

Glendale Unified School District :: Elementary School Nutrient Values Rev. 10/10

Recipes	Portion Size	Calories	Cholesterol	Sodium	Dietary Fiber	Iron	Calcium	Vitamin A	Vitamin C	Protein	Carbohydrate	Total Fat	Saturated Fat	Trans Fat
Apple, Fuji Small	1 each	50	0	0	2.3	0.15	6	45	4.85	0.16	12.97	0.31	0.05	N/A
Apple, Gala Small	1 each	50	0	0	2.3	0.15	6	45	4.85	0.16	12.97	0.31	0.05	N/A
Apple, red Small	1 each	63	0	0	2.86	0.19	7.4	56	6.04	0.2	16.16	0.38	0.06	N/A
Apples, fresh, with skin	1 each	55	0	1	2.54	0.13	6.4	57	4.88	0.28	14.64	0.18	0.02	N/A
Applesauce	2 oz	24	0	1	0.62	0.13	2.3	16	12.02	0.1	6.39	0.06	0	N/A
Apricots: canned,light syrup	1/4 cup	40	0	3	1.01	0.25	7	836	1.71	0.34	10.43	0.03	0	N/A
Bagel 2 oz with 1/2 oz cream cheese	1 ea	198	16	366	1	1.85	13.9	190	0	6.84	30.58	5.35	2.73	N/A
Bagel, Dog Wrapped Cheese Puppy	Serving	290	35	560	0	4.5	150	0	0	11	28	15	4.5	0
Banana	1 each	90	0	1	2.63	0.26	5.1	65	8.79	1.1	23.07	0.33	0.11	N/A
Banana, petite	1 each	93	0	1	2.42	0.31	6.1	82	9.19	1.04	23.66	0.48	0.19	N/A
Beans, Baked	1/4 cup	60	0	196	2.37	0.73	21	84	0.56	2.76	13.77	0.21	0.04	0
Beans, Green - frozen	1/4 cup	9	0	3	1.01	0.3	16.5	135	1.38	0.5	2.18	0.06	0.01	N/A
Beans, Vegetarian	1/4 cup	53	0	195	2.32	0.67	19.2	61	0	2.69	11.99	0.21	0.04	0
Beans,Kidney	Serving	24	0	97	1.81	0.36	6.8	0	0.31	1.49	4.42	0.1	0.01	N/A
Beverage, Juice, Apple	1 each	55	0	15	0	0	500	*N/A*	0	2	15	0	0	N/A
Beverage, Juice, Orange	1 each	55	0	14	0	0	10	100	30	2	14	0	0	N/A
Beverage, Juice, Wildberry	1 each	60	0	15	0	0	0	*N/A*	30	0	14.5	0	0	N/A
Bowl, Beef Dunkers, Teriyaki Elem	1 each	567	120	1260	3.54	5.56	119.1	2040	21.03	47.61	30.99	28.4	11.28	0
Bowl, Orange Flavored Chicken	1 each	138	32	166	1.54	0.85	28.2	1898	22.12	4.38	19.77	2.67	0.53	0
Breadstick, Cheesey	1 each	123	5	153	2.04	1.02	84.8	34	0	4.09	20.44	2.04	1.02	N/A
Breakfast Pizza	1 ea	227	14	628	1.1	1.75	139.7	281	0.42	N/A	22.51	11.15	3.37	N/A
Breakfast Pizza Bagel	1 each	192	15	383	0.9	1.59	217	365	3.8	11.65	23.16	5.71	3.01	N/A
Breakfast Wrap	1 ea	190	190	490	0	1.48	98	365	2	9.99	16	9.99	4	N/A
Burrito, Bean and Cheese, Butcher Bc	each	392	17	734	6.47	4.17	186.1	524	4.03	16.01	55.84	11.6	4.79	0
Burrito, Breakfast -Elementary	1 each	192	240	330	0.11	2.24	105.3	281	0	10.05	18.95	8.47	2.46	N/A
Canadian Bacon & Egg with Cheese M	1 ea	247	120	596	1.46	2.89	234	314	0.88	12.26	29.68	8.77	4.16	0
Carrot Coins	1/4 cup	13	0	11	0.91	0.15	8.2	8579	2.84	0.31	3.09	0.06	0.01	N/A
Carrot Sticks	1/4 cup	5	0	4	0.33	0.05	3	3090	1.02	0.11	1.11	0.02	0	N/A
