

Nutritional Value of Foods

FY 09-10

All nutrition information is compiled and analyzed by a USDA approved and MSDE issued nutrition software program called Nutrikids.

The nutrition information was generated from many sources, primarily USDA.

The chart is from the nutrient database listing all ingredients used in standardized recipes, which are reviewed for accuracy and nutrition integrity.

Vendors, suppliers and manufacturers are required to submit a certified nutrient analysis of their products before they can be considered for entry into the database and used by the school lunch program.

The following information provides the Recommended Dietary allowances (RDA's) for a school lunch and further specifies the required sources of the nutrients.

The nutrition information in the following chart has been exported from the Nutrikids database.

School Lunch Program Requirements

Elementary

<u>Meat or Meat Alternative</u> includes lean meat, poultry, fish, cheese, egg and beans	2 ounces
<u>Vegetables and Fruit</u> two or more servings of different vegetables and fruits, including fresh fruit	3/4 cup
<u>Breads/Grains</u> includes enriched, whole-grain, whole wheat, rice, macaroni, noodles and cereal grains	8 per week
<u>Milk</u> includes 1%, flavored, unflavored and non-fat	8 fluid ounces (1 cup)

Secondary

<u>Meat or Meat Alternative</u> includes lean meat, poultry , fish, cheese, egg and beans	2 ounces
<u>Vegetables and Fruit</u> two or more servings of different vegetables and fruits, including fresh fruit	3/4 cup
<u>Breads/Grains</u> includes enriched, whole-grain, whole wheat, rice, macaroni, noodles and cereal grains	10 per week
<u>Milk</u> includes 1%, flavored, unflavored and non-fat	8 fluid ounces (1 cup)

Recommended Daily Allowances (RDA's) School Lunch Program

Elementary

<u>Nutrient</u>	<u>Target</u>
Calories	645
Iron (mg)	3.3
Calcium (mg)	267
Vitamin A (IU)	1055
Vitamin C (mg)	15
Protein (grams)	8.87
Total Fat (grams)	< 30
Saturated Fat (grams)	< 10

Secondary

<u>Nutrient</u>	<u>Target</u>
Calories	819
Iron (mg)	4.5
Calcium (mg)	400
Vitamin A (IU)	1500
Vitamin C (mg)	18.11
Protein (grams)	16.06
Total Fat (grams)	< 30
Saturated Fat (grams)	< 10

Breads/Grains/Pasta	Serving	Calories	Cholesterol Mg	Sodium Mg	Fiber grams	Iron Mg	Calcium Mg	Vitamin-A IU	Vitamin-C Mg	Protein grams	Carbohydrates grams	Total Fat grams	Sat. Fat grams	Trans Fat grams
Bagels 2.2 Oz.	Each	160	0	291	1	1.98	60	0	0	5	32	1	0	0
Breadstick	Each	135	0	207	1	0	0	0	0	4.5	28	9	0	0
Breadstick, Whole Grain	Each	120	0	230	1	1.44	60	0	0	5	24	0.5	0	0
Bread, Wheat Split Top	Slice	80	0	150	2	0.36	40	0	0	3	14	1	0	0
Croissant, Regular	Each	190	10	250	1	1.44	40	0	1.2	4	24	8	4	0
Croissant, Whole Wheat	Each	180	10	250	2	1.44	60	0	1.2	4	24	8	4	0
Muffin, English	Each	140	0	248	1.46	2.42	102.4	0	0.88	5.37	27.38	1.05	0.28	0
Muffin, Blueberry Wh/Wt	Each	170	35	160	2	0.72	20	0	0	3	23	8	1.5	0
Muffin, Banana	Each	170	20	200	1	3.6	200	1000	0	3	26	6	1	0
Muffins, Apple Cin Whole Wheat	Each	170	40	180	2	1.08	40	0	0	3	23	8	1.5	0
Italian Bread	Slice	80	0	191	1.01	1.09	20.1	0	0	3.02	15.09	1.51	0	0
Buttered Noodles	1 Cup	240	58	771	1.5	1.84	32.2	255	0	6.53	32.5	9.38	5.2	0
Noodles, Lo Mein	2/3 Cup	200	0	564	4.69	1.65	15	661	12.71	5.72	31.36	7.45	0.95	0
Pancake Buttermilk Mini, (8)	Each	158	0	366	1.98	1.78	59.3	0	0	2.96	25.69	4.94	0.99	0
Pancake, Whole Grain	2 Each	154	26	320	2	0.8	40	330	0	4.66	25.34	4	0.66	0
Pancakes	2 Each	134	14	552	1	1.28	28	18	0	4	24.01	2	0.4	0
Pasta & Marinara (Penne/Rotini)	1/2 Cup	120	0	424	1.37	1.14	4.2	180	0.25	3.47	23.47	0.95	0	0
Pasta, Whole Grain	1/2 Cup	87	0	2	3.1	0.74	10	2	0	3.7	18.6	4	0.07	0
Pasta Salad, Ranch Dressing	1/2 Cup	166	6	475	1.28	0.96	26	1344	3.35	3.55	24.84	5.95	0.61	0
Pasta Salad, Wheat, Ranch Dressing	1/2 Cup	152	6	475	3.2	0.96	21.2	1320	3.06	3.55	24.36	5.95	0.61	0
Rice, Cooked	1/2 Cup	92	0	96	0.36	1.11	3.9	0	0	1.69	20.24	0.15	0.04	0
Rice Pilaf	1/2 Cup	109	0	180	0.54	1.18	11.4	590	0.65	2.21	21.27	1.42	0.26	0
Rice with Cheesesauce	1/2 Cup	151	3	90	0.62	1.29	44.6	44	0	3.2	30.24	1.37	0.71	0
French Toast	2 Each	180	40	230	1	1.8	60	0	0	4	35	3	1	0

