

CFISD Secondary Lunch Menu 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)
Entrees														
Baked Potato with Chili	1 Potato + 1/2c Chili	582	45	1380	7	5	228	250	27	24	99	11.2	5.7	0.0
BBQ Beef on Bun	1 EACH	430	35	1140	6	4	100	300	1	21	59	12.5	5.0	0
Beef & Cheese Nachos	1 Each	414	23	992	2	1	347	352	0	15	40	20.5	6.2	0
Big Daddy's Cheese Pizza	1/8 EACH	412	38	750	3	3	313	500	0	24	46	15.0	5.6	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
Catfish	2 EACH	250	35	610	0	1	13	1	0	14	17	15.0	3.0	0
Cheese Quesadilla	1 Each	330	35	790	1	2	450	750	0	17	28	16.0	9.0	0.0
Cheese Sticks	5 each	380	80	1210	2	1	400	400	0	16	34	20.0	8.0	0.0
Chicken Breast Bites	8 EACH	194	0	442	1	2	16	78	0	22	19	7.3	0.9	0
Chicken Fried Steak	1 EACH	302	39	520	2	3	66	62	0	15	23	17.1	6.6	1
Chicken Tenders, Homestyle	3 Each	245	51	938	2	2	8	55	0	20	24	7.1	0.0	0.0
Chicken Teriyaki	1 EA	327	40	1016	0	1	23	46	2	18	39	12.3	3.1	0
Enchiladas	2 each	221	33	634	1	1	370	609	1	14	15	12.4	6.0	0.0
Fish Nuggets	5 each	238	38	562	0	1	0	0	0	18	20	10.0	1.9	0
French Bread Pepperoni Pizza	1 Each	330	25	510	2	3	252	482	15	17	35	12.0	3.5	0
Jalapeno Burger	1 EACH	448	47	1072	5	4	180	495	3	21	40	22.3	8.7	1
Lasagna	1 Each	356	57	888	3	4	162	316	5	23	34	14.9	6.5	0.0
Mini Corn Dogs	7 EACH	292	18	723	1	5	0	0	0	12	36	11.7	1.8	0
Oven Baked Chicken	SERVING	207	43	601	0	1	10	83	2	12	9	13.0	3.0	0.0
Pork Egg Rolls	2 EACH	400	70	800	4	4	80	800	7	16	36	22.0	7.0	0
Ravioli	4 EACH	446	30	1880	8	6	453	1883	33	30	53	11.3	2.7	0.0
Spaghetti & Meatsauce	1 CUP	494	70	1118	6	6	203	408	6	32	46	20.6	8.7	0
Spicy Chicken Sandwich	1 Each	370	45	580	5	4	80	200	0	24	50	8.5	2.0	0.0
Steak Fingers	4 EACH	327	50	815	2	3	30	73	68	18	21	20.3	6.8	0
Sweet n Sour Chicken	4 EACH	218	34	691	1	1	17	453	1	16	26	5.8	1.2	0.0
Fruits/Vegetables														
Apple, Whole	1 EACH	29	0	1	1	0	3	31	3	0	8	0.1	0.0	0.0
Applesauce	1/2 CUP	51	0	2	1	0	5	35	26	0	14	0.1	0.0	0
Baked Fries	3 OZ	170	0	226	3	1	7	0	9	3	27	6.4	1.1	0.0
Banana, Whole	1 EACH	90	0	1	3	0	5	65	9	1	23	0.3	0.1	0
Black Beans	1/2 Cup	61	0	312	2	1	20	33	1	3	11	0.2	0.0	0
Broccoli with Cheese	1/2 cup	91	8	319	4	1	182	1407	70	8	8	3.9	1.6	0
California Blend Vegetables	1/2 CUP	20	0	25	2	0	29	3053	28	1	4	0.2	0.0	0.0