Carrots, baby, peeled	1/4 cup	13	0	28	0.65	0.32	11.6	5014	3.05	0.23	3	0.05	0.01	N/A
Catsup	1 oz	0	N/A	2	N/A	N/A	N/A	3	N/A	N/A	0.04	N/A	N/A	N/A
Celery Sticks	1/4 cup	6	0	30	0.59	0.07	14.9	167	1.15	0.26	1.1	0.06	0.02	N/A
Cereal, Kellogg's Apple Jacks	1 each	70	0	80	0	1.8	0	200	6	1	16	0	0	N/A
Cereal, Kellogg's Corn Flakes	1 each	80	0	150	1	5.4	0	300	3.6	1	18	0	0	N/A
Cereal, Kellogg's Frosted Fla	1 each	110	0	135	0	3.6	0	400	4.8	1	26	0	0	N/A

Recipes	Portion Size	Calories	Cholesterol	Sodium	Dietary Fiber	Iron	Calcium	Vitamin A	Vitamin C	Protein	Carbohydrate	Total Fat	Saturated Fat	Trans Fat
Cereal, Kellogg's Fruit Loops	1 each	80	0	95	0	2.7	0	380	9	1	18	0.5	0	N/A
Cereal, Kellogg's Nut&Honey Cr	1 each	120	0	210	1	1.8	0	500	6	2	26	1	0	N/A
Cereal, Kellogg's Rice Krispie	1 each	70	0	170	0	0.72	0	200	2.4	1	16	0	0	N/A
Cereal, Kellogg's Special K	1 each	70	0	130	0	4.5	0	400	12	4	13	0	0	N/A
Chalupa, Bean and Cheese	1 ea	233	15	677	3.17	1.48	251.8	389	0.29	12.43	20.94	8.91	2.08	N/A
Cheese Pizza Pockets	each	171	5	384	2	1	239.7	0	0	8.02	20.06	7.02	3.01	N/A
Cheeseburger on a Bun	1 each	350	62	501	1.16	2.84	144.6	169	0.04	19.88	22.34	19.4	8.38	N/A
Chicken Nuggets, whole grain	2 each	80	8	196	1.2	0.72	16	N/A	N/A	5.6	6	3.6	0.6	0
Chicken Patty on a Bun	1 each	434	40	1000	3.29	3.56	120.8	100	0	22.51	51.89	17.11	3.5	0
Chicken, Breaded Oven Baked	1 each	162	49	164	0	0.8	12	80	0	13	5	10	3	N/A
Chow mein veggie, mini egg rolls, Veg	servings	192	0	140	0.61	2.22	9.2	1188	6.69	6.14	36.7	4	0.15	N/A
Cookie, Jack o Lantern	1 each	86	0	59	1.19	0.38	3	6	0.01	1.43	12.43	3.33	0.64	0
Corn Cobbettes	1 Each	80	0	10	0.99	0.07	0	0	2.01	2.99	17.99	0.99	0	N/A
Corn Dog, turkey - Don Lee	1 Each	218	52	783	0.9	1.5	66	99	0	8.3	26.8	10.2	2.8	0.1
Corn Salsa	2 OZ	32	0	27	0.96	0.31	1.8	107	1.53	1.02	7.47	0.26	0.04	N/A
Corn: frozen, yellow	1/4 cup	33	0	0	0.98	0.19	1.2	82	1.44	1.05	7.91	0.27	0.04	N/A
Cranberries, dried	1/4 cup	24	0	0	0.25	0.05	0	0	0	0	6	0	0	N/A
Cucumber Slices	1/4 cup	4	0	1	0.21	0.07	4.2	21	0.95	0.18	0.64	0.05	0	N/A
Dressing, 1000 Island	1 fl oz	105	17	235	0.08	0.11	4	26	0.18	0.36	4.49	9.54	1.49	N/A
Dressing, Caesar	1 fl oz	150	1	306	0.02	N/A	N/A	N/A	N/A	0.34	0.88	16.36	2.49	N/A
Dressing, Fat Free Italian	1 fl oz	14	0	320	0.2	N/A	N/A	N/A	N/A	0.28	2.49	0.24	0.08	N/A
Dressing, Lite Ranch, No MSG	1 fl oz	76	0	321	0	0	18.9	0	0	0.94	1.89	6.61	0.94	0
Egg Extravanza with Turkey bacon &	1 serving	90	143	255	0	0.45	44.2	281	0	6	1.5	6.75	2.25	N/A
Egg Patty and Sausage patty	Serving	150	127	273	0	0.65	23	167	0	8.13	1.16	12.33	4.15	N/A
