

CFISD Elementary School Lunch 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)	Allergens
Entrees															
BBQ Beef on Bun	1 EACH	430	35	1140	6	4	100	300	1	21	59	12.5	5.0		0
Cheese Sticks	5 EACH	350	25	683	2	2	400	293	0	17	32	16.7	7.5		0 W M S E
Chicken Breast Bites	8 EACH	194	0	442	1	2	16	78	0	22	19	7.3	0.9		0 W M E S
Fish Nuggets	4 EACH	190	30	450	0	1	0	0	0	14	16	8.0	1.5		0 W S
Mini Corn Dogs	6 EACH	250	15	620	1	4	0	0	0	10	31	10.0	1.5		0 W M E S
Nachos, Traditional Service	SERVING	422	42	1040	2	2	356	816	2	22	33	22.0	7.4		0 W M S
Nachos, Pre-Dish Service	SERVING	433	40	1144	4	4	127	943	3	19	48	18.9	6.5		1 S M
Pizza: Pepperoni	1/10 EACH	340	30	670	2	3	2000	300	0	19	37	12.0	5.0		0 W M S
Pizza: Cheese	1/10 EACH	330	30	600	2	3	250	400	0	19	37	12.0	4.5		0 W M S
Ravioli	4 EACH	387	35	1266	5	5	410	1401	21	19	47	15.6	6.9		0 W M S
Cheeseburger	1 EACH	395	57	875	5	3	153	187	0	23	39	16.1	7.0		0 W M S
Chicken Patty on a Bun	1 Each	349	41	877	4	87	81	36	0	20	49	7.8	1.6		0 W M S
Chili Cheese Dog	1 Each	345	42	1057	2	3	220	350	1	17	28	19.2	7.3		0 W S M
Hamburger	1 EACH	342	44	664	5	3	75	50	0	20	39	11.7	4.2		0 W S
Hot Dog	1 Each	250	25	770	1	3	120	0	0	11	23	13.5	4.0		0 W S
Spicy Chicken Sandwich	1 Each	200	0	340	4	2	60	0	0	6	38	2.5	0.5		0 W S E M
Chicken Soft Tacos	1 Each	233	38	887	4	2	203	216	1	18	25	8.5	4.4		0 W S
Veggies/Fruits															
Apple Slices, Fresh	PACKAGE (2OZ)	29	0	1	1	0	3	31	3	0	8	0.1	0.0		0
Applesauce	1/2 CUP	51	0	2	1	0	5	35	26	0	14	0.1	0.0		0
Baked Beans	1/2 CUP	161	0	452	6	2	66	271	4	7	37	0.5	0.1		0
Broccoli & Cucumber Dippers w/Ranch	1/2 CUP	265	28	820	2	1	89	3508	29	3	21	18.9	3.1		0 M
Baby Carrots	PACKAGE	28	0	0	0	1	38	5940	2	0	6	0.2	0.0		0
California Blend Vegetables	1/2 CUP	20	0	25	2	0	29	3053	28	1	4	0.2	0.0		0 M
