

Anaheim Union School District :: Elementary Nutrient Values Rev. 1.22.12

Breakfast

Recipes	Portion Size	Calories	Cholesterol	Sodium	Dietary Fiber	Iron	Calcium	Vitamin A	Vitamin C	Protein	Carbohydrate	Total Fat	Saturated Fat	Trans Fat
Apple - fresh, raw (125-138ct)	1 EACH	80	0	0	5	0.36	0	100	4.8	0	22	0	0	0
Apples, Fresh, Sliced, 2oz pkg	1 EACH	29	0	1	1.4	0.07	3	31	2.6	0.15	7.83	0.1	0.02	0
Applesauce - Cinnamon 4oz cup	1 EACH	70	0	15	2	0	0	0	60	0	16	0	0	0
Applesauce - Groovy Grape, 4oz	1 EACH	70	0	15	3	0	0	100	60	0	16	0	0	0
Applesauce - Plain, 4oz cup	1 EACH	70	0	15	2	0	0	0	60	0	16	0	0	0
Apricot Frozen Fruit Cup,4.5oz	1 EACH	118	0	5	2.7	1.09	12	2033	10.9	0.85	30.37	0.12	0.01	0
Breakfast Bar - Oatmeal Raisin	1 EACH	290	15	180	3	1.8	20	0	0	5	48	10	3	0
Calzone -Breakfast SW Scramble	1 EACH	260	105	480	1	1.8	100	300	60	11	31	10	3.5	0
Cheerios & String Cheese	Serving	150	20	320	2	5.4	260	500	3.6	9	15	7	4	0
Cheerios & Yogurt (4oz)	Serving	170	5	160	2	5.4	160.4	1002	3.6	5.01	34.07	1.5	0.5	0
Cinnamon Glazed French Toast	1 EACH	220	130	330	1	2.24	17.3	215	0	8	31	7	2	0
CinnToastersCereal & StringChz	Serving	200	20	340	0.5	9	300	500	6	8	23	9.5	4.5	0
Crackers - SunriseBfastGrahams	1 EACH	225	0	230	4	4.14	30	600	7.2	3	40	7	2	0
Grapes, 2oz pkg.	1 EACH	40	0	0	0.5	0.36	0	100	9	1	10	0	0	0
Honey Grhm Crckrs & Yogurt,4oz	Serving	190	5	150	0	1.8	140.4	502	0	4.01	36.07	3	1	0
Juice, 100% Apple, 4oz carton	1 EACH	56	0	1	0	0.72	0	0	0	0	14	0	0	0
Juice, 100% Orange, 4oz carton	1 EACH	55	0	15	0	0	50	100	30	1	13.5	0	0	0
Juice, 100% Very Berry, 4oz	1 EACH	60	0	1	0	0	0	0	12	0	15	0	0	0
KETCHUP, 9g pkt	1 EACH	10	0	85	0	0	0	0	0	0	3	0	0	0
Kix Cereal & String Cheese	Serving	140	20	310	2	4.5	280	300	3.6	8	16	6.5	4	0
Kix Cereal & Yogurt (4oz)	Serving	160	5	150	2	4.5	180.4	802	3.6	4.01	35.07	1	0.5	0
Milk - Lactaid, FatFree, 8oz	1 EACH	90	4	130	0	0	500	500	0	9	13	0	0	0
Milk - LowFat, Unflavored, 8oz	1 EACH	120	15	160	0	0	400	500	2.4	11	16	2.5	1.5	0
Mixed Fruit, canned, lt syrup	1/2 Cup	69	0	8	1.5	0.36	6	12	3.9	0.51	17.88	0.1	0.01	0
Muffin - WG Apple Cinn. (3oz)	1 EACH	219	49	306	2.7	0.6	19.1	61	0.05	4.3	33.28	8.29	1.5	0
Muffin - WG Banana (3oz)	1 EACH	231	57	355	2.1	0.6	18.3	77	0.6	4.5	35.58	8.2	1.6	0
Muffin - WG Blueberry (3oz)	1 EACH	239	55	338	2.9	0.6	19.8	67	0.1	4.8	35.98	9.19	1.7	0
Orange, fresh (138ct)	1 EACH	62	0	0	3.1	0.13	52	14	69.7	1.23	15.39	0.16	0.02	0
Pancakes - Mini Maple, WG(4pk)	1 EACH	130	8	90	3	1.8	100	500	6	5	27	1.5	0	0

