

# Scottsdale Unified School District :: Elementary Nutrient Values Rev. 1.31.12

## Breakfast

Recipes	Portion Size	Calories	Cholesterol	Sodium	Dietary Fiber	Iron	Calcium	Vitamin A	Vitamin C	Protein	Carbohydrate	Total Fat	Saturated Fat	Trans Fat
Apple Slices 2 oz BIC	2 OZ	35	0	0	1	0	20	0	12	0	8	0	0	0
Apples, fresh, school boy	1 Each	55	0	0	2.75	0	0	0	2.47	0	15.11	0.69	0	*N/A*
Bagel & Cream Chz	1 Each	223	24	270	1.99	0.9	47.4	226	0	5.36	25.78	9.03	4.9	0
Bagel & Peanut Butter	1 Each	494	0	568	4.23	2.3	30.5	0	0	17.33	42.49	28.37	5.36	0
Bagel, 2 oz BIC	1 Each	142	0	211	1.49	1.34	24.9	0	0	3.98	26.36	0.99	0	0
Banana	1 Each	90	0	1	2.63	0.26	5.1	65	8.79	1.1	23.07	0.33	0.11	*N/A*
Breakfast Pizza	slice	230	15	590	2	0	0	281	0	9	25	10	3.5	0
Cereal Bar, Fruity Cheerios	1 Each	150	0	95	2	1.44	200	100	3.6	2	27	3.5	0.5	0
Cereal, Asst. w/ String Cheese	1 Each	152	10	345	1.77	4.85	297.7	395	4.4	9.9	20.89	3.51	2	0
Cereal, Cheerios	1 Each	70	0	110	2	5.4	60	500	3.6	2	14	1	0	0
Cereal, Corn Flakes	1 Each	80	0	130	1	3.6	80	300	3.6	1	18	1	0	0
Cereal, Froot Loops	1 Each	70	0	105	2	2.7	0	300	9	1	16	1	0	0
Cereal, Frosted Flakes	1 Each	101	0	162	0	4.55	0	505	6.06	2.02	25.27	0	0	0
Cereal, Honey Nut Cheriots	1 Each	110	0	160	2	4.5	100	500	6	2	22	1.5	0	0
Cereal, Rice Krispies	1 Each	70	0	100	0	4.5	0	500	6	1	16	0	0	0
Cereal, Trix	1 Each	70	0	170	0	0.72	0	400	6	1	16	0	0	0
Cheese Stick	1 Each	110	20	200	0	0	200	300	0	7	0	9	6	0
Cinnamon Brkfst Bar & Yogurt	1 Each	250	5	210	4	1.08	300	0	1.2	6	45	5	1.5	0
Cinnamon Roll	1 Each	219	0	200	1.18	1.7	12.5	460	0.39	5	42.98	3.5	1	0
Egg, Cheese & Sausage Muffin	1 Each	280	155	666	0.99	2.19	175.6	379	0	17.01	27.37	12.03	4.28	0
Egg, Ham & Chz on Bagel	1 Each	300	125	822	0.97	15.12	96.7	379	0	15.85	38.99	8.27	3.78	0
Fresh Fruit, assorted	1 Each	68	0	1	2.83	0.17	16.1	91	18.04	0.66	17.79	0.31	0.04	*N/A*
Fruit Cup - Side	.5 CUP	71	0	5	1.36	0.24	5.4	233	3.69	0.25	17.58	0.07	0.01	0
Fruit, mixed canned	1/2 cup	69	0	8	1.5	0.36	6	12	3.9	0.51	17.9	0.1	0.01	0
Graham Cracker	1 Each	90	0	100	0	0.72	100	0	0	1	15	2.5	0.5	0
Grapes	2 oz	21	0	0.64	0.29	0.09	4.48	32	1.28	0.2	5.49	0.11	0.04	0
Juice, 100% Fruit, asstrd 4 oz	4 oz	61	0	0	0	10.1	10.7	94	41.26	0.12	14.45	0.05	0	0
Juice, Apple	4 oz	57	0	1	0	0.2	11.2	0	60	0.1	14.5	0	0	0
Juice, Orange	4 oz	55	0	0	0	0.2	10.2	188	62.5	0.1	14.4	0.1	0	0

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Breakfast														
