

Chino Valley United School District :: Elementary Nutrient Values Rev. 1.9.12

Lunch

Recipes	Portion Size	Calories	Cholesterol	Sodium	Dietary Fiber	Iron	Calcium	Vitamin A	Vitamin C	Protein	Carbohydrate	Total Fat	Saturated Fat	Trans Fat
Apple Bites	1 each	70	0	50	0.5	0	0	0	36	0.1	18	0	0	0
Apple Shape Up	1 each	80	0	15	0	0.01	60	0	60	0	21	0	0	0
Apple Slices	1 each	30	0	0	1	0	0	0	72	0	8	0	0	0
Applesauce (1/2 c)	1/2 cup	52	0	2	1.4	0.14	4	36	1.4	0.2	13.78	0.06	0.02	0
Baby Carrots	1 each	51	0	113	4.22	1.29	46.5	20055	3.78	0.93	11.98	0.19	0.03	*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 Scoops	1 each	105	0	109	1.75	0.32	17.5	0	0	1.75	19.25	2.62	0.44	0
BBQ Beans	1/2 cup	119	0	436	5.2	1.51	43	137	0	6.03	26.85	0.47	0.09	0
BBQ Beef Rib Patty	1 each	130	43	347	0	1.4	6	160	0	12.9	3.4	7.1	2.8	0
BBq Sauce or Ketchup	1 each	70	0	345	0	0	0	200	0	0	18	0	0	0
Bean & Cheese Burrito	1 each	290	15	580	5	2.7	200	750	1.2	14	40	9	3.5	0
Beef and Bean Chili	5 oz	110	15	370	3	1.44	20	400	4.8	7	10	5	2	0
Beef Chalupa	1 each	299	47	396	0.28	1.29	295.7	332	1.33	19.9	14.79	19.29	7.04	0
Beef Patty	1 each	121	31	328	0.57	1.26	10.5	3	2.22	12.13	2.1	7.02	2.72	0
Beef Taco Snacker	1 each	174	46	280	0.6	1.7	14.5	222	0	13.6	2	12.2	4.8	0.4
Beef Taco Stick	1 each	386	54	887	1.75	3.75	261.7	202	2.2	25.78	36.1	13.74	6.78	0
Breakfast Potatoes	1/2 cup	134	0	214	2	0.32	0	0	1.06	2	18	6	2	2
Broccoli Trees	1/2 cup	27	0	32	2.57	0.52	31.2	1207	50.62	1.86	5.6	0.32	0.06	*N/A*
Burger Buddies	pkg/2	500	61	1060	2.21	4.95	158.3	124	0.15	28.08	59.93	16.07	5.72	0.67
Carrot Coins	1/2 cup	27	0	43	2.4	0.39	26	12137	1.7	0.42	5.64	0.5	0.09	0
Cheese Pizza Wedge	1 each	311	36	649	3.66	1.43	506.1	418	8.92	18.85	33.24	11.76	6.11	0
Cherry Jerky	1 each	45	0	5	0	0	0	0	1.2	0	12	0	0	0
Chicken Patty	1 each	200	55	690	0	1.8	20	100	0	14	12	10	2	0
Chicken Round Ups	5 each	220	45	620	3	1.8	20	100	0	19	13	10	2	0
Chicken Tenders	3 each	200	55	680	0	1.8	20	100	0	14	12	10	2	0
Chocolate Animal Snacks	1 each	120	0	100	0	1.08	0	200	0	1	19	3.5	0.5	1
Chocolate Belly Bears	1 each	120	0	75	0	0.88	122	0	0	2	20	4	0	0
Chocolate Chip Cookie Bites	1 each	110	0	35	0	0.72	0	200	0	1	17	3.5	0	0
Classic Cheese Pizza	1 each	285	36	681	1.36	1.86	494.3	425	3.11	17.47	28.22	11.19	6.69	0

