

Cypress-Fairbanks ISD Nutrient Analysis 2011-2012

Menu Item	Portion Size	Calories	Cholesterol (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)	Protein (g)	Carbohydrates (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	
Daily Entrees															
Baked Tostitos Scoops	Pkg (0.875 oz)	110	0	115	2	0	20	0	0	2	19	2.5	0.0	0.0	
Big Daddy's Cheese Pizza	1/8 EACH	412	38	750	3	3	313	500	0	24	46	15.0	5.6	0.0	
Big Daddy's Pepperoni Pizza	1/8 EACH	425	38	838	3	3	2500	375	0	24	46	15.0	6.3	0.0	
Cheeseburger	1 EACH	395	57	875	5	3	153	187	0	23	39	16.1	7.0	0.0	
Chicken Patty Sandwich	1 Each	410	45	890	5	3	80	100	1	18	49	15.5	3.5	0.0	
Chili	1 CUP	290	42	704	6	5	95	2499	13	19	26	13.0	4.9	0.0	
Grilled Chicken on Bun	1 Each	356	50	795	5	3	90	28	0	27	42	8.5	2.2	0.0	
Hamburger	1 EACH	342	44	664	5	3	75	50	0	20	39	11.7	4.2	0.0	
Mini Corn Dogs	6 pieces	42	3	103	0	1	0	0	0	2	5	1.7	0.3	0.0	
Pepperoni French Bread Pizza	1 Each	330	25	510	2	3	252	482	15	17	35	12.0	3.5	0.0	
Spicy Chicken Sandwich	1 Each	370	45	580	5	4	80	200	0	24	50	8.5	2.0	0.0	
Premium Entrees															
Asian Chicken Bites	4 EACH	218	34	691	1	1	17	453	1	16	26	5.8	1.2	0.0	
Buffalo Chicken Bites	6 EACH	338	53	1199	4	2	25	179	24	25	31	12.5	2.3	0.1	
Chicken Soft Tacos	2 Each	433	63	1462	2	2	223	216	0	29	45	16.5	6.4	0.0	
Spicy Chicken Tenders	3 EACH	333	50	683	2	3	33	333	2	25	40	8.3	0.8	0.0	
Twisted Cheese Sticks	2 EACH	480	10	1160	6	5	300	200	0	20	64	16.0	5.0	0.0	
Fruits/Vegetables															
Fresh Apple Slices	PACKAGE (2OZ)	29	0	1	1	0	3	31	3	0	8	0.1	0.0	0.0	
Fresh Red Grapes	1/2 CUP	31	0	1	0	0	6	46	2	0	8	0.2	0.1	0.0	
Garden Salad	1/2 Cup	6	0	5	1	0	10	1870	5	0	1	0.1	0.0	0.0	
Mandarin Oranges	1/2 Cup	121	0	23	2	1	30	152	36	2	29	0.0	0.0	0.0	
Peach Cup	1 EACH	118	0	8	2	0	4	85	118	1	30	0.2	0.0	0.0	
Pineapple Tidbits	1/2 CUP	66	0	1	1	0	18	48	9	0	17	0.2	0.0	0.0	
Spicy Spinach Salad	1/2 c	74	9	216	1	1	157	4514	13	5	2	4.9	2.1	0.0	
Bread															
Whole Wheat Roll	1 Each	188	0	397	3	2	34	90	6	5	29	5.7	1.6	0.0	
Slushes															
Frozen Juice Slushes	1 CUP	110	0	15	0	0	20	1750	60	0	27	0.0	0.0	0.0	