MIDDLE SCHOOL LUNCH NUTRITIONALS FY 10-11

Recipe Description	Portion Size	Cals	mg Sodm	g Fiber	mg Iron	mg Calcm	IU Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat
Apple, Red Delicious: 113CT	1 EACH	72	1	3.3	0.18	10	50	6.6	0.4	19.1	0.2
Applesauce	1/2 CUP	97	11	2.16	0.48	5.4	30	2.59	0.5	24.84	0.27
Baby Carrots	1/2 CUP	27	59	1.35	0.69	24.1	10422	6.33	0.46	6.23	0.09
Bananas: Turning, Fresh	1 EACH	115	1	3.34	0.34	9.5	95	11.44	1.43	29.64	0.38
BBQ Sauce	1 OZ	35	510	0	0	0	0	0	0	8	0
Chili - JTM	1 CUP	170	674	4.87	0.7	74.2	1649	19.06	14.27	16	5.65
Biscuit: 2.5oz	1 EACH	220	590	1	7.92	4	0	0	4	30	9
Bosco Stuffed Breadstick	2 EACH	432	710	2	4	420	300	0	24	52	14
Salad, Breaded Chicken MS/HS	1 EACH	236	502	2.2	1.46	226	4900	24	14.1	10.5	15
Breadstick	1 EACH	120	320	0	0	40	0	0	4	25	1
Broccoli Cuts: Frozen	1/2 CUP	50	40	4	0.8	40	1000	72	4	8	0
Broccoli, Fresh	1/2 CUP	15	15	1.14	0.32	20.7	274	39.25	1.24	2.92	0.16
Salad, Buffalo Chicken Salad	SERVING	336	707	2.7	1.26	226	5225	24	14.6	17.5	22.5
Carrots: Frozen, Boiled	1/2 CUP	47	53	4	0.53	26.7	5333	4.8	1.33	10.67	0
Cauliflower, Fresh	1/2 CUP	13	15	1.25	0.22	11	7	23.2	0.99	2.65	0.05
Celery Sticks	1/2 CUP	8	40	0.81	0.1	20.2	226	1.56	0.35	1.5	0.09
Cheddar Cheese Cup	1/2 OZ	55	85	0	0	100	200	0	3	0	4.5
Cheese Pizza Sticks	SERVING	300	740	4	2.16	300	200	0	14	34	12
Cheeseburger - No Bun	1 EACH	170	625	1	1.8	95	250	1.2	16.5	2.5	11.5
Sandwich, Jalepeno Burger	1 EACH	391	1188	2.74	5.23	232.9	853	5.83	25.93	28.34	19.6
Salad, Chicken Caesar	1 EACH	348	911	2.5	1.46	166	4350	21.6	13	16.3	26
Wrap, Chicken Caesar	1 EACH	507	985	3.02	8.54	238	3149	12.17	23.25	47.64	24.31
Chicken Gravy	2 OZ	21	91	0	0.01	1.1	0	0	0	4.16	0
Chicken Nuggets	5 EACH	218	560	0	1.37	19	95	0	16.14	11.39	12.34
Chicken Patty, BBQ Grilled-nb	1 EACH	195	890	0	1.1	20	100	0	13	10	11
Chicken Patty, Breaded -no bun	1 EACH	210	650	0	1.8	20	100	0	14	12	12
Chicken Patty, Grilled -no bun	1 EACH	160	380	0	1.1	20	100	0	13	2	11
Chicken Patty, Hot & Spicy	1 EACH	243	465	2.02	1.46	20.2	758	0	13.14	12.13	15.17
Chicken Sticks, Spicy	SERVING	362	400	1.25	1.75	25	937	0	16.25	15	25
Chicken Tenders	3 Each	220	650	1	1.8	20	100	0	14	15	12

Chili Cheese Max Wrap	1 EACH	300	670	4	2.7	200	100	0	16	36	11
Chipotle Burger no bun	1 EACH	155	282	1.48	1.79	35.1	366	1.77	12.8	6	8.9