Watermelon	Wedge	86	0	3	1	1	20	1627	23	2	22	0.4	0.1		0
Orange Wedges/Smiles	1 EACH	45	0	0	2	0	38	216	51	1	11	0.1	0.0		0
Peas & Carrots	1/2 CUP	38	0	54	2	1	18	7611	6	2	8	0.3	0.1		0 M
Pinto Beans	1/2 cup	132	2	239	6	2	70	99	4	8	24	0.6	0.1		0
Fresh Mixed Fruit (cantaloupe, honeydew)	1/2 Cup	31	0	13	1	0	7	1273	20	1	8	0.2	0.0		0
Mandarin Oranges	1/2 Cup	121	0	23	2	1	30	152	36	2	29	0.0	0.0		0
Mixed Vegetables	1/2 CUP	59	0	32	4	1	23	3892	3	3	12	0.1	0.0		0
Red Grapes	1/2 CUP	31	0	1	0	0	6	46	2	0	8	0.2	0.1		0
Green Beans	1/2 CUP	14	0	169	1	1	18	236	3	1	3	0.1	0.0		0 M
Lettuce/Tomato/Pickles	1 EACH	10	0	187	1	0	15	344	4	1	2	0.1	0.0		0
Peach Cobbler	1/2 Cup	155	0	21	2	1	7	418	3	1	37	1.4	0.3		0 W
Whole Kernel Corn	1/2 CUP	66	0	1	2	0	3	163	3	2	16	0.6	0.1		0 M
Tossed Salad	1/2 Cup	3	0	2	0	0	5	935	3	0	1	0.0	0.0		0
Grains															
Banana Bread	SLICE	278	39	564	1	2	100	115	2	5	47	7.9	2.7		0 W, M, E
Whole Wheat Breadstick	EACH	125	23	276	2	1	20	26	1	5	21	2.8	0.7		0 W M E
Baked Tostitos Scoops	Pkg (0.875 oz)	110	0	115	2	0	20	0	0	2	19	2.5	0.0		0 S
Sun Chips, Garden Salsa	1 BAG	140	0	160	2	0	0	0	0	2	19	6.0	1.0		0 W M
Cornbread	SLICE	275	55	320	1	2	144	104	0	6	44	8.6	1.0		0 W M S E
Grammy Bears - Chocolate	1 Each	103	0	10	53	2	10	0	3	2	18	2.8	0.7		0 W S
Whole Wheat Roll	EACH	188	0	397	3	2	34	90	6	5	29	5.7	1.6		0 W M S
Macaroni & Cheese	1/4 CUP	132	20	530	0	0	133	255	0	6	8	8.1	4.5		0 W M S E
Milk															
1%, unflavored, Oak Farms	1/2 PINT	110	10	130	0	0	300	500	1	8	13	2.5	1.5		0 M
Fat-Free Chocolate, Oak Farms	1/2 PINT	130	5	200	0	0	300	500	1	8	24	0.0	0.0		0 M
Fat-Free Strawberry, Oak Farm	1/2 PINT	130	5	125	0	0	300	500	1	8	23	0.0	0.0		0 M
A la Carte															
Chocolate Chip Cookies	1.5 oz	164	11	126	1	1	13	144	0	2	29	5.1	1.8		0 W E M
Dino Bites	1 oz	116	0	97	1	2	120	284	3	2	20	3.4	0.9		0 W S

