



# East Whittier City School District :: Elementary Nutrient Values Rev. 11.11.11

## Lunch

Recipes	Portion Size	Calories	Cholesterol	Sodium	Dietary Fiber	Iron	Calcium	Vitamin A	Vitamin C	Protein	Carbohydrate	Total Fat	Saturated Fat	Trans Fat
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*
Applesauce 1/4 c	1/4 cup	26	0	1	0.7	0.07	2	18	0.7	0.1	6.89	0.03	0.01	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
Apricots, canned	1/2 cup	80	0	5	2.02	0.49	13.9	1672	3.42	0.67	20.86	0.06	0	*N/A*
Baby Carrots	3/8 cup	26	0	57	2.14	0.66	23.6	10164	1.92	0.47	6.07	0.1	0.02	*N/A*
Banana	1 each	105	0	1	3.07	0.31	5.9	76	10.27	1.29	26.95	0.39	0.13	*N/A*
Banana, small	1 each	90	0	1	2.6	0.3	5.1	64.6	8.8	1.1	23.1	0.3	0.1	*N/A*
Bean & Cheese Burrito	1 each	390	15	1010	8	3.6	200	750	1.2	17	50	13	6	0
Bean & Cheese Burrito Sr. Felix	1 each	290	15	580	5	2.7	200	750	1.2	14	40	9	3.5	0
Birthday Cookie	1 each	111	0	76	1.55	0.5	3.9	8	0.01	1.85	16.19	4.31	0.83	0
Blueberry Muffin	1 each	210	30	263	0.75	1.35	45	75	0.75	3.75	30	8.25	0.75	0
Broccoli Florets	1/4 cup	6	0	6	0.46	0.13	8.3	111	15.83	0.5	1.18	0.07	0.01	*N/A*
Canned Carrots 1/2 c	1/2 cup	28	0	295	2.21	0.64	38.1	15085	2.46	0.71	6.61	0.17	0.03	*N/A*
Canned Carrots 1/4 c	1/4 cup	14	0	148	1.11	0.32	19.1	7542	1.23	0.36	3.3	0.09	0.02	*N/A*
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
Cheeseburger Doubles	pkg/2	465	59	953	4.3	3.7	264	147	0	25.2	48.1	19.1	8.3	0
Cherry Muffin	1 each	215	30	263	0.75	1.35	45	75	0.75	3.75	30	9	1	0
Chicken Fajitas	3.5 oz	126	88	676	0	1.05	10.5	62	0.7	18.2	1.05	5.22	1.4	0
Chicken Nuggets	4 each	244	48	502	0	1.47	0	136	0	17.65	14.94	13.58	2.72	0
Chicken Ring Things	serving/5	230	100	570	0	1.44	0	100	0	16	13	13	3	0
Chicken Sandwich	1 each	390	55	800	1	2.88	80	100	1.2	22	41	15.5	3	0
Chicken Tenders	4 each	207	40	510	1	2	25	163	1	15	14	12	2	0
Chili Cheese Dog	1 each	335	37	958	1.27	2.4	138.9	197	1.37	13.96	31.09	16.04	6.33	0
Chocolate Belly Bears	1 each	120	0	75	0	0.88	122	0	0	2	20	4	0	0
Chocolate Muffin	1 each	221	30	275	0.75	1.35	45	75	0	4.5	30	9	1.13	0
Chocolate Raspberry Sound Bite	1 each	113	0	101	1.66	1.59	14.1	309	3.49	1.78	20.51	3.03	0.89	0.11
Corn Dog	1 each	228	32	715	1	1.2	17	0	0	8.8	25.2	10.2	2.5	0
Corn on the Cob	1 each	59	0	3	1.32	0.38	1.9	3	3.02	1.96	14.07	0.47	0.07	*N/A*
Corn, canned 1/2 c	1/2 cup	66	0	244	1.56	0.59	4.1	37	0.57	2.16	15.42	0.76	0.14	*N/A*

