

2015 Nutrition Master List

Food Item	Serving Size	Calories	Carbs	Protein	Sat Fat	Sodium		
1000 Island, FF	1.5 oz	45	11	0	0	390		
Apple Sauce, plain	1/2 Cup	50	12	0	0	0		
Apple Sauce, strawberry	1/2 Cup	60	14	0	0	10		
Asian Chicken (9-12)	4 oz	167	21	12	0.5	222		
Asian Chicken (k-8)	4 oz	167	21	12	0.5	311		
Bagel	1 each	140	29	6	0	180		
Baked Beans	1/2 Cup	113	23	5	0	220		
Baked Potato, Regular	1 whole	160	32	0	4	0		
BBQ Dip Cup	1 oz	60	16	0	0	120		
BBQ Glazed Chic Bites	5 pc (1/2 Cup)	200	14	22	1	370		
BBQ Pulled Pork on bun	1 sandwich	371	41	26	2.5	481		
Benefit Bar	1 each	280	48	5	3	220		
Black Beans	1/2 C	140	25	8	0	330		
Blended Veggies, w/ butter	1/2 Cup	29	4	0	0	44		
Blue Apples	1/2 Apple	75	20	0.5	0	40		
Bosco Stick, 4" (k-5)	1 stick	110	14	6	1.5	140		
Bosco Sticks, 6" (6-12)	2 sticks	280	30	18	5	420		
Breaded Chicken Sandwich (9-12)	1 sandwich	356	41	25	1	806		
Breaded Chicken Sandwich (K-8)	1 sandwich	328	39	20	2	626	new	
Breadstick	1 each	70	14	3	0	140		
Breadstick, Klosterman's	1 stick	70	14	3	0	140		
Breakfast Bar, Cinnamon Toast Crunch	1 each	150	30	3	1	115		
Breakfast Bar, Golden Grahams	1 each	150	30	2	1	110		
Breakfast Bar, Oat'n Honey Nature Valle	1 each	190	29	4	1	160		
Breakfast Bar, Trix	1 each	150	30	2	1	105		
Breakfast Pizza Boat	1 each	200	25	8	2.5	330		
Broccoli Cheddar Rice	1/2 Cup	200	41	5	0.5	290		
Broccoli Slaw	1/2 Cup	100	23	2.5	0	101		
Broccoli, steamed/butter	1/2 Cup	14	3	0	0	30		
Brown Rice- asian K-8	3/4 Cup	155	33	3.5	0	6		
Brown Rice- asian 9-12	1 Cup	206	44	4.5	0	8		
Bruschetta Chicken Pasta	3/4 Cup	356	29	22	4	687		
Buffalo Chicken Strips	3 each	260	17	15	2.5	390		
Buffalo Chicken Wrap (6-12)	1 wrap	374	35	18	4	491		

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Build-it-Pizza (k-5)	Total Combo (no Goldfish)	310	29	19	7	690		
Butternut squash	1/2 Cup	48	9	1	0	177		
Caramel Dip	1 each	80	19	1	0	40		
Carrotos w/ honey (9-12)	1/2 C	59	14	0.5	0	54		
Cauliflower, w/ cheese	1/2 Cup	33	3	3	1	53		
Cesar Salad (k-8)	full salad (no GF grahams)	216	15	24	3	618		
Cereal, Cinnamon Chex	1 bowl pack	110	23	1	0	170		
Cereal, Coco Puffs	1 bowl pack	110	25	2	0	160		
Cereal, Frosted Flakes	1 bowl pack	100	24	2	0	160		
Cereal, Trix	1 bowl pack	110	24	1	0	140		
Cheese Quesadilla	1 each	330	40	16	3.5	830		
Cheese Ravioli (k-5)	about 1/2 C	167	23	9	1.5	300		
Cheese Sandwich- "Light Lunch Entrée"	1 sandwich	210	28	13	2.5	360		
Cheese Sandwich- alt meal (ALL)	1 sandwich	210	28	13	2.5	360		
Cheese stick, mozzarella lite	1 oz stick	60	1	8	2	210		
Cheeseburger (6-12)	1 buger	361	26	28	6	524		
Cheez-its	1 bag	100	14	2	1	150		
Chef Salad (6-8)	Salad (no cheez-it)	174	7	17	3.5	477		
Chef Salad (k-5)	Salad (no snack Mix)	128	7	14	1.5	540		
Chicken Alfredo (6-12)	Total combined	395	44	25	5	693		
Chicken Biscuit (6-8)	1 each	300	33	12	5.5	560		
Chicken Caesar Wrap (9-12)	1 wrap	467	35	27	7	893		
Chicken Chips (K-8)	9 pc	310	9	16	5	440		
Chicken Parmesan, no pasta	1 chicken breast	296	28	23	2	770		
Chicken Poppers (K-5)	5 pieces	202	15	19	1	531		
Chicken Poppers (6-12)	6 pieces	242	18	23	1.5	637		
Chortles, Snack (K-5)	1 bag	56	9	1	0	35		
Club Sub (6-12)	1 sandwich	287	30	23	2	856		
Cole Slaw	1/2 Cup	107	6	0	1.5	85		
Coney Dog (9-12)	hot dog + coney	392	32	18	7	966		
Double Chocolate	1 each	25						
Candy Chip	1 each	25						
Chips, blue/white (Colts) K-5	11 chips	140	19	2	1	200	see salsa cup	
Chips blue/white (Colts) 6-12	22 chips	280	38	4	2	400		
Chocolate Chip	1 each	27						