Breads/Grains/Pasta Continued:	Serving	Calories	Cholesterol	Sodium	Fiber	Iron	Calcium	Vitamin-A	Vitamin-C	Protein	Carbohydrates	Total Fat	Sat. Fat	Trans Fat
			Mg	Mg	grams	Mg	Mg	IU	Mg	grams	grams	grams	grams	
Roll, Dinner Plain	Each	80	0	130	1	0.72	100	0	0	3	16	5	0	0
Roll, Dinner Potato	Each	90	0	160	1	1.08	40	275	0	4	15	1.5	0	0
Roll, Dinner Wheat	Each	80	0	160	1	1.08	20	0	0	3	16	1	0	0
Roll, Hamburger	Each	160	0	250	2	1.8	80	0	0	5	31	1.5	0	0
Roll, Sandwich Potato	Each	140	0	190	2	1.44	60	300	0	5	28	1	0	0
Roll, Wheat Sandwich	Each	130	0	250	4	1.44	80	0	0	7	24	2	0	0
Steak Sub Rolls	Each	190	0	350	3	1.8	300	0	0	6	34	3	1	0
Stuffing, Cornbread	1/4 Cup	92	0	343	1.75	0.84	13.7	169	0.71	1.79	12.29	4.97	0.62	0
Taco Shells, Hard	2 Shells	149	0	0	1	0	0	0	0	1	18.93	6.98	0.5	0
Tortilla, Soft Flour	2 Shells	132	0	67	2.6	2.31	87.5	0	0	3.36	23.94	2.52	0.16	0
Tortilla, Whole Grain	Each	120	0	340	3	1	100	0	0	4	20	2.5	0.5	0
Tortilla Shell, 12"	Each	207	0	106	4.09	3.63	137.5	0	0	5.28	37.62	3.96	0.25	0
Tortilla Chips	Ounce	139	0	119	1.5	0.66	49.3	1	0	2.21	18.59	6.62	0.85	0
Waffle, Jumbo	Each	91	2	227	0.58	2.04	70.1	7	0	2.4	12.96	2.88	0.48	0
Waffle Stix, (4)	Serving	174	41	154	1.02	1.11	20.5	0	0	2.05	19.45	9.21	1.54	0

