

Fall ES Nutrient Analysis

Elementary Nutrient Analysis

	Calories	Protein (gm)	Carbohydrates (gm)	Fat (gm)	Sodium (mg)	Calcium (mg)
ENTREES						
Barbeque Sandwich	443	32	59	10	1638	48
BBQ Chicken	327	22	19	17	684	13
BBQ Dippers	163	15	6	9	458	25
Burrito	363	18	51	9	714	79
Cheeseburger	307	25	27	12	850	140
Chicken Nuggets	214	12	11	13	316	19
Chicken Pot Pie	320	22	27	14	409	98
Corndog	240	9	33	8	590	150
Deli Combi Sub	542	24	58	26	2622	171
Fish Sandwich	303	21	39	9	546	21
Fish Strips	254	16	15	16	494	N/A
Grilled Chicken Sandwich	294	18	36	18	991	38
Hamburger	272	22	30	9	853	50
Herbed Baked Chicken	282	26	1	19	392	44
Honey Drummettes	152	18	9	5	222	27
Hot Dog on Bun	206	10	22	10	975	52
Hot Ham & Cheese Sandwich	335	19	30	17	1546	218
PBJ Sandwich	401	14	59	14	575	612
Philly Beef & Cheese	419	18	50	18	1143	148
Salisbury Steak	158	18	5	7	499	29
Sausage Dog on Bun	255	16	24	12	1109	4
Spaghetti	281	22	48	14	682	56
Spaghetti w/ Meatballs	442	22	56	16	1152	170
Steak Nuggets	163	15	6	9	457	25
Toasted Cheese Sandwich	261	14	27	11	790	793
Turkey Tetrazzini	210	17	20	7	357	79
Yogurt, Fruit	112	5	21	1	60	156
BREAKFAST						
Baked, Biscuits	284	7	43	9	867	147
Breakfast Bagel	258	14	26	11	520	239
Breakfast Burrito	320	13	41	12	478	80
Breakfast Cereal	127	2	26	2	159	104
Breakfast Eggroll	161	8	16	7	671	50
Pancake Wrap	219	9	34	6	534	1
Cheese Grits	101	5	11	4	270	127
Cheese Omelet	327	11	38	17	579	109
Chicken Biscuit	278	10	31	14	561	58
Cinnamon Pancakes	237	5	37	9	463	27
Cinnamon Roll	282	6	28	8	395	28
Egg & Cheese Biscuit	285	8	35	12	817	100
French Toast Sticks	317	6	48	13	376	61
Fruit Crescent	293	3	52	9	331	18
Graham Crackers	89	1	16	2	127	5
Grits	63	1	11	2	195	5
Hash brown	129	1	16	8	396	N/A
P/B & Jelly Wafer	320	20	28	20	257	17
Pancakes, Whole	207	5	42	2	326	41
Peaches	58	N/A	15	N/A	11	5
Pears & Cherries	52	N/A	13	N/A	2	8
Pop Tart	200	2	37	5	170	N/A
Rosy Applesauce	128	1	33	N/A	46	5
Sausage Biscuit	385	20	36	19	860	73
Sausage Breakfast Bites	253	8	31	11	458	20
Sausage Roll	161	8	23	5	351	40
Steak Biscuit	249	12	29	11	564	61
Strawberry Cup	122	1	33	N/A	4	14
Waffle/Jumbo	267	6	45	8	496	61
BEVERAGES						
1% Low Fat Unflavored	110	8	13	3	130	300
Fruit Drink	129	N/A	31	N/A	N/A	300
Fruit Juice	83	N/A	15	N/A	N/A	159
Reduced Sugar/FF Choc.	120	8	20	N/A	210	300
Reduced Sugar/Skim Straw.	130	8	24	N/A	125	300
Reduced Sugar/Skim Vanilla	120	8	22	N/A	125	300
Skim Milk	90	8	13	N/A	130	302
Whole Milk	150	8	12	8	120	291
PIZZA						
Pizza, Cheese	353	20	42	13	1046	333
Pizza, French Bread	410	25	44	15	980	350
Pizza, Pepperoni	353	21	42	13	1125	297
Pizza, South Western	280	16	33	10	741	N/A
Pizza, Stuffed Crust	251	18	29	7	576	315
Pizza, Sausage	372	21	40	13	1104	277

	Calories	Protein (gm)	Carbohydrates (gm)	Fat (gm)	Sodium (mg)	Calcium (mg)
SALADS W/O DRESSING						
Garden Salad	62	2	10	2	256	51
Chef Salad, lg	158	17	11	6	690	230
Chef Salad, sm	120	13	6	5	505	189
Chicken Fajita Salad	250	19	21	11	637	105
Taco Salad	338	20	24	18	726	224
CONDIMENTS						
French Dressing	22	N/A	3	1	50	10
Honey Mustard Dip	251	2	26	16	632	31
Italian Dressing	5	N/A	3	N/A	110	10
PB Dip	155	4	20	8	87	12
Ranch Dressing	16	N/A	4	N/A	110	35
Salsa	36	2	7	N/A	430	12
Thousand Island Dressing	31	N/A	2	3	106	10
VEGETABLES- 3/8 cup servings						
Baby Lima Beans	89	5	14	2	254	21
Baked Beans	108	5	24	1	723	46
Baked French Fries	51	1	13	N/A	177	3
Broccoli w/ Cheese Sauce	43	3	5	1	111	54
Garden Peas	36	2	6	N/A	187	12
Mashed Potatoes	51	1	10	1	137	2
Mixed Vegetables	53	2	11	N/A	103	22
Peas & Carrots	42	2	7	1	114	17
Potato Rounds	106	1	16	4	324	7
Potato Wedges	73	2	15	1	29	9
Seasoned Broccoli	23	2	4	N/A	17	15
Seasoned Green Beans	13	1	2	N/A	303	14
Seasoned Green Peas	51	3	9	1	262	16
Seasoned Rice	89	2	16	2	53	9
Smiley Faced Potatoes	102	1	14	4	234	N/A
Southern Greens	36	2	4	2	138	89
Spicy Mexican Corn	40	1	9	1	130	2
Veggie Sticks	20	1	4	N/A	44	21
Winter Mix	22	2	3	N/A	25	13
DESSERTS						
Brownie Deluxe	174	1	35	3	128	3
Carrot Cake	126	2	25	2	208	11
Cereal Nut Bar	198	5	28	9	111	35
Cookie, Blueberry Oatmeal	353	7	63	71	296	35
Cookie, Chocolate	126	1	16	6	73	N/A
Cookie, Oatmeal	121	1	15	6	86	N/A
Krispie Squares	139	1	25	5	68	2
Pumpkin Bar	106	2	21	2	194	52
Under the Sea Gelatin	91	1	22	N/A	83	7
FRUIT - 3/8 cup servings						
Apple	24	N/A	6	N/A	N/A	3
Fresh Melon	22	1	7	N/A	10	6
Frozen Fruit Pop	46	N/A	11	N/A	5	9
Frozen Juice Bar	59	N/A	15	N/A	10	N/A
Fruit Juice Gelatin	58	1	14	N/A	73	2
Fruit Mallow	77	1	20	N/A	9	7
Kiwi	46	1	11	N/A	2	26
Orange Wedges	45	1	11	1	N/A	38
Peaches	22	N/A	6	N/A	4	2
Pears & Cherries	26	N/A	7	N/A	1	4
BREADS						
Biscuit	284	7	43	9	867	147
Breadstick (1)	100	3	18	2	127	22
Garlic Batter Bread	114	4	22	1	190	29
Sweet Potato Cornbread	215	5	9	30	335	59