Recipes	Portion Size	Calories	Cholesterol	Sodium	Dietary Fiber	Iron	Calcium	Vitamin A	Vitamin C	Protein	Carbohydrate	Total Fat	Saturated Fat	Trans Fat
Milk, Chocolate Fat Free	8 oz	130	4	220	0	0.36	300	500	2.4	8	24	0	0	0
Milk, Fat Free	8 oz	90	4	125	0	0	300	500	2.4	8	12	0	0	0
Milk, Strawberry 1%	8 oz	170	15	130	0	0	300	500	2.4	9	28	2.5	1.5	0
Milk, Strawberry FF	1 Each	140	0	120	0	0	300	500	2.4	8	25	0	0	0
Milk, White 1%	1 Each	100	10	125	0	0	300	500	2.4	8	12	2.5	1.5	0
Muffin RF, 2 oz All Flavors	1 Each	155	35	183	2	4.28	200	1000	0.3	3	26	4.87	1.13	0
Muffin, Apple	1 Each	150	35	180	2	4.5	200	1000	0	3	26	4.5	1	0
Muffin, Banana	1 Each	160	35	190	2	3.6	200	1000	1.2	3	26	5	1	0
Muffin, Blueberry	1 Each	140	35	180	2	4.5	200	1000	0	3	25	4	1	0
Muffin, Chocolate Chip	1 Each	170	35	180	2	4.5	200	1000	0	3	27	6	1.5	0
Nectarines, raw	1 Each	62	0	0	2.41	0.4	8.5	471	7.67	1.51	14.98	0.45	0.04	*N/A*
Orange Smiles	1/2 Each	31	0	0	1.57	0.07	26.2	147	34.85	0.62	7.7	0.08	0.01	*N/A*
Orange, Fresh	1 Each	62	0	0	3.14	0.13	52.4	295	69.69	1.23	15.39	0.16	0.03	*N/A*
Pancake Pup	1 Each	212	15	475	1.01	1.09	0	0	0	9.09	23.23	10.1	3.54	0
Pancakes & Sausage	serving	327	47	413	1.33	1.56	46.7	0	0	10	57	7.17	1.33	0
Pancakes & Sausage	SVG	328	47	439	1.33	1.56	46.7	0	0	10	57.35	7.17	1.33	0
PB & J Gramwich	1 Each	292	0	262	3.02	0.72	0	0	0	8.05	30.18	17.1	3.02	0
PB & J Uncrustable	1 Each	318	0	318	2.98	1.43	19.8	0	0	9.92	32.74	15.88	3.47	0
Peaches, canned	1/2 cup	68	0	6	1.59	0.45	4	23	2.99	0.56	18.19	0.04	0	0
Peaches, raw	1 Each	38	0	0	1.47	0.25	5.9	319	6.47	0.89	9.35	0.25	0.02	*N/A*
Pears, canned	1/2 cup	57	0	5	1.83	0.33	10.1	0	1.83	0.38	14.68	0.08	0	0
Pears, raw	1 Each	96	0	2	5.15	0.28	14.9	38	6.97	0.63	25.66	0.2	0.02	*N/A*
Pineapple,canned	1/2 cup	66	0	1	1.01	0.49	17.6	19	9.45	0.45	16.95	0.15	0.01	0
Plums, raw	1 Each	30	0	0	0.92	0.11	4	228	6.27	0.46	7.54	0.18	0.01	*N/A*
Pop Tart, WG & String Cheese	1 Each	250	10	370	3	1.8	200	600	0	10	36	7.5	3.5	0
Pop Tart, WG Strawberry	1 Each	190	0	150	5	1.8	0	500	0	2	35	5	1.5	0
Sausage, Cheese & WG Biscuit	1 Each	237	34	704	2	1.46	118	1069	0	11.26	25.76	10.51	3.13	0
String Cheese	1 Each	60	10	210	0	0	200	200	0	8	1	2.5	2	0
Whole Wheat Breakfast Bun	1 Each	250	0	290	5	2.7	80	200	0	6	37	8	2	0
Yogurt, Banana	1 Each	110	5	75	0	0	150	0	0	3	19	1.5	1	0
Yogurt, Crush Cup 4 oz	1 Each	110	5	78	0	0	150	0	0	3	19	1.5	1	0

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Lunch														
