



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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**Chino Valley Unified School District-Elementary School Nutrient Values Rev. 7/10**

	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>														
Apple Empanada	1 each	317	0	436	1.61	1.8	40	0	0	4.88	57.93	6.98	1.33	0
Apple Studelace	1 each	240	0	120	3	1.44	0	400	0	4	29	13	3	3.5
Assorted Cereal	1 each	93	0	153	1.67	3.6	120	367	4.4	1	20	1.67	0	0
Assorted Yogurt	1 each	120	5	77	0	0	150.5	33	2.41	4.01	23.42	1	0.5	0
Bean & Cheese Burrito	1 each	290	5	610	5	2.7	100	400	1.2	11	44	8	3	0
Breakfast Round	1 each	270	0	240	5.98	2.35	32.8	9	0	4	44	8	3	0
Buttermilk Bar	1 each	300	20	260	2	1.44	200	0	0	4	38	15	3.5	0
Cheese Filled Pretzel	1 each	180	10	170	1	1.8	40	200	0	6	34	3	1.5	0
Cherry Studelace	1 each	230	0	125	3	1.44	0	500	2.4	4	28	13	3	3.5
Cinnamon Glazed Pancakes	pkg/2	220	10	260	2	1.44	100	0	0	4	35	7	1.5	0
Cinnamon Roll	1 each	170	5	190	1	1.44	0	400	0	5	31	3.5	1	0
Cinnamon Toast w syrup	1 each	220	0	300	1	1.44	60	100	0	5	29.06	9	2	0
Funnel Cake	1 each	280	30	360	1	1.8	40	0	0	5	45	9	4	0
Muffin of the Month	1 each	233	58	356	2	0.7	18.5	68	0.01	4.7	35.5	8.4	1.6	0
Pancake & Sausage on a Stick	1 each	206	29	381	0.5	1.1	18	6	0	7.2	22	9.9	3	0
PBJ Sandwich	1 each	320	0	320	3.00	1.44	20.00	0	0	10	33	16	3.5	0
Pepperoni Stuffed Sandwich	1 each	330	30	560	2	1.8	350	400	6	19	27	16	8	0
Pizza Dippers	2 each	340	10	900	1	1	537	407	0	18	29	17	6	0
Pork Sausage Biscuit	1 each	240	25	640	1	1.44	80	0	0	10	24	12	4	2.5
Raspberry Studelace	1 each	260	0	120	3	1.44	0	400	1.2	4	34	13	3	3.5
Sausage & Gravy Pizza	1 each	220	10	550	3	1.44	150	200	0	10	26	9	3	0
Sausage Breakfast Pizza	1 each	190	5	440	3	1.44	150	400	0	8	22	7	1.5	0
Sausage Pizza	1 each	230	15	680	1	1.44	100	100	0	9	26	11	4.5	0
Whole Wheat Breakfast Bar	1 each	250	0	290	5	2.7	80	200	0	6	37	8	2	0
Whole Wheat Pan Dulce	1 each	270	10	190	3	1.8	0	0	0	5	41	10	3	0
<b>Lunch Entrées</b>														
BBQ Rib on Wheat Bun	1 each	377	45	850	3.98	1.29	33.40	153	1.34	17.3	34.6	19.2	6.1	0
Bean & Cheese Burrito	1 each	355	18	587	6.13	4.19	172	350	1.85	16.31	53.63	7.96	4.02	0
Bean & Cheese Tostada	1 each	261	11	653	6	38.09	120.6	76	2.40	10.77	33.01	10.28	4.52	0
Beef Teriyaki Dippers	4 each	169	35	342	0.5	1.4	37	74	0	11.7	10.4	9.1	3.6	0.4
Cheese Pizza	1 each	320	20	620	1	2.7	400	500	0	14	34	12	2.5	0
Cheese Pizza (Wild Mikes)	1 each	350	30	760	3	0.36	400	400	4.80	21	38	13.00	7	0
Cheese Pizza Strip	1 each	290	30	680	2	1.99	412.6	641	2.22	19	35	11	6	0
Chicken Alfredo	servng/8.5	316	55	584	2.12	1.98	83.9	80	0	15.91	34.89	12.88	3.07	0
Chicken Sandwich	1 each	330	55	920	3	1.8	20	100	0	20	36	11.5	2	0
Chicken Stars	3 each	315	53	795	1.5	2.7	30	0	0	21	16.5	18	4.5	0
Chicken Strips	3 each	202	56	688	0	1.82	20.2	101	0	14.16	12.14	10.12	2.02	0
Corn Dog	1 each	270	30	740	1	2.7	80	0	0	10	27	14	4	0
