

Paradise Valley Unified School District :: Middle 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 Cinnamon Cheerios	1 each	100	0	110	2	3.6	80	400	4.8	2	21	1.5	0	0
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
Applesauce, sweetened	1 CUP	167	0	5	2.95	0.3	7.4	15	4.18	0.39	43.03	0.42	0.07	*N/A*
Asian Chicken Rice Bowl	1 each	276	46	391	0.35	2.76	22.4	2	0.09	16.71	45.53	2.52	0.63	0
Asian Orange Chicken Rice	1 each	333	38	284	0.35	2.9	22.4	78	0.09	12.1	52.41	6.35	0.83	0
Bagel Snack-Pac w/Ham	1 each	312	55	782	0.94	2.71	13.6	1264	2.81	17.18	39.03	9.61	4.4	0
Bagel Snack-Pac w/Turkey	1 each	298	41	995	0.61	2.3	15.8	931	5.5	18.54	38.92	7.31	3.51	0
Bagel, wrapped, Lenders 2 oz	1 each	150	0	250	0	1.8	0	0	0	5	28	1	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
Barbecue Sauce, 2 oz.	2 OZ	60	0	756	0	0	0	0	0	0	14	0.4	0	0
Beef Ravioli w/ meat sauce	1 each	357	26	1006	5.29	2.38	26.5	132	0	10.59	52.95	11.91	4.63	0
Beefy Nachos	serving	419	25	881	3.52	4.2	33	43	1.66	13.79	41.67	22.7	8.03	0
Breakfast Bar, honey wheat	1 each	300	20	260	2	1.44	200	0	0	4	38	15	3.5	0
Burrito, Bean Cheese Gr Chili	1 each	391	18	691	6.03	3.96	170.3	213	4.51	16	53.69	11.84	5	0.5
Cafe Burger with Cheese	1 each	320	48	1015	5	3.24	195	250	1.2	25	31.25	13	5	0
Cafe Hamburger WG Bun	1 each	270	35	760	5	3.24	120	100	1.2	22	31	8.5	2.5	0
Calzone, Three cheese	1 each	380	20	560	2	2.7	300	500	0	19	49	12	4.5	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 on Bun GrabnGo Meal	1 each	325	51	1170	1.47	1.17	344.5	703	5.09	14.8	25.8	19.63	10.22	0.03
Cheese Sandwich GrabnGo	1 each	326	51	1181	1.97	1.53	345.7	708	5.09	14.83	27.49	19.64	10.22	0.03
Cheesy Beef Soft Taco	1 each	227	32	482	2.75	6.3	123.4	170	0	12.97	18.82	12.85	6.37	0
Chef Salad w/turkey	1 each	355	65	1209	2.17	0.85	260.2	6020	5.66	24.34	22.09	19.16	7	0
Cherry Apple Crunch Bar	1 each	240	0	180	2	1.8	20	100	1.2	17	37	8	2.5	0
Chicken Filet Sandwich, WG	1 each	390	55	980	4	2.88	120	100	0	25	41	15.5	2.5	0
Chicken Nuggets Whole	1 each	218	24	545	2.42	2.18	48.5	0	0	15.75	16.97	9.7	1.82	0

Recipes	Portion Size	Calories	Cholesterol	Sodium	Dietary Fiber	Iron	Calcium	Vitamin A	Vitamin C	Protein	Carbohydrate	Total Fat	Saturated Fat	Trans Fat
Churro, Cinnamon Tio Pepe	1 each	145	10	115	1.17	0.03	3.3	1	0.01	2.01	16.94	8	2	0
Cinnamon roll, Iced, 2.25 oz.	1 each	223	5	190	1	1.44	0	400	0	5	42.34	4.11	1.41	0
Cinnamon Toast Crunch R/S	1 each	110	0	200	3	3.6	200	400	4.8	1	22	3	0	0
Cocoa Puffs, Red. Sugar	1 each	90	0	130	1	3.6	80	400	4.8	1	20	1	0	0
Cookie Crisp, Cereal	1 each	80	0	125	1	3.6	80	400	4.8	1	18	1	0	0
Corn Dog, Turkey, Jumbo	1 each	270	30	740	1	2.7	80	0	0	10	27	14	4	0
Cream cheese, Philadelphia,	1 each	45	15	95	0	0	20	300	0	2	1	4	2.5	0
Crispy Chicken Ranch Salad	1 each	458	57	865	3.77	2.55	356.2	8811	5.27	23.71	33.55	25.04	8.04	0
Deli Ham Sesame Bun GrabnGo	1 each	431	57	1321	3.05	3.06	248.6	1044	12.43	19.97	52.19	16.54	6.56	0.15
