

## Bread/Cereal Nutritionals

Product	serv size	calories	Total Fat (G)	Saturat Fat (G)	Trans Fats (G)	choles terol (mg)	sodium (mg)	Carbo hydrates (G)	Fiber (G)	Sugar (G)	Protein (G)	Vit A %	Vit C %	Calcium %	Iron %	Calories (from fat)
Bread, White	1 sl	60	1	0	0	0	115	13	1	1	2	0	0	2	4	5
Bread, WW	1 sl	50	1	0	0	0	115	10	2	1	4	0	0	4	2	10
Hot Dog Bun 6"	1	100	1.5	0	0	0	190	20	1	2	4	0	0	4	8	10
Hamburger Bun 4"	1 (1.9oz)	140	2	0.5	0	0	260	28	1	3	5	0	0	52	1	10
Steak Bun	1	170	2	0.5	0	0	320	34	2	4	6	0	0	78	0	20
Dinner Roll	1	80	1	0	0	0	130	160	0	2	2	0	0	26	.42mg	10
Crackers	5	60	1	0	0	0	190	11	0	0	1	0	0	0	.42mg	10
Garlic Bread Sticks	2	230	9	1.5	0	0	340	32	1	1	6	0	4	0	4	80
WW 8" Tortilla fzn B153	1	120	2.5	0.5	0	0	340	20	3	1	4	0	0	100mg	1mg	
Flour Tortilla 6"	1.3 oz	130	3.5	1	0	0	260	22	1	1	4	0	0	2	6	35
Flour Tortilla 6"	2.8 oz	210	5	1	0	0	580	37	1	2	6	0	0	10	10	45
Cheese/jalapenoTortilla 12"	3.6 oz	310	9	2	0	0	730	50	3	3	7	0	0	4	10	80
Herb/Garlic Tortilla 12"	3.6 oz	300	9	1.5	0	0	640	48	3	2	8	2	0	6	15	80
Edibowls 6 1/4"	1	101	3	0	0	0	188	16	1	2	2	0	0	0	4	28
Edibowls 4 1/2"	1	74	0	0	0	0	142	12	1	1	2	0	0	0	4	19
Baked Tostitos Scoops	1 oz	120	3	0.5	0	0	130	22	1	1	2	0	0	1	2	25
Corn Tortilla Chips	9 cps	140	6	0.5	0	0	0	19	2	0	2	0	0	2	2	50
Grecian Delight Pita Folds	1 (74g)	190	0	0	0	0	400	32	1	2	5	0	0	6	10	40
Spaghetti pasta	2 oz	210	1	0	0	0	0	42	2	3	7	0	0	0	10	10
Spiral pasta	2 oz	200	1	1	1	1	20	41	2	2	7	0	0	0	10	10
Lasagna pasta	2 oz	160	1	0	0	0	0	38	2	2	6	0	0	0	10	10
Penne pasta	2 oz	200	1	0	0	0	0	41	2	2	7	0	0	0	10	10
Minhs Vegetable Fried Rice	1 c	200	1.5	0	0	0	530	41	2	3	425	8	4	1.1	10	10
Uncle Ben's Mexican Rice	1 c	200	1	0	0	0	830	43	1	1	4	0	0	4	15	10