Egg, hard boiled	1 each	78	212	62	0	0.6	25	260	0	6.29	0.56	5.31	1.63	N/A
Fish Sliders	Serving	356	40	310	3.61	1.9	20	0	0	17.04	64.79	2.76	0.35	0
Flauta, Chili Bean and Cheese	1 Each	160	7	284	3.16	1.73	83.1	153	0.46	7.41	20.61	5.69	1.74	0
French fries: oven baked	2 oz	113	0	151	1.81	0.7	4.5	0	5.73	1.8	17.68	4.29	0.71	N/A
Fruit cocktail:canned,light syrup	2 OZ	32	0	3	0.85	0.16	4	181	1.07	0.27	8.4	0.06	0.01	N/A
Gelatin, fruited	1/4 cup	18	0	6	0.27	0.08	2.3	55	0.51	0.17	4.69	0.02	0	N/A
Grapes, fresh	1/2 cup	31	0	1	0.46	0.13	6.4	46	1.84	0.29	7.89	0.16	0.05	N/A
Grapes, red, Lunch Bunch	1/4 cup	15	0	0	0.23	0.07	3.2	23	0.92	0.14	3.94	0.08	0.03	N/A
Ham and Eggs Muffin	1 Ea	178	103	331	1.46	2.77	114.3	154	0.88	8.39	28.04	3.48	1.03	0
Hamburger on a Bun	1 each	296	49	286	1.16	2.78	66.2	0	0.04	17.18	21.63	15	5.68	N/A
Jack O Lantern Smash	serving	5	0	3	0.36	0.07	3.7	105	0	0.17	1.08	0.11	0.02	0
Jicama Sticks	1/4 cup	14	0	2	1.84	N/A	N/A	N/A	N/A	0.27	3.3	0.03	0.01	N/A
Juice, 4 oz, assorted	servings	57	0	15	0	0	170	33	20	1.33	14.5	0	0	N/A
Ketchup	1 fl oz	25	N/A	317	N/A	N/A	N/A	500	N/A	N/A	6.67	N/A	N/A	N/A
Ketchup, packet	packet	10	0	102	0.1	0.18	0	0	0	0.14	2.46	0.06	0.02	N/A

Recipes	Portion Size	Calories	Cholesterol	Sodium	Dietary Fiber	Iron	Calcium	Vitamin A	Vitamin C	Protein	Carbohydrate	Total Fat	Saturated Fat	Trans Fat
Lettuce & Pickle	1 each	5	0	181	0.46	0.18	5.2	94	1.07	0.3	1.01	0.07	0.01	N/A
Lettuce, Shredded	1/4 cup	2	0	1	0.19	0.07	2.6	23	0.54	0.14	0.29	0.02	0	N/A
Macaroni and Cheese, Reduced Fat	#6 scoop	290	30	1030	1	1.08	400	750	0	16	33	11	7	0
Max Wrap, chili cheese	1 each	300	10	670	4	2.7	200	100	0	16	36	11	3	0
Milk, 1% white	1 each	120	15	150	0	0.36	350	500	2.4	10	14	2.5	1.5	N/A
Milk, 1% white	1 each	120	15	150	0	0.36	350	500	2.4	10	14	2.5	1.5	N/A
Milk, nonfat Chocolate	1 each	130	0	200	0	0.36	250	500	1.2	7	25	0	0	N/A
Milk, nonfat Chocolate	1 each	130	0	200	0	0.36	250	500	1.2	7	25	0	0	N/A
Muffin, Apple Cinnamon Mini	1 each	155	17	30	0.5	0.6	0.1	29	0.1	2	23	4.1	0.5	0
Muffin, Banana mini	1 each	155	17	30	0.5	0.6	0.1	29	0.1	2	23	4.1	0.5	0
Muffin, Blueberry mini	1 each	155	17	30	0.5	0.6	0.1	29	0.1	2	23	4.1	0.5	0
Muffin, Mini Banana	1 each	155	17	30	0.5	0.6	0.1	29	0.1	2	23	4.1	0.5	0
Muffin, Sweet Potato Choc Chip	1 each	271	0	326	0.78	1.45	29.7	4	0.03	3.91	58.07	2.88	0.96	N/A
Mustard	1 fl oz	22	0	376	0.3	0.6	25.2	0	0	1.41	1.92	1.32	0.06	N/A
Mustard	1 oz	21	0	355	0.28	0.57	23.8	0	0	1.33	1.81	1.25	0.06	N/A
Oatmeal, Maple & Brown Sugar	1 each	160	0	270	3	3.6	100	1000	0	4	33	2	0	N/A