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Corn, canned 1/4 c	1/4 cup	33	0	122	0.78	0.3	2.1	18	0.29	1.08	7.71	0.38	0.07	*N/A*
Cornbread	servings	196	24	526	0.7	1.13	37.6	97	0.42	3.68	26.15	8.48	1.31	0
Crispy Chicken Burger	1 each	370	40	840	1	3.6	80	200	0	20	43	14.5	3	0
Cucumber Slices	1/2 cup	7	0	1	0.42	0.13	8.3	43	1.9	0.35	1.29	0.1	0.01	*N/A*
Dinner Roll	1 each	105	0	196	1	1.08	60	0	0	2	19	1.5	0	0
Dino Bites	1 each	116	0	97	1.45	2.18	120	284	3.4	1.59	20.05	3.41	0.93	0.13
Flour Tortilla	pkg/2	154	0	290	2	1.8	160	0	0	4	28	4	0	0
French Bread Cheese Pizza	1 each	274	36	577	1.55	1.95	488.9	473	4.19	17.71	28.3	9.87	5.84	0
Green Beans 1/2 c	1/2 cup	14	0	140	1.2	0.6	18	294	3.2	0.78	3.04	0.06	0.02	0
Green Beans 1/4 c	1/4 cup	7	0	70	0.6	0.3	9	147	1.6	0.39	1.52	0.03	0.01	0
Grilled Cheese Sandwich	1 each	380	70	990	1	1.8	350	750	0	18	29	21	12	0
Grilled Ham & Cheese Sandwich	1 each	330	70	1170	1	2.7	200	500	0	19	31	14	7	0
Hamburger	1 each	299	37	607	1.4	3.1	71.1	13	0	16.9	29.9	12.2	4.4	0
Hamburger (Pierre)	1 each	310	35	590	1	3.24	80	0	0	18	31	11.5	4.5	0.5
Hash Brown Triangles (1)	1 each	98	0	204	0.89	0	0	0	0	0.89	12.44	4.44	0.44	0
Hash Brown Triangles (2)	2 each	196	0	409	1.78	0	0	0	0	1.78	24.89	8.89	0.89	0
Holiday Cookie	1 each	140	5	182	0.31	0	0	0	0	1.54	19	6.6	2.33	0
Honey Battered Chicken	4 oz	157	50	428	0	0.55	0	0	0	13.28	20.43	3.07	2.04	0
Hugs Not Drugs Grahams	1 each	130	0	115	0	1.08	100	0	0	2	20	4	0	0
Italian Ice Cup	1 each	98	0	15	0	0	0	0	12	0	24.5	0	0	0
Ketchup Packet	2 each	20	0	160	0	0	0	0	0	0	4	0	0	0
Lemon Dinosaur Grahams	1 each	106	0	85	1	2	12	309	4	1	19	3	0	0
Lettuce & Pickles	1/4 cup	6	0	248	0.25	0.11	18.9	1023	0.47	0.14	1.14	0.04	0	0
Macaroni & Cheese RF	1 each	260	45	690	0	0.72	450	1000	0	15	17	14	6	0
Mandarin Orange Chicken	servings	337	50	437	0.29	2.18	4	100	0	14.35	45.86	8.22	1.06	0
Milk, 1%	1 each	120	15	140	0	0	300	500	2.4	10	16	2.5	1.5	0
Milk, non-fat chocolate	1 each	120	4	200	0	0.36	300	500	2.4	7	23	0	0	0
Mini Chocolate Chip Cookies	1 each	141	0	100	1.72	0.58	5.7	7	0.03	2.25	20.83	5.36	1.44	0
Mixed Fruit 1/2 c	1/2 cup	69	0	7	1.21	0.35	7.3	248	2.3	0.48	18.07	0.08	0.01	*N/A*
Mixed Fruit 1/4 c	1/4 cup	34	0	4	0.61	0.18	3.6	124	1.15	0.24	9.03	0.04	0.01	*N/A*
Mustard Packet (1)	1 each	5	0	85	0	0	0	0	0	0.5	0.5	0	0	0