2009-10

## Nutritionals for Breakfast

Product	serv size	calories	Total Fat (G)	Sat Fat (G)	Trans Fats (G)	cholesterol (mg)	sodium (mg)	Carbohydrates (G)	Fiber (G)	Sugar (G)	Protein (G)	Vit A %	Vit C %	Calcium %	Iron %	Calories from fat
Milk 2%	8 oz	120	5	3	0	20	125	12	0	11	8	10	4	30	0	45
Chocolate Milk	8 oz	140	0	0	0	5	260	26	0	23	8	10	4	30	0	0
Lactose Free	8 oz	80	0	0	0	5	125	13	0	12	8	10	0	50	0	0
LiL ' Milk 1% UHT	8 oz	100	2.5	1.5	0	10	130	12	0	12	8	10	2	30	0	20
Strawberry Milk	8 oz	170	2.5	15	0	10	150	29	0	29	7	10	4	25	2	25
MJM Waffle Apple/Cinn	0.9 oz	103.29	3.03	0	0.05	0	84.96	17.8	4%	5.72	3%	5	5	11		27.29
" Strawberry	0.9 oz	103.9	3.04	0	0.05	0	84.4	18.08	3%	5.4	3%	5	5	11		27.32
" Blueberry	0.9 oz	103.84	3.06	0	0.05	0	85.84	5.22	3%	5.22	3%	5	5	11		27.54
Smukr's Maple Waffle	2.2 oz	240	9	2.5	0	25	280	35	2	16	5	0	0	2	4	80
" Cinn "	2.2	230	9	3.5	0	40	260	33	1	15	5	0	0	2	8	80
" Strawberry "	0.9 oz	103.9	3.04	0	0.05	0	84.4	18.08	3%	5.4	3%	5	5	11		27.32
" Blueberry "	2.2	230	8	3	0	30	230	34	1	17	5	0	0	2	6	80
Constgo Biscuit	2.2	180	6	3	0	0	590	27	1	2	4	0	0	4	8	50
Danon NutiDay Strw yogurt	4 oz	90	0	0	0	0	50	19	0	16	3	6	0	10	0	0
Yoplait Trix strw/ban yogurt	4 oz	90	0.5	0	0	5	50	17	0	14	4	10	0	10	0	0.5
Pilsb Mini Pancakes Strw	3.17 oz	200	6	1	0	10	370	34	2	11	4	0	0	4	6	50
" " " Maple	3.17 oz	200	6	1	0	10	370	34	2	11	4	0	0	4	6	50
Tony's Brk Saus Pzz	3.2 oz	230	11	4.5	0	15	680	26	1	6	9	2	0	10	8	100
Double B Sausage Roll	57 g	160	8	2.5	0	15	380	18	1	3	6	0	4	4	6	70
Max Twisted Stix	3 oz	230	6	3	0	15	480	33	2	0	11	2	0	25	15	23
MaxStix	1.93 oz	150	6	2	0	5	370	17	2	0	7	2	0	15	6	36
Max Ham Brk Pizza	2.49 oz	150	6	2	0	10	480	17	1	0	8	4	0	15	15	36
Max Sausage Brk Pizza	2.44 oz	160	7	2	0	10	480	17	1	0	8	6	0	10	15	39
Oatmeal	1/2 cup	140	2.5g	0.5	0	0	0	26	4	0	5	0	0	0	10	25











