

2009-10 NUTRIENT INFORMATION* FOR SECONDARY LUNCH MENUS

Updated 8/31/2009

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 Teriyaki Bites w/Teriyaki Sauce	5 pieces	285	32	na	12	4.5	0	44	1273	1	16
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	111	3	0	50	430	0	18
Chicken Drumstick, Wh Grain	1	150	9	1	6	1.5	0	40	260	0	15
Chicken, Eggroll, Wh Grain	1 each	299	42	2.5	6	1.5	0	46	464	7	23
Chicken Club on Kaiser Roll	1 each	567	49	2	26	8	0	73	1244	3	32
Chicken, Grilled Chick Breast Sub	1 each	307	30	2	12	4	0	53	836	1	33
Chicken, Kung Pao (no nuts)	5.33 oz.	170	19	8	4	1	0	50	450	1	13
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 Sausage w/ Cheese	1 link	200	3	2	16	5	0	95	740	0	12
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
Fish & Cheese Nuggets	6 each	420	30	1.5	22.5	4.5	0	60	1215	1.5	24
Gardenburger® (NO BUN)	1	120	8	0	6	0.5	0	0	490	4	12
Grab n' Go Bagel w/8oz Yogurt	1 serving	362	70	42	3	1.5	0	10	426	1	13
Grilled Cheese Sandwich, school-made	1 each	333	33	2	18	9	0	26	817	2	12
Hamburger on Bun	1 each	284	30	5	10	3	0	28	480	1.5	18
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

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ENTREES continued											
Mac & Cheese, entree	1 cup	481	30	na	31	14	<.5	61	624	1	19.5
Max Quesadilla	1 each	380	39	n/a	18	7	0	15	1000	5	15
Max Wrap	1 each	300	36	n/a	11	3	0	10	670	4	16
Pancakes(3) w/ 2 Sausage & Potatoes)	1 serving										
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
Potato Bowl w/ Beef	1 serving										
Potato Bowl w/ Chicken	1 serving	396	36	na	15.5	5.5	0	54	883	0.5	21.5
Pizza Dippers w/ Salsa	4 each	339	33	3	14	7	0	30	1300	1	19
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
PIZZA Triangle Wedge Cheese	1 each	300	33	5	13	4	0	15	920	1	15
PIZZA Triangle Wedge Pepperoni	1 each	343	33	5	17	5.5	0	27	1066	1	17
Seafood Platter (fish square, shrimp poppers, hamburger bun)	1 each	438	53	6	15	2	0	54	824	3	18
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
Shrimp Poppers (about 42 pieces)	1 serving	360	36	0	16	4	0	70	1700	0	16
Spaghetti w/Meatsauce	1 serving	535	74	na	14	5	0	51	481	4	26
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
Veggie Soy Black Bean Burger on Bun	1 each	330	47	7	8	1	0	0	740	7	19
Veggie Soy Nuggets	6 each	285	27	2	11	2	0	0	735	3	18
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

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ENTRÉE SALADS continued											
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	0	5	1	0	7	275	0	0
Salsa Ranch Dressing	1.5 fl.oz.	49	3	0	4	1	0	6	256	0	0
BREADS											
Dinner Roll, Whole Grain	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
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	150	21	0	6	1	0	0	75	2	2
Tortilla, Flour, 8"	1 each	120	21	1	4	1	0	0	290	2	3
FRUITS/JUICES											
Apple Juice Box, 6.75oz	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

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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
Corn Chowder	1 cup	233	19	na	16	3.5	<.5	0	925	1	2
Minestrone	1 cup	113	20	na	3	0	<.5	0	383	4	4
Tomato (made w/water)	1 cup	90	19	11	1	0	0	0	730	2	2
Tomato & Macaroni	1 cup	146	26	3.5	0.5	0.5	0	0.5	257	2.5	4
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											
Asian Vegetables	1/2 cup	30	5	1	0	0	0	0	45	1	2
Baby Carrots, fresh	1.5oz 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
Pizza Veggies (black olives, scallions, tomatoes)	1 oz	65	7	0	4	0.5	0	0	390	0	0
Potatoes, mashed	1/2 cup	80	17	1	1	0	0	0	310	1	2
Potatoes, mashed w/gravy	1/2 cup	103	17.5	na	3	0	<.5	0	433	1	2
Potatoes, Bakers, mini	3 oz	90	15	0	2	0	0	0	170	0	3
Potatoes, fries, 3.5oz	1 serving	156	26	0	4	0.5	0	0	444	1	2
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 potato fries, 3.5oz	1 serving	176	32	13	5	1	0	0	256	3	0
Rice, Brown	1/2 cup	103	22	0	5	0	0	0	5	1	3
Rice Cheesy	1/2 cup	198	19	na	10	5	<.5	21	177	0	7.5
Rice White	1/2 cup	103	23	0	0	0	0	0	2.5	0	2
Side Salad (no dressing)	1 cup	5	1	0	0	0	0	0	4	1	0

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DESSERTS											
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	1 each	60	15	14	0	0	0	0	10	0	0
Fruit Snacks	1 pkg	80	19	15	0	0	0	0	10	N/A	1
Sherbet Cup, ass'td	1 each	120	26	22	1.5	1	0	5	25	0	1
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
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											
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											
Chocolate, 1%	1/2 pint	150	23	22	2.5	1.5	0	10	190	0	8
Strawberry, 1%	1/2 pint	180	29	29	2	1	0	10	110	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	8.25 oz	110	11	10	3.5	0.5	0	0	90	0	7

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