

## Middle School Nutritionals

<u>Recipe Description</u>	<u>Recipe Group</u>	<u>Portion Size</u>	<u>Calories</u>	<u>Cholesterol mg</u>	<u>Sodium mg</u>	<u>Total Fat g</u>	<u>Saturated Fat g</u>	<u>Protein g</u>	<u>Carbohydrates g</u>	<u>Dietary Fiber g</u>	<u>Iron mg</u>	<u>Calcium mg</u>	<u>Vitamin C mg</u>	<u>Total Gram Weight</u>
Dinner Rolls	BREAD/ROLLS/STARCH	1 roll	90	0	190	1.5	0	3	18	1	1.08	40	0	32
Fluffy Rice M	BREAD/ROLLS/STARCH	.5 cup	125	0	46	2.52	0.49	2.27	22.56	0.62	1.48	17.57	0	101.92
Italian Bread	BREAD/ROLLS/STARCH	1 slice	139	0	298	0.99	0	4.97	28.85	0.99	1.79	19.89	0	56.7
Lunch Bagel M H	BREAD/ROLLS/STARCH	1 each	279	31	409	10.86	5.75	8.8	37.01	1.56	4.4	90.97	0.71	99.35
Pasta +	BREAD/ROLLS/STARCH	1 cup	199	0	146	2.3	0.06	9.31	35.4	3.73	2.52	27.78	0	355.72
Pasta Buttered M H	BREAD/ROLLS/STARCH	1 cup	356	0	312	5.78	1.06	11.87	62.59	3.68	2.62	14.33	0	209.56
Pasta+ Buttered Middle	BREAD/ROLLS/STARCH	1 cup	248	0	69	5.9	0.7	10.12	38.47	4.05	2.73	20.25	0	61.65
Pretzel	BREAD/ROLLS/STARCH	1 portion	214	0	769	1.49	0.28	5.86	44.91	1.7	2.95	10.21	0	56.7
Stuffing M	BREAD/ROLLS/STARCH	1 portion	261	0	1027	12.54	1.1	7	34.78	0.53	2.48	11.89	1.62	148.44
Warm Garlic Stick	BREAD/ROLLS/STARCH	1 stick	188	0	341	4.56	0.51	6.34	32.47	1.2	1.86	1.6	0.36	56.57
Whole Wheat Bread H	BREAD/ROLLS/STARCH	1 slice	71	0	152	1.01	0	2.03	14.17	1.01	0.73	40.5	0	28.35
Whole Wheat Roll	BREAD/ROLLS/STARCH	1 roll	74	0	134	1.32	0.23	2.44	14.31	2.1	0.68	29.68	0	28
Sliced cheese H	cheeses	1 slice	105	26	417	8.75	5.51	6.2	0.45	0	0.05	154.56	0	28
BBQ Sauce H	condiments,ketcup,relish	1 oz	40	0	283	0.41	0	0	8.91	0	0.29	0	0.97	28.35
Honey Mustard	condiments,ketcup,relish	1 portion	143	1	358	8.93	1.39	1.07	14.64	0.14	0.38	17.55	0.73	56.7
ketchup	condiments,ketcup,relish	1 portion	6	0	67	0.02	0	0.1	1.51	0.02	0.03	1.08	0.91	6
Mayo	condiments,ketcup,relish	1 1 oz	202	10	152	22.27	3.04	0	0	0	0	0	0	28.35
Apple Crisp M	DESSERTS	1 portion	200	0	112	7.97	1.59	1.96	31.86	2.29	0.81	19.86	0.53	94.88
ASST JELLO CUPS M H	DESSERTS	.5 cup	63	0	79	0	0	0.9	15.22	0	0.32	38.65	26.86	111.64
ASST JELLO CUPSw/fruit M H	DESSERTS	.5 cup	83	0	80	0	0	1.15	19.82	0.26	0.32	38.65	27.16	143.84
CHOCOLATE CAKE w/Icing	DESSERTS	1 portion	266	30	299	10.71	4.54	4.4	40.36	1.39	1.21	81.49	0.18	98.77
PUDDING CUPS M H	DESSERTS	.5 cup	79	0	143	1.97	0.36	0	15.77	0.36	0	28.67	0	86.01
Yellow Cake	DESSERTS	1 portion	215	38	93	8.45	2.16	3.39	31.96	0.49	1.06	77.43	0.08	68.21
Yellow Cake w/icing	DESSERTS	1 portion	269	39	280	9.51	3.71	4.41	41.57	0.49	1.06	97.34	0.17	99.89
BBQ Rib on a Bun M H	ENTREES	1 sandwich	470	41	1489	17.71	7.3	18.9	60.52	8.2	4.52	121	3.94	215.01
Big Daddy Pizza	ENTREES	1 piece	470	40	1060	18	9	24	55	3	3.6	400	0	178.89
