



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-Elementary 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
<b>Breakfast Entrées</b>														
BANANA BREAD	1 PIECE	162	22	229	0.78	0.71	13.8	234	1.59	2.32	27.35	5.05	1.21	0.98
BREAKFAST BAR, APPLE	1 EACH	175	0	74	0.56	0.9	27	1	0.42	2.5	30.84	4.83	1.4	0
BREAKFAST BITES, FOSTER FARMS	3 EACH	158	15	450	2.25	1.35	0	0	0	8.25	18	5.25	1.5	0
BREAKFAST PIZZA	1 EACH	230	15	590	2	1.8	150	200	0	9	25	10	3.5	0
BREAKFAST PIZZA BAGEL	1 EACH	192	15	383	0.9	1.59	217	365	3.8	11.65	23.16	5.71	3.01	0
BREAKFAST TOASTED CHEESE SANDW	1 EACH	271	23	950	1.61	1.65	300.9	459	0	15.69	33.94	9.2	5.26	0
CEREAL, CHEERIOS	1 EACH	70	0	130	2	1.08	300	300	3.6	2	14	1	0	0
CEREAL,RED SUGAR CINNAMON TOAS	1 EACH	120	0	170	1	7.2	80	400	4.8	1	22	3	0	0
CEREAL,RED SUGAR TRIX	1 EACH	100	0	160	1	6.3	80	400	4.8	1	21	1	0	0
CEREAL-RED SUGAR COCOA PUFFS	1 EACH	100	0	190	1	6.3	80	0	4.8	1	22	1.5	0	0
FRENCH TOAST, CINNAMON	SLICE	76	28	129	0.33	0.89	33	33	0	2.64	12.89	1.49	0.33	0
GRAHAM BEARS, CHOCOLATE	1 EACH	120	0	85	2	1.08	100	0	0	2	20	4	0	0
GRAHAM CRACKERS 3/PKG	1 EACH	90	0	100	0	0.72	100	0	0	1	16	2.5	0.5	0
LITTLE SMOKIES	3 LINKS	93	16	321	0	0.17	0	0	0	3.26	0.93	8.38	2.79	0
MINI LOAF-WW APPLE/CINN	1 EACH	180	10	180	2	0	0	0	0	3	29	6	1	0
MINI LOAF-WW BANANA	1 EACH	180	10	170	2.00	0.00	0.00	0	0	3	30	6	1	0
MINI LOAF-WW BLUEBERRY	1 EACH	170	10	180	2	0	0	0	0	3	29	6	1	0
MUFFIN, BANANA	1 EACH	251	32	247	0.5	5.97	86	38	0.09	3.33	41.82	7.77	0.75	0
MUFFIN, BLUEBERRY	1 EACH	233	29	229	0.66	2.09	81	38	0.2	3.13	38.82	7.28	0.7	0
PAN DULCE	1 EACH	252	11	216	1.46	0	1.8	355	0.16	5.25	37.45	9.28	2.35	0
PANCAKE, WHOLE GRAIN	1 EACH	95	8	198	1.24	0.59	24.7	41	0	2.89	15.67	2.47	0.41	0
SANDWICH PB&J UNCRUSTABLE- BKF	1 EACH	318	0	318	2.98	1.43	19.8	0	0	9.92	32.74	15.88	3.47	0
SAUSAGE ON A STICK	1 EACH	239	23	402	0.6	1.9	14.3	10	0	8.4	24.01	12.21	3.1	0.4
SAUSAGE PATTY-PORK	1 EACH	78	24	235	0	0.38	8.8	13	0.07	7.4	0.5	5	1.7	0
SAUSAGE ROLL, MORNING	1 EACH	160	15	380	1	1.08	40	0	2.4	6	18	8	2.5	0
STRING CHEESE	1 EACH	80	15	210	0	0	200	200	0	7	0	6	3.5	0
SWEET POTATO BREAD	1 PIECE	158	23	184	0.55	0.72	9.4	872	0.51	1.94	23.3	6.52	1.08	0
TACO POCKET, BKF TURKEY	1 EACH	250	25	340	4	2.7	60	200	1.2	14	32	8	2	0