Deli Turkey Sesame Bun	1 each	402	46	1267	3.05	2.6	245.8	1028	12.11	21.48	51.85	12.78	5.6	0.06
Fishwich	1 each	310	45	640	5	1.8	40	0	3.6	13	40	10	2	0
French Toast, Cinnamon	1 each	230	130	330	3	1.8	100	200	0	10	32	8	2	0
Fresh Garden Salad Entree	1 each	352	35	590	6.56	2.93	283.4	18132	12.33	13.42	40.05	15.84	7.09	0
Fruit and Cheese Snack-pac	1 each	492	49	653	2.4	1.72	296.1	266	2.69	14.98	71.9	16.73	5.58	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 wheat Breakfast Bar	1 each	300	20	260	2	1.44	200	0	0	4	38	15	3.5	0
Hot Dog, Beef, WG Bun	1 each	270	35	860	3	2.88	100	0	0	11	21	16.5	7	0.5
Italian Dressing, Lite, 2 oz	2 OZ	37	0	969	0	0	0	0	0	0	5.49	1.83	0	0
Ketchup, 2 oz. serving	2 OZ	30	0	380	0	0	0	200	2.4	0	8	0	0	0
Lucky Charms, Cereal	1 each	100	0	190	1	3.6	100	500	6	2	21	1	0	0
Macaroni & Cheese, reduced	1 each	336	47	1098	1.27	1.27	401.5	650	1.27	17.73	34.2	15.2	8.36	0
Mayonnaise, Light, 2 oz.	2 OZ	176	24	382	0	0.12	3.7	28	0	0.4	2.66	18.09	2.78	0.34
Meatloaf w/ potatoes	1 each	325	35	1175	3	2.34	20	400	9	15.01	36	14.26	4.5	1.25
Milk, Chocolate, Fat Free 8oz	1 each	118	5	200	0	1.63	272.2	454	2.18	7.26	21.77	0	0	0
Milk, Chocolate, Fat Free 8oz	1 each	118	5	200	0	1.63	272.2	454	2.18	7.26	21.77	0	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 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,1% Lowfat	HALF	102	12	107	0	0.07	290.4	478	0	8.22	12.18	2.37	1.54	*N/A*
MILK,Skim	HALF	83	5	103	0	0.07	298.9	500	0	8.26	12.15	0.2	0.14	*N/A*
MILK,Skim	HALF	83	5	103	0	0.07	298.9	500	0	8.26	12.15	0.2	0.14	*N/A*
Mini Chicken Tacos	1 each	87	30	153	1.67	0.6	66.7	333	0.8	5	8.33	3.67	1.33	0
Mini Corn Dogs, Turkey	1 each	330	30	795	0	2.16	90	0	0	10.5	27	19.5	6	0

Recipes	Portion Size	Calories	Cholesterol	Sodium	Dietary Fiber	Iron	Calcium	Vitamin A	Vitamin C	Protein	Carbohydrate	Total Fat	Saturated Fat	Trans Fat
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	168	39	130	1.25	5.4	100	1250	3.75	3	27.25	5	1.5	0
Mustard, Yellow, 2 oz.	2 OZ	34	0	737	2.27	0.91	34	45	1.13	2.49	3.06	2.27	0	0
Nachos with Cheese, ES/MS	1 each	330	6	1045	1.5	2.7	120	0	0	7	35.5	18.5	5	0
Nachos, beefy	serving	427	32	838	4.17	4.62	35	43	1.64	14.06	41.21	23.27	7.95	0
Orange Juice, Suncup, 4 oz	1 each	60	0	0	0	0.2	10.2	188	62.53	0.1	13	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
Pancakes, Mrs. Butterworth's	1 each	147	17	313	1.33	1.2	26.7	0	0	4	25.98	2.66	0.33	0
Parmesan Ranch Salad	1 each	393	68	1050	2.79	1.14	736.6	9113	5.27	25.98	21.87	24.33	13.6	0
Parmesan Ranch Salad w Fruit	1 each	247	28	659	2.79	1.06	338.1	8547	23.98	12.39	19.85	13.37	5.61	0
PB&J Uncrustable GrabnGo	1 each	431	2	370	4.93	2.33	69	207	10.18	11.59	57.59	17.26	3.93	0.06
PB&J Uncrustable Grape	1 each	440	2	390	4.93	3.05	45.3	85	10.18	10.97	58.84	18.01	4.09	0.13
PB&J Uncrustable Strawberry	1 each	450	2	400	5.93	2.69	45.3	85	10.18	11.97	59.84	19.01	4.09	0.13
