

# Ocean View School District :: Middle School Nutrient Values Rev. 11.22.11

## Breakfast

Recipes	Portion Size	Calories	Cholesterol	Sodium	Dietary Fiber	Iron	Calcium	Vitamin A	Vitamin C	Protein	Carbohydrate	Total Fat	Saturated Fat	Trans Fat
Breakfast Bean/Cheese Burr	1 Each	262	10	364	3.99	3.11	101	200	1.05	10.99	42.21	5.19	2.39	0
Breakfast Egg Wrap	1 Each	180	190	0	0	1.44	100	400	0	9	14	10	4	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
Buttermilk Breakfast Bar	1 Each	238	25	180	1	1.8	60	100	0	2	36	4.43	0.82	0
CC Mini Pancakes	1 Each	230	15	400	5	2.7	80	*N/A*	*N/A*	4	41	6	1.5	0
Cereal - Assorted	Serving	106	0	171	1	3.6	72	400	4.8	1.6	21.8	1.5	0.1	0
Chicken Sausage Biscuit	1 Each	270	*N/A*	520	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	15	28	11	*N/A*	0
Cinnamon French Toast	1 Each	220	135	350	0	2.32	17.9	204	0	9	31	7	1.5	0.5
Cinnamon Toast	1 Each	143	0	215	0.98	1.25	54.1	4	0.06	3.61	27.95	1.7	0.51	0
Egg Cheese Omelet	package	213	335	355	0	1.23	228.7	733	0	14.91	2.14	15.76	7.56	0
ENGLISH MUFFIN Bkfs Cinn	Each	172	18	285	1.6	0.06	221.5	136	0	9.36	22.64	5.28	2.87	0
ENGLISH MUFFIN Brkf Saus	Each	142	18	302	1.26	0.18	193.3	200	4.34	9.11	14.03	5.04	2.79	0
Fiesta Egg and Cheese Hot P	1 Each	140	*N/A*	290	2	1.44	80	*N/A*	*N/A*	7	*N/A*	5	*N/A*	*N/A*
French Toast - Whole Grain C	1 Each	230	32	330	3	2.07	95.3	220	0	10	32	8	2	0
French Toast Sticks	1 Each	180	130	330	0	2.17	15	200	0	8	28	4	1	0
French Toast, Glazed	1 Each	220	130	350	1	1.8	20	200	0	8	31	7	2	0
Honey Wheat Breakfast Bar	1 Each	238	27	168	2	2.34	200	0	6	5.84	49.96	3.54	0.65	0
Hot Pocket Cheese Pizza	1 Each	170	*N/A*	350	1	1.44	200	*N/A*	*N/A*	8	*N/A*	7	*N/A*	0
Milk - 1%	1 Each	120	10	150	0	0	350	500	2.4	10	14	2.5	1.5	0
Milk - NF Chocolate	1 Each	120	5	150	0	0	300	500	1.8	8	22	0	0	0
Mini Pancakes	1 Each	200	10	370	2	1.08	40	0	0	4	34	6	1	0
Mini Pancakes Maple	1 Each	250	15	380	4	1.8	80	*N/A*	*N/A*	4	43	8	2.5	0
Muffin - Apple Cinnamon	1 Each	245	29	12	0.8	1	0.1	48	0.1	3.5	38	6.5	0.9	0
Muffin - Banana	1 Each	245	29	12	0.8	1	0.1	48	0.1	3.5	38	6.5	0.9	0
Muffin - Blueberry	1 Each	245	29	12	0.8	1	0.1	48	0.1	3.5	38	6.5	0.9	0
Pancake & Sausage on a Sti	1 Each	170	15	510	3	1.44	0	0	0	9	21	6	1.5	0
Pancake Eggo mini maple	Each	190	10	290	3	1.8	60	500	0	4	30	5	1	0
Pancakes	1 Each	183	23	575	0.88	1.32	111.7	1	0.16	3.82	33.04	4.08	1.3	1.1
Pancakes Eggo mini Blueber	each	190	10	290	3	1.8	60	500	0	4	31	6	1	0
Pancakes, Cinnamon	1 Each	184	23	574	0.88	1.32	111.7	1	0.16	3.82	33.04	4.08	1.3	1.1

