

Richmond County

Middle & High Nutrient Analysis

	Calories	Protein (gm)	Carbohydrates (gm)	Fat (gm)	Sodium (mg)		Calories	Protein (gm)	Carbohydrates (gm)	Fat (gm)	Sodium (mg)
ENTREES						SALADS					
Asian Chicken w/ rice	436	19	51	17	858	Celery Sticks w/ Dip	28	0	7	0	47
Bacon Burger	476	28	31	17	1902	Chef Salad	140	20	37	6	407
Baked Rotini	234	10	40	4	3173	Creamy Coleslaw	49	1	5	2	103
Baked Spaghetti	845	37	45	27	1285	Combi Meat Salad Plate	326	24	11	21	1,647
BBQ Chicken	198	22	13	6	818	Crisp Garden Salad	14	1	3	0	13
BBQ Rib Dippers	339	16	27	17	1200	Cucumber and Tomato Salad	78	1	9	5	183
BBQ Sandwich	280	23	40	3	1048	Ham and Cheese Deli Salad	112	14	3	5	546
(Outback) BBQ Pork Sandwich	440	25	42	19	504	Marinated Carrot Salad	149	1	23	6	168
Beef Tacos	210	7	27	5	180	Mexican Bean Salad	164	6	21	7	268
Beef & Cheese (Tex-Mex) Nachos	450	17	42	25	308	Mexican Salad	17	1	4	0	140
Lettuce/Tomato/Sour Cream/Salsa	54	1	7	0	68	Roast Beef Deli Plate	198	23	18	3	824
Steak Strips (4) w/out dip	160	14	6	8	440	Romaine Salad	24	1	5	0	14
Burrito w/ salsa	470	19	45	25	650	Taco Salad w /corn Tortilla	390	37	28	14	790
Calzone, Pepperoni	239	17	24	8	331	Tomato Ranch Salad	67	1	6	4	146
Carolina Chicken Chili	188	15	19	6	1072	Tomato Salad	86	2	9	6	225
Catfish Strips (2) w/ sauce	213	15	14	4	890	Tuna Salad (only)	197	24	14	6	659
Chef Salad	140	20	19	6	407	Tuna Salad Plate	448	28	48	16	1683
Chef Salad w/ Roll	323	25	47	9	707	Turkey Deli Salad	88	12	5	2	354
Cheeseburger	484	29	32	17	1,994	Veggie Sticks w/ Dip	31	<1	7	0	47
Cheese Sticks w/ Marinara	317	16	40	12	803	Yogurt & Muffin Plate	261	14	32	8	325
Cheese Steak on Bun	284	20	23	14	651	VEGETABLES - 1/2 cup servings					
Chicken Alfredo	272	21	31	8	667	Baby Lima Beans	122	6	20	2	207
Chicken Alfredo with a Twist	241	19	35	2	379	Baby Carrots w/ Dip	26	0	6	0	44
Chicken & Cheese Burrito (Cheesy Chicken Melt)	330	17	33	11	570	Baby Carrots Only	13	0	3	0	23
Chicken Chunks (Chicken Bites)	337	21	21	19	513	Baked Beans	160	7	36	1	240
Chicken Drummettes(4) HS	366	18	23	5	2,007	BBQ Baked Beans	235	7	53	1	827
Chicken Drummettes(3) MS	366	18	17	5	2,007	Baked Fries	113	2	19	3	266
Chicken Fajita Wrap	238	20	29	7	784	Bean Dip	162	10	21	4	819
Chicken Fajita Salad w/ chips	386	18	45	17	771	Bento Box	524	17	43	33	560
Chicken, Herbed Baked	157	22	<1	8	388	Blackeye Peas	147	10	21	3	348
Chicken n Waffles w/ syrup	453	18	70	16	878	Black Beans w/ Salsa	111	7	17	1	446
Chicken Parmesan on Bun	329	33	29	9	780	Blueberries/Strawberries	17	0	4	0	0
Chicken Parm Sandwich	450	36	46	17	1134	Broccoli w/ Cheese Sauce	70	5	7	2	222