Cole Slaw	1/2 CUP	65	6	179	1	0	24	58	22	1	6	4.7	0.7	0
Diced Carrots	1/2 CUP	27	0	43	2	0	26	12357	2	0	6	0.5	0.1	0.0
Diced Pears	1/2 CUP	72	0	6	2	0	6	0	1	0	19	0.0	0.0	0
Fresh Mixed Fruit	1/2 Cup	31	0	13	1	0	7	1273	20	1	8	0.2	0.0	0.0
Fruit Cocktail	1/2 CUP	69	0	7	1	0	7	248	2	0	18	0.1	0.0	0
Green Beans	1/2 CUP	14	0	169	1	1	18	236	3	1	3	0.1	0.0	0
Macaroni and Cheese	1/2 cup	262	43	1011	1	1	283	564	0	13	14	17.4	9.5	0
Mandarin Oranges	1/2 Cup	121	0	23	2	1	30	152	36	2	29	0.0	0.0	0.0
Mashed Potatoes (no gravy)	1/2 Cup	79	0	188	0	0	13	0	30	1	14	2.3	0.0	0
Orange, Whole	1 EACH	45	0	0	2	0	38	216	51	1	11	0.1	0.0	0.0
Peach Cobbler	#6 Scoops	368	0	43	5	2	17	1348	15	2	92	2.2	0.5	0
Pear, Whole	1 EACH	96	0	2	5	0	15	38	7	1	26	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
Pinto Beans	4 oz portions	148	1	429	6	3	54	349	6	9	27	0.7	0.1	0
Seasoned Peas	1/2 CUP	62	0	58	4	1	19	1680	8	4	11	0.2	0.0	0
Sliced Peaches	1/2 Cup	68	0	6	2	0	4	444	3	1	18	0.0	0.0	0.0
Spicy Spinach Salad	1/2 c	80	9	216	1	1	157	4514	13	5	2	5.6	2.2	0
Steamed Broccoli	1/2 CUP	26	0	10	3	1	30	930	37	3	5	0.1	0.0	0.0
Sweet Potato Fries	3 OZ	150	0	170	3	0	20	5000	10	1	22	6.0	1.0	0
Tossed Salad	6 oz spoodle	10	0	5	1	1	20	5198	14	1	2	0.2	0.0	0.0
Watermelon	Wedge	86	0	3	1	1	20	1627	23	2	22	0.4	0.1	0
Bread/Grains														
Banana Bread	SLICE	278	39	564	1	2	100	115	2	5	47	7.9	2.7	0.0
Combread	SLICE	275	55	320	1	2	144	104	0	6	44	8.6	1.0	0
Spanish Rice	1/2 Cup	57	0	51	1	1	14	114	8	1	9	1.6	0.3	0.0

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Stir Fried Rice	1/2 Cup	52	0	300	1	1	12	960	2	2	9	1.1	0.2	0
Whole Wheat Breadstick	1.35 OZ	125	23	276	2	1	20	26	1	5	21	2.8	0.7	0
Whole Wheat Roll	1 EA	188	0	397	3	2	34	90	6	5	29	5.7	1.6	0
Milk														
Milk: 1%, unflavored, Oak Farms	1/2 PINT	110	10	130	0	0	300	500	1	8	13	2.5	1.5	0.0
Milk: FF, chocolate, Oak Farms	1/2 PINT	130	5	200	0	0	300	500	1	8	24	0.0	0.0	0
Salads/Box Lunches														
Chicken for Caesar	1 EACH	100	45	530	0	0	20	0	0	17	3	2.5	1.0	0.0
Chef's Salad	1 Each	403	267	1623	5	3	226	8242	26	30	28	19.2	7.7	0
Caesar Salad (no chicken)	1 Each	223	7	674	5	4	151	15284	47	10	32	8.4	1.9	0.0
Southwest Chicken Salad	1 EACH	477	59	1551	9	4	284	8809	46	32	51	13.9	4.7	0
Vegetarian Spinach Salad	1 Each	399	0	727	12	8	206	15699	63	19	71	6.0	0.6	0.0
