

Middle & High Nutrient Analysis

	Calories	Protein (gm)	Carbohydrates (gm)	Fat (gm)	Sodium (mg)	Calcium (mg)
ENTREES						
BBQ Chicken	327	22	19	17	684	13
BBQ on Bun	440	32	58	10	1451	63
Burrito	363	18	51	9	714	79
Cheeseburger	307	25	27	12	850	1400
Chicken Drumettes	396	55	16	13	2311	96
Chicken Rice Bake	275	21	26	9	317	98
Chicken Tenders	217	15	16	10	861	49
Chili w/ Cheese	237	19	23	9	1228	195
Combi on Bun	542	24	58	26	2622	171
Corndog	207	6	30	6	991	111
Egg Roll	243	16	33	5	1198	59
Fish Nuggets	230	14	19	11	417	1
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
Ham & Cheese on Bun	332	19	28	17	1554	229
Ham Sub	406	22	52	15	1691	173
Hamburger on Bun	246	15	29	9	890	51
Hot Dog on Bun	206	10	22	10	975	52
Ravioli	414	19	45	18	911	151
Rib Dippers	242	15	19	11	932	33
Riblet Sandwich	357	16	39	17	1008	59
Roast Beef Sub	430	19	52	18	1408	168
Salisbury Steak	158	18	5	7	499	29
Sausage Dog on Bun	255	16	24	12	1109	4
Shepherd's Pie	251	16	26	9	817	72
Soft Taco	417	20	51	15	1109	276
Spaghetti	381	22	48	14	683	57
Spicy Chicken Sandwich	373	18	42	17	985	66
Teriyaki Steak Strips	206	19	7	11	577	31
Toasted Cheese Sandwich	314	19	32	13	1154	462
Tuna Sub	495	29	60	18	1397	107
Turkey on Wheat Roll	279	15	29	12	1288	38
Turkey Sub	428	18	52	19	1371	166
BREAKFAST						
Biscuit	284	7	43	9	867	147
Breakfast Bagel	258	14	26	11	520	239
Breakfast Pizza	223	9	23	11	616	137
Breakfast Pocket	252	12	28	11	622	236
Cheese Grits	101	5	11	4	270	127
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	258	8	35	12	817	100
French Toast Sticks	317	6	48	13	376	61
Grits	63	1	11	2	195	5
Hash brown	129	1	16	8	396	N/A
Peanut Butter Wafer	320	20	28	20	257	17
Pop Tart	200	2	37	5	170	N/A
Sausage Biscuit	385	20	36	19	860	73
Sausage Bites	253	8	31	11	458	20
PIZZA						
Cheese Pizza	353	20	42	13	1046	333
French Bread Pizza	410	25	44	15	980	350
Pepperoni Pizza	353	21	42	13	1125	297
Quesadilla Pizza	384	18	42	17	1056	243
Sausage Pizza	372	21	40	13	1104	277
South Western Pizza	280	16	33	10	741	
Stuffed Crust	251	18	29	7	576	315
BEVERAGES						
1% Unflavored Milk	110	8	13	3	130	300
Reduced Fat Choc. Milk	120	8	20	N/A	210	300
Reduced fat Strawberry Milk	130	8	24	N/A	125	300
Reduced Fat Vanilla Milk	120	8	22	N/A	125	300
Skim Milk	90	8	13	N/A	130	302
Whole Milk	150	8	12	8	120	291

	Calories	Protein (gm)	Carbohydrates (gm)	Fat (gm)	Sodium (mg)	Calcium (mg)
SALADS W/O DRESSING						
Chef Salad	158	17	11	6	690	230
Garden Salad	62	2	10	2	256	51
Roast Beef Deli Salad	212	11	29	6	1119	65
Taco Salad	337	20	24	18	724	223
Tuna Salad	228	23	20	7	1022	88
Turkey Deli Salad	215	20	24	6	724	68
CONDIMENTS						
French Dressing	22	N/A	3	1	50	10
Honey Mustard Dip	251	N/A	26	16	632	31
Italian Dressing	5	N/A	3	N/A	110	10
PB Dip	156	4	20	8	87	12
Ranch Dressing	16	N/A	4	2	110	35
Thousand Island Dressing	31	N/A	2	3	106	10
VEGETABLES - 1/2 cup servings						
Baby Lima Beans	166	6	18	2	330	27
Baked Beans	144	7	31	1	965	61
Baked Potato	57	2	15	N/A	N/A	11
Broccoli w/ Cheese Sauce	57	4	7	1	148	72
Cauliflower w/ Cheese Sauce	54	4	7	2	161	79
Field Peas w/ Snaps	125	7	21	2	229	22
French Fries	157	2	23	6	466	9
Home-Style Potatoes	120	2	21	3	370	N/A
Garden Peas	68	4	12	1	349	22
Mexican Corn	117	3	25	2	355	10
Mashed Potatoes	69	2	13	1	183	2
Peas and Carrots	56	3	9	2	152	23
Potato Rounds	139	1	21	6	427	10
Potato Tots	185	2	24	10	481	11
Potato Wedges	264	4	45	9	278	24
Seasoned Broccoli	31	2	5	N/A	23	20
Seasoned Carrots	37	1	7	1	135	36
Seasoned Green Beans	18	N/A	3	1	400	19
Seasoned Green Peas	68	4	12	1	349	22
Seasoned Rice	118	2	21	3	71	12
Smiley Faced Potatoes	102	1	14	4	234	N/A
Spicy Mexican Corn	105	3	24	2	343	6
Veggie Sticks	84	1	9	1	220	56
Winter Mix	30	2	5	1	33	17
DESSERTS						
Carrot Cake	290	4	41	13	240	104
Cereal Bar	198	5	28	9	111	35
Cookie, Oatmeal Blueberry	353	7	63	71	296	35
Cookie, Oatmeal Raisin	121	1	15	6	86	0
Krispie Squares	140	1	25	5	68	2
Under the Sea Gelatin	91	1	22	N/A	83	7
FRUIT - 1/2 cup servings						
Apple	72	N/A	19	N/A	1	8
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	78	2	18	N/A	98	3
Fruit Mallow	62	N/A	17	N/A	8	6
Granny Applesauce	128	1	33	N/A	46	5
Kiwi	61	1	15	N/A	3	34
Melon	27	1	7	N/A	10	6
Mixed Fruit	40	1	11	1	5	6
Orange Wedges	97	2	25	N/A	3	161
Peaches	58	N/A	15	N/A	11	5
Pears	46	N/A	12	N/A	2	7
Pears & Cherries	52	N/A	13	N/A	2	8
Pumpkin Bar	106	2	21	2	194	52
Rosy Applesauce	128	1	33	N/A	46	5
Strawberry Cup	122	1	33	N/A	4	14
Strawberry Gelatin	134	2	29	2	87	7
BREAD / ROLLS						
Biscuit	284	7	43	9	867	147
Bread Stick 2 each	140	6	27	2	250	40
Cornbread	158	3	25	5	234	91
Garlic Batter Bread	199	7	38	2	332	51
Pretzel	268	7	63	71	296	35
Roll, whole wheat	137	4	25	2	245	24
Sweet Potato Cornbread	215	5	30	4	167	30
Toast	100	3	19	1	220	40