Recipes	Portion Size	Calories	Cholesterol	Sodium	Dietary Fiber	Iron	Calcium	Vitamin A	Vitamin C	Protein	Carbohydrate	Total Fat	Saturated Fat	Trans Fat
Yogurt, Strawberry	1 Each	110	5	80	0	0	150	0	0	3	19	1.5	1	0
ALE Bistro Fruit & Yogurt	1 EACH	136	4	36	2.38	0.15	82.1	361	14.64	2.9	30.91	1.22	0.46	0
Applesauce	1/2 CUP	50	0	15	2	1.44	0	5	2.4	0	13	0	0	0
Asian Salad w/ Chicken	1 EACH	215	40	742	2.01	1.28	43	7452	6.37	15.89	20.79	8.35	1.14	0.1
Bagel & Cream Cheese	1 EACH	240	30	300	2	0.9	50	200	0	6	25	10	6	0
Bagel Snack Pack w/ PB	1 EACH	508	40	738	7.61	2.3	311.6	400	90	25.74	45.26	27.54	10.77	0
Baked Beans	1/2 CUP	138	0	532	5.23	1.53	45.3	314	0	6.06	31.64	0.47	0.09	0
Baked Potato	1 EACH	234	0	91	3.81	1.87	26	351	16.61	4.33	36.59	8.22	1.74	1.67
BBQ Chicken on Bun	3 OZ	265	35	660	4	2.07	117.4	262	2.09	19.34	40.34	3.81	0	0
BBQ Rib Sandwich	1 EACH	400	35	1171	5	3.6	140.1	401	1.2	23.02	50.02	13.02	4.01	0
Bean & Cheese Burrito	1 EACH	380	20	800	6	5.76	340	400	8.4	14.5	49	12	5.5	0
Bean Tostada ES	SVG	235	9	337	3.63	3.02	327.1	581	4.04	10.78	37	5.7	2.15	0.03
Berry Cup	.5 CUP	66	0	2	2.18	0.36	6.8	22	21.24	0.33	17.51	0.22	0.02	0
Bread Stick	1 EACH	155	0	249	1.13	1.36	0	0	0	4.54	25.7	3.4	0.38	0
Broccoli, raw	1/2 Cup	15	0	15	1.14	0.32	20.7	274	39.25	1.24	2.92	0.16	0.02	*N/A*
Carrots, baby raw	Serving	30	0	66	2.47	0.76	27.2	11722	2.21	0.54	7	0.11	0.02	*N/A*
Carrots, raw	1 each	25	0	42	1.71	0.18	20.1	10255	3.6	0.57	5.84	0.15	0.02	0
Cauliflorets	1 CUP	25	0	30	2	0.42	22	0	48.2	1.92	4.97	0.28	0.06	*N/A*
Celery, raw	1/2 Cup	10	0	48	0.96	0.12	24	269	1.86	0.41	1.78	0.1	0.03	*N/A*
Cheese Crisp, WG - ES	1 EACH	303	40	1049	3.01	1	404	810	0	16.16	22.07	14.66	9.61	0
Cheese Flatbread Sandwich	1 Each	270	10	480	2	1.8	250	200	0	17	30	9	3	0
Cheese Ravioli - ES	3 EACH	265	70	667	3.33	2.16	188.1	3688	40.07	20.29	32.44	7.66	3.75	0
Cheese Stuffed Breadstick	SVG	187	5	473	2.9	3.01	139	2550	27	8.9	21.4	7.45	2.5	0
Cheese Stuffed Shells	2 EACH	310	50	677	3.08	2.26	346.8	5993	65.32	20.18	35.56	9.09	4.75	0
Cheeseburger	1 EACH	338	44	849	5.05	3.21	200.7	189	0	26.73	33.12	12.43	4.37	0
Chicken Caesar Salad ES	1 EACH	320	60	914	1.79	0.82	151.4	7472	3.4	19.46	10.31	22.09	4.78	0
Chicken Chimichanga	1 each	297	309	577	*N/A*	2.64	237.9	276	31	15	33.9	10.9	4	*N/A*
Chicken Drumstick	1 EACH	280	85	649	0	1.08	0	0	0	20.98	8.99	16.99	4	0
Chicken Nuggets	6 PCS	244	27	611	2.71	2.44	54.3	113	0	17.64	18.99	10.85	2.04	0