Corn Dog: Turkey	1 EACH	270	750	1	2.7	60	0	0	10	22	14
Corn, Whole Kernal	1/2 CUP	96	0	2.13	0.43	0	0	5.12	3.2	20.27	0.53
Crispito Nachos & Cheese	SERVING	549	654	4.1	6.87	51.9	89	0.52	14.29	59	28.42
Cucumber & Tomato cup	SERVINGS	17	3	0.76	0.2	11.6	376	6.83	0.67	4.03	0.08
Cucumber Slices	1/2 CUP	21	3	0.69	0.39	22.2	146	3.89	0.9	5.04	0.15
Curly Fries, Baked	2.5 OZ	125	325	1.67	0.6	0	0	1	1.67	15	6.67
Deli Sandwich, Ham	1 EACH	193	810	3.02	2.08	40.6	126	1.36	11.9	28.92	4.63
Deli Sandwich, Ham & Cheese	1 EACH	206	796	3.31	2.1	86.6	1853	5.07	11.22	29.55	6.19
Deli Sandwich, Turkey	1 EACH	200	885	3.02	2.17	40.6	126	1.51	13.02	29.05	5
Deli Sandwich, Vegetarian	1 EACH	353	1320	3.75	1.64	351.4	892	30.53	14.6	32.05	20.31
Dressing, Assorted 1-1.5oz	1 EACH	43	373	0	0.1	0	50	0	0.25	9	0.88
Dressing, Salad LT (mayo-type)	1 OZ	60	260	0	0	0	0	0	0	6	4
Dressings, Assorted: Bulk	1 OZ	84	136	0	0.05	0.6	0	0	0	6.5	6
Fish & Cheese / Bun	1 EACH	400	470	1	3.1	60	0	0	23	37	19
French Bread, 2" Slice	SLICE	95	228	0.83	1.05	25	0	0	3.17	19	0.83
Fries, Oven-Baked	2.5 OZ	125	192	1.67	0.58	16.7	0	5	1.67	18.33	5
Grapefruit, Red	1/2 EACH	53	0	1.83	0.15	19.9	1539	57.1	1.05	13.41	0.17
Grapes, Seedless: Lunch Bunch	1/2 CUP	64	2	0.81	0.31	11.6	58	10.06	0.69	16.76	0.17
Green Beans, frz	1/2 CUP	38	1	4.05	0.89	56.7	752	5.54	2.01	8.71	0.23
Green beans: Canned	1/2 CUP	13	173	1.26	0.59	17.2	287	3.17	0.76	2.97	0.07
Salad, Grilled Chicken MS/HS	1 EACH	208	366	2	1.11	226	4750	21.6	13.5	4.8	14.5
Gyros: MS/HS	SERVINGS	471	1002	4.66	1.47	40.8	286	6.61	19.06	47.15	21.37
Hamburger - no bun	1 EACH	120	370	1	1.8	20	100	1.2	14	2	7
Hamburger Bun	1 EACH	130	170	1	2.7	60	0	0	7	25	2
Hot Dog Bun	1 EACH	140	240	1	1.44	20	0	0	5	26	2
Hot Dog: Turkey no BUN	1 EACH	130	570	0	1.44	80	0	0	6	2	11
Hot Ham & Cheese / Bun	1 EACH	280	1455	2	2.88	115	150	1.8	22	30	11
Salad, Julienne MS/HS	1 EACH	191	499	3.14	1.49	234.6	7453	33.8	13.98	6.56	12.09
Ketchup	1 OZ	30	377	0	0	0	595	0	0	7.93	0
Kiwi Fruit	1 EACH	45	2	2.24	0.18	29.2	49	68.35	0.88	10.81	0.39
Lasagna, Beef JTM Sauce	servings	317	689	2.04	1.23	92.1	930	20.2	18.48	26.85	13.91
Lasagna, Vegetarian: HS	servings	358	1117	1.87	0.97	134	1253	17.7	14.45	38.45	14.47

Lettuce/Tomato Cup	SERVING	7	3	0.42	0.15	5.5	471	4.16	0.4	1.41	0.06