Vegetables/Soups/Gravy	Serving	Calories	Cholesterol	Sodium	Fiber	Iron	Calcium	Vitamin-A	Vitamin-C	Protein	Carbohydrates	Total Fat	Sat. Fat	Trans Fat
			Mg	Mg	grams	Mg	Mg	IU	Mg	grams	grams	grams	grams	
Beans, Baked & BBQ	1/4 Cup	68	0	273	2.69	0.8	23.6	111	0.69	3.18	15.48	0.25	0.05	0
Beans, Black	1/4 Cup	60	0	230	3.19	0.91	28.1	85	1.72	3.19	12.81	0.38	0.1	0
Beans, Chick Peas	1/4 Cup	60	0	231	4.15	0.62	14.8	11	1.75	2.77	10.15	0.92	0.23	0
Beans, Kidney	1/4 Cup	59	0	228	3.06	0.93	24.1	0	0.72	4.55	0.78	0.33	0.05	0
Broccoli, Fresh	1/4 Cup	8	0	8	0.59	0.17	10.7	142	20.29	0.64	1.51	0.08	0.01	0
Broccoli: Frozen, Steamed	1/4 Cup	13	0	5	1.38	0.28	15.2	465	18.45	1.43	2.46	0.06	0.01	0
California Blend	1/4 Cup	8	0	5	0.66	0.12	6.6	412	6.92	0.66	0.99	0	0	0
Carrots:Frozen, Steamed	1/4 Cup	14	0	22	1.2	0.19	12.8	6179	0.84	0.21	2.82	0.25	0.04	0
Carrot Sticks	1/4 Cup	2	0	3	0.12	0.01	1.5	739	0.26	0.04	0.42	0.01	0	0
Carrots,Orange Glazed	1/4 Cup	42	0	140	0.78	0.35	16.8	5479	6.78	0.42	7.15	1.48	0.34	0
Celery Sticks	1/4 Cup	13	0	66	1.32	0.16	33	370	2.56	0.57	2.45	0.14	0.03	0
Celery/Carrot Sticks	1/4 Cup	12	0	31	0.91	0.1	15.1	3559	1.86	0.33	2.59	0.08	0.02	0
Coleslaw, Commercial Dressing	1/4 Cup	108	10	233	1.14	0.23	17.8	1362	16.29	0.58	7.38	9.01	1.29	0
Corn, Frozen, Yellow	1/4 Cup	33	0	0	0.98	0.19	1.2	82	1.44	1.05	7.91	0.27	0.04	0
Cucumber With Peel, Fresh	1/4 Cup	14	0	2	0.62	0.31	14.6	47	4.89	0.52	3.02	0.1	0.03	0
Green Beans: Frozen, Steamed	1/4 Cup	9	0	0	1.01	0.22	14.2	188	1.38	0.5	2.18	0.06	0.01	0
Mixed Vegetables:Frozen, Steamed	1/4 Cup	30	0	16	2	0.37	11.4	1946	1.46	1.3	5.96	0.07	0.01	0
Oriental Blend Vegetables	1/4 Cup	25	0	5	2.96	0.89	19.8	395	8.89	1.98	3.95	0	0	0
Peas: Frozen, Steamed	1/4 Cup	31	0	29	2.2	0.61	9.6	840	3.96	2.06	5.7	0.11	0.02	0
Peppers, Green, Fresh	1/4 Cup	12	0	1	0.82	0.21	4.1	287	40.51	0.4	2.92	0.09	0.01	0
Potato Baked, Flesh & Skin	Each	188	0	20	4.44	2.18	30.3	20	19.39	5.05	42.72	0.26	0.08	0
Potatoes, Mashed	1/2 Cup	67	0	200	1	0	0	0	1.2	1	10	0.75	0	0
Potato Rounds	1/2 Cup	160	0	300	2	0.1	0.1	0	0.1	2	21	8	1.5	0
French Fries: Oven Heat	1/2 Cup	134	0	178	2.14	0.83	5.4	0	6.77	2.12	20.9	5.07	0.84	0
French Fries: Deep Fry	1/2 Cup	90	4	62	0.91	0.22	5.4	0	2.94	1.15	11.27	4.72	1.94	0
Lettuce, Iceberg, Fresh	1/4 Cup	2	0	1	0.19	0.07	2.6	45	0.54	0.14	0.29	0.03	0	0