2009-10

## Nutritionals for Lunch

Product	serv size	calories	Total Fat (G)	Sat Fat (G)	Trans Fats (G)	cholesterol (mg)	sodium (mg)	Carbohydrates (G)	Fiber (G)	Sugar (G)	Protein (G)	Vit A %	Vit C %	Calcium %	Iron %	Calories from fat
Mini turkey corn dogs	4	190	10	3	0	35	480	21	1	4	7	0	0	6	8	90
Fernando's red Burrito	5.75 oz	380	16	5	1.5	30	830	42	4	0	16	25	6	5	25	150
Sadlers BBQ	1/2 c	230	10	4	0	35	800	21	2	14	15	4	2	4	10	98
Briar Turkey Franks	57 g	120	9	3	0	35	630	4	0	2	7	0	4	4	2	80
Ham A727	2 oz	60	1.5	0.5	0	25	580	3	0	2	8	0	0	0	0	15
Tuna	2 oz	60	0.5	0	0	30	250	0	0	0	13	0	0	0	2	5
Big Daddy's Chees Piz	6.31 oz	470	18	9	0	40	1060	55	3	4	24	10	0	40	20	160
" RF Pepperoni Piz	6.34 oz	480	18	8	0	35	1190	56	3	4	23	8	0	30	20	160
Boned Chicken canned	3 oz	140	7	2	0	80	65	0	0	0	19	0	0	0	0	70
<b>Advance</b> Meat Balls	2.50 oz	190	14	6	0	35	230	4	1	1	14	2	2	4	8	130
Adv Stk fingers	3.88 oz	350	24	9	0	45	840	18	2	2	14	2	2	4	15	220
Adv Beef Pattie	2.5 oz	160	12	5	0	35	480	1	1	0	13	2	0	2	10	110
Adv Brd Bf Pattie	3.8 oz	300	18	7	0	40	790	18	2	2	17	2	2	4	15	160
Adv Brd Pork Pattie	3.75	310	20	6	0	40	640	17	2	1	15	2	0	4	15	180
<b>Pierre</b> Beef Crumbles	2.5 oz	133	8.1	3.3	0	20.4	482.5	1.7	1.25	0	13.6	60.5 iu	.01 mg	29.6mg	2.01	
P. CF Beef Patty	3.85 oz	306	19.9	5.6	0	38.19	473.7	15.2	1.45	0	16.5	89.9 iu	.03 mg	29.9 "	2.98	
P. Flame Broiled Beef Patti	2.45 oz	154	9	4	0	41	250	2	0	0	16.5	0	0	0	0	
P. Meat Loaf	3 oz	147.7	7.3	2.9	0	31.6	550.6	8.2	0.9	3.6	12.5	299.7iu	2.64mg	23.18"	1.55	
P. CF Beef finger * 1 piece	0.9	84	5.7	*1	0	10.7	90.4	4	0.28	0.1	4.3	18.3iu	0.01	6"	0.69	
P. Bf dipper w/Teriyaki sc	2.8	179	9.5	3.8	0	41.4	503	6.8	1.04	3.4	16.4	505iu	0.03	27.8"	2.17	
P.Chick dipper w/ " "	3 oz	145	4	1.1	0	41.9	263	8.2	1.18	4.2	18.9	75.4iu	0.22	32.2"	1.6	
Adv T-53 stk fritters	5.33	300	13	5	0	55	810	25	1	0	23	0	0	2	15	120
Fish nuggets seashape	4 pc	240	13	2	0	25	360	17	1	3	12	0	0	2	2	120
Fish Wedge	4 oz	220	7	1	0	10	400	24	2	7	14	0	0	0	15	60

2009-10

## Nutritionals for Lunch

Product	serv size	calories	Total Fat (G)	Sat Fat (G)	Trans Fats (G)	cholesterol (mg)	sodium (mg)	Carbohydrates (G)	Fiber (G)	Sugar (G)	Protein (G)	Vit A %	Vit C %	Calcium %	Iron %	Calories from fat
<b>Max Stix</b>	1.93 oz	150	6	2	0	5	370	17	2	0	7	2	0	15	6	36
Max wraps, chili cheese	4.8 oz	300	11	3	0	10	670	36	4	0	16	2	0	20	15	33
" Rosted Chk Sicilian pz	5.6	360	13	4	0	25	950	43	4	0	20	4	0	30	15	33
" Quesadilla Chicken pz	5 oz	320	14	3	1	15	580	35	1	0	15	6	0	20	15	39
" Quesadilla Cheese pz	5 oz	360	14	4	0	15	810	42	5	0	18	6	0	35	15	35
Coyote Grill Ques Chic pz	4.40 oz	310	12	4.5	0	40	520	34	5	2	18	6	0	25	15	110
<b>Tyson 8 pc Brd Chick</b>	3 oz	210	12	2.5	0	50	470	8	0	0	17	2	0	2	6	110
" Chk Pat hot & spicey	3.23 oz	200	11	3	0	55	460	12	1	0	15	10	0	2	10	100
" Chicken Nugget	5 pc	220	13	3	0	50	550	11	1	0	16	2	0	2	6	110
" Chk dinoshape nugget	5 pc	250	15	3	0	50	450	13	2	1	15	4	0	2	10	140
" Brd Chicken Brst pat	3.10 oz	210	14	3	0	20	430	11	2	0	12	0	0	4	8	120
" Grilled Chick Pattie	2.7 oz	160	11	2.5	0	45	290	2	0	0	13	0	0	0	4	100
" Brd Chicken patty	3.4 oz	210	12	2.5	0	45	650	12	0	1	14	2	0	2	10	110
" Diced chicken	3 oz	130	3.5	1	0	80	40	0	0	0	26	0	0	0	6	30
" Popcorn Chicken	12 pc	220	13	3	0	30	240	15	1	0	10	2	0	2	8	120
" Seas shaved Bf steak	2 oz	120	9	3.5	0	40	160	0	0	0	11	0	0	0	6	80
" Char. Bf burger	3 oz	190	13	5	0	70	200	0	0	0	22	0	0	0	10	100
Deli-style Turkey breast	2 oz	70	3	1	0	35	450	1	0	0	11	0	0	0	4	25
Minh Pork/Veg Egg Roll	4.4 oz	300	15	4.5	0	100	670	27	3	3	15	10	8	6	20	140
" " " " "	1.5 oz	90	4	1	0	5	220	11	1	1	3	10	2	2	4	35
Turkey Ham A548	1.7	57	1.93	0	0	31	438	1.49	0	0.58	7.86	26iu	0	3	0.48	
Turkey Roast A537	1 oz	44		0.54	0	15	193	0.87	0	0	6.04	0	0	0	.46mg	1.64
Pork Roast A672	1 oz	71	4	1.49	0	27	18	0	0	0	8.9	3 iu	.1mg	0	0	
Chili Hot Dog Sauce	1/4 c	50	1.5	0.5	0	5	300	7	2	1	2	2	0	0	2	15









