	0	3	106	0	0
MILK/DAIRY											
Chocolate, Fat Free	1/2 pint	120	22	21	0	0	0	5	200	0	8
Strawberry, Fat Free	1/2 pint	120	22	22	0	0	0	5	115	0	8
White, 1%	1/2 pint	100	11	11	2.5	1.5	0	10	120	0	8
White, non-fat	1/2 pint	80	11	11	0	0	0	5	120	0	8
Soy Milk	8.25 oz	150	18	17	5	1	0	0	180	0	9
Yogurt, Asst Flavors	8 oz	180	38	32	0	0	0	5	150	0	6
Yogurt, Asst Flavors	4 oz.	90	19	16	0	0	0	0	75	0	3
Yogurt, Parfait SMALL	1 each	219	49.5	n/a	0	0	0	2.5	123	2.5	5
Yogurt Parfait LARGE	1 EACH	309	69	N/A	<.5	<.5	0	5	198	2.5	8
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