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Sugar	1 each	25						
Corn Dog	1 individual	243	30	9	2.5	395		
Corn muffin	1 each	193	31	3	2	341		
Corn w/ Butter	1/2 Cup	89	16	0	2.5	79		
Corn & Black Bean Salsa	1/2 Cup	122	19	4	0	218		
Cottage Cheese	4 oz	114	5	13	3	435		
Country Baked Chicken (9-12)	Chicken & Gravy	261	22	20	1.5	846		
Country Baked Steak (9-12)	Steak & Gravy	258	20	12	5.5	468		
Country Chicken Bowl (6-8)	mash, chicken, gravy	255	31	9	1	587		
Cream Cheese, Garden Veg	1 oz	90	2	1	6	90		
Cream Cheese, Lt	1 oz	60	1	2	4	95		
Cream Cheese, Straw	1 oz	100	1	6	5	95		
Dressing- large, Average	1.5 oz	51	11	0.25	0	439		
Dressing- small, all varieties	12g	50	2	0	1	92		
Duck Sauce	9 grams	30	7	0	0	55		
Egg & Cheese Brkfst Sandwich	1 each	160	20	6	2.5	360		
Egg Roll	1 each	140	22	4	1	150		
Eggs, scrambled	1/2 Cup	105	2	9	2	328		
Eggs, scrambled w/ cheese	1/4 Cup	85	1.5	7	2	105		
Fish Sticks (k-8)	4 each	220	19	14	1	310		
Fish Sticks (k-5) starting January	3 each	165	14	11	0.75	233		
Fortune Cookie	1 each	48	10.5	0.5	<1	0		
French Fries (K-8)	2 oz	120	17	1	0	135		
French Toast Sticks (9-12)	5 sticks	253	37	13	2	442		
French Toast Sticks (k-8)	3 sticks	151	22	8	1	265		
French, FF	1.5 oz	45	11	0	0	260		
Fritos (k-5)	1z (1/2 Cup)	140	20	2	1	170		
Fruit, average	1/2 Cup	70	18	0	0	n/a		
Garden Salad (6-12)	Total Salad (no goldfish)	233	23.5	14	3	277		
Garlic Breadstick Twist	1 each	154	27	5	1.5	135		
Garlic Breadstick Twist	1 each	160	28	5	1.5	170		
Garlic Toast	1 each	100	14	3	1.5	180		
Goldfish Grahams	1 pack	120	19	1	1	50		
Goldfish, whole grain	1 bag	100	14	3	1	170		
Green beans, steamed	1/2 Cup	29	6	1	0	40		

