

Pre-Dish Service Elementary Lunch Nutrition Analysis 2010-2011

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)	Allergens
Entrees															
Baked Potato with Cheese	1 EACH	376	18	533	4	2	223	1061	19	12	36	20.0	8.2	0	M, S
Baked Potato, plain	1 EACH	180	0	20	4	2	30	20	19	5	36	0.3	0.1	0	
BBQ Beef: Sadler's	1/2 CUP	230	35	800	2	2	40	300	1	15	21	10.0	4.5	0	S
Big Daddy's Cheese Pizza	1/10 EACH	330	30	600	2	3	250	400	0	19	37	12.0	4.5	0	W, M, S
Big Daddy's Pepperoni Pizza	1/10 EACH	340	30	670	2	3	2000	300	0	19	37	12.0	5.0	0	W, M, S
Jumbo Ravioli	4 EACH	387	35	1266	5	5	410	1401	21	19	47	15.6	6.9	0	W, M, S
Cheese Enchiladas	2 EACH	215	33	625	1	1	364	701	2	14	14	12.2	5.9	0	W, E, M, S
Cheese Sticks	5 EACH	383	25	717	0	13	418	368	0	23	23	21.7	8.3	0	W, E, M, S
Cheeseburger	1 EACH	345	57	805	2	3	193	187	0	21	29	15.6	6.5	0	W, S
Chicken Nuggets	5 EACH	160	30	340	0	2	60	100	0	12	7	9.0	1.5	0	W, M, S
Chicken Patty Sandwich	1 EACH	299	41	807	1	87	121	36	0	18	39	7.3	1.1	0	W, M, S
Chicken Soft Tacos (WW tortilla)	1 EACH	233	38	887	4	2	203	216	1	18	25	8.5	4.4	0	W, S
Chili Cheese Dog	1 EACH	331	42	1037	2	3	207	564	2	16	27	18.8	7.1	0	W, S
Fish Nuggets	4 EACH	190	30	450	0	1	0	0	0	14	16	8.0	1.5	0	W, F, S
Hamburger	1 EACH	292	44	594	2	3	115	50	0	18	29	11.2	3.7	0	W, S
Hot Dog	1 EACH	250	25	770	1	3	120	0	0	11	23	13.5	4.0	0	W, S
Mini Corn Dogs	6 EACH	250	15	620	1	4	0	0	0	10	31	10.0	1.5	0	W, E, M, S
Nachos (Uses Cheese Sauce)	SERVING	367	40	913	3	3	105	939	3	18	38	16.6	5.7	0	M, S
Popcorn Chicken	10 EACH	150	30	310	1	2	60	100	0	12	7	9.0	1.5	0	W, M, S
Shrimp Poppers	20 EACH	200	85	760	2	2	58	4	1	9	19	10.0	1.5	0	W, M, S, SF
Spicy Chicken Sandwich	1 EACH	400	95	870	4	3	80	100	1	22	51	11.5	2.0	0	W, E, S
Steak Fingers	4 EACH	327	50	815	2	3	30	73	68	18	21	20.3	6.8	0	W, M, S
Bread/Grains															
Baked Tostitos Scoops	1 PKG (0.875 oz)	110	0	115	2	0	20	0	0	2	19	2.5	0.0	0	S
Banana Bread	1 SERVING	153	21	675	1	1	55	63	1	3	26	4.4	1.5	0	W, E, M, S
Cornbread	1 SERVING	226	49	294	1	2	132	92	0	5	34	7.7	0.9	0	W, E, M, S
Garden Salsa Sunchips	1 BAG	140	0	160	2	0	0	0	0	2	19	6.0	1.0	0	W, M
Whole Grain Crackers	1 PACKAGE	103	0	10	53	2	10	0	3	2	18	2.8	0.7	0	W, S
Macaroni and Cheese	1/2 cup	262	43	1011	1	1	283	564	0	13	14	17.4	9.5	0	W, E, M, S
Texas Toast	1 EACH	90	0	190	1	1	20	500	0	4	14	2.5	0.0	0	W, M, S
Whole Wheat Roll	1 ROLL	188	0	397	3	2	34	90	6	5	29	5.7	1.6	0	W
Whole Wheat Breadsticks	1 EACH	169	30	540	3	1	45	35	2	6	26	5.5	1.3	0	W

