

Redondo Beach Unified School District :: Elementary Nutrient Values Rev. 11.16.11

Breakfast

Recipes	Portion Size	Calories	Cholesterol	Sodium	Dietary Fiber	Iron	Calcium	Vitamin A	Vitamin C	Protein	Carbohydrate	Total Fat	Saturated Fat	Trans Fat
Apple, red, medium	1 each	80	0	0	4	0	0	0	3.6	0	22	0.5	0	0
Apple, red, small	1 EACH	55	0	1	2.54	0.13	6.4	57	4.88	0.28	14.64	0.18	0.03	*N/A*
Bagel, Plain	1 EACH	230	0	380	3	2.7	100	0	0	8	48	1	0	0
Bagel, Blueberry	SERV	240	0	330	3	1.08	100	0	0	7	49	1	0	0
Bagel, Cinnamon Raisin	SERV	230	0	280	2	2.7	80	0	1.2	8	47	1	0	0
Banana, medium	1 EACH	120	0	0	3	0.36	0	0	9	1	32	1	0	0
Bread, Frudel, Apple	1 EACH	210	0	270	2	1.08	0	0	0	5	36	6	1.5	0
Bread, Frudel, Cherry	1 EACH	210	0	280	2	1.08	0	0	0	5	36	6	1.5	0
Breakfast Bar, Honey Wheat	SERV	300	20	260	2	8	200	0	0	4	38	15	3.5	0
Breakfast Bun Whole Wheat Ho	1 EACH	250	0	290	5	2.7	80	200	0	6	37	8	2	0
Breakfast Bun, Whole Wheat	1 EACH	249	9	273	3	1.98	150	0	0	5.6	39	5.74	1.8	0
Breakfast Burrito	SERV	196	55	377	1.38	1.92	81.3	282	2.87	8.8	28.73	4.9	1.86	0
Breakfast sandwich	SERV	260	120	770	2	3.6	200	300	1.2	15	31	9	4	0
Cereal, Cheerios	BOWL	70	0	125	2	4.5	60	300	3.6	2	14	1	0	0
Cinnamon Roll	1 EACH	220	15	190	0	1.08	40	100	0	5	37	6	1	0
Cracker, Honey Rite	SERV	90	0	85	0	0.72	0	0	0	1	15	2.5	0	0
Cream Cheese 1 OZ	SERV	100	30	115	0	0	0	300	0	0	0	10	6	0
French Toast Stick	SERV	83	7	113	0	0.48	66.7	0	0	1.67	12	3	0.5	0
French Toast Stix	SERV	250	20	340	0	1.44	200	0	0	5	36	9	1.5	0
Juice, Apple	1 FL OZ	55	0	15	0	0	0	0	30	0	15	0	0	0
Juice, Orange	POUCH	55	0	14	0	0	10	100	30	1	14	0	0	0
Milk, chocolate, nonfat	half pint	120	5	150	0	0	300	500	1.8	8	22	0	0	0
Milk, Low Fat White	half pint	120	10	150	0	0	350	500	2.4	10	14	2.5	1.5	0
Mini Pancake	SERV	10	0	25	0.13	0.09	0	250	0	0.25	1.88	0.13	0	0
Muffin, Blueberry	1 each	267	17	266	0.86	2.16	90	50	1.2	3.44	45.52	8.08	0.69	0
Muffin, Chocolate Chip	1 each	308	17	269	0.64	2.16	90	0	0	3.37	50.1	10.86	2.33	0
Muffins	SERV	288	17	268	0.75	2.16	90	25	0.6	3.4	47.81	9.47	1.51	0
Oatmeal, Maple/Brown	SERV	160	0	260	3	0	10	1000	0	4	32	2	0	0
Orange Juice	POUCH	55	0	14	0	0	10	100	30	1	14	0	0	0

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Orange, Med	1 EACH	80	0	0	5	0	40	0	72	1	21	0	0	0
Pancake Stick	SERV	230	15	430	1	1.44	0	0	0	9	23	12	3	0
Pancake, Mini Maple	SERV	200	10	370	2	1.08	40	0	0	4	34	6	1	0
Pancake, Mini Strawberry	SERV	200	10	370	2	1.08	40	0	0	4	34	6	1	0
Pizza, Saus BKft	SERV	230	15	590	2	1.8	1500	200	0	9	25	10	3.5	0
Sausage Breakfast Pizza	SERV	230	15	590	2	1.8	1500	200	0	9	25	10	3.5	0
Strawberry Yogurt, Lowfat	1 CUP	120	5	75	0	0	150	0	2.4	4	24	1	0	0
Syrup Cup	SERV	120	0	25	0	0	0	0	0	0	31	0	0	0
Waffle Stix	SERV	140	0	370	1	1.8	80	0	0	3	28	2	0	0
Water, bottled	1 FL OZ	0	0	0	0	0	0	0	0	0	0	0	0	0