WAFFLE, WHOLE WHEAT	1 EACH	110	2	240	2	0.9	30	0	0	3	16.5	4	0.5	0
YOGURT, RASPBERRY RAINBOW	1 EACH	90	5	50	0	0	100.4	502	0	4.01	17.06	0.5	0	0
YOGURT, STRAWBERRY/BANANA	1 EACH	90	5	50	0	0	100.4	502	0	4.01	17.06	0.5	0	0
YOGURT, WATERMELON BURST	1 EACH	90	5	50	0	0	100.4	502	0	4.01	17.06	0.5	0	0
<b>Lunch Entrées</b>														
BAGELDOG, CHICKEN	1 EACH	452	82	860	5.00	3.80	208.00	25	1.2	22	63	14	1	0
BREAKFAST FOR LUNCH	1 EACH	376	53	950	4	2.56	77.6	26	0.14	20.8	34	18	4.4	0
BURRITO, BEAN & CHEESE	1 EACH	340	15	650	6	3.6	150	300	2.40	13	46	9	3.5	0
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
CHICKEN DRUMMIES	4 EACH	230	40	840	2	1.8	20	0	0	15	18	11	2.5	0
CHICKEN DRUMSTICK, BBQ	1 EACH	170	65	830	0	0.36	0	0	0.00	12	7	11.00	2.5	0
CHICKEN NUGGETS, FINGERS	5 EACH	220	45	650	1	1.8	20	100	0	14	12	12	2.5	0
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
CORN DOG, TURKEY W-GRAIN	1 EACH	279	37	715	1.5	1.81	67.2	0	0	9.63	24.08	15.65	4.52	0
CORNDOGS, MINI-TURKEY	6 EACH	285	53	675	1.5	2.16	135	375	3.6	10.5	31.5	15	4.5	0
EASY CHEESY BEAN DIP	SERVING	341	32	1107	5.47	3.05	358	400	1.08	13.37	33.8	16.62	7.67	0
EGGROLL, TURKEY & VEGETABLE	1 EACH	240	12	600	2	2.7	40	500	4.8	13	25	10	2.5	0
GRILLED CHEESE SANDWICH-WW	1 EACH	371	30	1149	3.98	1.86	387.6	611	0	21.23	48.9	11.71	6.83	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
HOT DOG- CHICKEN- WW BUN	1 EACH	245	30	803	2.42	1.44	155.9	302	1.2	13.03	27.72	9.13	2.51	0.02
MACARONI & CHEESE	#8 SCOOP	290	30	980	1	1.08	400	750	0	16	32	11	6	0
MEATLOAF W/CATSUP	1 EACH	206	36	549	0.94	1.42	22.3	300	2.64	11	8.2	14.4	5.9	0
MINI BURGERS-WW BUNS	2 EACH	305	37	600	2.79	3.1	65.9	29	0.48	19.9	33.5	10.17	3.56	0.02
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, FRENCH BREAD CHEESE	1 EACH	320	35	650	1	1.8	400	750	4.8	19	31	13	8	0
PIZZA, BAGEL, CHEESE	1 EACH	349	30	705	1.48	2.75	431	715	7.04	22.15	39.34	11.25	5.99	0
PIZZA, BAGEL,PEPPERONI	1 EACH	361	22	894	1.5	2.86	172	385	7.49	20.78	42.1	12.22	5.84	0
PIZZA, FRENCH BREAD PEPP	1 EACH	336	36	561	1.02	2.75	356.7	510	4.89	19.37	30.58	15.29	8.15	0
QUESADILLA, CHEESE	1 EACH	358	39	760	2.99	1.93	314.7	310	0	19.78	32.65	18.2	9.11	0
RAVIOLI- BEEF	1/2 CUP	125	16	347	2.71	1.46	10.8	108	0	8.12	14.62	3.79	1.62	0
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