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PB&J GrahamCrkrs,Chse&Yogurt	SERVING	496	25	519	0	0.69	317.6	502	0	19.05	50.4	24.34	7.54	0
Peach Fruit Cup, 4.4oz	1 EACH	82	0	0	1.58	0.31	6.8	361	162.69	1.11	20.26	0.27	0.02	0
Pear Fruit Cup, 4oz	1 EACH	77	0	10	1.8	0.31	5.5	0	0.77	0.21	20.29	0	0	0
Pears - canned, diced	1/2 CUP	71	0	6	2	0.35	6.5	0	0.9	0.24	19.04	0.04	0	0
Pineapple Chunks	1/2 CUP	65	0	1	1	0.49	17.5	48	9.45	0.45	16.94	0.15	0.01	0
Pizza - Mini Chz Pizza Bagel	3 EACH	150	11	293	2.25	1.35	187.5	150	2.7	13.5	15.75	4.5	3	0
Quesadilla - Breakfast(Cheese)	1 EACH	179	19	379	1.53	0.99	153.8	153	0	9.78	16.65	8.99	4.46	0
Raisin Bran Cereal & StringChz	1 EACH	210	20	420	4	5.4	200	300	0	10	29	6.5	4	0
SALSA, MILD	SERVING	10	0	140	1	0.36	20	150	1.2	0	2	0	0	0
Soymilk - Original, 8oz	1 EACH	80	0	95	0	1.08	300	500	0	8	7	2.5	0	0
Strawberry Frozen Fruit Cup	EACH (4	122	0	4	2.4	0.75	14	31	52.8	0.68	33.05	0.17	0.01	0
SYRUP	1 EACH	120	0	20	0	0	0	0	0	0	31	0	0	0
Whole Wheat Sweet Bread	1 EACH	250	5	113	3	1.8	40	0	0	6.75	41	8	3	0
Lunch														
Recipes	Portion Size	Calories	Cholesterol	Sodium	Dietary Fiber	Iron	Calcium	Vitamin A	Vitamin C	Protein	Carbohydrate	Total Fat	Saturated Fat	Trans Fat
Apple - fresh, raw (125-138ct)	1 EACH	80	0	0	5	0.36	0	100	4.8	0	22	0	0	0
Applesauce - Cinnamon, 4oz cup	1 EACH	70	0	15	2	0	0	0	60	0	16	0	0	0
Applesauce - Groovy Grape, 4oz	1 EACH	70	0	15	3	0	0	100	60	0	16	0	0	0
Applesauce - Plain, 4oz cup	1 EACH	70	0	15	2	0	0	0	60	0	16	0	0	0
Apricot Frozen Fruit Cup,4.5oz	1 EACH	118	0	5	2.7	1.09	12	2033	10.9	0.85	30.37	0.12	0.01	0
Banana, petite (150ct)	1 EACH	112	0	1	3.3	0.33	6	20	11	1.37	28.78	0.42	0	0
Bean & Cheese TamalePocket,6oz	EACH (6c	330	25	390	3	2.7	200	400	0	13	38	14	6	0
Beans - Cowboy Beans	3/8 CUP	109	0	430	4.17	1.2	35.1	154	0	4.79	25.29	0.35	0.07	0
Broccoli & Carrots	1/2 CUP	16	0	14	0.75	0.28	15.2	7630	18.8	0.78	3.48	0.56	0.01	0
Broccoli & Cauliflower	1/2 CUP	21	0	13	2.6	0.47	22.8	470	32.53	2.15	4.15	0.15	0.02	*N/A*
Burrito - Bean & Cheese (DFC)	1 EACH	222	4	372	5.65	2.55	130.8	0	1.76	9.83	35.78	3.97	1.46	0
Calzone - Three Cheese (5.5oz)	5.5oz Cal	370	25	610	2	2.7	300	500	60	19	49	12	5	0
Carrots, Baby-Cut, 2.6oz	2.6 oz	30	0	40	2	0.72	40	6000	6	2	8	0	0	0