Bosco Pizza	ENTREES	1 portion	370	25	440	12	6	21	43	3	2.7	400	3.6	174
Breaded Mozzarella Sticks M	ENTREES	1 portion	584	30	1047	25.18	10.6	25.02	47.12	3.81	2.95	463.57	4.99	263.67
Charbroiled Burger on a Bun	ENTREES	1 portion	250	40	720	7.5	3	20	29	2	3.24	80	0	122.87
Chicken Smackers M H	ENTREES	1 portion	271	58	989	14.2	2.93	18	16.7	0.37	1.34	16.09	0.52	121.9
Chicken Fajitas M	ENTREES	EACH	348	79	449	13.24	3.14	29.79	26.01	2.02	2.77	80.31	8.96	170.65
Chicken Parmigiana	ENTREES	1 portion	360	61	978	20.02	6.16	21.76	23.67	2.31	2.3	254.55	4.99	238.41
Chicken Parmigiana on Roll	ENTREES	1 portion	527	61	1288	22.47	6.5	27.4	53.71	3.62	4.17	308.7	4.99	295.41
Chicken Tenders	ENTREES	1 portion	270	74	917	13.49	2.7	18.88	16.19	0	2.43	26.98	0	128.14
Crispy Battered Chicken	ENTREES	1 portion	486	91	891	26.32	6.07	28.35	28.35	0	2.19	0	0	170.1
Crispy Chicken Nuggetts M H	ENTREES	1 portion	341	60	918	20.05	4.47	19.41	20.67	2.11	2.02	26.99	0	134.95
Deli Hot Dog M	ENTREES	1 portion	250	30	750	14.5	5	11	22	1	1.8	40	0	99
Grilled Cheese	ENTREES	1 sandwich	352	53	1138	19.52	11.03	16.45	29.25	2.02	1.56	390.12	0	113.5
Italian Meatball Hero M	ENTREES	1 sandwich	216	1	480	4.05	0.73	7.26	37.9	2.09	2.64	88.25	4.8	167.95
Italian Meatballs Middle	ENTREES	2 each	267	129	649	10.57	3.6	24.51	17.84	1.32	3.78	100.09	0.42	161.29
Lasagna Roll Ups M H	ENTREES	1 portion	244	35	757	5.18	2.6	17.02	30.12	1.81	1.89	313.57	4.99	231.32
Low Fat Canadian Bacon	ENTREES	3 oz	41	23	372	1.79	0.51	5.63	0.76	0	0.34	2.55	0.6	85.05
Nacho Day M HS	ENTREES	1 portion	501	35	1136	25.23	4.86	18.37	51.6	4	1.08	542.16	3	231.62
Nacho(veg) Day	ENTREES	1 portion	404	0	1170	20.23	3.06	6.3	50.39	2	0.72	140.89	8.37	198.45

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Pastaw/ Sauce&Chicken TendersM	ENTREES	1 portion	534	74	1248	15.97	3.04	28.02	67.13	3.33	5.01	50.35	4.99	381.81
Popcorn Chicken	ENTREES	1 -- 3.248 oz	202	46	665	11.6	2.11	14.76	13.71	1.05	2.11	24.25	1.05	92.08
Roast Turkey	ENTREES	1 SERVING	132	45	578	4.92	1.62	18.13	2.61	0	1.39	4.25	0	85.05
Roast Turkey and Gravy	ENTREES	1 portion	208	45	657	9.7	2.54	20.61	7.9	0.18	1.88	8.92	0.01	187.01
Salad Line w/popcorn chk M	ENTREES	1 portion	318	67	934	17.42	4.04	22.69	25.68	4.27	3.87	112.58	31	346.75
Salad Line w/Spicy chk M	ENTREES	1 portion	378	30	1004	20.33	3.69	21.44	28.23	4.09	1.1	80.72	29.62	346.75
Side Meatball w/sauce M	ENTREES	1 portion	108	1	240	2.02	0.37	3.63	18.95	1.04	1.32	44.12	2.4	83.98
Soft Breadsticks/sc&czstk M	ENTREES	1 portion	586	44	1119	22.62	7.24	26.7	69.18	3.28	4.86	411.57	5.26	297.2
Soft Warm Breadsticks M H	ENTREES	1 portion	394	3	695	12.11	1.87	11.4	59.88	2.48	3.57	61.34	0.27	126.33