Vegetables/Soups/Gravy Continued:	Serving	Calories	Cholesterol Mg	Sodium Mg	Fiber grams	Iron Mg	Calcium Mg	Vitamin-A IU	Vitamin-C Mg	Protein grams	Carbohydrates grams	Total Fat grams	Sat. Fat grams	Trans Fat grams
Salad Mix: No Dressing	1/4 Cup	4	0	4	0.33	0.1	4.9	454	1.42	0.22	0.9	0.04	0	0
Mesculin	1/4 Cup	3	0	4	0.27	0.25	11	902	2.32	0.32	0.52	0.06	0.01	0
Sweet Potato Fries	1/2 Cup	140	0	210	2.33	0.42	23.3	5837	11.21	0	25.68	3.5	0.58	0
Sweet Potato, Baked	Each	103	0	41	3.76	0.79	43.3	21908	22.34	2.29	23.61	0.17	0.04	0
Sweet Potatoes, Canned	1/4 Cup	45	0	16	1.26	0.4	7.1	3845	4.53	0.54	10.63	0.13	0.03	0
Sauerkraut: Canned	1/4 Cup	7	0	235	1.03	0.52	10.7	6	5.22	0.32	1.52	0.05	0.01	0
Spinach, Creamed	1/3 Cup	29	0	140	1.05	0.56	55.8	3430	0.67	1.6	3.36	1.18	0.37	0
Spinach: Frozen, Steamed	Cup	65	0	184	7.03	3.72	290.7	22916	4.18	7.62	9.12	1.65	0.3	0
Succotash	1/4 Cup	41	0	7	1.73	0.51	6.8	77	2.6	2.06	8.57	0.23	0.04	0
Tomatoes, Stewed	1/4 Cup	34	0	117	0.48	0.4	7.5	236	8.98	1.04	8.1	0.12	0.02	0
Tomatoes, Fresh, Red Ripe	Each	26	0	11	1.35	0.55	6.1	766	23.49	1.05	5.71	0.41	0.06	0
Veggies with Dip	1/4 Cup	39	4	170	0.81	0.23	41.6	2966	10.67	1.36	5	1.69	0.46	0
Zucchini Squash, Steamed	1/4 Cup	10	0	2	0.84	0.21	7.8	670	2.76	0.38	2.36	0.03	0.01	0
Gravy, Beef Mix	Ounce	10	0	112	0.04	0.04	0	0	0.04	0.4	1.6	0.4	0.2	0
Gravy, Chicken Mix	Ounce	17	0	140	0	0.05	0	0	0.05	0.5	3	0.5	0.25	0
Soup, Beef Vegetable	1/2 Cup	43	7	141	0.9	0.63	19.5	959	5.75	3.04	4.48	1.6	0.64	0
Soup, Chicken Noodle	1 Cup	98	26	207	0.69	0.86	26	33	1.69	7.31	12.19	2.16	0.53	0
Soup, Cream Of Broccoli with Cheese	1/2 Cup	88	14	436	1.78	0.48	68.8	660	28.31	3.11	7.89	5.33	3.12	0
Soup, Corn Chowder	1/2 Cup	93	11	386	1.31	0.41	23.4	200	5.58	2.18	12.81	4.22	2.47	0
Soup, Cream Of Broccoli	1/2 Cup	72	11	348	1.78	0.48	46.8	616	28.31	2.38	7.31	4.16	2.46	0
Soup, Cream Of Vegetable	1/2 Cup	89	11	359	2.23	0.54	32.8	2451	7.45	2.62	11.25	4.26	2.48	0
Soup, Cream Vegetable with Cheese	1/2 Cup	105	14	447	2.23	0.54	54.7	2494	7.45	3.35	11.83	5.43	3.14	0
Soup, Beef Vegetable	1/2 Cup	43	7	141	0.9	0.63	19.5	959	5.75	3.04	4.48	1.6	0.64	0
Soup, Vegetable	1/2 Cup	29	0	184	0.9	0.54	14.5	953	6.64	1.61	5.76	0.31	0.06	0
Soup, Chicken Noodle	1/2 Cup	49	13	103	0.35	0.43	13	16	0.84	3.66	6.09	1.08	0.26	0
Soup, Tomato	1 Cup	180	0	1420	2	1.44	0	800	12	4	40	0	0	0

Dairy	Serving	Calories	Cholesterol Mg	Sodium Mg	Fiber grams	Iron Mg	Calcium Mg	Vitamin-A IU	Vitamin-C Mg	Protein grams	Carbohydrates grams	Total Fat grams	Sat. Fat grams	Trans Fat grams
Cheese, Low Fat Pasteurized	.5 Ounce	35	5	195	0	0	75	150	0	3	1.5	2	1.25	0
Cheese, Mozzarella	1 Ounce	79	15	150	0	0.07	207.2	178	0	7.8	0.89	4.85	3.09	0
Cheese, Parmesan, Grated	1 Ounce	129	22	528	0	0.28	390.1	199	0	11.79	1.05	8.5	5.41	0
Cheese, Shred Ched, Reduced Fat	1/2 Ounce	40	10	100	0	0	100	150	0	3.5	0.5	3	2	0
Cheese Sauce, Commodity, Canned	.5 Ounce	50	9	274	0	0	68.6	137	0	2.29	1.83	3.66	2.06	0
Cheese, Cream	1 Ounce	97	31	91	0	0.11	27.8	359	0	1.68	1.15	9.71	5.47	0
Cream Cheese & Yogurt Spread,	Each	60	15	90	0	0	80	200	0	5	3	3.5	2	0
Cream Cheese & Yogurt, Straw	Each	60	10	75	0	0	60	200	1.2	4	4	3	2	0
Milk, 1% Chocolate, Dairy Maid	8 Fl.Ounce	150	10	190	0	0.36	300	500	2.4	8	3	2.5	1.5	0
Milk, 1% Strawberry, Dairy Mai	8 Fl.Ounce	180	10	110	0	0.36	250	500	2.4	8	29	2	1	0
Milk, Lowfat 1% Dairy Maid	8 Fl.Ounce	100	10	120	0	0	300	500	2.4	8	11	2.5	1.5	0
Milk, Skim, Dairy Maid	8 Fl.Ounce	80	5	120	0	0	300	500	2.4	8	11	0	0	0
Yogurt, Upstate Farms	4 Ounce	90	0	75	0	0	300	0	0	3	19	0	0	0
Yogurt, Swiss Style, Dairy Maid	8 Ounce	212	10	106	0	0.36	201.6	101	6.05	7.06	41.33	2.52	1.51	0