Chicken Philly	343	33	23	10	634	California Blend (West Coast Veggie Blend)	39	2	4	2	36
Chicken Picante	177	18	18	5	651	Carrot Salad	78	<1	13	2	222
Chicken Pot Pie	300	24	28	10	396	Cauliflower w/ Cheese Sauce (Cheesy Cauliflower)	68	4	8	3	206
Chicken Nuggets (4)	178	13	27	7	383	Cheesy Bean Dip w/chips (Cheesy Beans)	239	12	30	7	428
Chicken Rice Bake	227	17	27	7	447	Cherry Tomatoes	18	1	4	0	6
Chicken Rice Bowl	210	18	28	2	334	Corn, Mexican	104	3	20	2	9
Chicken and Rice Casserole (Grandma's)	272	18	31	6	1870	Corn	100	3	20	1	5
Chicken Salad	132	12	6	6	738	Creamy Corn Chowder	175	6	19	7	470
Chicken Salad Bread Bowl	286	17	35	9	899	Corn Nuggets	156	2	25	5	344
Chicken Salad Sub	277	18	26	8	939	Corn on the Cob	80	3	18	1	10
Chicken Salad w/ Pretzel	279	17	37	7	960	Seasoned Corn	91	3	17	1	296
Chicken Stir Fry w/ Veg	205	25	7	8	216	Curly Fries	63	1	9	2	7
Chicken Tetrizzini	241	18	28	6	570	Field Peas w/ Snaps	120	6	21	1	260
Chicken Tenders	202	16	16	10	428	French Fries (Fried) (Richmond Crispy Fries)	96	2	15	4	24
Chicken Quesadilla	383	27	25	13	1075	Garden Peas	60	3	10	1	140
Dill Chicken Sandwich	335	28	40	10	729	Glazed Carrots	73	0	16	1	67
Chili con Carne w/ Beans	166	9	13	5	432	Glazed Sweet Potatoes	198	0	42	4	70
Chili w/ Cheese Breadbowl	419	31	47	13	799	Green Beans	24	1	3	2	539
Chipotle Chicken Nuggets (4)	280	19	17	15	470	Hashbrowns	82	1	18	0	85
Combi Salad (Garden Salad)	470	30	50	18	3373	Homestyle Potatoes	58	2	12	0	10
Combi Sub (Loaded Sub, Steak roll)	428	22	29	21	1623	Hot slaw	22	0	4	0	46
Combi Sub (Loaded Sub, hamburger bun)	347	22	29	16	1,427	Italian Corn	91	3	17	1	139
Corndog	280	9	34	13	859	KFC style Coleslaw	49	1	5	3	103
Country Fried Steak w/ Gravy	274	14	22	2	417	Mashed Potatoes	73	2	14	1	69
Mini Corndog Nuggets	259	11	31	10	597	Mixed Vegetables	77	4	14	1	63
Egg Roll	220	19	31	3	520	Peas and Carrots	47	2	9	0	112
Enchilada Casserole	326	21	30	14	768	Pinto Beans	161	7	28	1	467
Fiesta Tuna Fish Sandwich	310	23	39	9	714	Potato Rounds w/ 1 pc ketchup	146	2	18	8	357
Fish and Grits	348	20	37	14	629	Potato Tots	170	2	19	10	340
Fish Nuggets	241	17	19	10	953	Potato Wedges w/ 1 pc ketchup	98	2	16	3	96
Flaky Fish Sandwich	290	21	39	6	610	Ranch Beans	115	5	19	1	151
Fish Sandwich/tartar sc	220	13	20	9	300	Red/Yellow Pepper Strips	25	1	6	0	25
Fruit and Yogurt Plate	393	16	60	10	342	Refried Beans	170	11	21	5	432
Grilled Cheese Sandwich	272	19	29	10	935	Romaine & Spinach Salad (Garde	37	3	7	0	64
Grilled Chicken Salad	507	29	57	19	1528	Okra and Tomatoes	40	1	4	2	5