Product	serv size	calories	Total Fat (G)	Sat Fat (G)	Trans Fats (G)	cholesterol (mg)	sodium (mg)	Carbohydrates (G)	Fiber (G)	Sugar (G)	Protein (G)	Vit A %	Vit C %	Calcium %	Iron %	Calories from fat
Whole Kernal Corn cnd	1/2 c	80	1	0	0	0	310	17	2	4	2	0	6	0	0	10
WK Corn fzn	1/2 c	66	0.5	0	0	0	1	16	2	3	2	0	6	2	0	
Corn on cob fzn	3"	60	0	0	0	0	31	13	2	2	2	0	6	0	6	0
Green Beans	1/2 c	20	0	0	0	0	390	4	2	2	1	6	4	2	4	0
Italian Cut Green Beans	1/2 c	30	0	0	0	0	340	6	3	1	1	2	8	2	2	0
Wax Beans	1/2 c	20	0	0	0	0	380	4	2	2	1	0	6	2	0	0
Stokley Sweet Peas	1/2 c	70	0.5	0	0	0	370	12	3	6	4	6	20	2	8	5
" Peas & Carrots	1/2 c	50	0	0	0	0	330	10	4	4	3	80	10	2	8	0
Blackeyed peas	1/2 c	120	0.5	0	0	0	250	21	5	0	9	0	2	2	10	5
Lima Beans	1/2 c	90	0	0	0	0	390	19	4	1	3	0	0	2	8	0
Great Northern Beans	1/2 c	80	0	0	0	0	460	17	6	0	6	0	0	6	8	0
Black Beans	1/2 c	120	0	0	0	0	430	21	6	0	8	0	0	4	30	0
Pork & Beans	1/2 c	130	1.5	0.5	0	0	460	23	7	6	7	4	0	6	10	15
Pinto Beans	1/2 c	110	0	0	0	0	350	20	5	1	5	0	0	6	10	0
Chili Beans	1/2 c	120	1	0	0	0	520	21	7	2	7	4	0	0	15	5
Ranch Style beans	1/2 c	130	3	1	0	0	540	20	6	3	6	8	0	4	8	25
Garbanzo Beans	1/2 c	105	2	0	0	0	470	20	5	0	6	0	0	4	10	15
Baked Beans	1/2 c	160	1	0	0	0	650	32	4	12	5	0	0	2	8	10
Refried Beans	1/2 c	120	1.5	0	0	0	380	19	3	1	7	0	0	2	8	15
Yams in syrup	2/3 c	190	0	0	0	0	55	45	3	3	21	230	30	2	8	0
Yams mashed	1/2 c	120	0.5	0	0	0	40	27	3	11	2	250	10	4	10	5
Beets	1/2 c	40	0	0	0	0	250	8	1	6	1	0	0	0	0	0
Red Pack Crushed Tomatoes	1/4 c	30	0	0	0	0	180	6	1	3	1	6	10	0	6	0
Tomato Paste Halle Hill	1/4 c	20	0	0	0	0	280	4	1	2	1	6	4	0	4	0
Diced Tomatoes Del Mnt	1/2 c	25	0	0	0	0	220	4	1	3	1	10	15	2	4	0
" " Mission Pride	1/2 c	25	0	0	0	0	380	4	1	3	1	10	30	2	5	0
" " Angela Mia	1/2 c	20	0	0	0	0	330	5	1	3	1	6	25	4	0	0

