



It All Adds Up: Balanced Eating +
Plenty of Exercise + Rest = Health-e Living!

• ALL • FOODS • FIT •

Balance is the name of the game. A balanced lifestyle includes eating, exercising, playing, relaxing and sleep. It is important to eat a well balanced diet from all of the five food groups: grains, fruits, vegetables, dairy and meats. The best news is that all foods fit into a healthy diet. What matters most is the quantity they are eaten in. No matter how you look at it, the basic equation for a healthy diet is calories in=calories out. If you eat more than your body can use up, you will gain weight. You have two choices...eat less or exercise more. It's all about balance and moderation in all things. And, it's not just about the foods we eat...it is equally important to get enough exercise and rest. Our bodies are finely tuned machines and need just enough of all the right things.

If you want to see how your school's food fits into a healthy diet, visit us online and check out nutrition tips on our Health-e Living™ site. Be sure to try our interactive nutrition tool, the Health-e Meal Planner™, which will help you make great choices that fit into your healthy lifestyle.



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Garden Grove Unified School District :: Middle School Nutrient Values Rev. 9/09

	Portion Size	Calories	Cholesterol mg	Sodium mg	Dietary Fiber mg	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g	Trans Fat g
Lunch Entrées														
BBQ RIB B QUE ON WW BUN- BEEF	1 EACH	328	35	862	3.00	3.24	147.00	181	1.28	16.81	32.78	14.6	5.62	0.02
BURRITO, COMBO BEEF & BEAN	1 EACH	431	31	1103	6.05	4.07	111.4	276	5.08	18.66	48.63	17.63	5.85	0
BURRITO, SHREDDED BEEF, CHEESE	1 EACH	299	20	409	2	2.69	99.8	399	8.98	11.98	45.92	6.99	3.49	0
BURRITO, TACO SNACK	1 EACH	415	45	762	3.16	4.29	152.2	770	2.35	20.3	42.14	18.52	7.72	0.5
CALZONE, PEPPERONI- TURKEY	1 EACH	457	36	744	1.85	3.15	397	409	0.87	21.39	51.51	17.78	8.17	0
CHEESEBURGER ON WW BUN	1 EACH	374	66	1052	2.28	2.84	287	336	0.54	25.61	24.44	19.48	9.33	0.02
CHEESEBURGER TWINS MINI	1 EACH	428	43	754	2.15	2.1	124.9	157	2.53	23.9	42.1	18.1	7.2	0
CHICKEN BASKET: W/O FRIES	1 EACH	363	45	931	2.85	3.27	155.3	100	0	18.19	41.96	14.18	2.98	0.02
CHICKEN PATTY SANDWICH	1 EACH	329	46	900	1.56	3.1	134.8	101	1.22	18.12	33.46	13.98	2.96	0.02
CHILI CHEESE DOG	1 EACH	334	37	957	1.27	2.4	138.8	197	1.37	13.95	31.07	16.03	6.32	0
FRUIT & CHEESE DELIGHT	1 EACH	346	56	506	2.45	0.84	46.1	55	4.69	16.44	22.09	21.4	12.18	0
GRILLED CHEESE SANDWICH-LUNCH	1 EACH	368	40	1057	0.63	1.81	455.4	1519	0	19.22	31	17.71	7.76	0
HAMBURGER ON WW BUN	1 EACH	268	40	554	2.25	2.77	131.7	30	0.51	20.11	23.48	10.6	3.92	0.02
PIZZA P.J. CHEESE SLICE	SLICE	287	17	711	1.75	2.17	155.7	336	3.82	12.18	38.34	10.19	2.94	0.25
PIZZA P.J. PEPPERONI	SLICE	300	19	762	1.94	3.29	127.6	426	3.82	12.26	38.03	11.53	3.5	0.31
PIZZA, FR BREAD PEPP: 6" INTER	1 EACH	360	45	560	1	2.7	350	750	6	19	30	18	9	0
PIZZA, P.H. CHEESE SLICE	SLICE	363	43	970	2	3	340	610	0	18	37	15.8	7.8	1.5
PIZZA, P.H. PEPPERONI SLICE	SLICE	386	48	1080	2	3.2	300	580	0	19	36	18.2	8.3	1.5