Fruits	Serving	Calories	Cholesterol Mg	Sodium Mg	Fiber grams	Iron Mg	Calcium Mg	Vitamin-A IU	Vitamin-C Mg	Protein grams	Carbohydrates grams	Total Fat grams	Sat. Fat grams	Trans Fat grams
Apples, Fresh	Each	72	0	1	3.31	0.17	8.3	75	6.35	0.36	19.06	0.23	0.04	0
Apple Slices, Spiced	1/4 Serving	35	0	1	1.24	0.1	3.1	22	0.1	0.15	8.92	0.2	0.03	0
Apple Juice	4 Fl.Ounce	57	0	5	0.25	0.15	9.9	1	47.74	0.12	14.01	0.16	0.03	0
Applesauce	1/4 Cup	26	0	1	0.67	0.14	2.4	18	12.93	0.1	6.87	0.06	0	0
Apricots, Light Syrup	1/4 Cup	40	0	3	1.01	0.25	7	836	1.71	0.34	10.43	0.03	0	0
Bananas	Each	90	0	1	2.63	0.26	5.1	65	8.79	1.1	23.07	0.33	0.11	0
Blueberries, Fresh	1/4 Cup	21	0	0	0.89	0.1	2.2	20	3.59	0.27	5.36	0.12	0.01	0
Cherries, Tart, Red	1/4 Cup	57	0	2	0.82	0.32	10.1	530	1.27	0.89	14.55	0.06	0.01	0
Cranberry Sauce	1/4 Cup	105	0	20	0.69	0.15	2.8	29	1.39	0.14	26.94	0.1	0.01	0
Fruit Cocktail, Lt Syrup	1/4 Cup	34	0	4	0.61	0.18	3.6	124	1.15	0.24	9.03	0.04	0.01	0
Grapes, Fresh	Cup	62	0	2	0.83	0.27	12.9	92	3.68	0.58	15.78	0.32	0.1	0
Melons, Cantaloupe, Fresh	1/2 Cup	54	0	26	1.44	0.34	14.4	5411	58.72	1.34	13.06	0.3	0.08	0
Melons, Honeydew, Fresh	1/2 Cup	32	0	16	0.71	0.15	5.3	44	15.93	0.48	8.04	0.12	0.03	0
Oranges	Each	45	0	0	2.3	0.1	38.4	216	51.07	0.9	11.28	0.12	0.02	0
Orange Juice	4 Ounce	50	0	1	0.23	0.19	11.3	88	37.31	0.91	11.56	0.15	0.02	0
Pears, Fresh	Each	96	0	2	5.15	0.28	14.9	38	6.97	0.63	25.66	0.2	0.02	0
Pears: Canned, Light Syrup	1/4 Cup	36	0	3	1	0.18	3.1	0	0.44	0.12	9.52	0.02	0	0
Peaches, Fresh	Each	34	0	0	1.3	0.22	5.2	284	5.74	0.79	8.3	0.22	0.02	0
Peaches: Canned, Light Syrup	Cup	136	0	13	3.26	0.9	7.5	889	6.02	1.13	36.52	0.08	0	0
Peaches, 4.4 oz, Single Serve	Each	118	0	8	2.2	0.46	4	710	117.8	0.79	29.98	0.16	0.01	0
Pineapple Chunks, Lt Syrup	1/4 Cup	33	0	1	0.5	0.25	8.8	24	4.72	0.23	8.47	0.08	0.01	0
Raisins	1/4 Cup	108	0	4	1.34	0.68	18.1	0	0.83	1.11	28.7	0.17	0.02	0
Strawberries, Fresh	1/4 Cup	12	0	0	0.72	0.15	5.8	4	21.17	0.24	2.76	0.11	0.01	0
Strawberries, 4.5 oz, Single Serve	Each	122	0	4	2.39	0.75	14	31	52.62	0.68	32.94	0.17	0.01	0
Watermelon, Chunks	1/4 Cup	12	0	0	0.16	0.1	2.8	228	3.24	0.24	3.02	0.06	0.01	0