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Pancakes, Strawberry	1 Each	186	24	604	0.91	1.21	117	0	0	4.05	32.62	4.33	2.06	0.25
Pizza - Bagel Breakfast	1 Each	192	15	383	1	1.59	217	365	3.8	11.65	23.16	5.71	3.01	0
Pizza - Breakfast	1 Each	179	26	482	0.71	1.04	198.1	187	1.67	9.44	14.3	9.27	4.15	0
Quesadilla - Breakfast	1 Each	149	9	515	1.53	0.99	160.7	153	0	8.33	16.66	3.73	1.33	0
Sausage Sandwich - Breakfast	1 Each	249	34	547	1.26	2.64	73.8	20	0.02	13.78	30.82	7.41	2.51	0
Southwest Egg Pocket	1 Each	272	95	544	1	2.16	70	200	0	8	37	10	3	0
Tac-Go	1 Each	180	200	490	0	1.4	97.4	359	0	9	14	10	3.5	0
Waffles - Blueberry	1 Each	240	25	250	2	0.72	20	0	0	5	37	9	2	0
Waffles - Cinnamon	1 Each	240	25	280	2	1.08	20	0	0	5	35	9	2.5	0
Waffles - Maple	1 Each	240	25	280	2	0.72	20	0	0	5	35	9	2.5	0
Yogurt - Strawberry	1 Each	120	5	75	0	0	150	0	2.4	4	24	1	0.5	0

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## Lunch

Recipes	Portion Size	Calories	Cholesterol	Sodium	Dietary Fiber	Iron	Calcium	Vitamin A	Vitamin C	Protein	Carbohydrate	Total Fat	Saturated Fat	Trans Fat
Animal Snackers	1 Each	120	0	45	0	1.08	0	200	0	1	20	3	1	1
Animal Snackers - Chocolate	1 Each	120	0	100	1	1.08	0	200	0	1	19	3.5	0.5	0
Apple	1 Each	72	0	1	3.31	0.17	8.3	75	6.35	0.36	19.06	0.23	0.04	N/A
Applesauce Cup	1 Each	90	0	0	0	0	0	0	0	0	23	0	0	N/A
Apricot Cup	1 Each	102	0	15	1.77	0.41	11.6	1372	455.54	0.55	26.13	0	0	N/A
Baby Carrots	1 Each	20	0	44	2	0.54	20	7700	1.2	0	5	0	0	0
Bagel Dog - Chicken	1 Each	390	45	750	1	2.7	40	0	0	15	45	17	4.5	N/A
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
BBQ Sauce	Packet	15	0	85	0	0	0	0	0	0	4	0	0	0
Bean & Cheese Burrito	1 Each	330	17	740	4	2.7	120	1750	0	13	39	13	3	0
Beef Chili Mac	Each	287	42	813	4	3	62	1997	14	17	25	13	4.9	0.7
Beef Lasagna	1 Each	371	42	525	3	2	235	3150	9	23	39	12	5	0
Breakfast Egg Wrap	1 Each	180	190	0	0	1.44	100	400	0	9	14	10	4	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 Quesadilla	1 Each	232	29	544	1	1.62	240	250	0	1	20	12	7.5	0
Burger - All American	1 Each	314	52	583	1.31	3.35	59.2	2	0.14	20.34	31.49	11.41	3.85	0.63
Burger - Cheeseburger	1 Each	356	61	755	1.31	3.35	127	135	0.14	22.66	31.83	14.89	6.18	0.63
Burger - Cheeseburger Twins	1 Each	500	61	1060	2.21	4.95	158.3	124	0.15	28.08	59.93	16.07	5.72	0.67
Burger - Teriyaki	1 Each	350	54	1061	1.75	3.62	88.3	9	0.02	21.77	39.46	11.07	3.89	0.61
Burrito - Chicken & Rice	1 Each	380	30	832	2.07	3.52	88.8	173	5.71	17.14	47.41	13	3.2	0
Burrito - Fiesta Bean	1 Each	392	8	766	7.4	4.25	126.1	259	9.36	15.03	56.81	13.62	3.35	0
Calzone - Fiesta	1 Each	448	37	626	3.67	3.78	300	450	0	17.87	56.17	16.57	7.93	0
Calzone - Spicy Jalapeno	1 Each	539	57	866	1.72	3.06	500	700	0	19.49	56.5	25.8	12.93	0
Calzone - Three Cheese	1 Each	420	21	584	1.72	3.06	390	500	0.6	20.67	50.87	14.48	5.95	0
Calzone - Turkey Pepperoni	1 Each	399	19	599	1.77	0	40	400	0	21.97	50.29	12.46	4.02	0
Celery Sticks	1 Cup	24	0	119	2.38	0.3	59.4	667	4.61	1.03	4.41	0.25	0.06	N/A
Chalupa - Bean & Cheese	1 Each	218	13	633	2.66	1.28	239.3	356	0.27	11.52	19.18	8.37	1.81	0
Chalupa - Beef	1 Each	299	47	396	0.28	1.29	295.7	332	1.33	19.9	14.79	19.29	7.04	0
Cheese Lagagna	1 Each	391	120	782	5	0.36	400	2350	10.8	24	40	15	8	0
Cheetos - Baked	1 Each	120	0	210	0	0.72	100	0	0	2	17	4.5	1	0