Lunch

Baked Beans	1/2 CUP	75	0	240	3.5	0.72	20	100	0	3	15.5	0.25	0	0
Bean & Cheese Burrito	1 EACH	355	18	587	6.13	4.19	172	9	1.85	16.31	53.63	7.96	4.02	0
Beef Ravioli	1 CUP	250	30	690	5	2.7	20	200	0	16	30	8	3.5	0
Beef Sausage Patty	1 EACH	78	20	197	0	0.7	4.1	7	0	6.3	0.5	5.6	2.3	0
Beef Teriyaki Dipper	1 EACH	176	42	508	0.52	1.52	16.8	25	0.04	16.8	6.4	9.2	3.6	0
Bread Stick	1 EACH	180	0	270	1	1.8	40	0	0	4	31	3	1	0
Bread Stick	SERV	120	0	240	0	1.44	80	0	0	5	23	1	0	0
Brown Rice	1/2 CUP	54	0	2	0.9	3.69	5	0	0	1.26	11.2	0.44	0.09	0
Build Your Own Taco	SERV	234	84	951	1.34	0.84	121.8	327	3.19	20.24	16.41	10.32	3.71	0
Calzone, 3-Cheese	1 EACH	327	35	525	5.1	0.36	309.1	700	1.13	24.38	25.37	13.99	6.97	0
Carrots	SERV	30	0	370	2	2	20	5000	0	1	6	0	0	0
Cheese Pizza	1 EACH	290	16	650	2.5	1.8	300	500	6	16	32	4	3.5	0
Chicken Fajita Meat	SERV	120	80	560	0	0	0	0	0	15	0	7	2	0
Chicken Nuggets	SERV	220	45	650	1	1.8	20	100	0	14	15	12	2.5	0
Chicken Nuggets	SERV	200	25	580	0	1.08	20	0	1.2	10	18	10	1.5	0
Chicken Patty	1 EACH	340	45	880	3	3.24	60	100	0	20	37	13.5	2.5	0
CHICKEN TENDERS	3 PIECE	360	0	920	0	0	0	0	0	33	27	13	2.5	0

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Lunch

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Chicken, Cut up	SERV	68	25	23	0	0.4	4	65	0	7	0	3.9	1.1	0
Churro 5 inch plain	SERV	122	0	113	0.51	0.69	6.8	1	0.1	1.95	17.42	4.59	0.86	0
Corn	SERV	81	0	223	1.01	0.73	0	0	3.64	2.02	17.2	0	0	0
Corn	1/2 CUP	40	0	155	1	0	0	0	1.8	1	8.5	0.5	0	0
Flour Tortilla 6 inch	1 EACH	90	0	120	1	0.72	60	0	0	3	14	2	1	0
French Toast Cinn Glazed	SERV	220	130	330	0	1.8	20	200	0	8	31	7	2	0
Fruit Strip	1 EACH	45	0	5	0	0	0	2	1.2	0	12	0	0	0
Grape Juice Bar	BAR	58	0	11	0	0	0	0	63.39	0.09	15	0.06	0	0
Green Beans	1/2 CUP	3	0	44	0.3	0.15	4.5	74	0.8	0.19	0.76	0.01	0	0
Grilled Cheese Sand	1 EACH	370	30	1149	3.98	1.86	387.6	611	0	21.23	48.9	11.71	6.83	0
Hamburger on a Bun	1 EACH	381	71	295	3	3.5	49.3	0	0	25.59	25	20.06	7.48	0
Lasagna	SERV	253	49	568	3.26	2.41	304.7	0	16.55	16.69	28.08	8.58	4.53	0
Macaroni & Cheese	SERV	326	73	1061	1.96	2.22	329.7	700	0.16	17.33	29.39	15.24	8.91	0
Macaroni & Cheese	SERV	328	73	972	1.95	2.19	348.1	0	0.25	17.77	29.64	15.19	8.88	0
Mandarin Orange Chicken	1 CUP	190	60	270	0	1.08	20	100	0	14	16	7	1.5	0
Milk, chocolate, nonfat	half pint	120	5	150	0	0	300	500	1.8	8	22	0	0	0
Milk, Low Fat White	half pint	120	10	150	0	0	350	500	2.4	10	14	2.5	1.5	0
MINI TACOS (3)	1 SERV	260	90	460	5	1.8	2000	400	2.4	15	25	11	4	0
Mini Twin Cheeseburgers	1 EACH	472	56	948	2.4	4.4	186	138	0	6	50.8	18.6	8	0
Multi Grain Sun Chips	PACKAG	140	0	120	2	0.36	0	0	0	2	18	6	1	0
PBJ Sandwich	1 EA	320	0	350	3	1.44	20	0	0	9	33	16	3	0
Peaches, light syrup	SERV	80	0	4	1	0	0	0	0	0	19	0	0	0
Pizza Wholegrain Cheese	1 SLICE	270	20	560	3	1.8	500	750	6	20	31	7	3.5	0
Pizza Wholegrain peperonie	1 SLICE	280	20	590	3	1.8	450	750	6	20	32	9	4	0
POPCORN CHICKEN	4 OZ	260	40	480	0	4	92	186	0	22	20	12	2	0
Potato Wedges	SERV	68	0	22	1.06	0.89	6.8	0	9.99	2.09	15.39	0.14	0.03	0
Ranch Beans	1/2 CUP	30	0	109	1.3	6.84	11	2	0	1.51	6.71	0.11	0.02	0
Refried Beans	1/2 CUP	30	3	94	1.65	9.45	110	0	11.4	1.73	4.89	0.4	0.15	0
Salad Bar	SERV	82	2	134	2.12	0.26	12.1	372	10.51	0.69	17.29	2.16	0.18	0.01
Salad Bar with Strawberries	SERV	100	3	129	2.13	0.18	7	353	14.64	1.09	16.22	4.05	0.52	0
Salsa	1 TBSP	0	0	135	0	0	0	100	2.4	0	1	0	0	0

