



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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Paramount Unified School District-Middle School Nutrient Values

Rev.8/05

	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
Breakfast Entrees												
APPLE CHURRO	160	15	115	1	0.72	20	0	0	2	22	7	1.5
APPLESAUCE COFFEE CAKE	219	34	179	0.74	1.12	77.2	16	0.45	3.31	33.04	8.41	2.42
BAGEL POCKET	170	10	260	1	1.44	20	20	4.8	5	27	4	2.5
CEREAL	87	0	121	0.1	2.66	1.8	20	10.15	1.19	19.96	0.48	0.17
CHEESE QUESADILLA	245	30	1162	0	1.08	363.74	162	0	17.17	19.02	11.1	6.06
CHERRY DANISH	223	22	183	1.37	1.37	10.02	15	0.41	3.61	28.36	10.82	2.81
CHOC. CHIP COFFEE CAKE	347	31	28	1.4	2.09	142.06	21	0.34	4.62	60.08	10.79	2.98
CHOCOLATE CHIP MUFFIN	199	2	312	1.48	1.61	49.57	265	0.82	5.57	35.69	3.71	1.14
CINNAMON FRENCH TOAST	240	120	341	1	1.8	60.09	40	0	8.01	34.05	8.01	2
CINNAMON ROLLS	206	0	287	1.46	1.92	35.35	0	0.35	4.62	37.47	4.33	0.66
DANIMALS YOGURT	110	10	70	0	0	301.06	0	0	5.02	19.07	2.01	1
PANCAKE SAUSAGE WRAP	219	26	397	0.4	1.1	15.8	3	0	8.1	19.4	12	3.1
POP TART	200	0	170	1	1.8	0	100	0	2	38	5	1
SAUSAGE MCMUFFIN	214	57	792	1	0.9	139.99	75	6	14	17.5	10	1.5
SCRAMBLED EGGS	86	216	146	0	0.73	54.92	105	0.21	7.26	1.82	5.28	1.69
SUPER DONUT	310	10	340	1	9	200	400	30	5	36	17	3.5
SWEET BREAD *PAN DULCE*	246	37	202	1.51	2.08	16.7	17	0.14	5.07	34.41	9.83	2.21
UNCRUSTABLES	310	0	350	3	1.44	40	0	0	11	34	15	3.5

Lunch Entrees

BAKED CHICKEN	303	91	306	0.3	1.4	22	29	0	24	10	18	4.8
BAKED POTATO W/CHILI	449	56	450	7.23	5.02	85.06	83	33.72	24.53	58.4	14	4.69
BEAN & CHEESE BURRITO	439	6	1064	8.72	4.66	1063.56	92	0.63	15.96	59.92	14.95	3.84
BUILD YOUR OWN BURRITO	239	34	394	0.56	2.65	91.96	34	4.02	14.02	24.49	9.13	3.37
BUILD YOUR OWN TACO	141	23	109	1.37	1.53	17.97	33	2.68	7.68	10.66	7.08	1.58
BUILD YOUR OWN TACO	151	22	254	2.1	1.04	25.02	52	2.93	6.86	11.93	7.76	2.2
BUILD YOUR OWN TURKEY SANDWICH	236	17	971	1	1.97	62.94	0	0	14.45	36	3.66	1.2
BYO PIZZA	315	31	629	1.83	1.69	464.02	74	3.48	19.15	30.03	13.08	7.6
CHICKEN BOWL	285	74	1603	0.29	1.74	4.03	0	0	23.65	30.05	7.6	2.19
CHICKEN BURGER	390	55	1030	2	3.24	60	20	0	20	41	15	3
CHICKEN FAJITAS, 1 OZ	47	23	180	0	0.09	0	0	0	6.67	0	2.31	0.67
CHICKEN FAJITAS, 2 OZ	93	46	361	0	0.18	0	0	0	13.33	0	4.62	1.33
CHICKEN FLAUTAS	236	20	482	2	2.2	78	354	0	12.6	33.4	5.4	0.8
CHICKEN STRIPS	230	55	730	1	1.8	20	20	0	16	12	13	3
CHILI	199	39	390	2.89	2.12	58.16	90	13.81	13.48	15.33	9.95	3.14
CHILI BOWL	291	54	240	2.87	2.78	38.24	90	13.8	20.73	23.31	12.77	5.62
CORN DOGGIES	292	25	675	1.67	2.25	0	0	0	8.34	21.68	19.17	5.84
DOMINOS PIZZA	310	22	726	2.15	2.96	137.91	96	4.55	12.98	38.59	11.9	5
ENCHILADAS	217	28	597	3.23	1	95.75	57	0.59	10.51	23.59	9.9	3.07
GRILLED CHIX QUESADILLA	380	15	1000	5	1.44	250	100	0	15	39	18	7
HAMBURGER	386	45	541	1.4	2.44	52	3	0	13.4	28.9	24.3	9.4
HOT DOG	310	31	850	1.1	2.04	65.1	10	25.1	9.4	22.4	17.6	6.5
MACARONI AND CHEESE	134	10	369	0.38	0.65	125.38	154	0.4	6.45	13.83	5.57	2.32
NACHOS W/MEAT & CHEESE	283	36	380	3.38	2.91	67.7	43	3.65	12.38	23.82	15.04	3.86
PEPPERONI PIZZA	359	37	902	1.58	1.69	463.49	131	6.67	22.15	35.2	14.37	7.96
POP CORN CHICKEN	290	50	490	1	2.7	20	20	0	21	23	13	2.5
RAVIOLI	120	15	355	1	1.35	10	30	1.2	7	15	3.5	1.5
SPAGHETTI MEATLESS	112	0	395	1.21	1.29	12.72	39	6	3.71	23.68	0.47	0.06
SPAGHETTI W/BEEF	221	36	425	1.21	2.34	15.72	39	6	14.51	23.68	7.37	2.76
STUFF CRUST PIZZA *LITE ONE*	308	28	591	0.94	0.82	542.99	65	2.89	20.1	31.61	10.27	5.8
TACO SALAD	193	33	354	1.65	0.48	22.52	64	4.39	10.79	15.39	9.14	3.3
TACO SNACK	380	40	670	2	3.6	200	100	1.2	18	38	17	8
TAQUITOS	155	20	120	3	1	35	0	0	7	19	7	2
TOSTADA SUPREMA	106	34	97	0.55	1.21	11.92	34	4.01	10.02	2.48	6.13	2.37
TURKEY,MASHED POTATO w/GRAVY	132	32	647	0.39	1.38	10.17	44	1.35	13.54	7.85	4.65	1.33
YOGURT	68	2	37	0	0	87.5	5	1.5	2.25	13	0.62	0.38