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Giant Goldfish Graham's	Each	120	0	110	2	1	100	0	0	1	19	4.0	1.0	0	W S
Low Fat Chocolate Frz Yogurt	65g	90	<5	60	<1	1	100	0	0	3	17	1.0	0.5	0	M
Orange Crème Bar	75g	80	<5	30	0	0	40	0	15	<1	18	0.5	0.0	0.0	M S
Rainbow Freeze Bar	124g	110	0	10	0	0	0	0	15	0	27	0.0	0.0	0	
Rice Kristpies Treat Square	.39oz	45	0	53	0	0	0	0	0	0	9	1.1	0.4	0	M S
Strawberry Fruit Bar	67g	70	0	5	<1	0	0	0	30	0	18	0.0	0.0	0	
Whole Grain Goldfish	.75oz	100	<5	170	1	0	20	0	0	3	14	3.5	1.0	0.0	W M S
Whole Wheat Honey Graham Crackers	21 g	90	0	100	<1	1	100	500	0	1	16	3.0	0.5	0	W S
Condiments															
Balsamic Vinaigrette Salad Dressing	packet	160	0	340	0	0	0	0	0	0	6	15.0	2.0	0.0	S
BBQ Sauce Dipping Cups	1 oz	30	0	97	0	0	1	0	0	0	8	0.0	0.0	0	
Country Gravy	1 1/3 tbsp	35	0	330	0	0	20	0	0	1	8	0.0	0.0	0.0	W M S E
Creamy Caesar Salad Dressing	1.5 oz packet	170	0	320	0	0	20	100	0	1	1	18.0	3.0	0	M F S
Honey Mustard Dipping Cups	1 oz	85.05	4.72	236	0	0	0	0	0	0	8	5.7	0.9	0.0	S E
Jelly, MF	each	25	0	10	0	0	0	0	0	0	6	0.0	0.0	0	
Ketchup Packets	9 g packet	10	0	100	0	0	0	100	0	0	3	0.0	0.0	0.0	
Light Honey Dijon Salad Dressing	1.5 oz packet	60	0	480	1	0	0	0	0	<1	9	3.0	0.0	0	S
Light Italian Dressing	1.5 oz packet	20	0	390	0	0	0	100	0	0	5	0.0	0.0	0.0	S
Light Ranch Salad Dressing	1.5 oz packet	60	0	360	1	0	0	0	0	<1	9	3.0	0.5	0	M S
Mayo Packets	12 g	80	5	70	0	0	0	0	0	0	1	9.0	1.0	0.0	E S
Marinara Sauce	2 FL OZ	42	0	365	1	1	26	471	8	1	7	1.3	0.2	0	
Mustard Packets	6g	5	0	85	0	0	0	0	0	<1	<1	0.0	0.0	0.0	
Ranch (small) Packets	1 tbsp	70	5	100	0	0	0	0	0	0	1	7.0	1.0	0	M S E
Relish Packets	9 g packet	10	0	55	0	0	0	0	0	0	3	0.0	0.0	0.0	
Soy Sauce Packets	9 g packet	0	0	270	0	0	0	0	0	0	0	0.0	0.0	0.0	S
Sweet & Sour Packets	.4 oz packet	15	0	65	0	0	0	0	0	0	4	0.0	0.0	0.0	
Sweet N Sour Dipping Cups	1 oz cups	47	0	151	0	0	0	0	0	0	11	0.0	0.0	0	
Syrup	43g	120	0	0	0	0	0	0	0	0	31	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	
Thousand Island Salad Dressing	1.5 oz packet	190	10	350	0	0	20	100	1	0	7	19.0	3.0	0.0	E S
Box Lunch															
Chef's Salad	Each	403	267	1623	5	3	226	8242	26	30	28	19.2	7.7	0	W M E S
Cesar Salad	Each	223	7	674	5	4	151	15284	47	10	32	8.4	1.9	0	W M S
Spinach and Edamame Salad	Each	399	0	727	12	8	206	15699	63	19	71	6.0	0.6	0.0	S W
Southwest Chicken Salad	Each	477	59	1551	9	4	284	8809	46	32	51	13.9	4.7	0	W M S
Cheese Sandwich on Wheat	Each	333	53	1094	4	1	393	545	0	21	23	19.7	11.2	0	W S M
Cheese Sandwich on White	Each	326	38	900	0	1	340	1000	0	14	32	16.0	10.0	0	W S M
Cheese Sandwich on Croissant	Each	306	43	810	1	1	340	3500	0	12	18	21.0	12.5	0	W S M
Ham & Cheese on White	Each	316	40	1296	0	2	197	504	1	21	32	10.9	5.6	0	W S M
Ham & Cheese on Wheat	Each	256	35	950	4	1	239	274	0	19	23	11.6	5.8	0	W S M
Turkey & Cheese on White	Each	318	56	1425	0	2	190	500	0	20	34	11.3	5.0	0	W S M
Turkey & Cheese on Wheat	Each	333	49	1345	4	2	190	500	0	25	34	10.0	5.0	0.0	W S M
Turkey & Cheese on Crissant	Each	313	54	1275	1	2	190	3000	0	19	20	17.0	7.5	0	W S M
Graham Crackers	PKG	100	0	90	0	1	80	0	0	1	16	3.0	0.5	0	W, S
Strawberry Goldfish	.9 oz	120	0	100	1	4	0	100	2	2	18	4.0	1.0	0	W, S
Carrots	PKG	28	0	0	0	1	38	5940	2	0	6	0.2	0.0	0.0	
Raisins	1.5 oz	127	0	5	2	1	21	0	1	1	34	0.2	0.0	0	
Peach cups	Each	118	0	8	2	0	4	85	118	1	30	0.2	0.0	0	
Apple Juice	Each	60	0	5	0	0	100	100	60	0	14	0.0	0.0	0	
White grape juice	Each	80	0	10	0	0	100	0	60	0	20	0.0	0.0	0.0	

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

Milk = M
Egg = E
Fish = F
Shellfish = SF

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

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(e.g., bass, cod, flounder), Crustacean shellfish (e.g. crab, lobster, shrimp), tree nuts (e.g., almonds, pecans, walnuts), wheat, peanuts and soybeans.

Tree nuts = TN
 Wheat = W
 Peanuts = P
 Soybeans = S

product or ingredient.

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