Product	serv size	calories	Total Fat (G)	Sat Fat (G)	Trans Fats (G)	cholesterol (mg)	sodium (mg)	Carbohydrates (G)	Fiber (G)	Sugar (G)	Protein (G)	Vit A %	Vit C %	Calcium %	Iron %	Calories from fat
Luigi Spag. Sauce	1/2 c	50	1	0	0	0	140	11	1	6	1	6	6	0	4	10
Angela Mia " "	1/2 c	50	0	0	0	0	520	10	2	8	2	6	10	2	6	0
Salsa Hunts	1/4 c	25	0	0	0	0	240	5	1	3	1	8	15	0	2	0
" Santa Ana	1/4 c	20	0	0	0	0	310	4	1	3	1	8	8	0	2	0
Zucchini & Tomatoes	1/2 c	35	0	0	0	0	270	8	1	6	1	15	15	4	4	0
Jalapeno peppers	1/4 c	10	0	0	0	0	270	1	1	0	0	6	1	0	0	0
Best Maid Pickles..all	1 oz	5	0	0	0	0	460	1	0	0.5	0	0	0	0	0	0
Best Maid Sweet Relish	1 Tbs	20	0	0	0	0	110	5	0	4	0	0	0	0	0	0
Potato Pearls	1/2 c	100	1	0	0	0	25	22	2	1	2	0	8	0	2	10
Idahoan Mashed Potatoes	1/2 c	80	1	0	0	0	310	17	1	1	2	0	6	2	2	10
Whipp Mashed Potatoes	1/2 c	110	4	1	0	1	20	19	2	0	2	2	50	2	2	20
Potato Smiles	3 oz	160	6	1	0	0	230	24	2	1	2	0	6	0	0	50
Ovation Crinkle Cut	3 oz	130	4.5	0.5	0	0	160	21	1	1	2	0	6	0	2	40
Ore Ida Tator Tots	3 oz	150	7	1	0	0	370	20	2	1	2	0	6	0	2	60
Simplot Tiny Triangles	3 oz	140	7	2	0	0	330	17	2	0	1	0	6	0	2	60
Rosemary Roasted Redskin	3 oz	90	3	0.5	0	0	150	13	2	1	2	0	0	2	4	30
Baked Potato	100g	93	0.13	0	0	0	10	21	2	1	1	9	15	1	2	0
Frz Italian Blend Veg	2/3 C	35	0	0	0	0	30	7	2	1	2	10	15	2	2	0
Frz Succotash	1/2 c	72	1	0.12	0	0	35	16	3	0	3	200mg	0	12mg	0	
Frz Collard Greens	1/2 c	30	0	0	0	0	20	2	2	1	2	45	25	8	2	0
Frz Spinach	1/3 c	20	0	0	0	0	115	2	2	1	2	120	10	6	2	0
Baby Carrots fresh	2 oz	20	0	0	0	0	45	5	1	4	1	80	8	0	0	0
Lettuce, Iceberg	1 c	6.5	0	0	0	0	4.95	1.15	0.77	0	0.56	181 iu	2.15mg	10.45mg	.28mg	0
Tomatoes, Cherry	1/2 c	15.65	0	0	0	0	6.7	0	0.82		0.64	464.35iu	14.23mg	3.73mg	.34mg	0
Tomatoes, Chopped	1/2 c	14	0	0	0	0	8	4	1		0.74	540iu	17 mg	5 mg	.40 mg	0
Onions, Chopped	1 Tbs	3.8	0	0	0	0		0	0.18		0.12	0	.64 mg	2 mg	.02 mg	0
Parsley, Chopped	1 Tbs	1.37	0	0	0	0	2	0.24	0.13		0.11	197 mg	5 mg	5 mg	0.24	0