Grilled Chicken Sandwich	235	22	26	6	581	Baked Okra	170	4	24	7	250
Grilled Chicken Sub	270	22	28	6	1655	Breaded Okra	170	4	24	7	250
Chicken Fajita Salad w/chips	403	20	43	17	713	Orange Glazed Sweet Potatoes	141	2	33	0	171
Ham & Cheese Sub	416	27	51	9	693	Salsa Ranch Beans	124	5	21	<1	222
Ham & Cheese Hoagie	295	15	34	8	642	Sauteed Squash	39	2	6	3	288

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Ham & Cheese Sandwich, Toasted	488	22	32	25	1,910	Seasoned Broccoli	32	3	5	0	74
Ham & Mac Bake	261	17	24	10	549	Seasoned Cabbage	27	1	5	<1	25
Ham Sub	416	27	51	9	694	Seasoned Carrots	37	0	8	0	178
Hamburger on Bun	363	26	30	15	760	Seasoned Cauliflower	31	2	6	<1	86
Hawaiian Meatballs	198	10	24	7	303	Seasoned Green Beans	24	1	3	2	382
Homestyle Mac n Cheese bowl	448	27	39	7	1013	Seasoned Green Peas	87	5	14	1	354
Hot and Spicy Chicken Drummette	187	24	9	6	364	Seasoned Rice	119	3	22	3	59
Hot dog on Bun	267	13	23	10	1,300	Smiley Faced Potatoes	146	2	22	5	165
Lasagna Roll up	388	31	33	14	1,088	Soup-Bean (6oz)	122	2	11	7	123
Meatloaf	180	12	8	11	570	Soup-Bean (8oz)	122	2	11	7	123
Meatball Sub	268	15	29	6	685	Soup- Tomato (4 oz.)	45	1	10	0	240
Nachos/ Nachos Grande	858	47	86	37	1,275	Soup- Taco (6oz)	185	13	23	3	274
Nachos, Beef and Cheese (TexMex Nachos)	376	11	42	20	285	Soup-Yummy (6oz)	147	12	16	4	211
Oriental Chicken	224	13	27	4	356	Southern Greens Fr Collard	61	5	12	1	85
Pasta Neapolitan	292	10	61	1	160	Southern Greens	51	4	4	2	166
PBJ Sandwich (Apple Jelly)	608	21	68	6	509	Spicy or Mexican Corn	105	3	24	2	343
PBJ Sandwich (Grape Jelly)	626	20	68	31	541	Squash Casserole	45	3	6	3	110
PBJ with Grahams	300	9	32	17	220	Steak Fries	98	2	16	3	96
Philly Beef and Cheese (M)	894	17	41	71	2,243	Stir Fry Broccoli	57	2	6	3	127
Philly Beef and Cheese (Hi)	894	17	41	71	2,243	Sugar Snap Peas	56	2	8	2	14
Ravioli, Cheese	120	8	16	3	260	Sweet Potato, Fresh	89	1	21	0	7
Rib Dippers (3)	197	11	19	9	1088	Sweet Potato & Apples	125	0	27	2	41
Riblet Sandwich	453	18	60	14	1,908	Sweet Potato Bites (Baked)	96	2	14	4	152
Roast Beef Sub	279	17	27	8	860	Sweet Potato Bites, Cinnamon	98	2	14	4	152
Salad Deli Tuna (High School)	230	27	19	7	612	Sweet Potato Fries (baked)	166	1	24	7	188
Salisbury Steak w/ Gravy	155	10	3	11	345	Tater Tots	159	2	18	9	318
Sausage Dog on Bun	409	17	21	25	1,587	Turnip Greens, Southern	54	4	4	2	165
Shepherd's Pie	348	30	27	11	775	Veggie Sticks	31	0	7	0	47
Shrimp and Grits	267	13	33	10	638	Yummy Soup	102	6	13	3	1078
Sloppy Joe on Bun	436	39	45	12	263	Grain DESSERTS					
Southern Style Chicken Sandwich	335	28	40	10	729	Fruit Crisp-Apple	187	2	35	6	43
