

## Nutrient Content of Grade 9-12 Menu

FOOD ITEM	Serving Size	Calories	Sat Fat	Fat (g)	Trans Fat	CHO (g)	Protein (g)	Calcium	Vit A	Vit C	Iron	Fiber
						DM Exchanges		mg	RE	mg	mg	g
<b>BEVERAGES</b>												
Milk, Skim	8 oz	90	0	0	0	12 (1)	8	306	150	0	0.1	0
Milk, 1% Lowfat	8 oz	100	1.5	3	0	12 (1)	8	300	145	0	0.1	0
Milk, 2% Lowfat	8 oz	120	2.5	5	0	12 (1)	8	285	134	0	0.1	0
Milk, Skim Chocolate	8 oz	140	0	0	0	26 (1.5)	9	250	100	0	0	1
Milk, Skim Strawberry (Pacific only)	8 oz	130	0	0	0	23 (1.5)	8	250	100	0	0	0
Juice, Orange	6 oz	100	0	0	0	24 (1.5)	<1	100	75	60	0.5	0
Juice, Apple	6 oz	110	0	0	0	27 (2)	<1	100	<1	60	0.5	0
<b>ENTREES</b>												
Baked Chicken	1 piece	130	2	8	0	2 (0)	13	0	0	0	0.36	0
Baked Mozzarella Sticks	5 sticks	383	7.5	20	0	37 (2.5)	15	250	83	15	4.5	2
Baked Potato with Cheese	1 potato	216	1.0	4	0	40 (2.5)	5	44	0	17	1.87	4
BBQ Chicken Bites	5 pieces	498	2	10	0	74 (5)	30	40	80	12	2.87	2
BBQ Pork Ribs	5 pieces	275	6.5	19	0	12.5 (1)	14.5	50	40	1.2	2	2
Bean & Rice Burrito	1 burrito	452	6.5	14	0	65 (4.5)	19.5	300	212	6	4.51	10
Beef and Broccoli Bowl	1 serving	493	3.5	8	0	84 (5.5)	18	38	118	24	7.68	5
Beef Stir-fry	1 serving	407	6	14	0	49 (3)	20.5	86	903	22	9.42	5
Beef Tacos	2 tacos	319	8.5	16	0	17 (1)	24	250	119	3	2.47	2
Black Bean Fiesta Wrap	1 wrap	297	4	7	0	25 (1.5)	13	236	470	13	1.97	5
Black Bean Quesadillas	5 wedges	462	9	17	0	45 (3)	24	447	76	1	3.11	7
Black Bean Tacos	2 tacos	250	6	10	0	27 (2)	12	256	120	5	2.11	6
Blackbean Burger on a Bun	1 burger	230	0.5	6	0	34 (2)	15	210	0	0	2.52	6
Chicken Bites	5 pieces	300	3	14	0	16 (1)	26	0	0	0	3.6	0
Broccoli Cheese Minis	10 pieces	392	6.5	15	0	45 (3)	17	209	0	10	3.1	6
Buffalo Chicken Bites	5 pieces	232	1.5	10	0	10 (.5)	25	33	33	0	1.8	0
Buffalo Chicken Wrap	1 wrap	438	5	16	0	46 (3)	31	231	235	10	3.82	6
Cheeseburger on a Bun	1 burger	406	9	22	0	23 (1.5)	29	356	84	3	4.31	2
Chicken & Cheese Quesadilla	5 wedges	447	10	21	0	39 (2.5)	31	404	71	0	3	6
Chicken and Mini Dumplings	9 pieces	504	7	15	0	59 (4)	36.5	228	396	18	4.5	8
Chicken Corndog, Whole Grain	1 each	240	2	8	0	33 (2)	9	150	0	0	2.7	5
Chicken Fiesta Wrap	1 wrap	397	6	15	0	45 (3)	25	246	469	12	3.13	6

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Chicken Fryz	12 each	271	4	16	0	13 (1)	18	28	77	13	1.8	1
Chicken Parmesan	1 serving	570	8	30	0	52 (3.5)	27	153	141	7	2.48	7
Chicken Patty on a Bun	1 sandwich	428	5	24	0	35 (2.5)	20	11	85	4	2.49	3
Chicken Sausage Patty, Low Sodium	2 patties	90	1	5	0	0	10	900	40	0	0	0
Chicken Sliders	2 sliders	374	1	10	0	43 (3)	25	300	0	7	3.81	4
Chicken Stir-fry	1 serving	382	3	12	0	48 (3)	22	73	896	21	2.67	6