Entrées	Serving	Calories	Cholesterol Mg	Sodium Mg	Fiber grams	Iron Mg	Calcium Mg	Vitamin-A IU	Vitamin-C Mg	Protein grams	Carbohydrates grams	Total Fat grams	Sat. Fat grams	Trans Fat grams
Beef Patty, 3 Oz Comm	Each	168	26	45	1	2.48	27	61	0	10.64	5.37	11.52	4.25	0
Beef Patty, 3.2 Oz	Each	269	64	48	0	1.59	0	0	0	15.78	0	22.69	9.22	0
Burrito, Beef & Bean	Each	370	20	700	7	3.6	100	500	2.4	13	45	15	6	0
Chicken Chesapeake	1/3 Cup	158	51	423	0.15	0.9	19.7	335	5.23	16.93	12.88	4.44	1.21	0
Chicken Nuggets	Serving	196	54	461	1	2	19	76	1	14	12	10	3	0
Chicken Parmesan	Each	304	55	642	0.27	1.43	106.4	267	1	19.16	15.36	18.19	4.05	0
Chicken Patty	Each	190	55	460	1	2	19	76	1	14	13	10	2	0
Chicken Patty, Spicy	Each	182	52	540	0	1.7	20	46	1.2	14	11	10	2	0
Chicken, Teriyaki	Serving	178	48	464	0	0.6	8	52	0	18.22	11.92	5.74	1.24	0
Chicken, Marinara/Catalina	Serving	136	48	388	0.43	0.91	8.4	172	0.03	17.32	4.51	4.82	1.24	0
Chicken, Ranch	Serving	145	15	436	0	0	29.1	0	0	0	8.73	13.09	1.45	0
Chicken, Barbeque	Serving	166	48	657	0	0.6	8	815	0	16.9	12.34	4.42	1.24	0
Chicken, Herb Roasted	Serving	134	48	753	0	0.6	8	52	0	16.9	4.36	4.42	1.24	0
Chicken Salad	1/2 Cup	135	52	249	0.39	0.84	16.3	190	1.11	16.9	7.07	4.49	1.23	0

Entrées Continued:	Serving	Calories	Cholesterol Mg	Sodium Mg	Fiber grams	Iron Mg	Calcium Mg	Vitamin-A IU	Vitamin-C Mg	Protein grams	Carbohydrates grams	Total Fat grams	Sat. Fat grams	Trans Fat grams
Chicken, Baked Breaded, USDA	Serving	364	119	385	0.4	1.75	28	94	0	34.78	12.59	18.48	4.93	0
Chicken, Cut-Up 8 Piece, USDA	Serving	112	48	40	0	0.6	8	52	0	16.9	0	4.42	1.24	0
Chicken, Chesapeake BBQ	1/3 Cup	158	51	423	0.15	0.9	19.7	335	5.23	16.93	12.88	4.44	1.21	0
Chicken, Popcorn	Serving	194	28	855	1	2	1	71	1	12	14	10	3	0
Chicken, Sweet Sour	1/2 Cup	144	33	260	1.05	1.02	24.6	182	33.16	13.94	16.85	2.38	0.85	0
Chili Con Carne with Beans	1/2 Cup	180	42	204	2.5	2.7	46	813	14.49	15.43	10.67	8.58	3.56	0
Chili, Vegetarian	1 Cup	246	16	846	7.8	2.38	300.6	807	24.39	15.73	34.83	5.85	3.38	0
Salad Plate, Cobb	Each	325	141	490	2.53	0.97	232.4	1760	25.21	17.01	34.2	22.5	6.42	0
Cold Cut Sub	Each	181	69	1460	0.29	2.78	77.7	151	3.27	25.86	4	6.31	2.5	0
Egg Roll, Beef	Each	312	55	612	2.02	3.99	30.4	645	3.23	19.8	23.3	15.3	5.51	0
Egg Salad	1/3 Cup	103	212	224	0.91	1.42	41.8	339	1.14	6.71	7.32	5.44	1.67	0
Eggs, Pasteurized, Whole, USDA	1/4 Cup	82	218	147	0	0.94	54	305	0.2	6.2	1.48	5.18	1.61	0
Fish Shapes	Serving (4)	227	40	760	1.33	7.92	0	0	0	13.34	21.35	9.34	1.33	0
Fish Filet, Natural Shape	Each	214	61	357	0	0	0	0	0	14.28	18.36	9.18	1.53	0
Ham, Cooked Boneless USDA	2.5 Ounce	105	52	820	0.07	0.5	4.5	0	17.5	13.25	0.07	5.5	1.75	0
Lasagna	Serving	244	40	405	2	2.48	326.5	505	8.88	17.1	22.93	9.47	5.01	0
Lasagna, Vegetable	Serving	257	94	866	3.86	1.9	243.4	1870	24.01	17.79	27.55	8.91	4.13	0
Macaroni & Cheese	2/3 Cups	333	23	921	0.93	1.08	515	1154	0.94	21.28	35	12.25	5.78	0
Macaroni & Cheese, with Broccoli	2/3 Cups	335	23	924	1.2	1.15	520.1	1248	6.05	21.53	35.44	12.28	5.78	0
Meatballs/Marinara	Serving	175	87	937	1.03	1.96	58	315	0.44	10.8	6.5	11.5	3.5	0
Meatloaf	Serving	204	88	652	1	2.25	33.6	220	4.9	17.02	9.01	10.45	3.97	0
Pasta Carbonara	1 Cup	361	15	544	3.79	2.67	101.3	628	2.88	12.82	55.64	9.25	2.91	0
Pasta Primavera	1 Cup	460	32	1381	3.97	3.09	454.4	903	2.52	24.97	59.29	12.41	6.43	0
Pasta w/Meat Sauce, Whole Wheat	2/3 Cups	313	58	562	4.25	3.41	35	307	7.2	20.77	31.72	12.27	4.12	0
Pasta w/Meat Sauce, Whole Grain	2/3 Cups	323	58	562	4.25	3.23	35	307	7.2	20.77	31.72	12.51	4.12	0
Pizza, Cheese, Whole Wheat	Each	320	10	660	3	2.7	400	1000	9	17	27	17	4	0
Pizza, Pepperoni, Whole Wheat	Each	360	20	870	3	2.7	300	750	6	17	29	20	6	0
Pizzaburger	1/3 Cup	302	44	606	1.46	3.41	168	47	0.88	19.55	30.83	10.66	3.93	0
Quesadilla, Cheese	Serving	377	40	501	3.9	3.47	531.3	600	0	19.04	37.91	17.96	8.55	0
Ribique	Each	216	39	801	0.19	1.16	41.3	111	1.45	16.26	15.74	9.94	3.38	0
Sloppy Joe	1/3Cup	183	44	349	0.78	1.82	21.3	392	6.42	13.05	13.49	8.66	3.38	0
Spaghetti Meat Sauce	2/3 Cup	269	44	634	4.32	2.17	48.8	1536	14.35	14.09	22.1	14.15	4.13	0
Stir Fry, Turkey/Chicken	1/2 Cup	180	43	1110	0.1	1.5	5.9	0	0.11	17.94	5.72	9.13	2.18	0
Tacos	1/4 Cup	132	37	748	0.61	1.58	14.6	631	5.78	10.87	6.47	6.69	2.55	0
Toasted Cheese	Each	325	20	1195	2.01	2.17	341.3	722	0.01	18.07	36.21	13.76	5.45	0
Tuna Salad	Each	92	17	452	0.4	0.97	15.3	174	1.09	14.97	7.67	0.53	0.14	0
Turkey Roast, Frozen, Lt&Dk Meat	Serving	116	50	118	0	4	4.8	0	0	12.6	0.2	7.2	3	0
Turkey Salad	1/2 Cup	201	40	653	0.39	1.25	10.8	198	1.11	11.23	5.15	15.02	2.27	0
Veggie Burger	Each	130	0	310	2	1.44	40	0	0	13	4	7	1	0
Wafer Steak 2.5 oz.	Each	240	47	42	3	1	6	130	1	26	1	15	7	0
Ziti, Baked	1 Cup	455	32	1371	3.32	2.9	441	818	0.6	24.54	58.43	12.41	6.43	0