Omlette, Colby Cheese Skillet	1 ea	110	195	215	0	0.6	35	405	1.99	8	1	8	3.49	N/A
Orange wedges	Serving	20	0	0	1.01	0.04	16.8	95	22.34	0.39	4.94	0.05	0.01	N/A
Oranges, fresh	1 each	62	0	0	3.14	0.13	52.4	295	69.69	1.23	15.39	0.16	0.01	N/A
Pancake (1) and Sausage (1)	Serving	189	31	351	1	0.78	31.1	46	0	7.43	13.17	11.9	3.73	0
Peaches: canned,light syrup	oz	15	0	1	0	0.09	0.4	47	0.45	0	4.04	0	0	0
Pears, fresh	1 each	82	0	0	3.34	0.35	15.3	28	5.56	0.54	21	0.56	0.03	N/A
Pears, fresh	1 each	81	0	1	4.31	0.24	12.5	32	5.84	0.53	21.49	0.17	0.01	N/A
Pears: canned,light syrup	2 oz	32	0	3	1.53	0.16	3.4	0	0.4	0.13	8.57	0.02	0	N/A
Peas and Carrots	1/4 cup	19	0	28	1.19	0.38	9.5	3324	3.92	1.19	3.9	0.16	0.03	N/A
Peas, frozen	1/4 oz	6	0	5	0.39	0.11	1.7	149	0.7	0.36	1.01	0.02	0	N/A
Pineapple chunks:can,light syrup	1/4 cup	33	0	1	0.5	0.25	8.8	24	4.72	0.23	8.47	0.08	0.01	N/A
Pizza Stick	1 Each	230	20	490	2	2	150	0	0	7	30	8.99	3.49	N/A
Pizza, 7"French Bread, Cheese	1 each	313	31	647	0.16	0.65	441.8	769	7.07	21.21	31.95	11.86	6.19	N/A
Pizza, 7"French Bread,Pepperoni	1 each	367	42	829	0.16	0.83	444.2	769	7.15	23.7	31.95	16.7	7.83	0.18
Pizza, Big Daddy Cheese	slice	400	35	760	3	3.6	350	400	N/A	23	47	13	4.5	0
Pizza, Big Daddy, Pepperoni	Slice	482	52	1033	3	3.87	353.6	400	0.12	26.74	47	20.26	6.95	0.27
Pop Tart - Whole Grain single	1 ea	200	0	160	5	1.8	0	500	0	2	35	5	1.5	N/A
Potato Rounds	1/4 cup	25	0	79	0.51	0	0	0	0	0.34	3.2	1.18	0.17	N/A
Potato Strips, Loaded 2x6	serving	300	5	700	6	2.7	250	200	0	15	40	9	3	0
Rib B Q on a Bun, Beef	1 each	334	42	848	2.48	3.03	14.7	161	0	16.85	40.33	12.19	4.45	N/A
Rice, Brown, oven baked	1/2 cup	37	0	4	0.63	0.14	5.6	0	0	0.87	7.77	0.31	0.06	0
Roll, Squaw	1 each	134	0	229	1.97	1.35	26	0	0	4.74	25.3	1.66	0.33	N/A
Rolls, Hawaiian	1 each	80	0	160	0	1.08	20	0	0	4	18	1	0	0

Recipes	Portion Size	Calories	Cholesterol	Sodium	Dietary Fiber	Iron	Calcium	Vitamin A	Vitamin C	Protein	Carbohydrate	Total Fat	Saturated Fat	Trans Fat
Salad Mix, 3 Way added romaine	1/2 cup	6	0	4	0.55	0.2	8.5	642	3.76	0.38	1.29	0.06	0.01	N/A
Salad, Chef Elem	1 each	168	51	600	1.24	0.94	40.4	1330	9.13	15	4.61	10.56	6.28	0
Salad, Chicken with Spinch & cranber	Serving	139	51	91	0.56	1.12	22.5	1360	3.98	16.73	6.67	4.7	1.24	0
Salad, Chinese Chicken	1 Each	276	1	495	1.71	2.09	35.3	1774	17.69	10.31	20.47	16.65	4.17	0
Salad, Jicama Pineapple	1/4 cup ser	24	0	4	1.46	0.14	4.6	95	2.24	0.3	5.78	0.09	0.01	0
Salad, Taco in edibowl bowl, elem	1 each	321	35	506	6.36	1.91	64.3	237	1.71	15.53	31.12	15.98	4.57	0