Chicken Tender Wrap	1 wrap	506	7.5	21	0	52 (3.5)	28	206	134	3	221	6
Chicken Tenders	4 each	420	3	18	0	34 (2)	30	0	0	0	0	2
Chicken Veggie Alfredo	1 1/4 cup	492	4	18	0	53 (3.5)	31	151	737	21	2.19	9
Chik'N Nuggets	6 nuggets	285	2	14	0	29 (2)	18	90	0	0	2.7	6
Fish Sticks	5 sticks	300	2	14	0	26 (1.5)	19	25	25	1.5	0.9	1
French Toast Sticks	5 sticks	350	2	10	0	56 (3.5)	7.5	50	0	0	4.5	5
Gluten Free Chicken Nuggets	1 serving	210	0.5	10	0	15 (1)	15	40	0	1.2	0.36	0
Gluten Free Chicken Patty	1 serving	255	0	9	0	41 (2.5)	3	30	0	0	1.86	0
Gluten Free Fish Sticks	1 serving	180	0.5	6	0	30 (2)	2	20	40	3.6	1.08	3
Gluten Free French Bread Pizza	1 serving	350	0.5	6	0	64 (4.5)	7	40	0	0	1.44	3
Gluten Free Macaroni & No Cheese	1 serving	339	3.5	9	0	42 (3)	20.5	362	128	4.49	2.85	1.88
Grilled Chicken Wrap	1 wrap	395	7.5	17	0	39 (2.5)	24	216	209	4	3.22	6
Grilled Ham & Cheese Sandwich	1 sandwich	258	5	9	0	28 (2)	15	758	60	0	2.98	5
Ham & Cheese Sub	1 sandwich	399	4.5	11	0	49 (3.5)	27	382	128	14	3.21	7
Hamburger on a Bun	1 burger	336	6	17	0	21 (1.5)	25	106	44	3	4.31	2
Hot Dog (Turkey) on a Bun	2 each	440	5	19	0	42 (3)	22	360	0	0	5.04	2
Lasagna	1 cup	330	5	11	0	41 (2.5)	17	250	150	15	1.8	5
Macaroni and Cheese	1 cup	435	9	17	0	48 (3)	24	600	225	0	2.9	2
Meat Nachos	1 serving	502	10	26	0	44 (3)	26	365	253	11	6.21	5
Meatball Sub Sandwich	1 sandwich	533	8.5	22	0	59 (4)	27	273	254	24	4.49	10
Omelet, Egg & Cheese	1 omelet	130	3.5	11	0	1 (0)	7	57	85	0	0.82	0
Orange Ginger Chicken Bowl	1 serving	420	2	12	0	62 (4)	15	27	0	28	1.85	4
Pasta Pockets and Meatballs	7 pieces	423	0.8	19	0.5	42 (3)	22	215	274	18	4.4	8
Pasta Pockets and Sauce	7 pieces	373	8	17	0	39 (2.5)	22	373	296	17	3.35	7
Philly Cheese Sandwich	1 sandwich	440	7.5	16	0	45 (3)	29	342	74	10	3.31	6
Pizza, Cheese	1 pizza	510	9	17	0	65 (4)	23	450	150	5	3.6	5
Pizza, Pepperoni	1 pizza	530	10	19	0	65 (4)	24	450	150	5	3.6	5
Sausage Patty, Vegetarian	2 patties	160	1	6	0	6 (.5)	20	0	0	0	2.88	2

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Southwest Taco Bowl	9 pieces	418	9	16	0	39 (2.5)	28	287	170	6	5.14	5
Tuna Sub	1 sandwich	452	2	12	0	54 (3.5)	32	146	109	17	3.8	7
Tuna Tetrazzini	1 1/3 cup	558	2.5	13	0	77 (5)	34	122	193	13	4.2	14
Tuna Wrap	1 wrap	389	1.5	11	0	47 (3)	28	87	237	36	3.99	8
Turkey and Cheese Sub	1 sandwich	389	4	10	0	50 (3.5)	26	382	128	14	2.86	7
Turkey Wrap	1 wrap	345	6	13	0	37 (2.5)	22	206	134	3	2.57	5
Veggie Alfredo	1 serving	404	6.5	19	0	43 (3)	17	310	627	17	1.51	7
Veggie Burger	1 burger	318	4	13	0	29 (2)	23.5	401	125	4	3.57	4
Veggie Wrap	1 wrap	417	11.5	21	0	39 (2.5)	19.5	371	546	40	2.53	6