Condiments	Serving	Calories	Cholesterol Mg	Sodium Mg	Fiber grams	Iron Mg	Calcium Mg	Vitamin-A IU	Vitamin-C Mg	Protein grams	Carbohydrates grams	Total Fat grams	Sat. Fat grams	Trans Fat grams
Dressing, French, lowfat	2 Tbsp	4	0	29	0.00	0.00	0.0	37	0.00	0.00	0.87	0.00	0.00	0
Dressing, Italian Fat Free	1 oz	15	0	490	0.00	0.00	0.0	0	0.00	0.00	3.00	0.00	0.00	0
Dressing, Ranch, lowfat	1 oz	76	5	217	0.00	0.00	36.8	0	0.00	0.94	1.89	6.50	0.94	0
Honey	1 oz	86	0	1	0.06	0.12	1.7	0	0.14	0.09	23.36	0.00	0.00	0
Ketchup	1/2 oz	15	0	190	0.04	0.07	2.6	132	2.14	0.25	3.56	0.04	0.01	0
Mayonnaise, Reduced Calories	.5 oz	53	4	84	0.00	0.00	0.0	0	0.00	0.00	3.54	3.99	0.44	0
Mustard, Yellow Prepared	.5 oz	11	0	188	0.15	0.30	12.6	0	0.00	0.70	0.96	0.66	0.03	0
Pickles, dill	1 each	8	0	569	0.71	0.24	27.3	119	0.52	0.39	1.68	0.09	0.02	0
Pickles, sweet chips	1 oz	25	0	165	0.00	0.00	0.0	0	0.00	0.00	6.00	0.00	0.00	0
Relish, hot	1 oz	9	0	198	0.19	0.19	0.2	0	0.19	0.00	1.89	0.00	0.00	0
Relish, sweet	1 Tbsp	40	0	150	0.01	0.01	0.0	0	0.01	0.01	10.00	0.00	0.00	0
Salsa	2 Tbsp	10	0	250	1.00	0.36	0.0	300	2.40	0.00	3.00	0.00	0.00	0
Sauce, Barbeque	1 oz	47	0	315	0.08	0.08	0.1	157	0.94	0.00	11.81	0.00	0.00	0
Sauce, Duck	1/2 oz	15	0	70	0.00	0.00	0.0	0	0.00	0.00	4.00	0.00	0.00	0
Sauce, Honey mustard	1 Tbsp	30	0	190	0.00	0.00	0.0	0	15.00	0.00	8.00	0.00	0.00	0
Sauce, Tartar	1 Tbsp	31	4	123	0.20	0.18	2.5	31	0.20	0.11	3.97	1.79	0.29	0
Syrup, Pancake	1.5 oz	100	0	35	0.00	0.01	1.30	0.00	0.00	0.00	26.14	0.00	0.00	0