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Fruits/Vegetables															
Applesauce	1/2 CUP	51	0	2	1	0	5	35	26	0	14	0.1	0.0	0	
Baby Carrots	1 PACKAGE	28	0	0	0	1	38	5940	2	0	6	0.2	0.0	0	
Baked Beans	1/2 CUP	161	0	452	6	2	66	271	4	7	37	0.5	0.1	0	
Broccoli w/ Cheese	1/2 CUP	25	0	87	2	1	40	641	35	2	5	0.4	0.2	0	M, S
Broccoli & Cauliflower Dippers	1/2 CUP	265	28	820	2	1	89	3508	29	3	21	18.9	3.1	0	M, S, E
California Blend Vegetables	1/2 CUP	20	0	25	2	0	29	3053	28	1	4	0.2	0.0	0	M
Cole Slaw	1/2 CUP	171	12	133	2	1	38	2215	25	1	7	15.9	1.7	0	E
Corn & Black Bean Salsa	1/2 CUP	122	0	250	3	2	20	445	204	4	19	1.2	0.2	0	
Fresh Apple Slices	PACKAGE (2OZ)	29	0	1	1	0	3	31	3	0	8	0.1	0.0	0	
Fresh Mixed Fruit	1/2 CUP	31	0	13	1	0	7	1273	20	1	8	0.2	0.0	0	
Fresh Pineapple Chunks	#8 scoop	41	0	1	1	0	11	48	39	0	11	0.1	0.0	0	
Fruit Cobbler	4 ounce	245	0	27	3	1	16	133	0	1	57	2.5	0.5	0	S, W
Fruit Cocktail	1/2 CUP	69	0	7	1	0	7	248	2	0	18	0.1	0.0	0	
Glazed Carrots	1/2 CUP	36	0	158	1	0	17	6404	2	0	6	1.3	0.3	0	M, S
Green Beans	1/2 CUP	14	0	169	1	1	18	236	3	1	3	0.1	0.0	0	M
Lettuce/Tomato/Pickle	1 EACH	10	0	187	1	0	15	344	4	1	2	0.1	0.0	0	
Mandarin Oranges	1/2 CUP	121	0	23	2	1	30	152	36	2	29	0.0	0.0	0	
Mashed Potatoes & FF Gravy	1/2 CUP	114	0	560	1	1	14	0	30	2	21	2.7	0.2	0	W, M, S
Peach Cups	1 EACH	118	0	8	2	0	4	85	118	1	30	0.2	0.0	0	
Peaches	1/2 Cup	68	0	6	2	0	4	444	3	1	18	0.0	0.0	0	
Pears	1/2 CUP	72	0	6	2	0	6	0	1	0	19	0.0	0.0	0	
Pineapple Tidbits	1/2 CUP	66	0	1	1	0	18	48	9	0	17	0.2	0.0	0	
Red Grapes	1/2 CUP	31	0	1	0	0	6	46	2	0	8	0.2	0.1	0	
Seasoned Mixed vegetables	1/2 CUP	59	0	32	4	1	23	3892	3	3	12	0.1	0.0	0	M
Seasoned Peas	1/2 CUP	59	0	186	3	1	17	653	8	4	11	0.3	0.1	0	M
Seasoned Pinto Beans	1/2 CUP	148	1	429	6	3	54	349	6	9	27	0.7	0.1	0	
Tossed Salad	1/2 CUP	5	0	5	0	0	5	804	1	0	1	0.0	0.0	0	
Watermelon	Wedge	86	0	3	1	1	20	1627	23	2	22	0.4	0.1	0	
Whole Kernel Corn	1/2 CUP	66	0	1	2	0	3	163	3	2	16	0.6	0.1	0	M
Milk															
1% Chocolate Milk	1/2 PINT	150	15	190	0	0	300	500	2	8	25	2.5	1.5	0	M
1% Strawberry Milk	1/2 PINT	160	10	115	0	0	300	10	2	7	27	2.5	1.5	0	M
Skim Milk	1/2 PINT	80	0	125	0	0	300	500	2	9	12	0.0	0.0	0	M
Entrée Salads															
Caesar Salad	1 Each	227	0	625	4	4	121	18474	44	9	34	8.3	2.0	0.0	W, M, S
Chicken for Caesar Salad	1 EACH	100	45	530	0	0	20	0	0	17	3	2.5	1.0	0	
Chef's Salad	1 Each	382	259	1288	3	3	230	13309	38	26	26	19.8	9.0	0	W, E, M, S
Southwest Chicken Salad	1 EACH	339	59	1824	4	2	270	3254	15	27	29	14.1	5.4	0	W, M, S
Vegetarian Spinach Salad	1 Each	399	0	727	12	8	206	15699	63	19	71	6.0	0.6	0.0	W, S