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## Lunch

Recipes	Portion Size	Calories	Cholesterol	Sodium	Dietary Fiber	Iron	Calcium	Vitamin A	Vitamin C	Protein	Carbohydrate	Total Fat	Saturated Fat	Trans Fat
Cheetos - Flamin' Hot	1 Each	120	0	210	0	0.72	100	0	0	2	17	4.5	1	0
Cheezee Bread	1 Each	396	42	474	0.96	1.63	475.2	347	1.33	17.23	25.12	25	8.28	0
Chicken Nuggets	1 Each	240	47	493	0	1.44	0	150	18	17.33	14.66	13.3	2.66	0
Chicken Sandwich	1 Each	374	45	967	0.96	3.45	61.3	100	0	18.26	42.63	14.49	2.97	0
Chicken Sausage Biscuit	1 Each	270	*N/A*	520	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	15	28	11	*N/A*	0
Chili Cheese Dog	1 Each	335	37	958	1.27	2.4	138.9	197	1.37	13.96	31.09	16.04	6.33	0
Chimichanga	1 Each	260	5	440	7	2.7	100	100	1.2	12	37	9	2	0
Chocolate Bear Grahams	1 Each	106	0	96	1.61	2.16	13.5	258	3.07	1.63	19.4	2.93	0.85	0.1
Churro - Apple	1 Each	150	0	130	0	0.72	0	0	0	2	27	4	1	0
Churro - Raspberry	1 Each	160	0	130	0	0.72	0	0	0	2	28	4	1	0
Cinnamon French Toast	1 Each	220	135	350	0	2.32	17.9	204	0	9	31	7	1.5	0.5
Cinnamon Graham Crackers	1 Each	102	0	134	1.33	2	7.5	256	3.15	1.42	17.93	2.9	0.79	0.11
Corn Bread	1 Each	288	50	213	1	1.8	50	500	6	4	40	13	3	0
Corn Dog	1 Each	280	45	830	1	3.6	60	0	0	10	26	15	4.5	0
Corn Niblets	.5 cup	66	0	1	2	0.39	2	163	2.9	2.09	15.83	0.55	0.08	0
Cry Baby Sour Icee	1 Each	98	0	15	0	0	0	0	12	0	24.5	0	0	N/A
Dark meat chicken strips w/o	5 oz	220	0	490	0	*N/A*	*N/A*	*N/A*	*N/A*	19	21	6	2	0
Doritos - RF Nacho Cheese	1 Each	130	0	220	1	0.36	20	0	0	2	19	5	1	0
Doritos - Baked Cool Ranch	1 Each	130	0	160	1	0.36	40	0	0	2	19	5	1	0
Double Dogs (Chicken)	1 Each	279	30	555	1	2.16	10	400	1.2	12	33	11	3.5	0
Egg Cheese Omelet	package	213	335	355	0	1.23	228.7	733	0	14.91	2.14	15.76	7.56	0
Elf Grahams	1 Each	130	0	105	1	0.72	0	500	0	2	21	4	1	0
Elf Grahams - Chocolate	1 Each	130	0	125	1	1.08	100	0	0	2	21	4.5	1.5	0
Extreme 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
Fernando's B/C Burrito	1 Each	355	18	587	6.13	3.6	200	750	1.2	16.31	53.63	7.96	4.02	0
Fiesta Egg and Cheese Hot F	1 Each	140	*N/A*	290	2	1.44	80	*N/A*	*N/A*	7	*N/A*	5	*N/A*	*N/A*
Folded Cheese Quesadilla	1 Each	378	58	722	1	1.8	420	500	0	17	25	22	12.5	0
French Toast - Whole Grain C	1 Each	230	32	330	3	2.07	95.3	220	0	10	32	8	2	0
French Toast Sticks	1 Each	180	130	330	0	2.17	15	200	0	8	28	4	1	0
French Toast, Glazed	1 Each	220	130	350	1	1.8	20	200	0	8	31	7	2	0