Chino Valley United School District :: Elementary Nutrient Values Rev. 1.9.12

Lunch

Recipes	Portion Size	Calories	Cholesterol	Sodium	Dietary Fiber	Iron	Calcium	Vitamin A	Vitamin C	Protein	Carbohydrate	Total Fat	Saturated Fat	Trans Fat
Classic Pepperoni Pizza	1 each	302	41	774	1.47	1.95	440.4	390	3.16	17.31	28.33	13.14	7.2	0
Corn (1/2 c)	1/2 cup	66	0	71	1.8	0.55	3	114	4.95	2.12	15.53	0.69	0.11	0
Corn Crunchies	1 each	100	1	280	1	3	1	4	2	3	20	2	0.3	0
Deli Turkey Sandwich	1 each	310	55	1010	1	2.7	80	200	3.6	21	36	10	4.5	0
Diced Pears (1/2 c)	1/2 cup	72	0	6	2	0.35	6	0	0.9	0.24	19.04	0.04	0	0
Dill Pickle	1 slice	2	0	123	0.15	0.05	5.9	26	0.11	0.08	0.36	0.02	0.01	*N/A*
Dinner Roll	1 each	90	0	160	2	1.08	40	0	0	4	17	1.5	0	0
Fortune Cookie	1 each	18	0	0	0.4	0.15	0	0	0	0.4	4.04	0.16	0	0
French Bread Cheese Pi	1 each	274	36	577	1.55	1.95	488.9	473	4.19	17.71	28.3	9.87	5.84	0
Fritos Corn Chips	1 each	120	0	128	0.75	0	15	0	0	1.5	11.25	7.5	1.12	0
Fruit Mix (1/2 c)	1/2 cup	69	0	8	1.5	0.36	6	12	3.9	0.51	17.88	0.1	0.01	0
Fruit Squiggles	1 each	60	0	10	1	0	0	0	1.2	0	16	0	0	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*
Green Beans (1/2 c)	1/2 cup	14	0	140	1.3	0.61	18	294	3.2	0.78	3.04	0.07	0.02	0
Grilled Cheese Sandwich	1 each	307	30	1168	1.61	1.64	376.9	611	0	19.23	34.95	11.47	6.78	0
Hamburger Bun	1 each	150	0	280	3	0	0	0	0	7	27	2	0	0
Hip Dipper Chicken Patt	1 each	220	40	350	1	1.8	0	0	0	15	14	11	2.5	0
Holiday Cookie	1 each	140	5	182	0.31	0	0	0	0	1.54	19	6.6	2.33	0
Honey Belly Bears	1 each	130	0	95	0	0.72	100	0	0	2	20	4	0	0
Jungle Grahams	1 each	120	0	55	0	0	0	0	0	2	21	3	1	*N/A*
Ketchup Packet	1 each	10	0	65	0	0	0	0	0	0	3	0	0	0
Lettuce & Pickle	1/8 cup	2	0	62	0.19	0.06	4.6	58	0.31	0.12	0.45	0.02	0	*N/A*
Macaroni & Cheese	6 oz	290	30	980	1	1.44	600	800	0	16	32	11	6	0
Mashed Potatoes	1/2 cup	74	0	346	1.2	0.19	11.9	0	3.6	1.4	14.6	1.1	0.1	0
Max Sticks	pkg/2	310	10	740	3	2.7	250	200	0	15	34	13	4.5	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
Mini Corn Dogs	6 each	330	37	765	0	2.7	150	0	0	10.5	28.49	19.49	5.25	0
Mustard packet	1 each	5	0	85	0	0	0	0	0	0.5	0.5	0	0	0

Chino Valley United School District :: Elementary Nutrient Values Rev. 1.9.12

Lunch

Recipes	Portion Size	Calories	Cholesterol	Sodium	Dietary Fiber	Iron	Calcium	Vitamin A	Vitamin C	Protein	Carbohydrate	Total Fat	Saturated Fat	Trans Fat
Nacho Cheese	1 each	130	30	780	0	0.18	300	400	0	8	4	9	6	0
Orange Chicken	serving	210	50	340	0	0.72	0	100	0	12	18	8	1	0
Oven Breaded Chicken	serving/3	220	65	380	0	1.08	20	100	0	17	7	14	4	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
Peas (1/2 c)	1/2 cup	62	0	58	4.4	1.26	19	1680	7.9	4.12	11.41	0.22	0.04	0
Pepperoni Pizza Wedge	1 each	331	39	741	3.66	1.42	450.7	383	8.92	18.66	33.05	13.95	6.54	0
Potato Smiles	6 each	162	0	225	2.5	0.45	0	0	3	2.5	23.75	6.25	1.25	0
Raisins USDA	1 each	113	0	4	1.4	0.71	19	0	0.87	1.16	29.98	0.17	0.04	0
Ranch Dressing	1 fl oz	46	6	278	0	0.01	17.8	5	0.15	0.51	1.73	3.63	0.58	0
Salsa	1 fl oz	11	0	35	0.43	0.7	3.8	172	1.25	0.47	2.18	0.06	0.01	0
Shredded Cheese	1/2 oz	56	15	96	0	0.18	101.2	152	0	3.54	0	4.56	3.04	0
Shredded Lettuce (1/2 c)	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*
Sicilian Cheese Pizza	1 each	376	36	593	2.11	3.01	460.6	426	3.88	20.14	47.62	11.28	6.42	0
Sicilian Pepperoni Pizza	1 each	387	40	946	4.64	2.71	483.4	397	3.84	21.07	43.89	14.72	7.87	0
Sidekick Slushie	1 each	80	0	45	0	0.36	80	1000	60	0	20	0	0	0
Sliced Cheese	1 slice	56	10	192	0	0	75.9	202	0	3.04	0.51	4.56	2.53	0
Sliced Peaches (1/2 c)	1/2 cup	68	0	6	1.6	0.45	4	23	3	0.56	18.26	0.04	0	0
Sloppy Joe (Turkey)	#8 scoop	150	50	730	0	1.44	60	0	9	17	13	4	1	0
Soft Pretzel	1 each	280	0	472	2.28	7.74	0	0	0	9	57.06	1.86	0.6	0
Steamed Rice	1/2 c. serv	88	0	96	0.52	0.94	11.5	0	0	1.56	19.76	0.26	0	0
Sunflower Seeds	1 each	170	0	110	2	1.8	20	0	0	5	4	14	1.5	0
Sunny Side Up Breakfast	1 each	270	125	710	2	3.6	200	300	1.2	15	31	9	4	0
Taco Beef Salad	1 each	174	46	280	0.6	1.7	14.5	222	0	13.6	2	12.2	4.8	0.4
Tapatio	1 each	0	0	110	0	0	0	0	0	0	0	0	0	0
Teriyaki Chicken	serving	90	40	320	0	0.36	0	0	0	12	6	2	0.5	0
Turkey in Gravy	serving	140	50	660	0	0.72	0	0	0	18	3	6	2	0
Turkey Taco Snacker	1 each	110	55	420	0	1.08	40	100	1.2	16	3	4	1	0
USA Grahams	1 each	120	0	95	0	1.08	0	200	0	1	19	4	0.5	1
Veggie Quesadilla	1 each	358	42	770	1.77	2.14	505.1	440	4.51	18.83	35.67	15.37	8.66	0
Wienerschnitzel Chili Ch	1 each	335	37	958	1.27	2.4	138.9	197	1.37	13.96	31.09	16.04	6.33	0