

# NUTRIENT DATA

## Breakfast & Lunch

2011-2012

	Calories	Protein (Grams)	Carbohydrates (Grams)	Fat (Grams)	Saturated Fat (Grams)		Calories	Protein (Grams)	Carbohydrates (Grams)	Fat (Grams)	Saturated Fat (Grams)
<b>BREAKFAST BREADS/GRAINS</b>						<b>SUBS-COLD</b>					
Bagel, Variety	140	5	30	0	0	Chicken Salad Sub	507	25	38	28	4
Biscuit	190	4	25	9	8	Ham & Cheese Sub	367	24	34	15	7
Cereal, Variety	78	1	17	1	0	Ham Salad Sub	489	25	40	26	3
English Muffin	130	5	26	1	0	Italian Cold Cut Sub	377	18	35	18	8
French Toast Stick	160	3	21	7	2	Tuna Salad Sub	561	27	36	33	5
Graham Crackers, Variety	108	2	19	3	0	Turkey and Cheese Sub	334	18	34	13	7
Honey Bun/Cinnamon Bun, Variety	250	3	31	12	4	Turkey Salad Sub	521	19	36	33	5
Mini Loaf	183	3	30	6	1	Turkey Sub	266	18	34	6	1
Mini Pancakes, Variety	200	4	34	6	1						
Muffins, Variety	170	3	29	5	1	<b>POTATOES/VEGETABLES</b>					
Ultimate Breakfast Round	260	4	44	8	3	Baked Beans	135	6	28	0	0
Waffles	230	5	33	9	3	Carrot Sticks	35	1	8	0	0
						Celery Sticks	12	0	2	0	0
<b>ENTREES</b>						Potato, Oven Fries	150	2	20	8	2
Burrito, Bean and Cheese	350	14	54	9	4	Potatoes, Mashed	111	2	16	5	1
Burrito, Beef and Bean	350	15	46	12	4	Potato Rounds	170	2	19	10	3
Chicken Nuggets	230	14	14	13	3	Potato Wedges	130	2	22	3	3
Chicken, Oven Breaded	220	17	7	14	4	Sweet Potatoes	220	2	43	5	1
Corn Dog	330	7	26	19	6	Veggies, Canned Variety	39	2	8	0	0
Fish Nuggets	270	16	22	13	2	Veggies, Frozen Variety	32	2	7	0	0
Macaroni and Cheese	213	12	22	10	5						
Pancake Wrap	218	9	22	10	3	<b>GRAINS/BREADS</b>					
Pizza, Cheese	390	20	40	17	9	Pasta w/ Sauce	108	4	20	2	0
Pizza, Fiesta	320	17	28	16	9	Rice, Fiesta	120	3	25	0	1
Pizza, Pepperoni	418	21	40	20	10	Rice, Seasoned	109	2	21	1	0
Popcorn Chicken	230	13	17	12	3	Roll, Dinner	80	3	16	0	0
Pork Dippers	150	10	7	8	3	Stuffing, Combread	192	3	25	9	1
Ravioli	462	21	56	18	6						
Spaghetti w/Meat Sauce	279	22	33	7	2	<b>SALAD WITHOUT DRESSING</b>					
Taco, Hard Shell	245	15	16	15	5	Chef Salad w/fruit & roll	306	20	33	12	6
Taco, Tortilla	280	17	24	13	5	Garden Salad w/fruit & roll	359	17	33	18	11
Teriyaki Chicken	190	13	19	4	1	Grilled Chicken Entrée Salad w/fruit & crackers	239	7	47	3	0
Turkey Sausage Link	60	6	0	4	1	Tossed Salad	10	0	1	0	0
Turkey with Gravy	120	14	5	5	2						
<b>SUBS/SANDWICHES</b>						<b>SALAD DRESSING</b>					
BBQ Pork Sub	430	39	43	11	3	French, Reduced Calorie, 1oz.	70	0	5	5	0
Burger, Beef	270	17	24	13	5	Italian, Lite, 1oz.	25	0	2	2	0
Burger, Turkey	229	20	24	7	2	Ranch, Lite, 1oz.	70	1	2	7	1
Cheese Fish Sandwich	343	22	40	11	3	Red Wine Vinaigrette, Lite, 1oz.	50	0	3	5	0
Cheese Sandwich, Oven-Toasted	444	18	25	30	13						
Cheese Steak Sub	412	21	48	15	6	<b>FRUIT</b>					
Cheeseburger	363	26	25	18	9	Fruit Assorted, Baked	108	0	22	3	0
Chicken, Grilled	271	24	27	8	3	Fruit, Assorted, Canned	77	0	20	0	0
Chicken Pattie	330	19	36	14	3	Fruit, Assorted, Fresh	57	1	14	0	0
Chicken, Parmesan	491	24	51	22	5	Fruit, Assorted, Frozen	118	1	30	0	0
Chili Dog	242	13	25	10	3	Orange Juice	55	1	14	0	0
Fish Sub	340	20	47	7	1						
Ham & Cheese Biscuit	387	21	28	22	9	<b>MILK</b>					
Ham Melt Sub	360	20	44	11	6	Fat Free, White	80	8	11	0	0
Hot Dog	210	11	21	10	3	Chocolate, Fat Free	120	8	22	0	0
Meatball Sub	395	22	52	12	4	Strawberry, Fat Free	120	8	22	0	0
Pizza Bagel	366	21	40	15	7	1% White	100	8	11	2	1
Pizza Sub	430	21	50	16	8						
Turkey Bacon Melt	327	20	35	11	3	<b>GRAB N GO LUNCH</b>					
Veggie Burger, Teriyaki	270	15	36	9	1	Grab N Go Lunch	387	13	63	9	4

Nutrient Source: NutriKids

Registered Licensed Dietitian compiled.

The nutrition information listed is based on standardized recipes and product information.

Registered Dietitian consultation available upon request.