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Boxed Lunch Components															
Cheese Sandwich on Wheat	1 EACH	333	53	1094	4	1	393	545	0	21	23	19.7	11.2	0.0	W,M,S
Cheese Sandwich on White	1 EACH	326	38	900	0	1	340	1000	0	14	32	16.0	10.0	0	W,M,S
Cheese Sandwich on WW Croissant	1 EACH	306	43	810	1	1	340	3500	0	12	18	21.0	12.5	0	W,E,M,S
Ham & Cheese on White	1 EACH	316	40	1296	0	2	197	504	1	21	32	10.9	5.6	0	W,M,S
Ham & Cheese on WW Croissant	1 EACH	276	40	910	1	1	199	2774	0	13	17	16.6	8.3	0.0	W,E,M,S
Turkey & Cheese on Wheat	1 EACH	293	49	1315	4	1	230	500	0	25	26	12.0	5.0	0	W,M,S
Turkey & Cheese on White	1 EACH	318	56	1425	0	2	190	500	0	20	34	11.3	5.0	0	W,M,S
Turkey & Cheese on WW Croissant	1 EACH	313	54	1275	1	2	190	3000	0	19	20	17.0	7.5	0	W,E,M,S
Hummus, Ind	2.33 oz	118	0	307	2	0	0	0	0	5	9	8.3	0.0	0	
Loco Pita Bread	1 EACH	110	0	200	2	1	80	0	0	4	21	1.5	0.0	0	W, S
ANIMAL CRACKERS	1 PKG	110	0	0	0	1	0	0	0	2	22	1.5	0.0	0.0	W
Yogurt, Trixx, Yoplait	1 EACH	90	4	50	0	0	100	500	0	4	18	0.5	0.5	0	M
String Cheese	1 EACH	80	15	200	0	0	200	200	0	8	1	5.0	3.0	0	M
White Grape Juice	1 BOX	80	0	10	0	0	100	0	60	0	20	0.0	0.0	0.0	
Apple, Box	1 BOX	60	0	5	0	0	100	100	60	0	14	0.0	0.0	0	
Dino Bites	1 PKG	114	0	9	1	2	13	295	4	2	20	3.3	0.9	0.1	W, S
Apple Slices	1 PKG	29	0	1	1	0	3	31	3	0	8	0.1	0.0	0	
Baby Carrots	1 PKG	28	0	0	0	1	38	5940	2	0	6	0.2	0.0	0.0	
Mandarin Oranges	1/2 CUP	121	0	23	2	1	30	152	36	2	29	0.0	0.0	0	
Peach Cups	1 EACH	118	0	8	2	0	4	85	118	1	30	0.2	0.0	0.0	
Raisins	1 BOX	127	0	5	2	1	21	0	1	1	34	0.2	0.0	0	
Whole Grain Goldfish	1 PKG	100	0	170	1	0	20	0	0	3	14	3.5	1.0	0.0	W, M, S
Condiments															
Balsamic Vinaigrette Salad Dressing	1.5 oz Package	160	0	400	0	0	0	0	0	0	2	17.0	2.5	0.0	S
BBQ Dipping Cups	1 EACH	30	0	95	0	0	0	0	0	0	8	0.0	0.0	0	
BBQ Sauce	1 Packet	15	0	85	0	0	0	0	0	0	4	0.0	0.0	0	
Creamy Caesar Salad Dressing	1.5 oz Package	160	20	450	0	0	60	0	0	2	3	16.0	3.0	0	W, E, M, S, F
Honey Dijon Salad Dressing	1.5 oz Package	120	15	430	0	0	20	100	0	0	15	7.0	1.0	0.0	E, S
Honey Mustard Dipping Cups	1 EACH	90	0	240	0	0	0	0	0	0	8	6.0	1.0	0	E, S
Lite Italian Salad Dressing	1.5 oz Package	45	0	530	0	0	0	0	0	0	3	3.5	0.5	0	S
Lite Ranch Salad Dressing	1.5 oz Package	140	10	380	0	0	20	0	0	0	7	13.0	2.0	0	E, M, S
Mayo	1 Packet	88	9	62	0	0	1	13	0	0	0	9.5	1.5	0.0	E, S
Mustard	1 Packet	5	0	50	0	0	0	0	0	1	1	0.0	0.0	0	
Ranch - in lunch boxes	1 Packet	70	5	100	0	0	0	0	0	0	1	7.0	1.0	0	
Ranch - bulk service	2 FL OZ	163	19	529	0	0	46	21	0	2	11	12.5	2.1	0	E, M, S
Soy Sauce	1 Packet	0	0	270	0	0	0	0	0	0	0	0.0	0.0	0.0	S
Sweet & Sour Sauce	1 Packet	25	0	25	0	0	0	0	0	1	5	0.0	0.0	0	
Sweet N Sour Dipping Cups	1 EACH	45	0	150	0	0	0	0	0	0	11	0.0	0.0	0	E, S
Syrup	1.5 oz Cup	120	0	25	0	0	0	0	0	0	31	0.0	0.0	0	
Tartar Sauce	1 OUNCE	81	8	217	0.14	0.2	4.5	84	0.7	0.2	7	5.91	0.94	0	E, M, S