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Mustard Packet (2)	2 each	10	0	170	0	0	0	0	0	1	1	0	0	0
Orange Juice	1 each	55	0	15	0	0	50	100	30	1	13.5	0	0	0
Oven Fries	1/2 cup	73	0	11	1	0.2	0	0	3.9	1	12	2	0.6	1
Oven Fries	1/4 cup	37	0	6	0.5	0.1	0	0	1.95	0.5	6	1	0.3	0.5
Oven Roasted Chicken	serving	110	51	169	0	1	7	70	0	11	1	6	2	0
Pan Dulce, Chocolate	1 each	250	5	110	3	1.8	40	0	0	6	41	8	3	0
Pancake WG	1 each	77	3	130	1	0.48	13.3	0	0	1.67	13.67	2	0.33	0
Peaches, canned 1/2 c	1/2 cup	68	0	6	1.63	0.45	3.8	444	3.01	0.56	18.26	0.04	0	*N/A*
Peaches, canned 1/4 c	1/4 cup	34	0	3	0.82	0.23	1.9	222	1.51	0.28	9.13	0.02	0	*N/A*
Pears, canned 1/2 c	1/2 cup	71	0	6	1.99	0.35	6.2	0	0.87	0.24	18.89	0.04	0	*N/A*
Pears, canned 1/4 c	1/4 cup	35	0	3	1	0.17	3.1	0	0.44	0.12	9.44	0.02	0	*N/A*
Pears, raw	1 Each	81	0	1	4.31	0.24	12.5	32	5.84	0.53	21.49	0.17	0.01	*N/A*
Pinto Beans	1/2 cup	103	0	353	5.52	1.75	51.6	0	1.08	5.83	18.3	0.97	0.2	*N/A*
Pinto Beans	1/4 cup	52	0	176	2.76	0.88	25.8	0	0.54	2.92	9.15	0.49	0.1	*N/A*
Popcorn Chicken	14 each	192	44	631	1	2	23	120	1	14	13	11	2	0
Pork Sausage Links	2 each	164	46	404	0	0.6	19.2	20	0	12.8	1	11.8	4	0
Raisins	1 each	113	0	4	1.4	0.71	19	0	0.87	1.16	29.98	0.17	0.04	0
Ranch Dressing	1/2 FL Oz	78	6	209	0	0	8.9	3	0.08	0.25	1.87	9.07	1.54	0
Rotini & Meat Sauce	4 oz	145	17	250	1	1.35	10	200	4.5	7.5	16	5.5	2.25	0
Saltine Crackers	2 pkg	53	0	180	0.67	0.48	13.3	0	0	1.33	8.67	1	0	0
Shape Up	1 each	80	0	15	0	0.01	60	0	60	0	21	0	0	0
Shredded Cheese	1/2 oz	57	15	88	0	0.1	102.2	142	0	3.53	0.18	4.7	2.99	*N/A*
Strawberry Cup	1 each	122	0	4	2.4	0.75	14	31	52.8	0.68	33.05	0.17	0.01	0
Sunny Side Up Sandwich	1 each	260	120	770	2	3.6	200	300	1.2	15	31	9	4	0
Sunrise Bites	1 each	225	0	273	4.09	3.46	24.7	453	5.46	3.04	40.27	6.77	1.83	0.25
Sunshine Bread	servings	236	82	389	0.81	1.4	57.2	481	0.03	4.81	32.04	9.97	2.13	1.45
Syrup, 1 oz	1 each	80	0	0	0	0	0	0	0	0	21	0	0	0
Taco Sauce Packet (1)	1 each	5	0	85	0	0	0	0	0	0	1	0	0	0
Taco Sauce Packet (2)	2 each	10	0	170	0	0	0	0	0	0	2	0	0	0
Tater Tots	1/2 cup	122	0	307	1.6	0.41	9	3	4.03	1.31	17.76	5.52	1.16	*N/A*
Tossed Green Salad	1/2 cup	8	0	9	0.5	0.13	75	438	1.8	0.25	1.25	0	0	*N/A*

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Vegetarian Beans	1/2 cup	119	0	436	5.19	1.51	43	137	0	6.03	26.85	0.47	0.09	0
Veggie Chow Mein	serving	130	0	460	0	6.3	20	1500	9	5	25	1.5	0	0

## Snack

Recipes	Portion Size	Calories	Cholesterol	Sodium	Dietary Fiber	Iron	Calcium	Vitamin A	Vitamin C	Protein	Carbohydrate	Total Fat	Saturated Fat	Trans Fat
Banana (extra large)	1 each	135	0	2	3.95	0.4	7.6	97	13.22	1.66	34.72	0.5	0.17	*N/A*
Belly Bear Cinnamon Graham	1 each	130	0	115	0	1.02	123	2	0.11	2	21	4	0	0
Carrot Sticks	3/4 cup	54	0	91	3.69	0.4	43.5	22161	7.78	1.23	12.63	0.32	0.05	0
Cinnamon Grahams	1 each	104	0	136	1.05	1.8	10	250	3	1.43	18.16	2.97	0.44	0.05
Goldfish Pretzels	1 each	90	0	300	0	0.72	0	0	0	2	17	1.5	0	0
Graham Crackers	1 each	102	0	130	0.89	1.77	9.8	245	2.94	1.42	17.8	2.91	0.43	0.05
Milk, 1%	half pint	120	15	140	0	0	300	500	2.4	10	16	2.5	1.5	0
Saltine Crackers	4 pkg	107	0	360	1.33	0.96	26.7	0	0	2.67	17.33	2	0	0
Tortilla Chips	1 each	23992	0	6182	468.49	136.3	3166.1	13632	11.54	476.16	3663.4	885.1	82.57	0
Tropical Treats	1 each	113	0	95	0.92	1.6	121.9	251	3.23	1.52	19.43	3.33	0.5	0.05