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Grilled Chicken Bites (All)	4 oz	130	1	20	1	280		
Grilled Chicken Club	1 sandwich	326	26	33	3	709		
Ham & Cheese Calzone (ALL)	1 each	300	33	20	4	600		
Ham & Cheese Sub (ALL)	1 sub	292	31	19	3	772		
Hamburger (All grades)	1 sandwich	330	25	27	5	430		
Hamburger Bun	1 each	140	25	5	0	230		
Hoagie/Sub Bun	1 each	160	28	6	0	160		
Honey Cup	1 oz	45	11	0	0	0		
Honey Mustard	1 oz	80	7	0	1	105		
Honey Mustard, FF	1.5 oz	60	15	0	0	360		
Hot Cinnamon Apples (ALL)	1/2 C	50	12	0	0	20		
Hot Dog (6-8), Beef	1 each	312	26	11	6	736		
Hot Dog Bun	1 each	140	25	5	0	230		
Hot Spiced Apples	1/2 C	50	12	0	0	20		
Hummus & Veggie Platter (9-12)	Total Bundle	393	51	17	3.5	829		
Hummus & Veggie Side	1z hummus/veggies	90	7	2	0.5	140		
Hummus Combo (6-8)	Total Combo	327	40	16	2	929		
Hummus Wrap (9-12)	1 wrap	416	50	18	5.5	713		
Italian Sub	1 Sandwich	375	30	17.5	9	1060		
Italian, LT	1.5 oz	20	2	0	0	740		
Jalapeno Ranch	1 oz	70	5	0	1	115		
Jelly	1 packet	35	9	0	0	0		
Jelly	1 oz	35	9	0	0	0		
Jicama, seasoned	1/2 Cup	25	5.5	1	0	23		
Juice, apple	4 oz	50	13	0	0	10		
Juice, grape	4 oz	80	19	0	0	19		
Juice, orange	4 oz	60	13	0	0	13		
Ketchup Pkt	9 gram	8	2	0	0	85		
Lasagna Roll	1 serving	275	27	14	4	536		
Mac & Cheese (K-5))	3 oz	143	15	8	3	364		
Mac & Cheese (6-12)	6 oz	285	31	16	6	728		
Marinara Cup, small	1 oz	15	3	0	0	120		
Marinara Cups, large	2.5 oz cup	40	8	1	0	230		
Mashed Potatoes (Idahoan)	1/2 Cup	86	16	2	2	195	New in Ocotober	
Mashed Potatoes (Smart Servings)	1/2 Cup	80	17	1	0	175	New in January	

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Mayo, Reduced fat	12 gram	40	3	0	0	105		
Meat Sauce, (6-12) for rotini	6 oz	179	10	16	3	311		
Meat Sauce, (K-5) for rotini	4 oz	119	6	11	2	207		
Meatball Sub (6-12)	1 sandwich	353	35	22	5	986		
Milk- 1% white	1 carton	110	13	8	1.5	125		
Milk- skim, chocolate	1 carton	120	23	8	0	240		
Milk- skim, white	1 carton	90	13	8	0	130		
Mini Bagels	1 package	230	41	6	2.5	180		
Mini Corn Dogs (K-8) chicken	6 pc	270	30	10.5	4	420		
Mini French Toast- breakfast	1 pack	220	37	4	1	380		
Mini Pancakes	1 pack	210	35	4	1	320		
Mini Waffles	1 pack	210	37	4	1	180		
Muffin, Apple Cinnamon	1 each	170	28	3	2	120		
Muffin, Banana	1 each	170	28	3	2	120		
Muffin, Blueberry	1 each	170	29	3	2	120		
Mustard Pkt	5 gram	4	0	0	0	62		
Non Starchy Vegetable, average (excludes: potatoes, beans, carrots, corn)	1/2 Cup	15	4	0	0	n/a		
Pancakes (6-8)	2 pancakes	152	27	3	1	218		
Pancakes (9-12)	3 pancakes	238	40	5	1	386		
Parmesan Cheese	3.5 gram	15	0	1	1	55		
Pasta, Rotini (6-12) for meat sauce	3/4 Cup	141	29	6	0	13		
Pasta, Rotini (K-5) for meat sauce	1/2 Cup	103	20.5	4	0	5		
PBJ Single	1 jamwich	295	32	10	2.5	325		
PBJ Twin Pack	2 jamwiches	590	65	20	5	650		
Pasta, penne	1/2 Cup	103	20.5	4	0	5		
Peaches, diced, cup	4.5oz	90	20	0	0	15		
Pears, diced, cup	4.5 oz	70	16	0	0	10		
Pepperoni Calzone (k-12)	1 each	340	35	20	5	510		
Pesto Chicken Flatbread (9-12)	1 each	330	37	22	3.5	330		
Pigs in blanket- breakfast (6-12)	4 pc	240	20	8	3.3	373		
Pigs in blanket- breakfast (K-5)	5 pc	300	25	10	4.2	466		
Philly Cheese Steak	1 sandwich	412	31	25	9	1053		
Pineapple, diced, cup	4.5z	70	16	0	0	10		

