

Glendale Unified School District :: Middle 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, small red		63	0	0	2.86	0.19	7.42	11	6.04	0.2	16.16	0.38	0.06	
Apricots, Fresh		34	0	1	1.4	0.27	9.1	183	7	0.98	7.78	0.27	0.01	
Bagels, sliced, assorted		254	0	264	2	1.9	14.99	0	0	8	52.5	0.75	0.3	
Banana		93	0	1	2.42	0.31	6.06	8	9.19	1.04	23.66	0.48	0.19	
BBQ Chicken Salad		340	80	417	3.93	1.07	21.21	459	1.77	22.8	15.17	21.26	3.84	
Bean & Cheese Burrito		360	25	990	4.2	2.9	257	387	15	15	45	14	6	
Beef, Bean, Red Chili Burrito		250	15	542	2	3.1	42	641	1	10	33	8	2.13	
Breakfast Pizza, Sausage		227	14	626	1.09	1.74	139.24	280	0.42	9.38	22.43	11.12	3.36	
Canadian Bacon & cheese muffin		291	149	865	1.89	979.68	1030.76	535	0.35	15.59	29.68	12.51	5.89	
Catsup		28	0	315	0.26	0.14	5.1	29	4.28	0.49	7.31	0.14	0.02	
Cereal Mix, Apple Jacks		65	0	76	0.51	2.28	0.5	50	7.5	0.51	15.06	0.01	0	
Cereal Mix, Frosted Flakes		110	0	175	1	6.3	0	100	6	1.5	25.98	0	0	
Cereal, Cheerios Mix		121	0	212	2.03	4.58	101	101	6.06	3.03	23.22	1.52	0	
Cereal, Kellogg's Apple Jacks		70	0	80	0	1.8	0	40	6	1	16	0	0	
Cereal, Kellogg's Corn Flakes		80	0	150	1	5.4	0	60	3.6	1	18	0	0	
Cereal, Kellogg's Frosted Flakes		110	0	135	0	3.6	0	80	4.8	1	26	0	0	
Cereal, Kellogg's Fruit Loops		80	0	95	0	2.7	0	76	9	1	18	0.5	0	
Cereal, Kellogg's Nut & Honey Cheerios		120	0	210	1	1.8	0	100	6	2	26	1	0	
Cereal, Kellogg's Rice Krispies		70	0	170	0	0.72	0	40	2.4	1	16	0	0	
Cereal, Kellogg's Special K		70	0	130	0	4.5	0	80	12	4	13	0	0	
Cereal, Lucky Charms Mix		61	0	101	0.51	2.29	50.5	50	3.03	1.02	12.61	0.51	0	
Chalupa, Beef		282	47	1270	2	5	384	1177	8	23	12	16	7	
Cheeseburger		470	80	1325	3.34	4.32	209.75	260	0.56	32.37	31.43	24.29	10.35	
Chef Salad		208	45	601	2.01	0.97	240.06	2866	13.65	12.12	10.15	12.7	5.72	
Chicken Nuggets		237	39	641	0.99	1.42	19.71	99	0	13.8	14.78	13.8	2.96	
Chicken Patty on a Bun		384	40	923	2.24	2.91	96.5	0	0	18.13	40.9	16.47	3.56	
Chicken Salad Sandwich		398	65	458	2.51	2.71	39.55	55	1.3	22.38	33.9	19.35	3.57	
Chicken, Breaded Oven Baked		162	49	164	0	0.8	12	0	0	13	5	10	3	
Chili Dog, Weinerschnitzel		290	30	1000	1	2	50	140	2	11	31	13	4	
Chinese Chicken Salad		204	10	251	2.46	2	37.46	2801	26.21	7.97	28.47	7.21	1.78	
Churro		130	10	115	1	0	0	0	0	2	13	8	2	
Cinnamon Texas Toast		310	0	520	0	0.68	100	0	0	6	47	11	2	

Recipes	Portion Size	Calories	Cholesterol	Sodium	Dietary Fiber	Iron	Calcium	Vitamin A	Vitamin C	Protein	Carbohydrate	Total Fat	Saturated Fat	Trans Fat
Cobb Salad		347	186	1241	7.21	3.58	159.72	3590	36.39	23.4	15.13	23.06	6.79	
Coke		110	N/A	10	N/A	N/A	N/A	N/A	N/A	0	28	0	N/A	
Coke		150	N/A	15	N/A	N/A	N/A	N/A	N/A	0	38	0	N/A	
Coke		210	N/A	20	N/A	N/A	N/A	N/A	N/A	0	55	0	N/A	
Coke		300	N/A	30	N/A	N/A	N/A	N/A	N/A	0	82	0	N/A	
Diet Coke		1	N/A	15	N/A	N/A	N/A	N/A	N/A	0	0	0	N/A	
Diet Coke		1	N/A	20	N/A	N/A	N/A	N/A	N/A	0	0	0	N/A	
Diet Coke		2	N/A	25	N/A	N/A	N/A	N/A	N/A	0	0.5	0	N/A	
Diet Coke		3	N/A	35	N/A	N/A	N/A	N/A	N/A	0	0.5	0	N/A	