Whole Grain Blueberry Pancakes	1 pouch	200	1	5	0	34 (2)	4	60	100	0	2.7	3
Whole Grain Chicken Egg Roll	2 each	320	2	10	0	40 (2.5)	20	80	200	10	3.6	6
<b>SALADS (without dressing)</b>												
Asian Chopped Salad	1 salad	297	1.5	5	0	52 (3.5)	14	79	1131	125	2.59	9
Chef Salad	1 salad	143	2.5	5	0	12 (1)	15	156	1137	22	2.01	4
Craisie Turkey Apple Salad	1 salad	234	2.0	4	0	40 (2.5)	11	115	139	7	1.06	3
Fajita Chicken Salad	1 salad	194	4.0	10	0	11 (.5)	17	137	249	24	1.97	4
Ham Salad	1 salad	156	4.5	8	0	10 (.5)	14	247	890	21	1.8	4
Tuna Salad	1 salad	287	5	14	0	13 (1)	27	233	712	10	1.99	2
Mexican Chicken Salad	1 salad	156	1.5	7	0	13 (1)	14	62	451	13	4.3	5
Pierogy Salad	1 salad	358	8.5	15	0	36 (25)	19	383	1330	20	3.86	9
Turkey Salad	1 salad	175	4.0	8	0	11 (.5)	18	242	1155	12	1.69	4
<b>GRAINS</b>												
Baked Doritos, Nacho Cheese	1 bag	170	1	5	0	29 (2)	3	60	20	0	0.72	2
Baked Lays	1 bag	165	0	2	0	34 (2)	3	60	0	2	0.54	2
Blueberry Muffin, Whole Grain	1 muffin	180	1	6	0	27 (2)	3	20	20	0	1.08	2
Breadsticks	2 each	160	0	1	0	34 (2)	4	0	0	0	2.16	2
Brown Rice	1/2 cup	102	0	1	0	21 (1.5)	2	0	0	0	0.65	1
Cracker Chips, Cheddar	1 bag	110	0.5	3	0	22 (1.5)	2	20	20	0	0.36	3
Cracker Chips, Sea Salt	1 bag	110	0	3	0	23 (1.5)	2	0	0	0	0.36	3
Garlic Toast	2 triangles	72	0	1	0	13 (1)	2	39	1	0	0.83	1
Italian Pasta Salad	1 serving	180	1	9	0	22 (1.5)	4	22	350	13	1.3	2.5
Nutri-Grain Bar	1 bar	140	<1	3	0	26 (1.5)	1	200	150	0	1.8	<1
Vegetable Brown Rice	1 cup	220	2	7	0	32 (2)	7	40	400	1	1.08	3
Whole Grain Dinner Rolls	2 rolls	160	0	2	0	26 (1.5)	8	300	0	7	2.16	4

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FRUITS												
Applesauce	1/2 cup	95	0	<1	0	24 (1.5)	<1	0.6	4	2	0.4	2
Banana	1/2 cup	75	0	<1	0	18 (1)	<1	5	6	9	0.26	2
Cantaloupe	1/2 cup	90	0	<1	0	22 (1.5)	0	12	387	51	0.26	1
Fresh Sliced Apples	1/2 cup	60	0	<1	0	15 (1)	<1	5	13	4	0.1	2
Fruit Cocktail	1/2 cup	90	0	<1	0	21 (1.5)	<1	15	57	5	0.45	2
Grapes	1/2 cup	104	0	0	0	27 (2)	1	15	10	16	0.54	1
Kiwi Fruit	1/2 cup	50	0	0	0	12 (1)	41	20	26	57	0.31	3
Mandarin Oranges	1/2 cup	72	0	<1	0	18 (1)	1	20	248	64	0.54	2
Orange Quarters	1/2 cup	60	0	0	0	15 (1)	<1	56	26	80	0.17	3
Peaches, Canned	1/2 cup	100	0	<1	0	25 (1.5)	<1	7	70	4.5	1	2
Pear	1/2 cup	100	0	0	0	25 (1.5)	0	19	3	7	0.4	4
Pears, Canned	1/2 cup	100	0	<1	0	25 (1.5)	<1	15	1	3	0.35	1
Pineapple, Canned	1/2 cup	70	0	0	0	17	0	0	0	12	0.36	1
VEGETABLES												
Baked Beans	1/2 cup	187	1	2	0	35 (2)	8	75	33	0	1.35	6
Black Bean & Corn Salad	1/2 cup	93	0	1	0	18 (1)	5	24	1	7	1.45	5
Black Beans	1/2 cup	109	0	<1	0	20 (1.5)	7	42	1	3	2.28	8
Broccoli	1/2 cup	20	0	0	0	2 (0)	1	20	0	30	0	1