RIB B QUE- PORK- WW BUN	1 EACH	363	45	861	2.54	2.56	147.9	153	1.34	15.21	31.88	19.5	6.52	0.02
SALAD, CHEF SHAKER	1 EACH	246	61	858	2.18	1.49	240.9	1086	9.2	19.23	12.48	13.72	7.19	0
SANDWICH PB&J UNCRUST-L	1 EACH	580	0	540	5	2.7	40	0	2.4	18.01	55.03	32.02	7	0
SANDWICH, HAM & CHEESE	1 EACH	332	61	1471	2.37	2.38	208.8	432	5.07	20.63	28.06	15.32	6.71	0
SANDWICH, TURKEY	1 EACH	327	50	1249	2.37	1.99	208.4	432	0.94	20.85	29.28	13.99	6.33	0
SANDWICH, TURKEY HAM & CHEESE	1 EACH	315	44	1056	2	22.32	2130	400	7.8	18.4	32.24	11.5	5.6	0
SHAKER SALAD, TACO	1 EACH	545	114	645	4.94	4.89	296.9	2028	17.82	37.99	26.29	32.68	12.66	1.01
SOFT TACO-BEEF&CHEESE	1 EACH	310	35	841	3	3.61	100.2	300	3.61	20.03	34.05	10.12	3.51	0
VEGGIE SNACK PACK	1 EACH	537	2	419	4.06	2.05	134.4	72	0.5	18.11	42.48	36.03	7.01	0
YOGURT& FRUIT CUP W/CRACKERS	1 EACH	462	5	223	5.38	1.21	321.3	179	21.11	11.57	86.9	7.42	2.39	0
Extras														
CATSUP	1 OZ	27	0	316	0.09	0.14	5.1	265	4.28	0.49	7.13	0.09	0.01	0
RANCH DRESSING	1 OZ	65	1	225	0	0.01	17.4	102	0.15	0.5	1.7	6.03	1.07	0
SALSA	1 OZ	20	0	244	0.79	1.27	6.8	312	2.27	0.85	3.97	0.11	0.02	0
Fruits and Vegetables														
APPLE SLICES	1/4 CUP	14	0	0	0.65	0.03	1.6	15	1.25	0.07	3.76	0.05	0.01	0
APPLE, FRESH	1 EACH	72	0	1	3.31	0.17	8.3	75	6.35	0.36	19.06	0.23	0.04	0
APPLESAUCE,CANNED	1/2 CUP	84	0	2	1.48	0.15	3.7	7	2.09	0.2	21.51	0.21	0.04	0
BANANA, FRESH	1 EACH	90	0	1	2.63	0.26	5.1	65	8.79	1.1	23.07	0.33	0.11	0
CARROTS,FRESH,BABY	1/4 CUP	20	0	44	1.64	0.5	18.1	7819	1.47	0.36	4.67	0.07	0.01	0
CRANBERRIES, WHOLE, SLICED DRI	1/4 CUP	97	0	0	1	0.2	0	0	0	0	24	0	0	0
FRUIT , MIXED (CN)	1/2 CUP	69	0	7	1.21	0.35	7.3	248	2.3	0.48	18.07	0.08	0.01	0
GRAPES,FRESH	1/2 CUP	31	0	1	0.41	0.13	6.4	46	1.84	0.29	7.89	0.16	0.05	0
JUICE, APPLE 4 OZ	1/2 CUP	55	0	0	0	0.72	0	0	0	0	14	0	0	0
JUICE, APPLE-BERRY 4 OZ	1/2 CUP	55	0	0	0	0.72	0	0	0	0	14	0	0	0
JUICE, GRAPE 4 OZ	1/2 CUP	60	0	0	0	0	0	0	30	0	18	0	0	0
JUICE, ORANGE 4 OZ	1/2 CUP	60	0	0	0	0	0	0	30	1	14	0	0	0
JUICE, WILD CHERRY 4 OZ	1/2 CUP	55	0	15	0	0	0	0	30	0	15	0	0	0
NECTARINES,FRESH	1 EACH	60	0	0	2.31	0.38	8.2	452	7.34	1.44	14.35	0.44	0.03	0
ORANGES	1 EACH	45	0	0	2.3	0.1	38.4	216	51.07	0.9	11.28	0.12	0.02	0
PEACHES (CN)	1/4 CUP	34	0	3	0.82	0.23	1.9	222	1.51	0.28	9.13	0.02	0	0
PEACHES,FRESH	1 EACH	34	0	0	1.3	0.22	5.2	284	5.74	0.79	8.3	0.22	0.02	0
PEARS (CN)	1/4 CUP	36	0	3	1	0.18	3.1	0	0.44	0.12	9.52	0.02	0	0
PEARS,FRESH	1 EACH	96	0	2	5.15	0.28	14.9	38	6.97	0.63	25.66	0.2	0.02	0
PINEAPPLE CHUNKS, (CN)	1/2 CUP	66	0	1	1.01	0.49	17.6	48	9.45	0.45	16.95	0.15	0.01	0
PLUMS, FRESH	1 EACH	30	0	0	0.92	0.11	4	228	6.27	0.46	7.54	0.18	0.01	0
SALAD,TOSSED	1/2 CUP	20	0	14	1.12	0.37	17.4	1633	8.78	1.28	3.57	0.43	0.06	0
STRAWBERRIES,FRESH	1/4 CUP	58	0	2	3.64	0.75	29.1	22	107.02	1.22	13.98	0.55	0.03	0
TANGERINES,FRESH	1 EACH	45	0	2	1.51	0.13	31.1	572	22.43	0.68	11.21	0.26	0.03	0
TRAIL MIX #3	2 OUNCE	154	0	0	3.01	1.17	58.8	238	1.19	3.2	22.69	5.83	0.31	0
Beverages														
MILK, CHOCOLATE NON-FAT	1 EACH	140	5	170	0	0	250	500	2.4	8	28	0	0	0
MILK, STRAWBERRY NON-FAT	1 EACH	140	5	170	0	0	250	500	15	8	28	0	0	0
MILK, WHITE 1%	1 EACH	120	15	150	0	0	400	500	2.4	11	16	2.5	1.5	0