RIB B QUE- BBQ-BEEF	1 EACH	212	35	621	1.44	1.97	32.5	181	1.28	12.9	11.5	12.8	5.2	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
SPAGHETTI	1/2 CUP	198	40	399	1.63	2.58	28.4	461	7.93	15.41	16.49	7.69	2.76	0.48
TACO POCKET, TURKEY	1 EACH	309	30	419	4.99	3.59	79.9	200	1.2	17.97	39.93	9.98	2.5	0
TACO TREAT	1 EACH	269	57	431	2.89	2.09	123.3	521	4.04	18.7	13.24	15.2	5.81	0.51
TACO TRIANGLES	3 EACH	250	10	630	2	2.7	200	100	0	15	28	9	2.5	0
TERIYAKI DIPPERS-BEEF	4 EACH	179	41	503	1.04	2.17	27.8	50	0.03	16.4	6.8	9.5	3.8	0
TOASTY DOG- BEEF &L/F CHEESE	1 EACH	255	37	805	2	1.44	130	250	0	12.5	17	14	5.75	0
TOSTADA W/BEANS & CHEESE	SERVING	180	16	418	3.86	0.76	115.7	142	0.81	7.06	17.28	8.91	3.5	0
TURKEY AND GRAVY	#8 SERVIN	177	42	869	0.32	1.7	12.7	116	0.33	18.07	8.65	7.32	2.03	0.44
<b>Extras</b>														
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
SYRUP, MAPLE : PACKET	1 EACH	119	0	30	0	0	0	0	0	0	29.67	0	0	0
<b>Grains</b>														
BIRTHDAY CAKE, CHOCOLATE	PORTION	174	0	277	0.83	0.94	5	0	0	1.93	29.1	5.65	0.89	0
BISCUIT	1 EACH	180	0	590	1	1.8	150	0	0	4	28	6	1.5	0

	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
CHEESE BREAD STICK	1 EACH	160	18	305	0.5	1.15	180.5	200	0	9	16.5	7	3	0
COOKIE, HOLIDAY	1 EACH	140	5	82	0.3	0.54	2.7	83	0.07	1.54	20.03	6.6	2.33	0
COOKIE, PEANUT BUTTER	1 EACH	114	9	137	0.17	0.45	13.4	10	0	2.42	13.58	5.63	1.05	0
COOKIE, SCHOOL, LOW FAT	1 EACH	134	13	126	0.48	0.68	7.8	14	0	1.6	21.96	4.6	1.28	0
COOKIES, ECO SNACKERS	PACKAGE	123	0	83	1.74	0.59	3.6	7	0.03	2.01	17.96	4.75	0.92	0
COOKIES, MINI CHOCOLATE CHIP	PACKAGE	130	0	80	0	0.72	0	0	0	1	20	5	1.5	0
COOKIES, MINI SNICKERDOODLE	PACKAGE	116	0	61	1.66	0.56	1.5	1	0.03	1.81	17.92	4.48	0.86	0
CRACKERS, GOLDFISH	1 EACH	100	5	180	1	0.36	20	0	0	2	14	3.5	1	0
DINNER ROLL, WHOLE WHEAT	1 EACH	143	0	281	1.85	1.47	135.3	0	0	4.19	26.96	2.18	0.48	0.02
GRAHAM BEARS, CHOCOLATE	1 EACH	120	0	85	2	1.08	100	0	0	2	20	4	0	0
GRAHAM BEARS, CINNAMON	1 EACH	130	0	120	1	1.08	100	0	0	2	21	4	0	0
GRAHAM BEARS, HONEY	1 EACH	130	0	100	1	1.08	100	0	0	2	20	4	0	0
GRAHAM CRACKERS 3/PKG	1 EACH	90	0	100	0	0.72	100	0	0	1	16	2.5	0.5	0
GRAHAMS, SCOOPY DO	PKG	130	0	75	0	0.72	100	0	0	2	20	4	0.5	0
GRAVY, HOMEMADE	1 OZ LADL	34	0	188	0.1	0.18	3.4	107	0.03	0.44	2.46	2.46	0.46	0