Double Stuff Pizza	1 each	240	20	550	3	2.7	300	400	0	17	28	7	4	0
Grilled Cheese Sandwich	1 each	261	30	1022	0	1.44	451	1253	0	18.04	25.06	10.02	5.01	0
Grilled Cheese Sandwich	1 each	307	30	1168	1.61	1.64	376.9	611	0	19.23	34.95	11.47	6.78	0
Hamburger on Bun	1 each	270	40	530	3	1.44	20	0	1.2	18	26	10.5	3.5	0.5
Hot Dog on Bun	1 each	280	35	820	1	1.44	40	0	0	10	26	16.5	7	0
Max Sticks	pkg/2	310	10	740	3	2.7	250	200	0	15	34	13	4.5	0
Mini Cheeseburgers	pkg/2	428	43	754	2.15	2.1	124.9	157	2.53	23.9	42.1	18.1	7.2	0
Nacho Cheese w Pretzel	1 each	399	53	1027	4.17	2.54	417.6	825	7.21	19.55	40.18	18.52	10.99	0
Orange Chicken	servng	0	0	0	0	0	0	0	0	0	0	0	0	0
Pork Egg Roll	1 each	300	100	670	3	3.6	60	500	4.80	15	27	15.00	4.5	0
Soft Taco	1 each	284	35	535	1.46	2.75	51.2	171	0	13.46	22.54	15.38	5.69	0.31
Spaghetti w Meat Sauce	8 oz	334	59	941	3	4	55	702	21	19	24	18	6.7	1
Taco Pocket	1 each	290	10	530	4	3.6	200	200	0	14	43	8	2.5	0
Taco Salad	1 each	207	54	332	1.03	1.94	71.6	479	1.01	15.7	3.07	14.53	6.33	0.4
Turkey in Gravy	1 each	178	50	834	0.5	0.82	26	100	3	17	12.5	6.5	2	0
<b>Extras</b>														
BBq Sauce	1 oz	60	0	280	0	0	0	200	0	0	15	0	0	0
Ketchup	1 each	10	0	65	0	0	0	0	0	0	3	0	0	0
Mayonnaise, 9 gm	1 each	70	5	45	0	0	0	0	0	0	0	7	1	0
Mustard packet, 5.5 gm	1 each	5	0	85	0	0	0	0	0	0.5	0.5	0	0	0
Ranch Dressing	3/4 fl oz	98	8	82	0.01	0.09	9.4	40	0.08	0.35	0.69	10.6	1.17	0
String Cheese	1 each	80	20	210	0	0	200	200	0	7	1	6	4	0
<b>Grains</b>														
Baked Doritos	1 each	90	0	173	1.5	0.27	30	75	0	1.5	15.75	2.63	0.38	0
Baked Hot Cheetos	1 each	114	0	210	0	0.63	87.5	0	0	2.62	16.63	4.38	0.44	0
Baked Scoops	1 each	105	0	109	1.75	0.32	17.5	0	0	1.75	19.25	2.62	0.44	0
Bread Stick	1 each	110	0	130	0.71	0.33	20.5	1	1.07	2.6	19	2.8	0.1	0
Brownie	1 each	193	1	229	1.15	1.8	10	0	0	3.06	39.55	2.77	1.16	0
Graham Cookies	1 each	112	0	69	0.2	0.94	0	180	0	1.2	18.05	3.41	0.2	0.4
Happy Birthday Cupcake	1 each	135	20	245	0	0	0	0	0	2	28	3.5	1.25	0
Holiday Cookie	1 each	140	5	182	0.31	0	0	0	0	1.54	19	6.6	2.33	0
Kids Snack Mix	1 each	110	0	200	1	1.8	0	500	6	2	18	4	1	0
Pumpkin Cookie	1 each	140	5	182	0.31	0	0	0	0	1.54	19	6.6	2.33	0
Steamed Rice	1/2 c. serv	126	0	96	0.29	1.46	4	0	0	2.32	27.81	0.2	0.06	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	
<b>Fruits and Vegetables</b>															
Applesauce (1/2 c)	1/2 cup	84	0	2	1.48	0.15	3.7	7	2.09	0.2	21.51	0.21	0.04	0	
Applesauce (3/8 c)	3/8 cup	63	0	2	1.11	0.11	2.8	6	1.57	0.15	16.13	0.16	0.03	0	
Baby Carrots	1 each	26	0	57	2.14	0.66	23.6	10164	1.92	0.47	6.07	0.1	0.02	0	
Bag of Apples	1 each	25	0	25	0.99	0	9.9	50	2.98	0	6.96	0	0	0	
Banana	1 each	90	0	1	2.63	0.26	5.1	65	8.79	1.1	23.07	0.33	0.11	0	
Blue Raspberry Icee	1 each	80	0	15	0	0	60	0	60	0	21	0	0	0	
Broccoli Trees (3/8 c)	3/8 cup	20	0	24	1.93	0.39	23.4	906	37.97	1.39	4.2	0.24	0.05	0	