Chicken, Oven Roasted	3 OZ	158	94	148	0	0.71	19.8	0	0	17.78	0	8.89	2.96	0
Chicken Tenders	3.3 OZ	202	56	688	0	1.82	20.2	101	0	14.16	12.14	10.12	2.02	0

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Lunch														
Recipes	Portion Size	Calories	Cholesterol	Sodium	Dietary Fiber	Iron	Calcium	Vitamin A	Vitamin C	Protein	Carbohydrate	Total Fat	Saturated Fat	Trans Fat
Chili, Beef & Pinto Bean	cup(s)	237	23	1148	7.61	4.27	94.9	1791	12.06	16.57	28.85	7.12	2.24	0
Chocolate Dipped Banana	1/2 EACH	93	0	7	1.53	0.29	2.5	32	4.39	0.77	13.51	4.56	4.23	0
Churro	EACH	93	10	91	0.27	0.04	5.1	1	0.02	1.03	12.65	5.04	2.52	0
Cinnamon Apples	1/2 CUP	65	0	9	2.41	1.64	13.8	4	1.66	0.35	16.42	0.01	0	0
Corn	1/2 CUP	122	0	448	2.85	1.08	7.5	68	1.05	3.97	28.25	1.4	0.26	*N/A*
Corn Cobbette	1 EACH	46	0	11	1.1	0.25	1	137	2	1.28	9.16	1.22	0.47	0
Churro	EACH	93	10	91	0.27	0.04	5.1	1	0.02	1.03	12.65	5.04	2.52	0
Corn	1/2 CUP	122	0	448	2.85	1.08	7.5	68	1.05	3.97	28.25	1.4	0.26	*N/A*
Corn Cobbette	1 EACH	46	0	11	1.1	0.25	1	137	2	1.28	9.16	1.22	0.47	0
Corn Dog, Chicken	4 OZ	243	20	597	5.06	2.73	151.9	0	0	9.11	33.41	8.1	2.03	0
Cornbread Stuffing	1/4 CUP	65	0	236	0	0	0.8	69	0	1.4	11.22	2.44	0.69	0
Cornmeal Super Star, WG	1 each	134	10	71	1.38	0.99	13.8	37	0	2.57	20.77	4.45	0.89	0
Crackers	1 EACH	130	0	115	0	1.08	100	0	0	2	20	4	0	0
Crispy Chicken Sandwich	1 EACH	340	30	811	4	1.8	100	0	0	20.02	39.01	13.52	2	0
Cucumber, peeled, raw	.5 cup slice	7	0	1	0.42	0.13	8.3	43	1.9	0.35	1.29	0.1	0.01	*N/A*
Dressing, Ranch Lite	1 EACH	47	5	170	0	0	0	0	0	0	0.94	4.73	0.94	0
Dried Fruit - side	1 EACH	174	0	2	2.26	1.46	40.1	293	0.49	1.39	44.16	0.1	0.01	0
Egg Roll & Brown Rice	1 EACH	258	10	425	2.76	1.85	29.8	2000	6	9.52	45.39	4.88	1.18	0
Egg Roll, Chicken	2 EACH	300	20	840	2	2.88	40	4000	12	14	46	8	2	0
Egg, Hard Boiled & WG Crackers	1 EACH	106	190	116	0	0.36	20	301	0	6.01	6.06	6.02	1.5	0
Fish Sticks ES	5 EACH	291	63	367	1.27	1.37	25.3	0	0	18.98	27.84	11.39	1.27	0
French Bread Pizza	1 EACH	301	15	542	4.01	2.71	351	501	6.02	19.05	36.1	9.02	3.51	0
French Toast w/ Turkey Sausage	4 STX/1 PA	360	30	500	1	2.16	80	0	0	11	41	16.5	4	0
Frozen 100% Juice Bar	1 EACH	40	0	5	2	0	60	500	60	0	10	0	0	0
Fruit, Melon & Berries	1 each	36	0	10	1.06	0.27	10	1111	31.51	0.71	8.74	0.21	0.03	*N/A*
Fruit, mixed canned	1/2 cup	69	0	8	1.5	0.36	6	12	3.9	0.51	17.9	0.1	0.01	0
