

Anaheim Union School District :: Secondary 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
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
BAGEL - PLAIN, 2.3oz (TRC)	1 EACH	173	0	253	1.72	2.1	10	0	0	6.32	39.9	0.86	0.29	0
BAGEL - PLAIN, 3oz (TRC)	1 EACH	234	0	329	3	2.73	13	0	0	8	48	1.11	0.37	0
Banana, petite (150ct)	1 EACH	112	0	1	3.3	0.33	6	20	11	1.37	28.78	0.42	0	0
BEEF BRKFAST BISCUIT (#Q4B335)	1 EACH	278	16	710	1.9	1.5	29	28	0	11.3	35.7	10.5	3.3	0
Breakfast Trky Sausage Pizza	1 EACH	210	12	474	0.9	1.9	79	170	7	11.82	24.83	7.18	2.31	0
BUTTERMILK BREAKFAST BAR	1 EACH	330	15	330	2	1.8	20	0	0	3	35	19	4	0
Calzone -Breakfast SW Scramble	1 EACH	260	105	480	1	1.8	100	300	60	11	31	10	3.5	0
Cinnamon Glazed French Toast	1 EACH	220	130	330	1	2.24	17.3	215	0	8	31	7	2	0
CINNAMON ROLL, 3oz,RED.FAT, IW	1 EACH	262	35	257	1.28	2.11	15.4	172	0.01	5.1	44.99	6.86	1.6	0
CRUMB SQUARE (DAVE'S BAKING CO)	1 EACH	304	35	220	0.9	1.1	16	0	0.1	4.5	48.5	10	1.5	0
CUTIE PIE - APPLE, WG, 3.75oz	1 EACH	297	0	335	3.4	1.8	20	0	1.2	3.1	52.4	9.3	2.6	0
CUTIE PIE - CHERRY, WG, 3.75oz	1 EACH	301	0	334	3.2	1.8	20	200	1.2	3.3	53.6	9	2.5	0
CUTIE PIE - PEACH, WG, 3.75oz	1 EACH	302	0	335	3.3	1.8	20	100	24	3.2	53.5	9.1	2.6	0
DONUT - MINI, CHOC, 6-PK	PKG	390	10	360	2	1.44	40	0	0	5	41	24	11	0
DONUT - MINI, POWDERED, 6-PK	PKG	370	10	390	1	1.8	40	0	0	4	42	21	7	0
Egg & Cheese Breakfast Wrap	1 EACH	180	190	500	0	1.3	109.4	365	0	9	14	10	4	0
EGG, SAUSAGE & CHEESE BURRITO	1 EACH	220	85	530	1	1.8	60	200	0	9	28	8	2.5	0
FRENCH TOAST STIX (2) & SYRUP	SERVING	440	20	540	0	1.44	40	22	0	6	73	14	3	0
GLAZED HONEY BUN	1 EACH	315	0	325	2	1.62	40	200	0	6	35	8	2	0
Grapes, 2oz pkg.	1 EACH	40	0	0	0.5	0.36	0	100	9	1	10	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