Southern Style Fish&Chips (tartar sauce, ketchup)	400	18	38	13	1250	-Blueberry	156	2	35	1	3
Southwest Salad w/ Chips	460	21	56	19	1,090	-Cherry	186	2	35	2	50
Spaghetti	359	20	43	14	339	Cookie, Candy	80	1	14	3	66
Spicy Chicken Sandwich	406	21	39	19	780	Cookie, Chocolate Chip	105	2	18	3	92
Spicy Chicken Tenders	203	16	16	10	428	Cookie, Oatmeal Raisin	106	2	18	3	102
Spicy Chicken Wrap	354	18	40	16	803	Cookie, Graham	117	2	20	4	91
Steak on Bun	272	19	28	10	546	Cookie, Double Fudge	78	1	14	3	78
Strogonoff on Noodles	297	17	18	18	769	Cookie, Sugar	105	1	18	3	108
Sweet & Sour Chicken	193	12	20	6	499	FRUIT and Juice - 1/2 cup servings					
Sweet & Spicy Chicken Sandwich	357	32	41	8	953	Apple (fresh)	95	<1	25	0	2
Smoked Turkey Wrap	248	21	29	6	1213	Apples (canned)	60	0	14	0	15
Sub, Roast Beef	279	17	27	8	860	Apple & Nut Cup	95	2	16	4	2
Supreme Salad w/ Pita Bread	278	20	40	6	658	Applesauce	52	0	12	0	15
Taco Salad	390	37	28	14	790	Applesauce, Flavored	120	1	28	0	99
Toasted Cheese Sandwich	208	13	26	6	613	Asst Fruit, Chilled	64	1	16	0	8
Teriyaki Beef Dunkers	158	14	5	9	345	Cantaloupe, Fresh	63	2	15	0	30
Tuna Sub	281	25	29	5	705	Cinnamon Apples	86	0	20	0	18
Turkey Wrap w/ Honey Mustard	290	24	29	6	903	Fresh Fruit Cup	120	0	35	0	10
Turkey on Wheat Roll	280	17	26	12	1000	Frozen Juice Bar (Cup) Cherry	161	<1	43	0	10
Turkey Sub	90	12	5	2	353	-Watermelon	161	<1	43	0	10
Turkey Tettrazzini	277	23	27	8	470	Fruit Mallow	73	1	17	0	6
Yogurt & Muffin Plate	261	14	32	8	325	Grapes	57	0	15	0	2
BREAKFAST						Honeydew, Fresh	67	1	17	0	33
Bacon, Sliced (2 pieces)	4	3	0	4	167	Kiwi (Fresh)	42	1	10	<1	2
Belgian Waffle Sticks (2)	140	4	27	2	250	Mandarin Oranges	53	1	12	0	7
Biscuit, whole wheat	100	2	14	5	170	Melon (fresh)	27	1	7	N/A	10
Breakfast Bagel	180	9	23	6	470	Melon and Grapes	45	1	11	0	15
Breakfast Cracker	100	2	18	3	99	Mixed Fruit	80	1	18	0	5
Breakfast Burrito	140	6	19	5	498	Orange Wedges (fresh)	62	1	15	<1	0
Breakfast Pizza	190	8	22	7	440	Peaches (cn)	70	1	17	0	10
Breakfast Pocket	160	7	17	7	395	Peach Delight (w/ whipped topping)	160	1	24	8	10
Breakfast Taco	109	5	13	2	324	Peach cups	80	0	18	0	10
Cheese Grits (Cheesy Grits)	94	4	12	4	142	Pears (canned)	70	1	17	0	10
Cheese string (cheese stick)	80	7	1	6	200	Pear (fresh)	96	<1	26	<1	2
Cheese Toast (1 slice)	157	11	15	6	570	Pears & Cherries	74	1	18	0	10
Chicken Biscuit (Southen Chicken Biscuit)	390	18	39	18	880	Pineapples	69	1	19	<1	<1
Cinnamon Pancakes (2)	220	4	35	7	260	Pineapple & Cherries	76	1	21	na	0
Cinnamon Roll (CinnaMelts)	182	5	32	5	231	Pineapple and Mand Orange	55	1	14	0	3
