

# Chino Valley United School District :: Secondary Nutrient Values Rev. 1.4.12

## Lunch

Recipes	Portion Size	Calories	Cholesterol	Sodium	Dietary Fiber	Iron	Calcium	Vitamin A	Vitamin C	Protein	Carbohydrate	Total Fat	Saturated Fat	Trans Fat
Apple Juice, 4 oz	1 each	55	0	15	0	0	0	0	30	0	15	0	0	0
Baby Carrots	1/2 cup	25	0	57	2.11	0.65	23.3	10028	1.89	0.47	5.99	0.09	0.02	*N/A*
Baked Cheetos	1 each	114	0	210	0	0.95	87.5	0	0	1.75	16.63	4.38	0.87	0
Baked Cheetos	1 each	114	0	210	0	0.95	87.5	0	0	1.75	16.63	4.38	0.87	0
Banana	each	90	0	1	2.63	0.26	5.1	65	8.79	1.1	23.07	0.33	0.11	*N/A*
BBQ Rib Patty	1 each	133	32	377	0.4	0.6	19.5	178	0	10.2	4	8.4	2.9	0
BBq Sauce	1 oz	60	0	280	0	0	0	200	0	0	15	0	0	0
Bean & Cheese Burrito	each	290	15	580	5	2.7	200	750	1.2	14	40	9	3.5	0
Burger Buddies (Second	1 each	465	59	953	4.3	3.7	264	147	0	25.2	48.1	19.1	8.3	0
Cheese Calzone	1 each	420	21	584	1.72	3.06	390	500	0.6	20.67	50.87	14.48	5.95	0
Cheeseburger	1 each	316	45	747	2.8	2.6	184	150	0	19.5	28.5	13.2	5.4	0
Chef Salad (Fajita)	1 each	336	105	959	0.86	1.67	246.4	828	5.3	25.5	17.54	17.12	8.28	0
Chef Salad (Spicy)	1 each	428	85	840	1.86	2.57	257.4	1275	4.7	24.9	28.64	23.65	9.58	0
Chicken Bowl	1 each	476	52	806	4.22	2.68	140.6	389	8.55	21.73	47.24	23.45	6.3	0
Chicken Box	servings	906	219	1788	3.19	4.91	119.3	338	3.6	62.76	55.16	49.35	13.6	0
Chicken Fajita Wrap	1 each	479	150	1593	1.74	4.59	228	555	7.04	38.83	47.11	14.01	3.41	0
Chicken Patty	1 each	200	55	690	0	1.8	20	100	0	14	12	10	2	0
ChickenTenders Box	servings	363	55	1186	3.19	3.07	71.8	100	3.6	19.39	43.53	12.1	2.1	0
Chili Cheese Dog	each	335	37	958	1.27	2.4	138.9	197	1.37	13.96	31.09	16.04	6.33	0
Chocolate Chip Cookie	1 each	147	3	98	0.24	0.54	20	0	0	1	20	7	2	0
Chow Mein w Teriyaki C	1 each	585	47	1319	14.45	5.17	93.3	1999	19.99	30.3	99.79	5.97	1.58	0
Dill Pickle	2 slice	2	0	123	0.15	0.05	5.9	26	0.11	0.08	0.36	0.02	0.01	*N/A*
Fiesta Bowl	1 each	320	95	549	5.51	2.89	52.7	0	1.1	36.97	19.8	10.04	2.7	0
Fresh Apple	1 each	77	0	1	3.58	0.18	8.9	80	6.85	0.39	20.58	0.25	0.04	*N/A*
Fresh Orange	each	45	0	0	2.3	0.1	38.4	216	51.07	0.9	11.28	0.12	0.02	*N/A*
Fresh Pear	1 each	86	0	1	4.59	0.25	13.3	34	6.22	0.56	22.88	0.18	0.01	*N/A*
Fritos Corn Chips	1 each	120	0	128	0.75	0	15	0	0	1.5	11.25	7.5	1.12	0
Garden Salad (1/2 c)	1/2 cup	7	0	3	0.33	0	6.6	165	1.19	0.33	0.99	0	0	*N/A*
Grapes, American Type	1/2 cup	31	0	1	0.41	0.13	6.4	46	1.84	0.29	7.89	0.16	0.05	*N/A*
Grilled Chicken Wrap	1 each	393	50	765	1.74	3.51	210	448	5.84	22.63	47.31	12.07	3.01	0