Salad, Tuna in Edibowl elem	1 each	264	17	570	3.11	2.18	49.9	1861	12.21	18.17	21.56	11.48	1.92	0
Salad, Turkey Caesar	1 Each	224	25	978	1.21	0.86	59.2	4957	14	12.82	3.99	17.81	3.15	0
Sandwich, Deli Stick	1 each	337	64	1271	1.29	3.99	194.8	197	0	20.82	33.12	13.4	5.23	N/A
Sandwich, Grill. Cheese	1 each	288	20	724	1.23	1.61	80.9	386	0	10.07	31.62	12.94	6.09	N/A
Sandwich, Grill. cheese, 3.25	1 each	288	20	724	1.23	1.61	80.9	386	0	10.07	31.62	12.94	6.09	N/A
Sandwich, Turkey Ham & Cheese Bagel	each	395	56	902	1.25	2.09	446	649	1.94	17.89	27.11	21.67	11.74	N/A
Sandwich, Turkey & Cheese	each	240	40	1290	1	1.8	200	100	0	20	26	6	3.5	N/A
Sandwich, Turkey Ham & Cheese Sub	each	280	60	1120	1	1.44	250	300	0	17	27	12	6	N/A
Sausage & Egg Bagel	1 Ea	273	135	637	1	2.9	24.1	282	0	15.3	31.5	9.6	3.3	N/A
Sausage & Egg Muffin	1 Ea	263	135	565	1.46	3.51	126.5	282	0.88	14.66	28.88	10.15	3.58	0
Sausage link, turkey	1 each	60	31	307	0	0.6	39	0	0	6.74	0.37	3.34	0.82	N/A
Shape Up Assorted, 100% Juice	1 each	135	0	45	0	0	N/A	139	135	0	36	0	0	N/A
Shrimp, Breaded, oven crunchy	4 oz	220	85	300	0	2.7	20	0	0	14	24	7	0.5	N/A
Soup, Chicken Noodle	1 cup	60	10	854	1	0.37	302.4	400	0	3	7	2	0.5	N/A
Spaghetti and Meat Sauce	3/4 CUP	283	46	231	2.98	3.16	49.1	587	16.07	18.8	31.9	8.88	3.31	0
Spaghetti w/ sauce-no meat	#6 scoop	404	0	4817	17.57	7.44	164.6	2735	31.84	10.3	73.52	7.4	1.33	0
Strawberries, Frozen	1/4 CUP	61	0	2	1.21	0.38	7	15	26.39	0.34	16.52	0.08	0	N/A
Syrup, pancake	1 Tbsp	46	0	16	0	0.01	0.6	0	0	0	12.06	0	0	N/A
Taco Sauce, Mild	1 oz	15	0	226	0.37	0.29	4.3	152	6.66	0.33	3.71	0.09	0.01	N/A
Taco Sauce, Milk	.5 oz	8	0	113	0.18	0.15	2.1	76	3.33	0.16	1.85	0.05	0.01	N/A
Taco, Beef - Elemen 2 each	#30 scoop	123	16	171	1.17	1.28	17.5	245	0.43	5.4	9.97	6.44	1.15	0
Tangerine, fresh	1 each	31	0	1	1.61	0.07	9.8	644	21.56	0.44	7.83	0.13	0.02	N/A
Vegetables, Mixed	1/4 cup	20	0	17	1.07	0.28	9.3	1372	2.71	0.91	4.17	0.15	0.02	N/A
Waffle stick (1) Turkey Sausage Link (Serving	131	31	499	0	1.2	63.7	2	0	8.75	14.46	4.34	0.82	N/A
Waffle Stix (2), Sausages, Turkey (2)	Serving	365	48	764	0	1.8	71.6	31	0	14.22	29.17	21.81	6.8	N/A
Yogurt, 4 oz, Trix	1 each	120	5	55	0	0	100	500	0	4	23	1.5	1	N/A
Yogurt, 8 oz, assorted, lofat	1 each	232	9	132	0	0.16	345	82	1.59	9.92	43.24	2.45	1.58	N/A
Yogurt, fruit, lofat, 4 oz	1 each	113	5	60	0	0.07	156.8	56	0.68	4.51	21.14	1.3	0.84	N/A
Yogurt, lofat, 4 oz assorted	1 each	116	5	58	0	0.03	128.4	278	0.34	4.26	22.07	1.4	0.92	N/A
Zucchini slices	1/4 cup	5	0	3	0.36	0.11	4.9	65	5.52	0.39	1.09	0.06	0.01	N/A