Eggs, Cheese, and Ham	140	10	3	9	479	Strawberry Cup (NoAdded Sugar)	74	0	20	0	2
Scrambled Brkft Platter (eggs, ham, cheese, toast (2))	225	14	15	12	628	Strawberry Cup	137	1	35	0	0
Egg & Cheese Slider	312	9	48	11	429	Strawberryand Applesauce	126	1	34	0	7
French Toast Sticks (French Toast Dippers)	288	6	40	12	384	Strawberry Delight	199	1	46	2	4
French Toast Jumbo	340	9	67	5	480	Strawberry with whipped Topping	160	0.5	34	4	4

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	Calories	Protein (gm)	Carbohydrates (gm)	Fat (gm)	Sodium (mg)
Frudel (Apple/Cherry Danish)	210	5	36	6	280
Fruit Turnover	299	3	52	9	335
Granola	217	3	25	12	49
Ham Biscuit	423	10	71	12	533
Mini Cinnis (4)	311	6	50	9	332
Muffin	123	2	20	4	109
Oatmeal	300	10	54	6	14
Oatmeal Asst Toppings (Build-Your-Own)	269	6	58	3	12
Pancake Blueberry	190	5	36	7	270
Pancake (w/o syrup)	240	8	48	4	500
Pancake w/ Bacon without syrup (Flapjack&Bacon Bkfast)	293	11	48	8	667
Pancake Wrap (Pancake Turnover)	190	7	20	12	390
Peanut Butter Wafer	300	9	30	18	220
Poptarts (2)	410	6	72	11	420
Sausage Biscuit	325	10	38	16	762
Sausage Bites	270	7	40	10	610
Sausage Patty	60	6	0	4	100
Sausage Roll	140	8	17	4	180
Smoothie, Pineapple	157	4	33	1	61
Smoothie, Cran Orange	211	4	49	9	76
Steak Biscuit (Country Style Steak Biscuit)	410	12	37	25	870
Un crustable PBJ	320	10	32	17	320
Waffle, Jumbo (2)	180	6	32	5	500
Waffle Sticks	140	4	27	2	250
Waffle Sticks, Cinnamon	140	4	28	2	250
Yogurt (4 oz.)	90	5	14	2	55
Yogurt Parfait w/ blueberries	383	9	71	7	246
Yogurt Parfait w/ strawberries	451	9	91	7	242
Waffle Sticks, Cinnamon	360	8	75	4	520
Whole Grain Rich Ring	270	7	38	8	300
BREAKFAST CEREALS					
Apple Jack	198	3	44	2	291
Cinnamon Toast Crunch	198	3	44	2	291
Cocoa Puffs	198	3	44	2	291
Corn Flakes	120	2	28	0	180
Corn Puffs	84	1	19	<1	75
Corn Pops	198	3	44	2	291
Frosted Flakes	198	3	44	2	291
Fruit Loops	198	3	44	2	291
Fruit Toasted Oat	400	4	86	4	500
Honey Nut Cheerios	198	3	44	2	291
Raisin Bran	198	3	44	2	291
Rice Krispies	108	2	24	0	254
Bar, Cinnamon Toast Crunch	160	2	30	4	170
Bar, Cocoa Puffs	160	2	29	2	105
Cookie, Animal Cracker	128	2	22	4	152
Cookie, Choc. Graham Cracker	112	2	20	3	100
Cookie, Strawberry	115	1	19	4	88
Cookie, Graham Cracker	110	2	20	3	140
PIZZA					
Pizza, Cheese	290	22	30	9	310
Pizza, 3 Cheese Garlic Boat	350	23	32	16	615
Pizza, Buffalo Chicken	280	19	27	11	610
Pizza, French Bread	310	20	33	12	500
Pizza, Pepperoni	448	26	42	18	686
Pizza, Chicken Quesadilla	320	15	35	14	880
Pizza, South Western	280	16	33	10	740
Pizza, Stuffed Crust	365	20	42	14	681