Extras

BIRTHDAY CUPCAKE	180	6	300	0	1.08	20	0	0	0	28	7	2
CHEESE, PARMESAN, GRATED	10	2	39	0	0.02	28.67	4	0	0.87	0.08	0.63	0.4
CHEESE, REDUCED FAT, SHREDDED, 1 OZ	71	15	466	0	0	151.87	81	0	7.09	1.01	4.05	2.53
CHEESE, REDUCED FAT, SHREDDED, 1/2 OZ	35	8	233	0	0	75.94	40	0	3.54	0.51	2.03	1.27
CHEESE,CHEDDAR, LOW FAT, 1 OZ	71	15	466	0	0	151.87	81	0	7.09	1.01	4.05	2.53
CHEETOS	100	0	180	1	0	0	0	0	1	10.01	6.01	1.5
CHICKEN SAUSAGE PATTY	100	50	455	0	0	0	0	0	8.5	0.5	7	0
CHICKEN WING SAUCE, HOT	8	0	0	0	0	0	83	12.5	0	1.67	0	0
CHIPS, DORITOS	80	0	100	1	0	20.06	0	0	1	10.03	4.01	1
COOKIE, CHOC. SANDWICH CREAM	120	0	125	0	0.72	0	0	0	1	17	5	1

	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
COOKIE, DOUBLE CHOCOLATE CHUNK	125	2	112	0.24	0.53	6.9	7	0	1.38	17.25	6.12	1.61
COOKIES, RASPBERRY SHORTBREAD	80	3	40	0	0.54	0	40	0	1	12	4	1
CORN BREAD	280	30	264	1	1.4	39	25	0	3	31	16	1
COTTAGE CHEESE	60	13	205	0	0	0	20	0.6	7	2	2.5	1.5
CROUTONS, SEASONED	50	0	129	0	0	0	0	0	1.29	5.71	2.14	0
FRUIT SNACKS	80	0	15	0	0	20	0	36	1	19	0	0
WASHED POTATOES 1/4 C.	76	0	345	1.4	0.3	9	0	4	2.1	15	1	0.3
WASHED POTATOES, 1/2 C	152	0	690	2.8	0.6	18	0	8	4.2	30	2	0.6
OLIVES, SLICED	22	0	102	0	0	0	0	0	0	0.89	2.21	0
PASTA SALAD - TURKEY SMOKED	78	7	1970	1.08	0.65	44.89	13	1.01	5.4	10.04	1.83	0.49
PICKLES,DILL, 1/4 C.	6	0	461	0.43	0.19	3.23	24	0.68	0.22	1.48	0.07	0.02
PICKLES,DILL, 1/8 C.	3	0	230	0.22	0.1	1.62	12	0.34	0.11	0.74	0.03	0.01
RICE PILAF	129	0	402	0.29	1.45	2.98	0	0	2.5	28.11	0.26	0.06
SPANISH RICE, 1/2 C.	121	0	355	3.58	1.29	14.05	51	13.58	2.52	17.01	1.3	0.17
SPANISH RICE, 1/4 C.	60	0	177	1.79	0.65	7.02	26	6.79	1.26	8.5	0.65	0.08
SUNFLOWER KERNEL ROASTED LIGHT	85	0	42	1	0.9	7.99	1	0	2.99	2.5	6.99	0.75
TORTILLA, FLOUR 6 INCH - ROMER	103	0	231	0	1.08	60	0	0	3	17	3	1
TRAIL MIX WITH PEANUTS	74	0	0	1.5	0.34	9.75	11	0	0.75	12	2.7	0.22
TRAIL MIX WITH SUNFLOWER SEEDS	65	0	21	0.85	0.49	4.62	0	0.19	1.1	7.33	3.97	1.83
TUNA SALAD	80	9	215	0.21	0.5	7.67	6	0.89	7.49	2.29	4.33	0.89
TURKEY ROAST	44	15	193	0	0.5	1.4	0	0	6	0.9	1.6	0.5
TURKEY, BREAST DELI SMOKED	27	12	340	0	0.4	4	0	0	6	0	0.3	0.1
YOGURT, CHOCOLATE/VANILLA FROZEN	85	0	74	2	0.36	80	20	0	3	20	0	0
YOGURT, COOKIES & CREAM FROZEN	120	1	95	2	0.72	80	20	0	3	25	1.5	0.35
YOGURT, MUD PIE FROZEN	120	1	95	2	0.72	80	20	0	3	25	1.5	0.35
Condiments												
AVOCADO SAUCE	24	0	180	0	0	0	19	0	0	1.89	1.42	0
CATSUP	29	0	336	0.37	0.2	5.39	58	4.28	0.43	7.74	0.1	0.01
DRESSING, CAESAR LITE	70	0	550	0	0	0	0	0	1	3	6	1