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Lunch

Recipes	Portion Size	Calories	Cholesterol	Sodium	Dietary Fiber	Iron	Calcium	Vitamin A	Vitamin C	Protein	Carbohydrate	Total Fat	Saturated Fat	Trans Fat
All-American Burger; NO Cheese	1 EACH	275	31	438	3.14	3.32	185.6	2	0	19.92	29.6	8.67	2.95	0
All-American Cheeseburger	1 EACH	356	61	755	1.31	3.35	127	135	0.14	22.66	31.83	14.89	6.18	0.63
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
BBQ Rib Sandwich on Sesame Bun	Sandwich	403	45	912	1.98	3.09	123.4	153	1.34	16.3	37.6	20.7	7.1	0
Beans - Cowboy Beans	1/2 CUP	146	0	574	5.55	1.6	46.8	206	0	6.39	33.73	0.47	0.09	0
Beef Taco Stick	1 EACH	386	54	887	1.75	3.75	261.7	202	2.2	25.78	36.1	13.74	6.48	0
Bosco 7" Apple Stick	1 EACH	190	0	170	2	1.8	20	0	0	9	39	1.5	0	0
Bosco 7" Beef Taco Stick	1 EACH	230	15	370	3	1.8	150	400	3.6	12	31	7	2.5	0
Bosco 7" Pepp* Pizza Stick	1 EACH	280	20	320	1	1.8	200	300	2.4	14	35	9	4	0
Bosco 7" WG Red. Fat Chz Stick	1 EACH	210	5	290	3	1.8	200	200	0	12	27	6	2	0
BREAD - WHEAT BREADSTICK	1 EACH	110	0	150	1	0.36	20	0	2.4	3	22	1.5	0	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
BROWNIE, 2.2oz, IW	1 EACH	193	1	227	1.15	1.8	10.3	0	0	3.06	39.55	2.77	1.16	0
Burrito - Bean&Chz(ButcherBoy)	1 EACH	390	15	740	6	4.5	200	500	3.6	16	57	10	4	0
Burrito - Chz&Bean(Fernando's)	1 EACH	290	5	610	5	2.7	100	400	1.2	11	44	8	3	0
Burrito - Macho Chili Cheese	1 EACH	383	43	858	3.13	4.08	289.9	594	1.99	18.66	45.15	16.55	6.2	0.56
Calzone - Three Cheese (5.5oz)	1 EACH	370	25	610	2	2.7	300	500	60	19	49	12	5	0
Calzone - Turkey Pepperoni	1 EACH	370	30	680	2	2.7	300	500	60	20	49	11	4	0
Carrots, Baby-Cut, 2.6oz	2.6 oz	30	0	40	2	0.72	40	6000	6	2	8	0	0	0
Cheeseburger Mini (DL#QCB328)	1 EACH	243	29	580	1.2	2.6	122	73	0	12	26	9.8	4.2	0
Cheeseburger Twins (Don Lee)	TWIN PK	485	59	1159	2.5	5.2	244	147	0	24	52	19.6	8.4	0
Chicken - 8-pc Breaded (Tyson)	3 OZ	220	65	380	0	1.08	20	100	0	17	7	14	4	0
Chicken - 8-pc Roasted(Goldkst)	SERVING	170	100	95	0	0.72	0	0	0	19	0	10	3.5	0
Chicken Chimichanga(Fernandos)	1 EACH	330	15	720	4	2.7	100	200	4.8	13	44	11	2	0
Chicken Mini Taco (3 each)	3 EACH	780	270	1380	15	5.4	600	3000	7.2	45	75	33	12	0

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Recipes	Portion Size	Calories	Cholesterol	Sodium	Dietary Fiber	Iron	Calcium	Vitamin A	Vitamin C	Protein	Carbohydrate	Total Fat	Saturated Fat	Trans Fat
Chicken Nuggets (KingsDelight)	Serving (196	54	461	1	2	19	76	0	14	12	10	3	0
Chicken Patty on Sesame Bun	SERVING	360	41	706	2	3.8	116	168	1	20	41	14	3	0
Chicken Patty SpicyONSesameBun	1 EACH	356	55	752	2	3.6	110	500	0	20	39	14	3.5	0
Chicken Taquitos (2;Excelline)	2 EACH	220	10	190	2	0	0	0	0	6	22	12	2	0
Chicken Tenders (KingsDelight)	SERVING	186	51	438	1	2	18	72	1	14	11	10	3	0
Chili Chz Dog(Wienerschnitzel)	1 EACH	335	37	958	1.27	2.4	138.9	197	1.37	13.96	31.09	16.04	6.33	0
COOKIE - CHOC CHIP,BAKED 1.5oz	1 EACH	160	0	150	1	1.08	0	0	0	2	27	5	1.5	0
COOKIE - RF CHOC CHIP,1.5oz,IW	1 EACH	170	0	170	1	1.08	0	0	0	2	28	5	1.5	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 Dog - Turkey(FosterFarms)	1 EACH	270	30	740	1	2.7	80	0	0	10	27	14	4	0
Corn, whole kernel, canned	1/2 CUP	66	0	244	1.6	0.59	4	10	1.3	2.16	15.42	0.76	0	0
Egg Roll - Beef & Veg, 4.2oz	1 EACH	249	102	600	2.45	2.94	45.7	300	9.88	13.99	25.04	10.54	4.42	*N/A*
Egg Roll - Pork & Veg, 4.2oz	1 EACH	249	102	600	2.45	2.94	45.7	771	9.88	13.99	25.04	10.54	4.42	*N/A*
Egg Roll - Turkey & Veg, 4.2oz	1 EACH	241	120	602	2.38	2.94	45	855	9.68	12.65	25.41	9.72	2.61	*N/A*
FORTUNE COOKIE	1 EACH	10	0	0	0	0	0	0	0	0	2	0	0	0
Grapes, 2oz pkg.	1 EACH	40	0	0	0.5	0.36	0	100	9	1	10	0	0	0
Green Beans, canned	1/2 Cup	20	0	140	2	0.72	20	300	3.6	0.88	3	0	0	0
Hamburger (Tyson)on Sesame Bun	1 EACH	346	70	492	1	3.6	90	0	0	27	27	15	6	0
Hot Dog (Hoffy Lean Bf) on Bun	1 EACH	195	15	558	1	2.16	140	200	0	10	27	4	1	0
Hot Pocket Pepp* Pizza Stix	1 EACH	210	10	520	2	1.44	100	200	0	6	27	8	3	0
Hot Pocket Pepp* Pizza, 4oz	1 EACH	300	25	590	2	1.8	150	200	3.6	10	36	12	6	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
Kiwifruit	1 EACH	42	0	2	2.1	0.21	23	15	64	0.79	10.12	0.36	0	0
Mac 'N Chz, Red.Fat (JTM)	1 EACH	275	37	770	1	1	375	502	1	15	29	12	6.5	0
Mac 'N Chz, Red.Fat (Land'O L)	6 oz	290	30	981	1	1.09	400.2	750	0	16.01	32.01	11.01	6	0
Max Stix (2 Sticks)	2 Sticks	290	30	690	0	1.8	400	400	0	19	27	11	6	0

