Redondo Beach Unified School District :: Middle School 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, 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*
Banana, medium	1 EACH	120	0	0	3	0.36	0	0	9	1	32	1	0	0
Bread, Cherry Frudel	1 EACH	210	0	280	2	1.08	0	0	0	5	36	6	1.5	0
Breakfast Bun Whole Wheat Ho	1 EACH	250	0	290	5	2.7	80	200	0	6	37	8	2	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
Cream Cheese 1 OZ	SERV	100	30	115	0	0	0	300	0	0	0	10	6	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
Oatmeal, Maple/Brown	SERV	160	0	260	3	0	10	1000	0	4	32	2	0	0
Orange, Med	1 EACH	80	0	0	5	0	40	0	72	1	21	0	0	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
Water, bottled	1 FL OZ	0	0	0	0	0	0	0	0	0	0	0	0	0

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Lunch

Burger, Mini cheese	1 EACH	472	56	948	2.4	4.4	186	138	0	6	50.8	18.6	8	0
Burrito, Taco Bell Combo	1 EA	370	30	1360	8	0	0	0	0	16	49	11	4	0
Caesar Salad	SERV	525	55	1475	3	2.52	160	1500	11.4	22	52	23.5	6	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	*N/A*
Chicken, Clux Filet	1 EACH	220	50	650	0	1	21	50	1	20	16	8	2	*N/A*
Fish Nuggets	SERV	220	50	310	0	1.08	0	0	0	10	34	4.5	0.5	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 with cheese	1 EACH	436	84	515	3	3.55	125.8	165	0	28.09	25.5	24.56	10.48	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
PBJ Sandwich	1 EA	320	0	350	3	1.44	20	0	0	9	33	16	3	0
Pick Up Stix	1 EACH	380	80	940	1	1.8	20	0	0	18	53	10	2.5	0
Pizza Cheese wholegrain	SLICE	270	20	560	3	1.8	500	750	6	20	31	7	3.5	0
PIZZA, Big Daddy Cheese	SERV	350	25	620	2	0	0	0	0	20	41	12	4.5	0
Potato Baked	1 EACH	125	0	9	2.7	1.55	11.2	0	14.45	2.6	28.25	0	0	0
Potato Wedges	SERV	90	0	30	2	0.72	0	0	3.6	2	15	2.5	0	0
Potato, Sweet	SERV	110	0	170	2	0.36	20	2500	2.4	0	17	4.5	0.5	0
Salad Bar	SERV	160	0	488	2.78	0.09	3.8	814	4.59	1.74	26.33	6.5	0.93	0
Turkey Corn Dog	SERV	270	25	750	1	2.7	60	*N/A*	*N/A*	10	22	14	4	*N/A*