MAYONNAISE, LITE	45	5	100	0	0	0	0	0	0	1	4.5	0.5
MUSTARD YELLOW PREPARED	22	0	376	0.3	0.6	25.2	0	0	1.41	1.92	1.32	0.06
RANCH DRESSING	33	1	248	0.08	0.03	27.95	2	0.31	0.79	1.76	2.5	0.58
SALSA	10	0	122	0.4	0.64	3.4	31	1.13	0.43	1.98	0.06	0.01
SYRUP, PANCAKE	81	0	24	0	0.03	0.28	0	0	0	21.46	0	0
Fruits and Vegetables												
APPLE WEDGES	32	0	0	1.48	0.1	3.85	3	3.13	0.1	8.39	0.2	0.03
APPLE WEDGES	16	0	0	0.74	0.05	1.92	1	1.57	0.05	4.19	0.1	0.02
BAJA BEANS,PINTO	94	6	410	3.35	0.96	77.9	53	2.16	5.71	14.35	2.32	0.98
BAJA BEANS,REFRIED	96	11	379	3.66	1.14	73.18	37	4.32	6.13	11.91	2.76	1.18
CANTALOUPE, 1/4 C.	14	0	4	0.32	0.08	4.4	129	16.88	0.35	3.34	0.11	0.03
CANTALOUPE, 1/2 C.	28	0	7	0.64	0.17	8.8	258	33.76	0.7	6.69	0.22	0.06
CARROT BITES, 1/2 C.	19	0	15	1.32	0.22	11.86	2472	4.09	0.45	4.46	0.08	0.01
CARROT BITES, 1/4 C.	9	0	8	0.66	0.11	5.93	1236	2.04	0.23	2.23	0.04	0.01
CHERRIES, 1/4 C.	26	0	0	0.83	0.14	5.44	8	2.54	0.43	6	0.35	0.08
CHERRIES, 1/2 C.	52	0	0	1.67	0.28	10.87	15	5.07	0.87	12	0.7	0.16
CHOPPED LETTUCE	3	0	2	0.27	0.1	3.88	13	0.8	0.21	0.43	0.04	0.01
CORN, 1/2 C.	66	0	265	1.64	0.71	4.1	26	6.97	2.15	15.24	0.82	0.13
CORN, 1/4 C.	33	0	132	0.82	0.35	2.05	13	3.48	1.07	7.62	0.41	0.06
DICED PEACHES	33	0	3	0.8	0.22	1.85	22	1.48	0.28	8.98	0.02	0
DICED PEARS	38	0	2	0.96	0.17	0	0	0.58	0.48	9.62	0	0
DICED TOMATOES	5	0	2	0.25	0.1	1.12	14	4.3	0.19	1.04	0.07	0.01
FRESH JUICE	52	0	0	0	0	11.34	0	0	0.91	12.13	0	0
FRESH MIXED FRUIT	6	0	0	0.16	0.04	1.64	13	3.89	0.1	1.4	0.05	0.01
FRUIT COCKTAIL	34	0	4	0.6	0.18	3.63	25	1.15	0.24	9.03	0.04	0.01
GRAPES, 1/2 C.	29	0	1	0.46	0.13	6.44	5	1.84	0.29	7.89	0.16	0.05
GRAPES, 1/4 C.	14	0	0	0.23	0.07	3.22	2	0.92	0.14	3.94	0.08	0.03
HASH BROWN POTATOES	140	0	220	2	0	0	0	0	2	19	6	1
HONEYDEW MELON	15	0	4	0.26	0.03	2.55	2	10.54	0.2	3.9	0.04	0.01
ICY JUICY	60	0	20	0	0.36	20	20	60	0	16	0	0
JICAMA STIX w/LEMON WHEELS	12	0	1	1.59	195	3.9	1	6.57	0	2.87	0	0
KIWIFRUIT, FRESH	27	0	2	1.5	0.18	11.51	15	43.37	0.44	6.58	0.19	0.01
LETTUCE, ROMAINE	2	0	1	0.24	0.15	5.04	36	3.36	0.23	0.33	0.03	0
NECTARINES, FRESH	67	0	0	2.18	0.2	6.8	101	7.34	1.28	16.02	0.63	0.07
ORANGE JUICE	110	0	30	0	0	20	0	60	2	27	0	0
ORANGES, FRESH	21	0	0	1.08	0.04	18	9	23.94	0.42	5.29	0.05	0.01
PEACHES	37	0	0	1.74	0.1	4.35	47	5.74	0.61	9.66	0.08	0.01
PEPPERS, JALAPENO, 1 TBSP	1	0	145	0.28	1.13	119	17	0.68	0	0.28	0	0
PETITE BANANA	93	0	1	2.42	0.31	6.06	8	9.19	1.04	23.66	0.48	0.19
PINEAPPLE TIDBITS	35	0	5	0.5	0.18	0	0	5.99	0.45	8.48	0	0