Ham & Cheese Hoagie on White	1 EACH	479	52	1716	2	4	227	336	4	31	53	15.2	7.1	0
Turkey & Cheese Hoagie on Wheat	1 EACH	440	57	1553	4	4	217	309	8	28	50	13.9	6.1	0.0
Hummus, Ind	2 oz	101	0	263	2	0	0	0	0	4	8	7.1	0.0	0
Yogurt, Trixx, Yoplait 10-11	1 EACH	90	4	50	0	0	100	500	0	4	18	0.5	0.5	0.0
String Cheese	1 Each	80	15	200	0	0	200	200	0	8	1	5.0	3.0	0
Loco Pita Bread	1 EACH	110	0	200	2	1	80	0	0	4	21	1.5	0.0	0.0
Peach Cups, Commodity	1 EACH	118	0	8	2	0	4	85	118	1	30	0.2	0.0	0
CARROTS, 2 oz	1 pkg	28	0	0	0	1	38	5940	2	0	6	0.2	0.0	0.0
APPLES, Fresh, Slices	PACKAGE (2OZ)	29	0	1	1	0	3	31	3	0	8	0.1	0.0	0
Grapes: fresh	1/2 CUP	31	0	1	0	0	6	46	2	0	8	0.2	0.1	0.0
Crackers: Goldfish Strawberry	0.9 oz	120	0	100	1	4	0	100	2	2	18	4.0	1.0	0
Crackers: Goldfish Giant Van	1 EACH	120	0	100	2	1	100	0	0	1	18	4.0	1.0	0.0
Condiments														
BBQ Sauce Cup	1 EACH	30	0	95	0	0	0	0	0	0	8	0.0	0.0	0.0
Dressing, Ranch FPC	2 FL OZ	185	21	583	0	0	46	24	0	2	12	14.3	2.4	0
Fat Free Gravy	2 FL OZ	30	0	330	2	0	20	0	0	0	8	0.0	0.0	0.0
Gravy, Fat Free	2 FL OZ	30	0	330	2	0	20	0	0	0	8	0.0	0.0	0
Honey Mustard Cup	1 EACH	90	0	240	0	0	0	0	0	0	8	6.0	1.0	0.0
Ketchup pkt	packet	10	0	102	0	0	1	56	0	0	2	0.0	0.0	0
Marinara Sauce	2 FL OZ	42	0	365	1	1	26	471	8	1	7	1.3	0.2	0.0
Mayonnaise pkt	Packet	88	9	62	0	0	1	13	0	0	0	9.5	1.5	0
Poultry Gravy	1 OZ	31	0	218	0	0	1	103	0	0	2	2.4	0.5	0.0
Ranch pkt	1 packet	70	5	100	0	0	0	0	0	0	1	7.0	1.0	0
Salad Dressing Pkg: Lite Italian	1 package	20	0	390	0	0	0	100	0	0	5	0.0	0.0	0.0
Salad Dressing Pkg: Balsamic Vinaigret	1 package	160	0	340	0	0	0	0	0	0	6	15.0	2.0	0
Salad Dressing Pkg: Creamy Caesar, 1.5	1 package	160	20	450	0	0	60	0	0	2	3	16.0	3.0	0.0
Salad Dressing Pkg: Honey Dijon, 1.5 o	1 package	120	15	430	0	0	20	100	0	0	15	7.0	1.0	0
Salad Dressing Pkg: Lite Ranch, 1.5 oz	1 package	60	0	360	0	0	0	0	0	1	9	3.0	0.5	0.0
Salsa	1 OZ	11	0	122	1	0	11	290	5	0	2	0.2	0.0	0
Soy Sauce pkt	packet	0	0	270	0	0	0	0	0	0	0	0.0	0.0	0.0
Sweet N Sour Cup	1 EACH	45	0	150	0	0	0	0	0	0	11	0.0	0.0	0
Sweet n Sour Sauce pkt	packet	25	0	25	0	0	0	0	0	1	5	0.0	0.0	0.0
Tartar Sauce	1 OUNCE	81	8	217	0	0	5	84	1	0	7	5.9	0.9	0
If you have any questions about the listed items, please contact Emmy Andrepont, MPH, RD, LD at 281-807-8138														