

Paradise Valley Unified School District :: High School School Nutrient Values Rev. 8/11

Recipes	Portion Size	Calories	Cholesterol	Sodium	Dietary Fiber	Iron	Calcium	Vitamin A	Vitamin C	Protein	Carbohydrate	Total Fat	Saturated Fat	Trans Fat
Apple Juice, Suncup 6 oz.	1 each	86	0	2	0	0.3	16.8	0	60	0.15	21.8	0	0	0
Apples, Canned,Fruit & Veg Bar	.5 cup	45	0	1	2.05	0.16	4.3	38	0.17	0.26	11.63	0.34	0.05	0
Apples, Fresh, Fruit & Veg Bar	1 each	72	0	1	3.31	0.17	8.3	75	6.35	0.36	19.06	0.23	0.04	0
Applesauce, Fruit & Veg Bar	.5 CUP	51	0	2	1.34	0.28	4.9	35	1.22	0.21	13.75	0.12	0.01	0
Bagel, wrapped, Lenders 2 oz	1 each	160	0	280	1	0.36	20	0	0	6	31	1.5	0	0
Bageler, Bagel with cream chee	1 each	190	15	230	3	1.44	20	100	0	6	31	6	3	0
Banana, Fresh Fruit & Veg Bar	1 each	105	0	1	3.07	0.31	5.9	76	10.27	1.29	26.95	0.39	0.13	0
BBQ Pork Sandwich WG Bun	1 each	346	38	1155	4.96	3.76	78.2	204	9.47	21.61	40.65	9.83	2.84	0
Bean Burrito w Chips n Salsa	1 each	540	18	1048	7.03	5.76	170.3	213	5.64	18	72.58	18.84	7	0.5
Bell Peppers, Fruit & Veg Bar	.5 CUP	0	0	11	0	0.18	2.7	936	23.77	0	2.26	0	0	0
Breaded Chicken Sandwich	1 each	360	50	790	4	2.88	60	100	3.6	20	36	15	2.5	0
Breakfast Bar, honey wheat	1 each	300	20	260	2	1.44	200	0	0	4	38	15	3.5	0
Broccoli, Fruit & Veg Bar	1 cup	15	0	15	1.14	0.32	20.7	274	39.25	1.24	2.92	0.16	0.02	0
Caliente Chicken Sandwich	1 each	340	55	700	4	3.6	60	500	3.6	19	37	13	2.5	0
Carrots, Fresh Fruit & Veg Bar	1 cup	50	0	84	3.42	0.37	40.3	20509	7.2	1.13	11.69	0.29	0.05	0
Celery, Fresh Fruit & Veg Bar	1 cup	24	0	119	2.38	0.3	59.4	667	4.61	1.03	4.41	0.25	0.06	0
Cereal Bar, Cheerios, Strawber	1 each	160	0	130	2	1.8	200	0	3.6	2	30	2.5	0	0
Cereal Bar, Cinn Toast Crunch	1 each	150	0	150	2	7.2	0	0	0	2	28	3.5	0	0
Cereal, asst, bowlpak, PV-09	1 each	114	0	197	1.81	6.69	186	489	9.36	2.09	24.36	1.54	0	0
Cheese Steak Sandwich	1 each	396	59	1005	1	10.3	175.9	235	0.5	23.95	37.4	16.35	7.75	0
Chef Salad w Turkey	1 each	394	75	1447	3.45	1.39	280.5	6552	8.88	30.17	25.82	19.55	7.1	0
Chicken Caesar Salad, HS	1 each	502	54	766	5.7	3.19	227	10595	38.38	21.43	45.15	26.41	7.02	0
Cinn. roll, Iced, 2.25 oz.	1 each	211	0	181	1.07	1.53	11.2	421	0.35	5	40.4	3.62	0.64	0
Country Baked Chicken/Mac n	1 each	513	96	1365	1	2.17	420.3	851	0	33.21	39.09	25.18	10.05	0
Deli Sub Sandwich Ham	1 each	573	71	1971	4.67	1.22	167.2	1973	4.66	31.77	68.43	20.45	8.19	0.13