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A la Carte Snack Items															
Dino Bites	1 PKG	114	0	9	1	2	13	295	4	2	20	3.3	0.9	0.1	W, S
Chocolate Chip Cookies	1 EACH	165	11	126	1	1	13	144	0	2	29	5.1	1.8	0	W, E, M, S
Low Fat Chocolate Frz Yogurt	1 EACH	90	4	65	1	1	100	0	0	3	18	1.0	0.5	0	M
Orange Crème Bar	1 EACH	100	0	15	0	0	20	0	15	1	19	2.0	2.0	0	M
Rainbow Freeze Bar	1 EACH	120	0	10	0	0	0	0	15	0	30	0.0	0.0	0.0	
Rice Krispies Treat Square	1 PKG	45	0	53	0	0	0	100	0	0	9	1.1	0.4	0	M, S
Strawberry Fruit Bar	1 EACH	70	0	5	1	0	0	0	30	0	18	0.0	0.0	0	
Whole Grain Goldfish	1 PKG	100	0	170	1	0	20	0	0	3	14	3.5	1.0	0	W, M, S

Notice

The list of allergens is taken from the Food Allergen Labeling and Consumer Protection Act of 2004 ("FALCPA"). The "FALCPA Allergens" are milk, egg, fish (e.g., bass, cod, flounder), Crustacean shellfish (e.g. crab, lobster, shrimp), tree nuts (e.g., almonds, pecans, walnuts), wheat, peanuts and soybeans.

Identification of the FALCPA Allergens is dependent on the manufacturer of each product or ingredient in a menu or recipe correctly identifying the attributes of the ingredients in their product or ingredient.

If you have any questions about the listed items, please contact Emmy Andrepont, MPH, RD, LD at 281-807-8138

Milk = M
 Egg = E
 Fish = F
 Shellfish = SF
 Tree nuts = TN
 Wheat = W
 Peanuts = P
 Soybeans = S