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
Peaches, Frozen. 4.5 oz. cup	1 EACH	120	0	8	2.3	0.47	3.8	362	120.17	0.8	30.59	0.17	0.01	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
Pickle Chips, Dill, oz.	1 OZ	3	0	248	0.31	0.1	11.9	52	0.23	0.17	0.73	0.04	0.01	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, breakfast, The Max,	1 each	160	10	480	1	2.52	130	300	0	8	17	7	2	0
Pizza, Cheese, Max, Whole Grai	1 each	270	10	800	4	5.4	250	500	0	15	32	10	3	0
Pizza, Homemade, Slice, 8 cut	1 each	324	28	666	3.25	0.51	332.6	418	2.98	16.1	38.8	11.31	5.34	0
Pizza, Pepp, Max, Whole Grain	1 each	270	10	800	4	5.4	260	500	0	15	32	10	3	0
Popcorn Chicken, 3 oz. serving	1 each	215	29	235	0.98	1.41	19.6	98	0	9.78	14.66	12.71	2.93	0
Proball Breakfast Donuts	1 each	130	5	180	0	2.7	60	750	6	3	18	6	1.5	0
Rib B Q Pork Sandwich WG	1 each	350	40	850	3	3.42	60	300	1.2	15	36	15	4.5	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
Salsa, Mild, Chunky, 2 oz.	2 OZ	28	0	454	0	0.26	15.3	166	1.08	0	5.67	0	0	0
Seasoned Curly Fries, 3 oz svg	1 each	162	0	324	2.03	1.09	0	0	6.08	2.03	20.25	8.1	3.54	0
Soft Pretzel with Cheese ES	1 each	420	5	708	2	3.6	59.7	0	0	13.99	80.97	5.98	0.99	0
Soft Taco, beef	1 each	222	30	478	2.76	6.03	111.2	202	0	12.62	18.28	12.37	6.32	0
Southern Style Potato Bowl	1 each	504	60	1104	4.76	2.43	224.1	521	5.69	22.9	50.38	24.45	8.59	0.75
Southwest Chicken Salad	1 each	573	66	1218	5.88	2.67	287.6	8804	35.14	21.84	52.98	31.33	9.98	0

Recipes	Portion Size	Calories	Cholesterol	Sodium	Dietary Fiber	Iron	Calcium	Vitamin A	Vitamin C	Protein	Carbohydrate	Total Fat	Saturated Fat	Trans Fat
Spicy Chicken Sandwich	1 each	340	55	700	4	3.6	60	500	3.6	19	37	13	2.5	0
String Cheese	1 each	80	20	210	0	0	200	200	0	7	1	6	4	0
Sunrise Breakfast Sandwich	1 each	194	21	466	1	1.8	105.4	11	1.2	10.18	25.04	6.32	1.68	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
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
Syrup, Table, 1.5 oz cup	1 each	120	0	25	0	0	0	0	0	0	31	0	0	0
Tater Puffs, Supreme, 3 oz svg	1 each	162	0	395	2.03	0.73	0	0	2.43	2.03	19.24	8.1	3.54	4.05
Teriyaki Chicken Salad	1 each	440	68	1045	5.28	4.07	303.2	10961	9.81	27.82	44.5	16.99	7.62	0
Teriyaki Chicken Salad WG Roll	1 each	478	78	766	6.08	2.68	300.3	8682	32.96	32.96	44.82	19.63	7.9	0
Toasted Cheese Sandwich	1 each	659	56	1744	6.77	3.26	745.3	899	0.01	37.09	82.9	22.24	12.03	0
Trix, Reduced Sugar, Cereal	1 each	80	0	130	1	3.6	80	300	3.6	1	18	1	0	0
Turkey Sliders	1 each	679	50	2003	5.07	4.65	182.2	5518	3	31.8	94.96	20.35	7.43	0
Turkey Sliders Grab n Go Meal	1 each	493	44	1458	3.55	0.71	165.7	5518	2.82	25.65	61.81	17.37	6.13	1.91
Turkey, Whipped	1 each	223	56	965	1.69	1.01	14.6	107	0.57	20.41	18.8	8.12	2.43	0.06
Waffle Stix	1 each	280	0	840	4	2.88	80	0	0	6	56	4	0	0
Yogurt, Assorted Fruit, 4 oz.	1 each	45	0	38	0	0	150	0	0.3	1.5	9.5	0	0	0