

Nutrient Analysis of School Lunch Menu Items

Item	Portion Size	Calories	Cholesterol I Mg	Sodium Mg	Dietary Fiber G	Iron Mg	Calcium Mg	Vitamin A IU	Vitamin C Mg	Protein G	Carbohydrate G	Total Fat G	Saturated Fat G
Beef, Taco	2 EACH	299	46	253	2.99	2.43	199.99	600	8.2	18.25	20.35	16.36	5.8
Beef, American Chop Suey	1 CUP	377	68	257	3.33	4.41	53.32	957	18.52	26.61	34.85	14.21	5.85
Breakfast for Lunch	serving	639	151	1170	2.64	3.44	190.17	214	1.67	24.63	57.73	34.19	11.85
Caesar Romaine Side Salad	1/2 Cup	37	1	64	1.16	0.57	25.96	1456	6.03	1.53	5.07	1.41	0.3
Carrot, Broccoli	1 Each	25	0	40	1.78	0.27	23.7	5535	14.81	0.83	5.56	0.16	0.02
Carrots, Baby	1 Bag	16	0	35	1.32	0.4	14.51	6255	1.18	0.29	3.74	0.06	0.01
Cereal , Fun Lunch	1 Each	185	210	200	2	6.12	60	500	2.4	8	24	5.5	1.5
Chef Salad	salad	397	102	2273	4.04	2.69	370.95	1042	40.45	32.61	22.25	20.54	11.13
Chicken Caesar Salad	salad	396	51	1502	1.13	1.42	47.26	2697	6.48	23.56	33.84	18.77	3.25
Chicken Nuggets	5 each	278	66	498	0	2.01	9.95	787	1	14.51	19.48	15.76	3.84
Chicken Pot Pie	7 oz	57	13	131	0.1	0	0	0	0	2	4.5	3.5	1.2
Chicken, Barbequed	SERVI	295	86	476	0.49	1.6	27	492	5.09	27.25	15.82	13.43	3.73
Chicken, Breaded Patty on a Bun	1 Each	342	55	804	3.07	3.49	70.38	200	0	20.85	40.22	12.21	2.56
Chicken, Popcorn	4	270	40	900	0	0.72	20	0	0	13	18	16	3
Corn	1 CUP	133	0	351	3.28	1.41	8.2	131	13.94	4.3	30.49	1.64	0.25
Corn Muffin	1 Each	84	5	144	0	51.03	1020.6	0	0	1.98	14.18	1.98	0.28
Fruit Juice	4 fl.oz.	63	0	3	0.19	0.42	11.57	59	26.76	0.49	15.44	0.14	0.02
Fruit, Fresh	1 Each	70	0	1	2.79	0.22	16.18	145	17.08	0.81	18.04	0.24	0.04
Fruited Gelatin	4 oz	149	0	110	1.21	0.38	7.89	248	15.49	2.12	37.07	0.08	0.01
Garlic Bread	1 Piece	133	0	208	0.83	1.18	14.62	0	0.18	3.87	18.55	4.94	0.79
Green Beans	.75	20	0	254	1.92	0.91	26.33	353	4.35	1.22	4.56	0.1	0.02
Hamburger on a Bun	SERVI	329	70	264	0.9	3.34	77.82	0	0	23.91	21.26	15.58	5.68
Hot Dog on a Bun	SERVI	225	48	883	1.16	2.19	107.47	0	0	10.08	22.3	10.16	3.16
Macaroni & Cheese	1 CUP	444	46	840	1.34	1.52	722.98	1026	0.58	29.45	41.16	18.27	10.24
Marinara Sauce	1/4 Cup	25	0	260	1	0.54	10	150	3	1	5	0	0
Mashed Potatoes	1/2 Cup	100	0	30	2	0.36	20	0	3.6	2	18	3	0
Meatball Sandwich on a Roll	1 each	450	87	888	6.22	6.38	96.69	658	12.37	26.61	58.58	12.11	3.13
Mexican Rice	1/2 cup	96	0	136	0.88	1.36	14.38	97	6.15	2.24	20.59	0.26	0.07
MILK - Variety	HALF	142	9	139	0.88	0.44	289.31	482	1.72	6	23	14	4
Mini corn Dogs	5	240	45	460	0	0.72	19.99	0	2.39	4.86	31.38	0.78	0.12
Mixed Vegetables	1 CUP	118	0	64	8.01	1.49	45.5	7784	5.82	5.21	23.82	0.27	0.05
Mozzarella Sticks	5	272	17	476	0	1.22	255.15	0	0	11.91	22.11	15.31	5.95
Nacho Fun Lunch	1 each	399	60	681	1.79	1.94	461.61	880	2.27	20.85	40.22	12.21	2.56
Pasta, seasoned	1 Cup	174	0	4	3.92	1.48	21	4	0	7.46	37.16	0.76	0.14
Peas & Carrots	1 CUP	77	0	109	4.96	1.5	36.8	14981	12.96	4.94	16.19	0.67	0.11
Pizza Bagel Fun Lunch	1 Each	349	36	1021	3	3.36	453.39	423	3	21.76	42.57	9.53	5.73
Potato Puffs	1 CUP	243	0	614	3.2	0.82	17.92	6	8.06	2.62	35.52	11.03	2.33
Pretzel Bites	2	152	0	124	1.34	1.76	10.8	0	0	0.81	18.04	0.24	0.04
RanchDressing,Kraft,Light#1929	2 tbsp.	70	10	370	0	0	0	0	0	0	7	4.5	0.5
Rich's Pizza	slices	234	24	581	1.33	1.7	298.93	182	1	14.5	26.71	7.02	3.82
Roll, Dinner	1 EACH	176	0	291	1.2	1.75	29	44	0.1	4.53	29.8	4.21	0.6
Salsa	2 OZ	20	0	244	0.79	1.27	6.8	312	2.27	0.85	3.97	0.11	0.01
Shredded Lettuce	1/2 cup	3	0	2	0.22	0.07	3.24	90	0.5	0.16	0.53	0.03	0
Spaghetti & Meatsauce	1 CUP	333	68	345	2.79	4.32	52	848	7.05	25.04	26.34	13.81	5.77
Strawberries	1 CUP	245	0	8	4.85	1.5	28.05	61	105.57	1.35	66.1	0.33	0.02
Taco Salad	SERVI	296	46	590	3.2	2.48	201	672	8.39	18.37	20.11	16.17	5.78
Toasted Cheese Sandwich	1 Each	356	51	1231	1.2	2.07	385.32	668	0	13.94	27.33	19.87	12.5
Tuna Fun Lunch	1 each	1192	33	1710	16.19	6.2	145.49	11867	57.79	36.84	170.33	42.83	8.31
Vegetable Soup	1 CUP	58	1	369	1.79	1.08	28.99	1906	13.29	3.23	11.52	0.62	0.12
Veggie Plate	1 each	462	70	922	3.63	1.78	520.58	9550	15.29	19.46	32.99	28.71	13.33
Yogurt Cracker Stacker Fun Lunch	1 Each	303	41	721	0.64	1.52	241.94	267	0.46	12.91	35.99	11.11	5.77