Broccoli, Carrots & Cauliflower	1/2 cup	15	0	0	0	3 (0)	1	20	300	18	0.36	1
Carrot and Celery Sticks	1/2 cup	22	0	0	0	6 (.5)	<1	30	1645	4	0.6	1
Carrot and Celery Sticks	1/2 cup	22	0	0	0	6 (.5)	<1	30	1645	4	0.6	1
Carrots	1/2 cup	27	0	0.5	0	6 (.5)	<1	30	2470	2	0.36	2.4
Cauliflower and Carrots	1/2 cup	32	0	0.5	0	7 (.5)	1	30	1920	19	0.54	3.4
Corn	1/2 cup	82	0	<1	0	18 (1)	3	6	25	9	1.05	1.2
Cucumber and Carrot Sticks	1/2 cup	24	0	0	0	6 (.5)	<1	27	1645	7	0.6	1
Deli Roasters	1/2 cup	159	0.5	3	0	21 (1.5)	2	0	0	4	0.72	2
Fresh Veggie Bowl ( <i>varies</i> )	1/2 cup	60	0	0	0	15 (1)	1	-	-	-	-	1
Garden Salad	1/2 cup	17	0	0	0	4 (0)	1	21	362	8	0.5	2
Green Beans	1/2 cup	25	0	0	0	5 (.5)	1	27	33	3	0.9	2
Lettuce & Tomato	1/2 cup	6	0	0	0	2 (0)	0	2.5	18	5	0.14	0.3
Mashed Potatoes	1/2 cup	100	1	3	0	17 (1)	1	13	15	7	0.24	1
Peas	1/2 cup	62	0	<1	0	11 (.5)	4	19	336	8	1.26	4
Snap Peas	1/2 cup	40	0	0	0	7 (.5)	2	40	40	12	0.72	2

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Spinach & Tomato Salad	1/2 cup	10	0	0	0	2 (0)	0.8	27	191	10	0.91	0.8
Steamed Zucchini & Squash	1/2 cup	19	0	0	0	4 (0)	1	18	599	9	0.42	1
Sweet Potato Crinkles	1/2 cup	180	1.5	10	0	20 (1.5)	1	0	1001	2	0.72	3
Sweet Potatoes Wedges	1/2 cup	170	1	6	0	26 (1.5)	2	40	1000	8	0.72	4
Tomato & Cucumber Salad	1/2 cup	26	0	0	0	6 (.5)	1	13	45	9	0.27	1
<b>OTHER</b>												
Cookie, Reduced Fat Chocolate Chip	1 each	170	4	8	0	24 (1.5)	2	0	0	0	1	0
Cookie, Reduced Fat Oatmeal Raisin	1 each	160	3	6	0	23 (1.5)	2	0	0	0	1	0
Banana Crunch Bread	1 slice	120	1	6	0	14 (1)	1	0	0	0	0.2	0
Carrot Bread	1 slice	120	1	6	0	14 (1)	1	0	0	0	0.2	0
Fruit Swirl Cup, Orange	1 cup	70	0	0	0	18 (1)	0	80	100	60	0.36	3
Fruit Swirl Cup, Pineapple	1 cup	70	0	0	0	18 (1)	0	80	60	60	0.36	3
Whole Fruit Bar - Berry	1 each	40	0	0	0	10 (.5)	0	60	100	60	0	2
Whole Fruit Bar - Orange	1 each	40	0	0	0	10 (.5)	0	60	100	60	0	2
<b>CONDIMENTS/SAUCES</b>												
BBQ Sauce	1 oz	26	0	<1	0	6 (.5)	0	9	14	4	0.2	0
Cheese Sauce	2 oz	55	1	4	0	4 (0)	1	18	0	0	0	0
Fat Free Ranch Dressing	1.5 oz	60	0	<1	0	13 (1)	<1	11	0	0	0	0
Gravy	2 oz	40	0	2	0	5 (.5)	1	8	0.4	0	0.2	0
Ketchup	1 packet	9	0	0	0	3 (0)	0	2	9	1	0.1	0
Margarine	1 tsp	35	0	4	0	<1 (0)	<1	0	15	0	0	0
Mayonnaise, Light	1 packet	50	0	5	0	1 (0)	<1	1	3	0	0.05	0
Mustard	1 packet	4	0	0	0	0	0	4	0	0	0.1	0
Parmesan Cheese	2 tsp	22	1	1	0	0	2	55	7	0	0.05	0
Pickle Chips	3 chips	5	0	0	0	1 (0)	0	3	0	1	0.15	0
Pizza Sauce	2 oz	25	0	1	0	4 (0)	1	8	21	5	0.6	0.5
Sweet & Sour Sauce	1 packet	16	0	0	0	4 (0)	<1	0	0	0	0	0
Syrup	1 oz	80	0	0	0	20 (1.5)	0	1	0	0	0	0
Taco Sauce	1 packet	7	0	<1	0	1 (0)	<1	0	10	3	0	0
Tartar Sauce	1 packet	36	0	4	0	1 (0)	<1	0	0	0	0	0