Chilled Peaches (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	0	
Chilled Peaches (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	0	
Chilled Peaches (3/8 c)	3/8 cup	51	0	5	1.22	0.34	2.8	333	2.26	0.42	13.7	0.03	0	0	
Corn (1/4 c)	1/4 cup	33	0	132	0.82	0.35	2.1	0	3.49	1.07	7.62	0.41	0.06	0	
Corn (3/8 c)	3/8 cup	50	0	199	1.23	0.53	3.1	1	5.23	1.61	11.43	0.62	0.09	0	
Diced Pears (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	0	
Diced Pears (1/4 c)	1/4 cup	35	0	3	1	0.17	3.1	0	0.44	0.12	9.44	0.02	0	0	
Diced Pears (3/8 c)	3/8 cup	53	0	5	1.49	0.26	4.7	0	0.65	0.18	14.16	0.03	0	0	
Fresh Fruit Basket	1 each	71	0	1	2.84	0.18	17.5	120	22.24	0.8	18.31	0.23	0.06	0	
Fresh Orange	1/2 each	23	0	0	1.15	0.05	19.2	108	25.54	0.45	5.64	0.06	0.01	0	
Fruit Juice	1 each	57	0	15	0	0	3.3	33	30	0.33	14.67	0	0	0	
Fruit Juice	1 each	57	0	15	0	0	3.3	33	30	0.33	14.67	0	0	0	
Fruit Mix (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	0	
Fruit Mix (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	0	
Fruit Mix (3/8 c)	3/8 cup	52	0	5	0.91	0.26	5.4	186	1.72	0.36	13.55	0.06	0.01	0	
Fruit Snack	1 each	70	0	43	0.83	0	0	0	36	0.07	17.67	0	0	0	
Garden Salad (3/8 c)	3/8 cup	103	8	84	0.26	0.09	14.3	164	0.97	0.6	1.43	10.6	1.17	0	
Green Beans (3/8 c)	3/8 cup	10	0	127	0.96	0.46	13.2	177	2.18	0.61	2.28	0.05	0.01	0	
Mango Sherbet	1 each	120	5	20	0	0	40	0	60	0	26	1.5	1	0	
Mixed Vegetables (3/8 c)	3/8 cup	44	0	24	3	0.56	17.1	2919	2.18	1.95	8.93	0.1	0.02	0	
Peas (1/4 c)	1/4 cup	30	0	127	2.14	0.53	10.1	378	4.2	1.96	4.98	0.27	0.03	0	
Peas (3/8 c)	3/8 cup	45	0	191	3.22	0.8	15.1	568	6.3	2.93	7.47	0.41	0.04	0	
Potato Rounds (3/8 c)	3/8 cup	101	0	161	1.5	0.24	0	0	0.8	1.5	13.5	4.5	1.5	1.5	
Raisins	1 each	126	0	8	2.34	1.17	15.9	4	0.1	1.2	30.76	0.28	0	0	
Salsa	1 fl oz	10	0	122	0.4	0.64	3.4	156	1.13	0.43	1.98	0.06	0.01	0	
Shredded Lettuce (1/2 c)	1/2 cup	5	0	4	0.43	0.15	6.5	181	1.01	0.32	1.07	0.05	0.01	0	
Shredded Lettuce (1/8 c)	1/8 cup	1	0	1	0.11	0.04	1.6	45	0.25	0.08	0.27	0.01	0	0	
Sour Apple Fruit Juice Bar	1 each	60	0	10	3	0	60	500	60	0	15	0	0	0	
Sour Apple Icee	1 each	96	0	15	0	0	0	0	12	0	24.5	0	0	0	
Sour Cherry Icee	1 each	96	0	15	0	0	0	0	12	0	24.5	0	0	0	
Strawberry Cup	1 each	122	0	4	2.4	0.75	14	31	52.8	0.68	33.05	0.17	0.01	0	
Veggie Sticks (3/8 c)	3/8 cup	14	0	38	1.09	0.12	18.7	3981	2.22	0.41	3.03	0.1	0.02	0	
Very Berry Fruit Juice Bar	1 each	50	0	10	3	0	60	500	60	0	14	0	0	0	
Wild Cherry Fruit Juice Bar	1 each	50	0	10	3	0	60	500	60	0	13	0	0	0	
<b>Beverages</b>															
Milk, 1%	half pint	120	10	150	0	0	350	500	2.4	10	14	2.5	1.5	0	
Milk, Chocolate, lowfat	half pint	160	10	180	0	0	250	400	0	8	28	3	1.5	0	
Milk, non-fat chocolate	half pint	120	5	150	0	0	300	500	1.8	8	22	0	0	0	
Milk, Strawberry, 1%	half pint	173	11	110	0	0	250	400	1.2	7.01	33	2.49	1.5	0	
Milk, White, Lowfat, 2%	half pint	130	25	130	0	0	350	500	2.4	10	13	5	3	0	