PEANUT BUTTER CRUNCH	PORTION	287	0	243	2.82	0.69	20.5	169	0	7.04	26.93	18.49	4.22	0.84
PRETZELS MINI	1 EACH	110	0	250	1	0.36	0	0	0	3	25	0	0	0
RICE, STEAMED, WHITE	1/4 CUP	126	0	96	0.29	1.46	4	0	0	2.32	27.81	0.2	0.06	0
SUNFLOWER KERNELS	1 EACH	160	0	85	1.5	1.8	0	0	0	6	8	12	1.5	0
SWEET POTATO BREAD	1 PIECE	158	23	184	0.55	0.72	9.4	872	0.51	1.94	23.3	6.52	1.08	0
<b>Fruits and Vegetables</b>														
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	1/4 CUP	42	0	1	0.74	0.07	1.8	4	1.05	0.1	10.76	0.1	0.02	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
BROCCOLI,FRESH,RAW	1/4 CUP	6	0	6	0.46	0.13	8.3	111	15.83	0.5	1.18	0.07	0.01	0
CARROT COINS	1/4 CUP	13	0	21	0.85	0.09	10.1	5127	1.8	0.28	2.92	0.07	0.01	0
CARROT STICKS	1/4 CUP	18	0	30	1.23	0.13	14.5	7387	2.59	0.41	4.21	0.11	0.02	0
CARROTS, SLICED (CN)	1/4 CUP	9	0	88	0.55	0.23	9.1	4077	0.99	0.23	2.02	0.07	0.01	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
CAULIFLOWER,raw: fresh	1/4 CUP	6	0	8	0.63	0.11	5.5	3	11.6	0.5	1.33	0.03	0	0
CELERY STICKS	1/4 CUP	5	0	25	0.5	0.06	12.4	139	0.96	0.21	0.92	0.05	0.01	0
CORN (CN)	1/4 CUP	33	0	122	0.78	0.3	2.1	18	0.29	1.08	7.71	0.38	0.07	0
CRANBERRIES, WHOLE, SLICED DRI	1/4 CUP	97	0	0	1	0.2	0	0	0	0	24	0	0	0
CUCUMBER,SLICES	1/4 CUP	4	0	1	0.13	0.07	4.2	27	0.73	0.17	0.94	0.03	0.01	0
FRUIT,MIXED	1/4 CUP	36	0	4	0.7	0.2	3.8	66	1.2	0.3	9.4	0	0	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
JICAMA	1/2 CUP	25	0	0	3	0.36	0	0	12	0	5	0	0	0
JUICE, APPLE	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, ORANGE	1/2 CUP	55	0	1	0.25	0.21	12.5	97	40.96	1	12.69	0.16	0.02	0
JUICE, PINEAPPLE/ORANGE JUICE	1/2 CUP	62	0	4	0.31	0.26	14.4	112	46.11	0.65	14.9	0.17	0.02	0
KIWI FRUIT	1 EACH	46	0	2	2.28	0.24	25.8	66	70.45	0.87	11.14	0.4	0.02	0
MELON CHUNKS	1/4 CUP	29	0	14	0.7	0.16	6.2	1374	22.33	0.57	7.13	0.14	0.04	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)	1/4 CUP	33	0	1	0.5	0.25	8.8	24	4.73	0.23	8.47	0.08	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
POTATO WEDGES, FROZEN USDA	1/4 CUP	34	0	4	0.8	0.4	7	0	4.9	1.14	7.98	0	0	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
WHIPPED POTATOES	1/4 C	19	0	72	0.11	1.72	31	1286	0.28	0.29	1.36	1.42	0.34	0.31
<b>Beverages</b>														
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