Deli Sub Sandwich, Turkey	1 each	530	54	1890	4.67	0.52	163	1950	4.18	34.04	67.91	14.8	6.74	0
Double Cheeseburger	1 each	550	108	1250	4.24	4.84	223.2	360	3.6	43	29.3	29	12	0
French Toast, Cinn 1 slice	1 each	230	130	330	3	1.8	100	200	0	10	32	8	2	0
Fresh Garden Salad Entree	1 each	354	37	529	6.79	1.63	294.1	18079	45.91	14.94	41.43	15.84	6.83	0
Fruit & Cheese Snack-Pac Yogur	1 each	504	62	723	3.42	5.35	133.5	1662	25.18	19.55	62.32	20.88	7.49	0
Fruit Crisp Bar, Apple, 1.3 oz	1 each	130	0	90	1	0.36	200	1250	6	1	27	2.5	0.5	0
Fruit Crisp Bar, Strawberry	1 each	130	0	110	2	0.36	200	1250	6	1	27	2.5	0.5	0

Recipes	Portion Size	Calories	Cholesterol	Sodium	Dietary Fiber	Iron	Calcium	Vitamin A	Vitamin C	Protein	Carbohydrate	Total Fat	Saturated Fat	Trans Fat
Grapes, Fresh Fruit & Veg Bar	.5 cup	31	0	1	0.41	0.13	6.4	46	1.84	0.29	7.89	0.16	0.05	0
Grapes, Fresh Fruit & Veg Bar	.5 cup	31	0	1	0.41	0.13	6.4	46	1.84	0.29	7.89	0.16	0.05	0
Honey Bun, Whole Wheat, 2.8	1 each	249	9	273	2.3	1.98	150	0	0	5.6	39	5.75	1.8	0
Italian Dressing, Lite, 2 oz	2 OZ	37	0	969	0	0	0	0	0	0	5.49	1.83	0	0
Ketchup, PC packet	1 each	10	0	100	0	0	0	0	0	0	2	0	0	0
Mayonnaise, Light, PC packet	1 each	25	0	105	0	0	0	0	0	0	2	2.5	0	0
Milk, Chocolate, Fat Free 8oz	1 each	130	5	220	0	1.8	300	500	2.4	8	24	0	0	0
MILK, Lowfat 1%, 8 oz.	HALF	102	12	107	0	0.07	290.4	478	0	8.22	12.18	2.37	1.54	0
MILK, Lowfat 1%, 8 oz.	HALF	102	12	107	0	0.07	290.4	478	0	8.22	12.18	2.37	1.54	0
MILK, Lowfat 2%, 8 oz.	HALF	122	20	100	0	0.07	285.5	461	0.49	8.05	11.42	4.81	3.07	0
MILK, Lowfat 2%, 8 oz.	HALF	122	20	100	0	0.07	285.5	461	0.49	8.05	11.42	4.81	3.07	0
MILK, Strawberry, 1%, 8 oz.	1 each	150	10	135	0	0	300	500	0	8	25	2.5	1.5	0
MILK, Strawberry, 1%, 8 oz.	1 each	150	10	135	0	0	300	500	0	8	25	2.5	1.5	0
Mixed Fruit Canned Fruit/Veg B	.5 CUP	72	0	8	1.4	0.4	7.6	132	2.4	0.6	18.8	0	0	0
Muffin, asst, 1.8 oz, Otis Spun	1 each	165	30	170	1.49	5.17	40	1250	15	2.75	27.75	5.25	1.13	0
Mustard, Yellow, PC packet	1 each	7	0	156	0.48	0.19	7.2	10	0.24	0.53	0.65	0.48	0	0
Nachos, Beefy HS	1 each	579	20	890	4.89	1.85	78.4	171	3.25	17.46	68.31	30.92	7.43	0
Orange Chicken & Rice Bowl	1 each	400	56	354	0.88	3.09	23.6	108	0.35	16.42	61.06	8.55	1.13	0
Orange Juice, Suncup, 4 oz	1 each	55	0	0	0	0.2	10.2	188	62.5	0.1	14.4	0.1	0	0