Macaroni & Cheese	1 CUP	520	1670	1	1.4	600	2250	0	25	34	33
Mandarin Oranges: Lt Syrup	1/2 CUP	79	8	1.51	0.46	10	1625	24.62	0.68	20.17	0.18
Marinara Sauce	2 OZ	57	363	0	0.37	20.8	389	3.12	1.04	7.27	2.34
Mashed Potatoes	1/2 CUP	69	250	0.99	3.97	21.6	99	1.19	1.98	13.87	0.5
Melon	1/2 CUP	29	14	0.69	0.15	6.1	1340	21.96	0.56	7.05	0.13
Milk, 2% Lowfat	1 EACH	120	120	0	0	300	500	1.2	8	11	5
Milk, Chocolate 1%	1 EACH	160	240	0	0	300	500	1.2	8	26	2.5
Milk, Skim	1 EACH	80	120	0	0	300	500	1.2	8	11	0
Milk, Strawberry, 1%	1 EACH	160	120	0	0	300	500	1.2	8	28	2.5
Mozzarella Sticks,Breaded	SERVING	480	840	0	2.16	450	600	0	21	39	27
Mustard	1 OZ	0	339	0	0	0	0	0	0	0	0
Nachos El Grande - MS & HS	SERVINGS	436	648	4.39	3.17	90.1	828	6.26	21.2	43.58	20.15
Onions, Diced: Raw	1/2 OZ	6	0	0.2	0.03	3.1	0	0.91	0.13	1.43	0.01
Oranges: 113CT	1 EACH	75	0	3.84	0.16	61.1	349	85.34	1.48	18.85	0.18
Pasta Penne w/Meat Sauce	1 CUP	353	929	0.63	3.58	67.8	1245	14	17.77	44.19	11.97
Peaches, Frozen, Freestone	1 EACH	118	8	2.2	0.46	4	354	117.55	0.79	29.92	0.16
Peaches: Chilled, Lt Syrup	1/2 CUP	69	6	2.08	0.44	3.7	667	2.94	0.66	17.69	0.05
Pears, Fresh	1 EACH	1754	30	93.74	5.14	272.2	696	127.01	11.49	467.5	3.63
Pears: Chilled, LT Syrup	1/2 CUP	72	6	2.01	0.35	6.3	0	0.88	0.24	19.04	0.04
Peas & Carrots: frozen,boiled	1/2 CUP	53	91	4.27	1.17	21.3	2133	9.6	3.2	10.67	0
Peas, Frozen, boiled	1/2 CUP	62	58	4.4	1.26	19	1680	7.9	4.12	11.41	0.22
Pickle Relish, Sweet	1 OZ	28	272	0	0	0	0	0	0	7.56	0
Pineapple, Fresh	1/2 CUP	39	1	1.09	0.22	10.1	45	37.05	0.42	10.17	0.09
Pineapple Tidbits	1/2 CUP	55	1	1.19	0.26	14.6	46	8.58	0.47	14.21	0.1
Pita Bread: 6" Flat	1 EACH	190	380	3	0	0	0	0	7	36	1.5
Pizza Boat on French Bread	1 EACH	290	590	1	2.7	400	500	4.8	18	30	11
Pizza Dunker: MS/HS	SERVINGS	591	1828	0.35	1.38	163	1030	21.48	25.08	90.14	15.19
Pizza, Big Daddy Cheese hv	SLICE	340	620	2	2.7	250	400	0	20	39	12
Pizza, Big Daddy's Pepperoni	SLICE	497	1163	3	3.26	403.5	500	0	25.06	55	20.3
Pizza, Big Daddy's Sausage	SLICE	400	779	2	2.82	256	460	0.36	22.1	39	17.7
Pizza, Big Daddy, Veggie	SLICE	353	679	2.8	2.89	255.3	480	5.33	20.27	41.13	12.53
Pizza, Cheese Stuffed Wedge	SLICE	370	1140	4	5.4	35	500	0	18	44	15
Pizza, Sausage Stuffed Wedge	SLICE	420	1090	2	6.12	350	650	0	19	52	16