	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
PINEAPPLE, RINGS	35	0	5	0.5	0.36	10	10	4.5	0.5	8.5	0	0
POTATO WEDGES	104	0	40	1.6	0.4	12	0	8	2	19.99	1.8	0.4
SALAD, 4 WAY	4	0	0	0.18	0	3.69	28	0.88	0.18	0	0	0
SALSA	10	0	122	0.4	0.64	3.4	31	1.13	0.43	1.98	0.06	0.01
SHREDDED LETTUCE, 1/4 C.	3	0	2	0.29	0.1	3.88	7	0.8	0.21	0.43	0.04	0.01
SHREDDED LETTUCE, 1/8 C.	1	0	1	0.14	0.05	1.94	3	0.4	0.1	0.21	0.02	0
SLICED TOMATO	5	0	2	0.25	0.1	1.12	14	4.3	0.19	1.04	0.07	0.01
STRAWBERRIES, 1/4 C.	11	0	0	0.83	0.14	5.04	1	20.41	0.22	2.53	0.13	0.01
STRAWBERRIES, 1/2 C.	22	0	1	1.66	0.27	10.08	2	40.82	0.44	5.05	0.27	0.01
TATOR TOTS	128	0	419	1.97	0.59	4.73	0	2.36	1.38	15.75	7.28	2.95
WATERMELON, 1/4 C.	13	0	1	0.2	0.07	3.2	15	3.84	0.25	2.87	0.17	0.02
WATERMELON, 1/2 C.	23	0	1	0.35	0.12	5.65	26	6.78	0.44	5.07	0.3	0.03
Beverages												
MILK 1% LOWFAT	129	16	161	0	0	376.55	108	2.58	11.83	15.06	2.69	1.61
MILK 1% LOWFAT - STRAWBERRY	173	11	110	0	0.36	250	80	1.2	7	33	2.5	1.5
MILK, NONFAT CHOCOLATE	130	5	0	0	0	250	100	1.2	7	26	0	0