Dressing, 1000 Island, 1 oz		105	17	235	0.08	0.11	4.04	26	0.18	0.36	4.49	9.54	1.49	
Dressing, Ranch, 1 oz		177	0	319	0	0.07	5.33	0	0.04	0.12	1.24	19.5	2.82	
Dressing, salad Fat Free Italian, 1 oz		111	0	397	0.13	0.09	3.66	21	0.29	0.06	2.54	11.23	1.68	
Dressing, Sesame Oriental, 1 oz		110	0	240	0	0	0	0	0	0	3	10	2.5	
Egg & cheese muffin		267	135	646	1.89	979.48	1029.26	529	0	12.28	29.24	11.46	5.59	
Egg Salad Entree Salad		261	429	255	3.92	1.46	63.46	1002	1.61	15.3	8.87	18.49	4.15	
Egg Salad Sandwich		398	430	519	2.58	3.3	85.61	612	1.43	18.72	34.82	20.48	4.58	
Empanada, Apple		255	0	250	0.54	1.7	42	0	1.45	4.48	45.22	6.85	2.3	
Empanada, Blueberry		255	0	253	0.98	1.7	43	0	4.74	4.67	44.97	6.88	2.3	
Entree Chicken Salad		312	80	233	3.93	1.07	21.21	459	1.77	22.8	8.28	21.26	3.84	
French Toast Sticks		210	15	280	0	0	0	0	0	4	32	8	1	
Fresh Grapes		31	0	1	0.46	0.13	6.44	9	1.84	0.29	7.89	0.16	0.05	
Fresh Orange		62	0	0	3.14	0.13	52.4	54	69.69	1.23	15.39	0.16	0.02	
Fresh Pear		81	0	1	4.31	0.24	12.51	3	5.84	0.53	21.49	0.17	0.01	
Fresh Tangerine		31	0	1	1.61	0.07	9.8	64	21.56	0.44	7.83	0.13	0.02	
Funnel Cake		290	30	360	1	0	0	0	0	5	44	10	2.5	
Garden Salad		233	146	356	3.87	0.54	216.58	699	4.32	12.12	13.2	14.39	7.33	
Grilled Cheese Sandwich		369	40	1157	1.17	1.53	91.21	0	0	15.25	32.95	18.89	10.66	
Grilled Cheese Sandwich		369	40	1157	1.17	1.53	91.21	0	0	15.25	32.95	18.89	10.66	
Ham & Cheese Submarine Sandiwch		426	100	2061	1.06	3.46	269.59	369	1.92	28.65	38.48	16.97	7.61	
Ham Submarine Sandwich		319	74	1632	1.06	3.35	112.82	31	1.92	23.27	37.06	8.18	2.22	
Hamburger		417	67	1123	3.34	4.27	122.5	89	0.56	29.23	31.2	19.86	7.56	
Hot Dog on a Bun		253	25	774	0.61	1.92	139	0	0	10.56	21.3	13.69	3.9	
Juice, Apple, 4 oz		55	0	15	0	0	500	0	0	2	15	0	0	
Juice, Orange juice, 4 oz		55	0	14	0	0	10	20	30	2	14	0	0	
Juice, Wildberry, 4 oz		60	0	15	0	0	0	0	30	0	14.5	0	0	
Macaroni and Cheese		524	97	1667	1.22	1.42	555.91	2185	0	25.2	33.94	33.26	19.91	
Meatball Submarine Sandwich		316	48	792	2.36	3.48	125.67	272	1.11	16.21	39.67	9.93	3.41	

Recipes	Portion Size	Calories	Cholesterol	Sodium	Dietary Fiber	Iron	Calcium	Vitamin A	Vitamin C	Protein	Carbohydrate	Total Fat	Saturated Fat	Trans Fat
Milk 1% Fat		120	10	150	0	N/A	N/A	N/A	N/A	10	14	2.5	1.5	
Milk 1% Fat Strawberry Flavor		173	11	110	0	N/A	N/A	N/A	N/A	7	33	2.5	1.5	
Milk Non-Fat Chocolate		140	0	180	0	N/A	N/A	N/A	N/A	8	26	0	0	
Mini pancakes and sausage		272	24	531	2	2.1	71.1	13	0	8.1	26.5	14.9	4.4	
Muffin of the Month		116	30	198	0.71	0.74	31.99	11	0.24	2.98	15.09	4.76	0.81	
Muffin, Apple Cinnamon,1.5 oz		116	30	198	0.71	0.74	31.99	54	0.24	2.98	15.09	4.76	0.81	
Muffin, Blueberry 2.5 oz		271	0	326	0.78	1.45	29.74	0	0.03	3.91	58.07	2.88	0.96	
Muffin, Double Choc Chip 2.5oz		391	91	303	0.79	1.44	28.18	0	0.01	4.6	34.04	27.54	4.33	
Mustard		21	0	355	0.28	0.57	23.81	0	0	1.33	1.81	1.25	0.06	
Orange Chicken Bowl		318	51	346	0.36	2.73	21.92	84	0	14.71	48.27	6.16	1.33	