Pizza, Taco	1 EACH	340	780	3	2.7	250	500	0	17	42	12
Quesadilla, Cheese	1 EACH	350	870	2	2.7	286	450	0	15	36	15
Ranch Cup, LT, HidValley	1 EACH	60	370	0	0	0	0	0	1	7	3.5
Ranch Dressing, Low Fat	1 OZ	100	115	0	0	0	0	0	0	6	8
Rib Patty, Honey BBQ-no bun	1 EACH	245	620	0.9	1.28	32	138	1.08	11.6	10	17.5
Roll, Whole-Wheat Dinner	1 EACH	100	190	2	1.08	40	0	0	6	17	2
Salad Dressing, (mayo) pkg	PACKAGE	40	90	0	0	0	0	0	0	2	4
Salad Dressing, Lite	1 OZ	59	254	0	0	0	0	0	0	5.87	3.91
Salsa	1 oz	10	32	0.41	0.64	3.2	157	1.14	0.43	2	0.05
Saltine Crackers: Kelloggs	PACKAGE	25	80	0.5	0	0	0	0	1	4	0.5
Sliced Bread	SLICE	70	143	1.5	0.72	20	0	0	2	14	1
Tacos Soft Shell - Elem	SERVING	358	730	4.48	4.9	248	1383	6.69	22.63	34.24	13.58
Strawberries, Diced, cup	1 EACH	122	4	2.39	0.75	14	31	52.62	0.68	32.94	0.17
Strawberries, Fresh	1/2 CUP	27	1	1.66	0.35	13.3	10	48.8	0.56	6.37	0.25
Strawberries, Frz, Sliced	1/2 CUP	122	4	2.4	0.75	14	31	52.8	0.68	33.05	0.17
Submarine Sandwich, Deli	1 EACH	519	2105	3.16	4.2	314.5	1190	5.3	27.9	63.59	18.48
Submarine Sandwich, Ham	1 EACH	556	2514	3.16	4.67	314.5	1190	7.4	33.53	63.09	21.48
Submarine Sandwich, Tuna	1 EACH	382	1060	3.09	4.08	85.8	576	4.83	22.37	62.57	4.86
Submarine Sandwich, Turkey	1 EACH	533	2147	3.16	3.41	314.5	1190	5.3	34.03	62.96	17.04
Submarine Sandwich, Vegetarian	1 EACH	513	1724	3.9	3.6	397.5	1500	35.52	20.76	64.07	20.87
Salad, Taco - MS	1 each	497	728	7.34	3.56	306.9	5103	24.35	19.34	43.15	26.65
Taco, Lettuce & Cheese Cup	SERVING	57	86	0.07	0.07	102.7	435	0.56	3.15	0.3	4.5
Tater Nuggets	4 EACH	187	387	2.67	0.48	0	0	4.8	1.33	22.67	5.33
Texas Toast w/Cheese	1 EACH	430	600	3	2.7	250	200	0	16	56	16
Tomato Cup, Diced	3/8 CUP	12	3	0.81	0.18	6.7	562	8.57	0.59	2.65	0.13
Tossed Salad: no dressing	1.2 OZ	6	2	0.8	0.28	8	2000	8.4	0.4	1.2	0
Wrap, Turkey / Ham	1 EACH	499	1217	2.97	7.77	247.4	3232	17.95	23.85	48.39	22.38
Sandwich, Turkey Fritter	1 EACH	434	946	2.3	4.2	83.2	50	0	24	38.4	19.1
Uncrustable PB&Jelly: 4.8 OZ	1 EACH	573	602	5.15	2.65	44.9	2	0.71	16.97	54.29	32.14
Wrap, Vegetarian	1 EACH	558	859	3.86	7.67	358.2	3674	56.7	21.47	51.29	28.24
Watermelon Chunks	1 CUP	46	2	0.61	0.36	10.6	865	12.31	0.93	11.48	0.23
Yogurt Lunch M/H	SERVING	151	258	0.99	0.9	26.9	0	0	4.06	27.43	3.11