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Ham & Cheese Deli Sandwich	1 each	280	60	1120	0	1.44	250	300	0	17	27	12	6	0
Hamburger Bun	1 each	150	0	280	3	0	0	0	0	7	27	2	0	0
Hamburger Bun	1 each	150	0	280	3	0	0	0	0	7	27	2	0	0
Hamburger Bun	1 each	150	0	280	3	0	0	0	0	7	27	2	0	0
Holiday Cookie	each	140	5	182	0.31	0	0	0	0	1.54	19	6.6	2.33	0
Ketchup Packet	1 each	10	0	65	0	0	0	0	0	0	3	0	0	0
Lettuce & Pickle (1/2 cup)	1/2 cup	15	0	189	0.97	0.17	18.8	486	6.01	0.75	2.85	0.1	0.02	*N/A*
Lettuce & Pickle (1/2 cup)	1/2 cup	15	0	189	0.97	0.17	18.8	486	6.01	0.75	2.85	0.1	0.02	*N/A*
Light Ranch Dressing Packet	1 each	70	0	310	0	0	0	0	0	1	8	4	0.5	0
Mayonnaise Packet	1 each	70	5	55	0	0	0	0	0	0	0	7	1	0
Milk, 1% Strawberry	half pint	150	10	115	0	0	250	500	1.2	8	27	2.5	1.5	0
Milk, 1% White	half pint	120	10	150	0	0	350	500	2.4	10	14	2.5	1.5	0
Milk, Nonfat Chocolate	half pint	120	5	150	0	0	300	500	1.8	8	22	0	0	0
Mustard packet	1 each	5	0	85	0	0	0	0	0	0.5	0.5	0	0	0
Nacho Cheese	2 each	260	60	1560	0	0.36	600	800	0	16	8	18	12	0
Nacho Cheese w Jalapeno	2 each	260	60	1660	0	0.72	600	600	0	16	8	18	12	0
Oatmeal Raisin Cookie	1 each	122	3	59	0.8	0.72	30	0	0	1.57	18	5.03	1.24	0
Orange Chicken Bowl	1 each	574	50	590	5.07	4.92	31.9	3992	2.91	20.27	97.16	8.76	1.15	0
Orange Juice, 4 oz	1 each	55	0	14	0	0	10	100	30	1	14	0	0	0
Orange Pineapple Juice	1 each	70	0	5	3	0.36	80	500	60	0	18	0	0	0
PBJ Sandwich, 4.8 oz	1 each	580	0	540	5	2.7	40	0	0	18	55	32	7	0
Peach Cup	1 each	118	0	8	2.2	0.46	4	355	117.8	0.79	29.98	0.16	0.01	0
Pepperoni Calzone	1 each	457	36	744	1.85	0.36	400	400	0	21.39	51.51	17.78	8.17	0
Pepperoni Deep Dish Pizza	1 each	450	25	960	2	2.7	300	750	0	18	45	22	9	0
Pepperoni French Bread	1 each	370	45	610	2	2.7	300	750	12	19	31	18	9	0
Potato Rounds (1/2 cup)	1/2 cup	101	0	161	1.5	0.24	0	0	0.8	1.5	13.5	4.5	1.5	1.5
Potato Wedges	1/2 cup	94	0	38	1.6	0.54	12	0	8.6	2.06	19.38	1.68	0.42	0
Relish Packet	1 each	10	0	55	0	0	0	0	0	0	2	0	0	0
Sesame Dressing	1 fl oz	90	0	320	0	0	0	0	0	0	12	4.5	0.5	0
Shredded Lettuce (1/2 cup)	1/2 cup	5	0	4	0.43	0.15	6.5	181	1.01	0.32	1.07	0.05	0.01	*N/A*