Spicy Chicken Strips	ENTREES	3 oz	230	17	663	12.76	1.7	12.76	14.46	0.85	0	0	0	85.05
Super Chicken Breast Sandwich	ENTREES	1 sandwich	350	35	880	9.5	2	22	44	2	2.52	80	0	164
Taco MS HS	ENTREES	1 portions	310	55	1010	13.4	6.41	24.51	23.2	2.93	1.36	730.26	11.36	204.92
TURKEY GRAVY	ENTREES	3OZ LADLE	76	0	78	4.79	0.92	2.48	5.29	0.18	0.49	4.67	0.01	101.96
Turkey Gravy M	ENTREES	4OZ LADLE	96	0	89	6.37	1.23	3.14	5.97	0.21	0.62	7.02	0.02	134.3
Vegetarian Taco	ENTREES	1 portions	248	40	733	14.16	8.77	17.95	12.3	0.88	0.31	534.7	8.87	142
ASST.FRUIT CUPS MS	FRUIT	.5 cup	63	0	4	0.08	0.01	0.77	15.65	1.96	0.16	8.09	9.32	121.53
Cinnamon Applesauce Cups	FRUIT	1 .33 cup	23	0	5	0	0	0.08	6.04	0.93	0.11	1.86	9.85	56.7
Cranberry Sauce	FRUIT	1 portion	105	0	20	0.1	0.01	0.14	26.94	0.69	0.15	2.77	1.39	69.25
Fresh apples H	FRUIT	1 portion	77	0	1	0.25	0.04	0.39	20.58	3.58	0.18	8.94	6.85	149
Fruit Icys	JUICE	1 each	90	0	25	0	0	0	22	0	0	60	60	78
Juice Cup	JUICE	1 portion	55	0	1	0.16	0.02	1	12.68	0.25	0.21	12.44	40.93	124.4
ASST. MILK MS	MILK	HALF PINT	135	10	162	1.62	1.04	8	22.33	0	0	300	0.4	226.8
Baked Cheetos	MISCELLANEOUS	1 bag	120	0	210	4.5	1	2	17	0	0.72	100	0	24.8
Butter Flavor Pam	MISCELLANEOUS	1 spray	0	0	0	0	0	0	0	0	0	0	0	0.8
Chips	MISCELLANEOUS	1 portion	155	0	149	10.62	3.11	1.86	14.1	1.25	0.46	6.8	5.27	28.35
Egg Patty	MISCELLANEOUS	1 patty	70	110	106	5.65	1.26	3.31	1.1	0	0.38	16.78	0.01	35.44
Frosty Cream Icing	MISCELLANEOUS	1 SERVING	66	0	131	2.65	2.34	1.02	9.61	0	0	19.91	0.09	31.68
Low Fat Doritos	MISCELLANEOUS	1 bag	130	0	220	5	1	2	19	1	0.36	20	0	28.35
Nacho Chips H	MISCELLANEOUS	1 portion	280	0	200	12	1	4	38	2	0.72	40	0	56.7
Smart Popcorn Cheddar	MISCELLANEOUS	1 bag	100	1	180	6	1.5	2	9	1	0	20	0	17.7
Syrup	MISCELLANEOUS	2 oz	130	0	10	0	0	0	30	0	0	0	0	56.7
Pizza Line	PIZZA	1 portion	355	30	550	12.5	7	22	39	3	1.71	450	10.5	161.5
Italian Dressing	salad dressing	1 portion	126	0	187	13.66	1.96	0.11	0.84	0.07	0.06	4.39	0.32	30.19
Ranch Dressing H	salad dressing	1 Portion	108	6	149	11.29	1.61	0.5	0.81	0	0	18.75	0.07	29.05
Chef Salad Plate M	SALADS	1 salad	468	51	1263	32.43	7.99	23.24	23.1	4.76	2.41	302.65	34.57	449.43
Creamy Cole Slaw M	SALADS	.5 cup	78	3	80	7.18	0.99	0.59	2.93	1.15	0.23	18.58	16.61	57.21
Green Bean Salad	SALADS	.5 cup	47	0	365	2.42	0.37	1.52	5.77	2.95	1.12	36.45	5.54	132.6
Pasta Salad M	SALADS	.5 cup	117	0	204	3.62	0.52	3.2	17.68	0.95	0.77	11.29	2.43	226.33
Tossed Salad M	SALADS	1 portion	103	0	171	10.33	1.44	0.7	2.87	0.91	0.33	14.96	2.92	87
Cheese Sandwich M	SANDWICHES	1 sandwich	419	54	1657	22.92	13.13	20.68	34.2	2	2.15	568.19	0	141.05
Deli Day Middle	SANDWICHES	1 sandwich	386	62	1513	16.98	7.93	24.98	31.25	1.31	2.55	208.26	0	160.26
Ham&Cheese on a roll M	SANDWICHES	1 sandwich	416	78	1738	21.02	11.41	27.42	30.39	2.43	2.1	399	1.01	204.7