Oranges, Fresh Fruit & Veg Bar	.5 each	43	0	0	2.21	0.09	36.8	207	48.94	0.86	10.81	0.11	0.02	0
Peaches Canned Fruit & Veg	.5 CUP	55	0	5	1.63	0.34	7.5	476	4.5	0.79	14.46	0.04	0	0
Pear, Fresh Fruit & Veg Bar	1 each	103	0	2	5.52	0.3	16	41	7.48	0.68	27.52	0.21	0.02	0
Pears, Canned, Fruit & Veg Bar	.5 CUP	72	0	6	2.01	0.35	6.3	0	0.88	0.24	19.04	0.04	0	0
Pineapple Canned Fruit/Veg Bar	.5 CUP	54	0	1	1.18	0.25	14.5	45	8.51	0.46	14.08	0.1	0.01	0
Pizza, Cheese, Sardella 8 cut	1 each	295	27	527	1.77	2.12	281.3	270	0.4	13.97	34.11	11.14	6.53	0
Pizza, Homemade, Slice, 6 cut	1 each	431	37	888	4.33	0.69	443.5	558	3.97	21.47	51.74	15.07	7.12	0
Pop Tart, Brown Sugar Cin, WG	1 each	200	0	170	3	1.8	0	500	0	3	34	7	2	0
Pop Tart, Strawberry, WG	1 each	190	0	160	3	1.8	0	500	0	2	35	5	1.5	0
Popcorn Chicken, Tyson, 5 oz	1 each	358	49	391	1.63	2.35	32.6	163	0	16.29	24.44	21.18	4.89	0
Proball Breakfast Donuts	1 each	140	5	170	0.5	2.7	60	800	12	3	17	6	1.5	1.5
Rib B Q Pork Sub Sandwich	1 each	721	67	1620	5.5	1.93	50.1	229	2.01	29.95	80.5	31.55	10.5	0
Roll, dinner, wheat, baked	1 each	100	0	170	1	0	0	0	0	4	18	1.5	0	0
Salad, Fresh Fruit & Veg Bar	1/4 cup	3	0	2	0.24	0.08	3.5	568	1.43	0.15	0.57	0.03	0	0
Seasoned Curly Fries, 4 oz svg	1 each	216	0	432	2.7	1.46	0	0	8.1	2.7	27	10.8	4.73	0
Southern Style Potato Bowl HS	1 each	553	73	1083	4.56	1.89	255.6	471	0	24.23	49.52	29.91	10.15	0
Southwest Chicken Salad	1 each	645	76	1296	6.21	3.14	294.1	8837	35.14	25.09	57.87	35.57	10.96	0
Sunrise Sandwich w/Ham/Bun	1 each	317	55	1269	1	2.11	195.1	315	0.84	18.23	27.02	15.25	6.12	0.08
Sunrise Sandwich w/Ham/	1 each	297	55	1229	1	2.11	235.1	315	0.84	18.23	26.02	14.25	6.12	0.08

Recipes	Portion Size	Calories	Cholesterol	Sodium	Dietary Fiber	Iron	Calcium	Vitamin A	Vitamin C	Protein	Carbohydrate	Total Fat	Saturated Fat	Trans Fat
Sunrise Sandwich w/Sausage/	1 each	318	49	995	1	1.82	198.8	313	7	17.4	26	16	6.7	0
Sunrise Sandwich w/Sausage/	1 each	298	49	955	1	1.82	238.8	313	7	17.4	25	15	6.7	0
Syrup, Table, 1.5 oz cup	1 each	120	0	25	0	0	0	0	0	0	31	0	0	0
Tater Puffs, Supreme, 4 oz svg	1 each	216	0	526	2.7	0.97	0	0	3.24	2.7	25.65	10.8	4.73	5.4
Teriyaki Chicken and Rice Bowl	1 each	323	69	528	0.88	3.46	23.6	6	0.35	20.01	49.85	3.45	0.88	0
Teriyaki Chicken Salad w/Roll	1 each	534	92	858	7.46	3.67	326.5	12800	44.31	39.84	49.03	21.1	8.29	0