Garden Veggie Salad	1 EACH	290	42	757	2.1	1.05	546.4	7905	24.58	17.75	7.55	21.6	8.61	0
Goldfish Graham Crackers	1 each	120	0	110	1	0.72	100	0	0	1	19	4	1	0
Grilled Cheese Sandwich	1 EACH	371	30	1149	3.98	1.86	387.6	611	0	21.23	48.9	11.71	6.83	0
Grilled Chicken Sandwich	1 EACH	270	65	1000	4	9.54	160	300	6	36	29	3.5	0	0
Hamburger	1 EACH	300	35	640	4	3.24	120	100	0	21	31	10.5	3	0.5

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Lunch														
Recipes	Portion Size	Calories	Cholesterol	Sodium	Dietary Fiber	Iron	Calcium	Vitamin A	Vitamin C	Protein	Carbohydrate	Total Fat	Saturated Fat	Trans Fat
Honey Fire Chx & Rice	4 oz # Chick	537	50	806	3.6	1.51	43.3	189	0	21.73	99.79	6.07	2.65	0
Hot Dog	1 EACH	269	35	856	2.99	1.44	99.8	3	0	10.96	20.95	16.42	6.96	1
Italian Sub ES	1 EACH	366	68	1525	5	2.99	219.1	100	11.29	27.55	38.01	12.4	4.18	0
Juice, 100% Fruit 4 oz	4 fl oz	56	0	1	0.2	0.12	11	133	48.4	0.85	13.41	0.07	0.01	0
Juice, Apple	4 oz	57	0	1	0	0.2	11.2	0	60	0.1	14.5	0	0	0
Juice, Orange	4 oz	55	0	0	0	0.2	10.2	188	62.5	0.1	14.4	0.1	0	0
Jungle Crackers, WG	1 EACH	120	0	60	0	0.72	100	0	0	2	22	3	0	0
Ketchup	1 EACH	10	0	100	0	0	0	0	1.2	0	3	0	0	0
Lasagna Rollup	1 EACH	270	39	636	3.5	2.21	185.5	5108	60.1	20	33.52	6.25	2.7	0
Lettuce, green leaf, raw	Leaf	1	0	3	0.13	0.09	3.6	740	0.92	0.14	0.29	0.01	0	*N/A*
Macaroni & Cheese, RF	7.5 OZ	363	38	1226	1.25	1.8	750.4	1001	0	20.01	40.02	13.76	7.5	0
Mashed Potatoes & Gravy	1/2 CUP	77	0	323	0.8	0.29	26.8	3	2.88	2.11	15.65	0.8	0	0
Mayonnaise	1 each	80	5	70	0	0	0	0	0	0	1	9	1	0
Meatball Hoagie	1 EACH	384	29	825	8	3.49	246.5	2250	27.96	24.3	45.1	13.5	4.4	0
Meatballs & Gravy - ES	SVG	230	40	556	0.5	2.5	46.8	111	0	15.49	9.04	14.5	6	0
Milk, Chocolate	1 Each	130	4	220	0	0.36	300	500	2.4	8	24	0	0	0
Milk, lowfat 1%,	1 Each	100	10	125	0	0	300	500	2.4	8	12	2.5	1.5	0
Milk, Skim,	1 Each	90	4	125	0	0	300	500	2.4	8	12	0	0	0
Milk, strawberry 1%	1 Each	170	15	130	0	0	300	500	2.4	9	28	2.5	1.5	0
Mini Turkey Corn Dogs ES	6 EACH	328	30	789	1.34	2.14	89.3	0	0	10.42	26.8	19.36	5.96	0
Morning Mix-Ups	1 Each	188	0	124	2.97	2.67	19.8	0	0	3.96	31.65	4.94	0.49	0
Mustard	1 each	5	0	78	0	0	0	0	0	0	0.92	0	0	0
Orange Sherbet	1 Each	90	0	25	0	0	40	0	15	1	21	0.5	0.5	*N/A*
Oven Fries ES	3 OZ	134	0	102	2.2	0.63	5	0	5.6	2.08	20.58	4.72	1.06	0
Pancakes, Mini CC	1 EACH	130	8	90	3	1.8	100	500	6	4	27	1.5	0	0
Pasta Salad	1/2 CUP	113	0	203	1.47	0.93	15.5	645	3.81	3.75	21.64	0.9	0.15	0