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Recipes	Portion Size	Calories	Cholesterol	Sodium	Dietary Fiber	Iron	Calcium	Vitamin A	Vitamin C	Protein	Carbohydrate	Total Fat	Saturated Fat	Trans Fat
MAYONNAISE (12g pkt)	1 EACH	90	5	70	0	0	0	0	0	0	1	9	1.5	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
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
MUSTARD (5.5g pkt)	1 EACH	5	0	50	0	0	0	0	0	0.5	0.5	0	0	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 & Strwbry Whl Wt Uncrustable	1 EACH	600	0	580	7	1.8	40	0	1.2	20	57	33	7	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
Pear, fresh, medium (150 ct)	1 EACH	51	0	0	4.4	0	5	0	4.5	0.61	12.99	0.28	0	0
Pinto Beans & Cheese	1/2 CUP	152	13	313	6.05	1.09	227.4	0	1.21	10.72	17.13	4	2.67	0
Pizza - 4x6" Cheese (Tony's)	1 EACH	330	35	860	2	1.8	450	500	0	19	32	14	6	0
Pizza - 4x6" Pepperoni(Tony's)	1 Each	340	35	1000	2	2.7	350	400	0	18	32	15	8	0
Pizza - 6" Frnch Brd,Pepperoni	1 EACH	370	45	610	2	2.7	300	750	12	19	31	18	9	0
Pizza - 6" Round Chz (Nardone)	1 EACH	410	30	640	3	2.7	450	750	15	22	48	13	7	0
Pizza - 6" Round Pepp* (Nrdne)	1 EACH	430	40	890	2	3.6	300	300	9	22	46	18	8	0
Pizza - 7" French Bread,Cheese	1 EACH	274	36	577	1.55	1.95	488.9	473	4.19	17.71	28.3	9.87	5.84	0
Pizza - Big Daddy's Pepperoni	1 EACH	460	40	1180	2	3.6	350	500	0	24	51	18	9	0.5
Pizza - Big Daddy's, Cheese	1 EACH	470	40	1060	3	3.2	400	500	0	24	55	18	9	0.5
Pizza - Cheese Strip (Mike Bs)	1 EACH	290	30	680	2	1.99	412.6	641	2.22	19	35	11	6	0
Pizza - Mini Chz Pizza Bagel	Serving (50	4	98	0.75	0.45	62.5	50	0.9	4.5	5.25	1.5	1	0
Pizza - Pack, Cheese(Ardellas)	1 EACH	342	36	598	3.93	2.96	519.7	592	6	20.34	42.39	11.58	5.93	0
Pizza - Pepp* Strip (Mike B's)	1 EACH	307	31	780	3.17	2.78	320.4	441	4.18	17.27	38.04	12	5.91	0
Pizza - Pepperoni Pizzatas,2ea	Serving (360	40	900	2	1.86	345	520	5.62	19	27	19	9	0
Pizza - Stuffed Crust,Pepperoni	1 EACH	390	20	1000	2	5.4	300	500	0	18	45	16	5	0
Pizza - Stuffed Crust, Cheese	1 EACH	390	15	940	2	5.4	350	500	0	18	45	15	4.5	0
Pizza - Stuffed Crust, Sausage	1 EACH	390	20	960	2	5.4	300	500	0	18	45	16	5	0
Pizza - Whl Grain Pepp* Pizza	1 Each	380	35	900	1	1.8	300	400	0	18	32	20	9	0