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Pizza Cruncher's	4 sticks	420	41	20	9	790		
Pizza- Pepp, (9-12) 1/8th	1 slice	360	39	20	4	600		
Pizza Slice- Cheese (6-12) 1/8th pizza	1 slice	360	34	21	7	600		
Pizza Slice, Cheese (k-5) 1/10th	1 slice	288	27	17	6	480		
Pork Tenderloin (6-12)	1 sandwich	400	36	21	4.5	560		
Potato Skins w/ cheese (6-8)	3 each	183	28	8	2.5	122		
Potato Skins w/ cheese (k-5)	2 each	121	19	5	1.5	81		
Pretzel Bosco Stick (6-12)	1 each	200	27	8	2	230		
Pretzel Stick (rod)	1 each	70	14	2	0	65		
Pretzels, Hartzles	1 bag	80	15	2	0	200		
Queso and Beef Mix (6-8	4z serving	220	4	16	8.5	675		
Queso Nachos (9-12)	Chips, Cheese, Meat	418	34	17	9	789		
Raisles, watermelon	1 box	130	33	1	0	5		
Ranch Dip Cup	1 oz	70	5	0	1	130		
Ranch, buttermilk, LT	1.5 oz	70	8	1	1	320		
Ranch, FF	1.5 oz	40	10	0	0	490		
Raspberry Vinaigrette	1.5 oz	49	11	0	0	416		
Refried Beans	1/2 Cup	135	23	<1	8	488		
Relish	9 gram	10	3	0	0	60		
Rib-BQ (ALL), beef	1 sandwich	353	46	18	4.5	898		
Roasted Potatoes, cubes	1/2 Cup	110	18	2	0	200		
Roasted Sweet Carrots	1/2 C	92	19	1	0	55		
Roll	1 each	80	15	3	0	135		
Salsa - hand dipped	2 oz	20	4	0	0	137		
Salsa Cup (not hand dipped)	3 oz cup	30	3	0	0	210		
Sandwich Thin	1 each	90	19	4	0	135		
Sausage Patty or Link	1 patty	61	0	6	1	122		
Fiesta Rice	1 Cup	200	42	4	0	300		
Sesame, FF	1.5 oz	75	17	1	0	533		
Sesame Green Beans	1/2 C	42	8.5	1	0	203		
Sliced Bread	1 slice	70	12	3	0	80		
Sloppy Joe (6-12)	1 sandwich	300	36	19	2.5	690		
Smoothie, Purple Daze	8 oz	188	40	4	0.5	58		
Snack Mix, Quaker Kids	1 each	101	17	3	0	151		
Soft Tacos, beef (k-5)	1 taco	180	18	12	3.5	297		

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Soft Tacos, beef (6-8)	2 tacos	360	37	24	7	594		
Sour Cream	1 oz	25	4	2	0	30		
Soy Butter	2 Tbsp	200	8	7	3	100		
Soy Butter Sandwich- "Light Lunch Entrée"	bread, soy butter	441	44	15	3	310		
Spicy Chicken Sandwich (9-12)	1 sandwich	410	42	20	3	640		
Spinach Side Salad (ALL)	1 Cup	27	4.5	3	0	65		
Squash, roasted, parm cheese	1/2 Cup	32	3	1	0	5		
Sweet Potato- Baked	1 medium	105	24	2	0	40		
Sweet Potato- diced / roasted	1/2 C	90	16	1	0	120		
Sweet Potato Puffs	8 pc- 1/2 C	120	20	2	0	200		
Syrup	1 oz	120	31	0	0	0		
Taco Sauce	9 gram	4	0	0	0	80		
Taco Triangles (K-8)	3 pieces	239	29	15	2.5	599		
Tater Tots (all)	10 piece	160	19	2	2	320		
Tuna Salad on bun (9-12)	4 oz + bun	398	32	26	2	683		
Turkey Bacon Wrap (9-12)	1 each	293	31	21	5	852		
Turkey Sandwich (9-12)_cheese	1 each	262	28	24	1	953		
Turkey Sandwich (K-8)_no cheese	1 each	231	27	21	0	859		
Turkey/Cheese Melt	1 each	248	28	20	2	697		
Twice Baked Potatoes	1 each	103	17	4	1	138		
Walking Taco (k-5)	chips, cheese, meat	250	22	13	4	394		
Wild Rice	1/2 cup	100	20	3	0	225		
Yogurt Meal (6-8)	yogurt, bagel	280	55	12	1	300		
Yogurt Meal (K-5)	yogurt, chs, snack mix	262	38	14	2.5	414		
Yogurt Parfait- approximately	4z fruit, 8z yog, 2z granola	359	70	8	1	168		
Yogurt, Dannon, Fruit on Bottom	6 oz	140-160	26	6	1	95-130		
Yogurt, Greek Oikos	4 oz	130	20	12	0	50		
Yogurt, Trix (K-5)	4 oz	100	20	3	0.5	50		