Jelly Sandwich	SANDWICHES	1 sandwich	215	0	300	2	0	4	45.9	2	1.44	80	0	84.35
Juicy Hot Dog on a Bun	SANDWICHES	1 portion	250	30	750	14.5	5	11	22	1	1.8	40	0	99
PBJ Sandwich	SANDWICHES	1 sandwich	666	0	752	35.54	6.64	22.26	73.05	6.91	3.39	149.23	0	177.9

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Salami and Cheese M	SANDWICHES	1 sandwich	541	95	1990	32.6	15.83	27.95	33.07	1.53	2.68	369.87	0.5	173
Tuna salad M	SANDWICHES	2oz	267	29	462	23.81	3.25	11.44	0.94	0.5	0.08	12.42	0.95	123.44
Tuna Salad Sandwich M H	SANDWICHES	1 sandwich	437	29	774	26.29	3.6	17.24	31.52	2.03	2.02	69.81	1.46	198.44
Turkey & Cheese on a roll M	SANDWICHES	1 sandwich	396	68	1482	19.55	11.03	24.83	30.98	2.43	2.06	395.6	1.01	204.7
Marinara Sauce Middle	SAUCE	1 portions	44	0	147	1.18	0.1	1.02	8.12	0.81	0.79	13.57	4.99	113.67
Meat Sauce Middle	SAUCE	1 portions	84	13	161	3.73	1.07	4.98	8.12	0.81	1.2	17.68	4.99	128.35
Ministrone(Vegetable) Soup M	SOUPS	1 -- 10 oz	202	0	938	4.46	0.81	5.77	35.49	3.77	1.35	29.74	7.64	323.55
Tomato Soup M H	SOUPS	1 -- 10 oz	112	0	904	1.25	0.63	2.5	23.75	2.5	0.45	4.25	6	283.5
Baked Beans E M	VEGETABLES	.5 cup	110	0	440	0.5	0	6	22	4	3.6	80	2.4	124
Broccoli Spears E M	VEGETABLES	.5 cup	75	0	83	4.92	0.9	2.3	6.94	3.19	0.65	38.68	62.76	102.46
Carrot Coins M H	VEGETABLES	.5 cup	46	0	62	2.89	0.52	0.36	4.85	2.07	0.33	21.95	1.44	65.85
CORN	VEGETABLES	.5 cup	82	0	20	2.56	0.45	1.99	15.03	1.88	0.38	2.51	2.73	80.39
Crisp Potato Puffs M	VEGETABLES	1 portion	259	0	661	11.73	2.48	2.79	37.76	3.4	0.87	19.06	8.57	136.1
Crispy Oven Fries M H	VEGETABLES	1 portion	109	0	29	3.98	0	1.99	16.91	1.99	0.36	0	4.77	71.63
Fluffy Mashed Potatoes M H	VEGETABLES	.75 cup	89	0	64	1.94	0.35	1.19	15.43	1.19	0.43	2.53	35.58	105.19
Golden Corn M H	VEGETABLES	.5 cup	102	0	34	3.88	0.69	2.49	17.08	1.73	0.35	3.3	5.28	86.6
Green Beans Hot M H	VEGETABLES	.5 cup	62	0	41	4.33	0.79	1.27	5.49	2.56	0.56	35.78	3.49	90.51
Lettuce and Tomato	VEGETABLES	1 portion	8	0	3	0.09	0.01	0.43	1.71	0.58	0.15	6.24	4.31	48
Lettuce and Tomato&pickles	VEGETABLES	1 portion	10	0	126	0.1	0.02	0.51	2.07	0.73	0.21	12.12	4.43	62
Refried Beans	VEGETABLES	.5 cup	137	0	374	1.01	0	6.07	22.26	6.07	1.46	40.47	0	126.48
Sauerkraut H	VEGETABLES	1 portion	7	0	235	0.05	0.01	0.32	1.52	1.03	0.52	10.65	5.22	35.5
Sweet Potatoes	VEGETABLES	.33 cup	176	0	80	5.42	0.93	0.33	31.44	1.97	0.98	17.42	11.8	125.71
Vegetable Medley	VEGETABLES	.5 cup	79	0	88	4.95	0.9	2.72	5.46	2.73	0.01	0.17	28.55	127.3
Vegetable Medley	VEGETABLES	3 oz	39	0	45	1.67	0.3	1.91	3.83	1.91	0	0	20.1	87.31

**NOTICE:** *The data contained within this report and the NUTRIKIDS Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.*