ITEM	Serving Size	CAL.	TOTAL FAT	SAT. FAT	TRANS FAT	TOTAL CARB	SUGAR	PROTEIN
Big Banana Ice Cream	3 floz/65g	89	1.5g	1g		17g	11g	2g
Ice Cream Cup - Vanilla	3floz/50g	70	1.5g	1.5g		60mg	1g	9g
Ice Cream Cup - Van/Choc	1 c/50g	100	3.5g	2g		15g	10g	2g
Ice Cream Cup - Cotton Candy	1c/50g	90	3.5g	2g		15g	9g	2g
Coconut Fruit Bar	3floz/65g	89	1.5g	1g		17g	11g	2g
Fudge Bar	3floz/75g	80	.5g	0g		19g	7g	3g
Ice Cream Sandwich	4floz/68g	160	3g	1g		30g	15g	3g
Strawberry Shortcake Ice Cream	3floz/70g	130	2.5g	1g		26g	9g	2g
Chocolate Shortcake Ice Cream	3floz/70g	140	3.5g	1.5g		26g	10g	2g
Push -up Cotton Candy Sherbet	3oz/50g	90	3.5g	2g		14g	9g	2g
Push -up Van. Fudge Ice Cream	3 oz/50g	100	3g	2g		15g	11g	2g
Push -up Orange Sherbet	3 oz/65g	100	1g	.5g		22g	12g	1g
Ice Cream Cup-Strawberry Ripple	1cup/50g	100	3g	2g		15g	11g	1g
Ice Cream Cup-Chocolate Ripple	1cup/50g	100	3g	2g		15g	11g	1g
Kettle Corn	1 oz/28g	120	3.5	0		21g	8g	2g
Popcorn, Butter	5/8oz/18g	100	8g	.5g		6g	0g	1g
Popcorn, White Cheddar	5/8oz/18g	100	6g	1.5g		9g	1g	2g
Cheetos, Baked	7/8oz/24.5g	120	4.5g	1g		17g	1g	2g
Sun Chips, Garden Salsa	1 oz/28g	140	6g	1g		19g	2g	2g
Sun Chips, French Onion	1 oz/28g	140	6g	1g		18g	3g	2g
ITEM	SERV. SIZE	CAL.	TOTAL FAT	SAT. FAT	TRANS FAT	TOTAL CARB	SUGAR	PROTEIN
Fruit Roll Ups	14g	50	1g	0		11g	7g	0
Hot Soft Pretzels (2.5 oz)	71g	190	0	0		41g	2g	8g
Baked Churro 10", (1.25 oz)	35g	130	8g	2g		13g	10g	2g
School Baked Choc chip Cookie	.9oz/26g	130	6g	2g		17g	10g	1g
School Baked Sugar Cookie	.9oz/26g	120	6g	1.5g		17g	8g	1g
School Baked Oatmeal Raisin Cookie	.9oz/26g	120	6g	1.5g		15g	8g	1g
1% Chocolate Milk	8oz/236ml	180	2.5g	1.5g		26g	25g	9g
1% Strawberry Milk	8oz/236ml	180	2.5g	1.5g		31g	12g	10g
1% White Milk	8oz/236ml	100	2.5g	1.5g		11g	11g	9g
Non-Fat Skim Milk	8oz/236ml	80	0	0		11g	11g	9g
LoCal Yogurt	4 oz/113ml	90	0	0		19g	16g	3g
Capri Sun 100% Juice	6.75oz	110	0	0		28g	23g	0
Orange Juice	8 oz/240ml	110	0	0		28g	25g	2g
Apple Juice	4 oz/118ml	55	0	0		14g	12g	0
Plain Water	8 oz	0	0	0		0	0	0