Pan Dulce, assorted		245	0	230	1	1.3	20	0	0	6.25	38.25	7.75	2	
Peaches, fresh		34	0	0	1.3	0.22	5.22	47	5.74	0.79	8.3	0.22	0.01	
Pickle relish, sweet		18	0	115	0.16	0.12	0.43	26	0.14	0.05	4.97	0.07	0.01	
Pizza Pocket		171	5	384	2	1	239.75	0	0	8.02	20.06	7.02	3.01	
Pizza, Cheese, Dominos		265	13	560	2.12	2.83	134.6	478	4.49	10.95	38.46	7.93	3.45	
Pizza, Cheese, Fresh Bake		350	25	720	5	3.6	300	500	0	23	48	9	4	
Pizza, pepperoni , Dominos		411	37	1030	2.62	3.41	267.79	822	5.09	18.95	43.95	18.45	8.48	
Pizza, Pepperoni, Fresh Bake		360	25	790	5	3.6	250	400	0	23	48	10	4.5	
Pizza, Veggie, Fresh Bake		360	25	730	5	3.6	300	750	2.4	23	49	9	4	
Pork Rib B Q		391	42	897	1.44	3.06	118.4	166	0	17.72	48.43	13.37	4.21	
Roll, white, mini point		83	0	157	0.44	0.84	43.4	0	0	2.32	14.8	1.41	0.32	
Rolls, Hawaiian		103	0	172	0.45	0.96	55.01	0	0	2.79	18.3	1.72	0.42	
Rotini and Meat Sauce		268	46	135	2.29	3.29	48.88	604	16.28	18	29.66	8.64	3.24	
Scrambled eggs and sausage		144	112	223	0	0.62	31.1	145	0	8.3	1.3	11.9	4.2	
Scrambled eggs, sausage, potatoes		270	112	646	1.81	1.5	48.11	154	3.91	10.2	18.58	17.98	7.09	
Spaghetti and Meat Sauce		271	46	208	2.9	3.26	49.14	604	16.28	18.03	30.17	8.7	3.25	
Spicy Chicken Sandwich		383	55	733	3.24	2.91	96.5	750	0	17.13	37.9	17.47	4.06	
Sprite		110	N/A	25	N/A	N/A	N/A	N/A	N/A	0	27	0	N/A	
Sprite		140	N/A	35	N/A	N/A	N/A	N/A	N/A	0	37	0	N/A	
Sprite		210	N/A	50	N/A	N/A	N/A	N/A	N/A	0	53	0	N/A	
Sprite		300	N/A	70	N/A	N/A	N/A	N/A	N/A	0	78	0	N/A	
Strawberries, fresh		22	0	1	1.66	0.27	10.08	2	40.82	0.44	5.05	0.27	0.01	
Syrup, pancake		81	0	24	0	0.03	0.28	0	0	0	21.46	0	0	
Taco Salad		319	35	454	7.19	1.46	97.38	268	2.43	14.52	28.04	17.93	6	
Taco Sauce, Mild		15	0	226	0.37	0.29	4.25	15	6.66	0.33	3.71	0.09	0.01	
Teriyaki Burger		273	30	583	1.74	2.77	101.5	47	0	15.63	31.2	9.46	3.36	
Teriyaki Chicken Bowl		247	50	283	0.36	2.46	16.83	59	2.12	15.28	38.3	2.61	0.65	

Recipes	Portion Size	Calories	Cholesterol	Sodium	Dietary Fiber	Iron	Calcium	Vitamin A	Vitamin C	Protein	Carbohydrate	Total Fat	Saturated Fat	Trans Fat
Trix Yogurt		116	5	58	0	0.03	128.41	278	0.34	4.26	22.07	1.4	0.92	
Tuna Entree Salad		382	41	288	4.72	1.57	45.81	579	7.32	21.94	13.81	27.33	3.1	
Tuna Sandwich		519	41	552	3.38	3.41	67.95	189	7.14	25.36	39.77	29.32	3.53	
Turkey Entree Salad		283	48	626	3.89	1.38	15.07	472	1.66	17.55	9.97	19.7	3.05	
Turkey Sandwich		361	63	937	1.92	3.43	147.22	124	1.1	24.54	38.42	11.35	4.91	
Vegetarian Sandwich		421	53	1240	2.18	2.68	426.39	1240	12.52	17.1	42.35	20.11	11.26	
Veggie Plate		203	30	1000	5.64	1.13	251.78	6494	45.2	9.64	18.77	10.5	7.08	
Waffle Stix		141	0	382	0	1.2	49.43	5	0	4.02	28.17	2.01	0	
Water, bottled		0	0	0	0	0	0	0	0	0	0	0	0	
Watermelon slice		86	0	3	1.14	0.69	20.02	106	23.17	1.74	21.59	0.43	0.03	
Yogurt 8 oz		232	9	132	0	0.16	345.04	104	1.59	9.92	43.24	2.45	1.58	
Yogurt Sundae		222	5	188	0.99	0.8	191.2	44	0.86	6.97	38.82	4.55	1.53	