Pizza, Sausage (Hearty)	330	21	29	14	420
BEVERAGES					
1% Unflavored Milk	110	8	13	3	130
Fat Free Choc. Milk	120	8	20	0	180
Fat Free Strawberry Milk	110	8	19	0	125
Fat Free Vanilla Milk	110	8	19	0	125
Skim Milk	90	8	13	0	130
4 oz Juice	60	0	14	0	0
6 oz Juice	90	0	19	0	0
CONDIMENTS					
Buffalo Ranch Dip	23	2	3	na	424
French Dressing	22	N/A	3	1	50
Honey Mustard Sauce 2 Tbls	60	0	12	1.5	140
Italian Dressing	5	N/A	3	N/A	110

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Tangerine	60	1	15	<1	2
Watermelon Chunks, Fresh	45	1	11	0	1
GRAINS and BREADS					
Biscuit, WG 1 oz	100	2	14	5	170
Biscuit, Sweet Potato	149	3	23	5	454
Bread Stick 1 each	179	6	27	2	250
Cheetos, Puffs	90	2	14	4	135
Cheetos, Flamin Hot	90	2	14	4	135
Cheeze It (cheese snack)	100	2	14	4	150
Cornbread	158	3	25	5	472
Doritos, Cool Ranch	130	2	19	5	160
Doritos, Nacho Cheese	130	2	20	5	200
Goldfish Bread	100	4	20	2	170
Goldfish Crackers	100	1	14	4	180
Hushpuppies (3)	140	2	18	7	270
Hushpuppies (4)	187	3	24	9	360
Mac and Cheese (1/2C)	164	11	19	6	214
Muffin, Apple Cinnamon	150	2	24	5	130
Muffin, Chocolate Chip	140	3	25	4	140
Muffin, Orange Dream	130	3	22	4	135
Muffin, Blueberry	150	3	23	5	110
Oat Bread	182	6	33	3	296
Pita Bread (1)	60	2	13	0	85
Pretzel (Jumbo)	268	7	63	71	573
Pretzel Twists	108	2	23	1	245
Rice (1/2 cup)	118	2	22	2	102
Rice , Seasoned	119	3	22	2	136
Roll, WG 2 oz	137	4	25	2	71
Roll, WG 1 oz	70	3	14	1	115
Saltines, WW 2 pack	45	1	8	1	80
Seasoned Rice	118	2	21	3	322
Sweet Potato Cornbread	210	5	33	5	303
Snack Mix (Strawberry)	140	2	27	4	230
Snack Mix (original or spicy)	150	2	26	4	322
Sunchips, Harvest Cheddar	140	2	18	6	210
Sunchips, Garden Salsa	110	2	15	4	170
Thin Round	100	4	23	1	170
Tortilla Chips, WG 1oz	130	2	18	6	115
White Cheddar Popcorn	70	2	9	3	130
FROZEN TREATS					
Low Fat Vanilla Ice Cream Cup (3 oz.)	60	2	12	1	45
Low Fat Chocolate Ice Cream Cup (3 oz.)	70	2	12	1	50
Low Fat Cotton Candy Ice Cream Cup (3 oz.)	60	2	12	1	45
Low Fat Strawberry Sundae Cup (3 oz.)	80	2	17	1	60
No Fat Birthday Cake Yogurt Dessert Cup	80	4	17	0	95
Minty Mint Ice Cream Sandwich	180	4	33	3.5	150
Reduced Fat Vanilla Ice Cream Sandwich	180	4	33	3.5	150
Fudge-O Bar	80	3	17	0	80
Crazy Cone	120	2	25	2	85
Low Fat Cookies & Cream Cone	120	2	25	1.5	100
Chocolate Vanilla Twist Cone	150	3	30	2	95
Sour Blue Raspberry Twister Cup	80	0	19	0	10
Sour Apple Twister Cup	80	0	19	0	10
Cotton Candy Yogurt Twister Cup	80	4	15	0	95
Birthday Cake Yogurt Twister Cup	80	4	16	0	85
Chocolate Scooter	140	2	22	5	100
Strawberry Scooter	140	1	22	5	50