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Cheeseburger Twins (Don Lee)	TWIN PK	485	59	1159	2.5	5.2	244	147	0	24	52	19.6	8.4	0
Chicken Mini Taco (3 each)	3 EACH	780	270	1380	15	5.4	600	3000	7.2	45	75	33	12	0
Chicken Nuggets (KingsDelight)	Serving (1/2)	196	54	461	1	2	19	76	0	14	12	10	3	0
Chicken Patty (Brded)on WW Bun	1 EACH	357	41	735	3.77	3.65	179.4	171	1	20.74	41.98	13.48	2.58	0.02
Classic Cheeseburger	4.75 oz. k	343	51	875	1.8	3.4	175	150	0	19.4	29.8	16	7.1	0
Corn Dog - Chicken (Don Lee)	1 EACH	228	32	715	1	1.2	17	0	0	8.8	25.2	10.2	2.5	0
Corn, whole kernel, canned	3/8 CUP	50	0	183	1.2	0.44	3	7	0.97	1.62	11.57	0.57	0	0
Enchilada Pie (Turkey)	Serving (1/2)	370	35	450	9	3.09	263.4	349	2.4	20	54	12	6	0
Grapes, 2oz pkg.	1 EACH	40	0	0	0.5	0.36	0	100	9	1	10	0	0	0
Green Beans, canned	3/8 Cup	15	0	105	1.5	0.54	15	225	2.7	0.66	2.25	0	0	0
ITALIAN DRESSING, LITE, 1OZ PK	1 EACH	10	0	460	0	0	0	0	0	0	2	0	0	0
Juice, 100% Apple, 4oz carton	1 EACH	56	0	1	0	0.72	0	0	0	0	14	0	0	0
Juice, 100% Orange, 4oz carton	1 EACH	55	0	15	0	0	50	100	30	1	13.5	0	0	0
Juice, 100% Very Berry, 4oz	1 EACH	60	0	1	0	0	0	0	12	0	15	0	0	0
KETCHUP, 9g pkt	1 EACH	10	0	85	0	0	0	0	0	0	3	0	0	0
Max Stix (2 Sticks)	2 Sticks	290	30	690	0	1.8	400	400	0	19	27	11	6	0
MaxWrap Chili Cheese (4.8oz)	4.8oz Ser	300	10	670	4	2.7	200	100	0	16	36	11	3	0
Milk - Lactaid, FatFree, 8oz	1 EACH	90	4	130	0	0	500	500	0	9	13	0	0	0
Milk - LowFat, Unflavored, 8oz	1 EACH	120	15	160	0	0	400	500	2.4	11	16	2.5	1.5	0
Milk - NonFat, Chocolate, 8oz	1 EACH	120	5	200	0	0.36	300	500	2.4	7	23	0	0	0
Mixed Fruit, canned, lt syrup	1/2 Cup	69	0	8	1.5	0.36	6	12	3.9	0.51	17.88	0.1	0.01	0
Orange, fresh (138ct)	1 EACH	62	0	0	3.1	0.13	52	14	69.7	1.23	15.39	0.16	0.02	0
PB & Grape Whl Wt Uncrustable	1 EACH	600	0	590	7	1.8	40	0	0	20	57	33	7	0
PB & Strwby Whl Wt Uncrustable	1 EACH	600	0	580	7	1.8	40	0	1.2	20	57	33	7	0
PB&J GrahamCrkrs,Cheese&Yogurt	SERVING	496	25	519	0	0.69	317.6	502	0	19.05	50.4	24.34	7.54	0
Peach Fruit Cup, 4.4oz	1 EACH	82	0	0	1.58	0.31	6.8	361	162.69	1.11	20.26	0.27	0.02	0
Pear Fruit Cup, 4oz	1 EACH	77	0	10	1.8	0.31	5.5	0	0.77	0.21	20.29	0	0	0
Pinto Beans & Cheese	3/8 CUP	114	10	234	4.54	0.82	170.5	0	0.91	8.04	12.85	3	2	0
Pizza - 5" Round Pepp* Pizza	1 EACH	350	15	780	3	4.86	253	266	0	18	43	11	4	*N/A*
Pizza - Pepperoni Pizzas,2ea	Serving (1/2)	360	40	900	2	1.86	345	520	5.62	19	27	19	9	0

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