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## Lunch

Recipes	Portion Size	Calories	Cholesterol	Sodium	Dietary Fiber	Iron	Calcium	Vitamin A	Vitamin C	Protein	Carbohydrate	Total Fat	Saturated Fat	Trans Fat
Orange	1 EACH	45	0	0	2.3	0.1	38.4	216	51.07	0.9	11.28	0.12	0.02	N/A
Pancake & Sausage on a St	1 Each	170	15	510	3	1.44	0	0	0	9	21	6	1.5	0
Pancakes, Cinnamon	1 Each	184	23	574	0.88	1.32	111.7	1	0.16	3.82	33.04	4.08	1.3	1.1
Pancakes, Strawberry	1 Each	186	24	604	0.91	1.21	117	0	0	4.05	32.62	4.33	2.06	0.25
PBJ Uncrustable - Large	1 Each	570	0	600	5	2.7	40	0	2.4	17	54	32	6	0
PBJ Uncrustable - Small	1 Each	320	0	350	3	1.44	20	0	0	9	33	16	3	0
Peach Cup	1 Each	81	0	11	1.62	0.44	3.7	427	2.9	0.54	21.57	0	0	N/A
Peach Shortcake	1 Each	201	32	127	1.87	1.08	19.8	368	76.58	1.97	39.18	4.79	2.24	0
Pear Fruit Cup	1 Each	77	0	10	1.8	0.31	5.5	0	0.77	0.21	20.29	0	0	0
Pineapple Cup	1 Each	71	0	6	0.92	0.43	15.4	42	8.24	0.4	18.3	0	0	N/A
Pizza - Bagel Breakfast	1 Each	192	15	383	1	1.59	217	365	3.8	11.65	23.16	5.71	3.01	0
Pizza - Bagel Lunch	1 Each	349	30	705	1.48	2.75	431	715	7.04	22.15	39.34	11.25	5.99	0
Pizza - French Bread	1 Each	350	45	560	1	2.7	350	750	6	19	30	18	9	N/A
Pizza - Galaxy Smart Chees	1 Each	330	15	530	3	3	286	540	0	15	32	13	4	0
Pizza - Galaxy Smart Pep	1 Each	350	20	670	3	3.2	230	467	0	16	31	15	5	0
Pizza - Max Cheese	1 Each	340	10	700	3	4.5	250	200	0	17	43	10	3.5	0
Pizza - Max Pepperoni	1 Each	350	15	780	3	4.5	250	300	0	18	43	11	4	0
Pizza - French Bread Pep	1 Each	415	36	1064	1.63	3.53	308	590	9.31	22.78	50	13.69	7.2	0
Pizza BBQ Chicken on Whole	each	275	31	555	2.28	1.17	373.9	223	3.96	17.19	31.92	8.83	4.84	0
Pizza Boat	1 Each	342	36	770	2.22	2.94	531.8	500	5.07	19.9	43.43	9.62	5.84	0
Pizza Pack	1 Each	361	36	894	2.31	2.91	503.7	593	5.99	19.59	42.94	12.31	7.17	0
Pro Balls	1 Each	130	5	180	0	2.7	60	750	6	3	18	6	1.5	0
Quesadilla - Lunch	1 Each	350	38	742	2.92	1.88	307.2	303	0	19.31	31.87	17.77	8.89	0
Raisins	1 Each	127	0	5	1.57	0.8	21.3	0	0.98	1.31	33.67	0.2	0.03	N/A
Ranch Dressing Packet	1 Tbsp	70	5	100	0	0	0	0	0	0	1	7	1	0
Rib B Q Mini Burgers	1 Each	413	30	685	2	2.5	69.6	83	7.1	18.5	52.1	14.7	4.3	0.5
Sandwich, Turkey & Cheese	each	320	55	1110	1	2.16	70	200	0	17	29	13	5	0
Sausage Sandwich - Breakfa	1 Each	249	34	547	1.26	2.64	73.8	20	0.02	13.78	30.82	7.41	2.51	0
Scooby Graham Crackers	1 Each	120	0	115	1	0.72	100	0	0	2	20	4	0.5	0
Shape Up - Whole Fruit	1 Each	70	0	5	3	0.36	80	500	60	0	18	0	0	0