Pasta w/ Marinara Sauce	1.25 CUP	175	0	330	2.77	2.14	23.3	3555	44.25	5.95	35.2	1.18	0.09	0
Pasta w/ Meat Sauce ES	1.50 CUP	271	28	674	3.13	3.68	45.4	3635	44.25	16.84	36.11	7.54	2.48	0
Peaches, canned	1/2 cup	68	0	6	1.59	0.45	4	23	2.99	0.56	18.19	0.04	0	0
Peanut Butter	#40 scoop	158	0	123	1.61	0.5	11.6	0	0	6.74	5.26	13.54	2.77	*N/A*
Peanut Butter & Jelly Sandwich	1 EACH	405	0	497	6.22	2.1	55.9	1	0.26	14.13	54.14	18.26	3.32	0

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Lunch														
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Pears, canned	1/2 cup	57	0	5	1.83	0.33	10.1	0	1.83	0.38	14.68	0.08	0	0
Peas	1/2 CUP	64	0	151	3.78	0.87	18.4	489	8.86	4.06	11.54	0.32	0.05	0
Peppers, sweet, green, raw	2 oz	11	0	2	0.96	0.19	5.7	210	45.59	0.49	2.63	0.1	0.03	*N/A*
Peppers, sweet, red, raw	2 oz	18	0	2	1.19	0.24	4	1775	72.4	0.56	3.42	0.17	0.02	*N/A*
Pickle Relish	1 each	20	0	152	0	0	0	0	0	0	7.09	0	0	0
Pineapple,canned	1/2 cup	66	0	1	1.01	0.49	17.6	19	9.45	0.45	16.95	0.15	0.01	0
Pizza Hut Pizza Slice	SLICES	380	48	1011	2	3.15	332.6	584	3.88	17.75	39.13	16.88	8.5	0
Pizza, Big Daddy's Cheese	SLICE	450	40	1030	2	3.6	400	500	0	23	52	17	9	0.5
Pizza, Big Daddy's Pepperoni	SLICE	470	35	1190	3	3.6	300	500	0	24	54	18	9	0.5
Popcorn Chicken	3 OZ	225	29	235	0.98	1.41	19.6	98	0	11.73	13.69	13.69	2.44	0
Potato Smiles	5 PCS	175	0	225	3.12	0.45	0	0	1.5	2.5	25.63	6.56	0.63	0
Pudding	1/2 cup	130	0	140	0	0	60	0	0	1	23	4	1	0
Radishes	1 cup	19	0	45	1.86	0.39	29	8	17.17	0.79	3.94	0.12	0.04	*N/A*
Rice, Brown	cups	380	0	378	3.6	1.51	32.1	0	0	8.47	79.39	3	0.61	0
Salad, Spring Greens	1 EACH	107	5	219	0.68	0.62	17.3	1012	1.05	1.51	9.31	6.61	0.94	0
Salsa	1 fl oz	11	0	35	0.43	0.7	3.8	172	1.25	0.47	2.18	0.06	0.01	0
Seasoned Fries 3oz	3 oz	150	0	375	2	0.9	0	0	5.85	2	20	7	1.75	0
Shrimp Poppers	3 OZ	202	86	769	2.03	1.82	60.7	0	0	9.11	19.24	10.13	1.52	0
Snack Pack, Yogurt & Fruit	1 EACH	291	5	166	2.54	2.43	279.2	316	23.34	4.91	57.43	4.59	1.47	0
Soft Taco	1 EACH	222	37	368	0	1.98	128.5	137	1.15	15.01	21.72	8.49	3.86	0
Soup, Tomato	4 oz	45	0	357	0.5	0.36	1.8	200	3	1	10	0	0	0
Squash	2 oz	10	0	5	0.57	0.21	9.1	113	10.15	0.69	1.76	0.18	0.05	*N/A*
String Cheese	1 EACH	60	10	210	0	0	200	200	0	8	1	2.5	2	0
SW Chicken Flatbread Sandwich	1 EACH	270	20	490	3	1.8	200	200	0	18	28	9	3	0
Taco Salad w/ Turkey Meat	salads	272	54	592	4.92	3.58	322	13046	10.86	20.22	20.97	12.81	4.9	0
Taco Salad-Turkey	1 EACH	218	66	606	2.34	2.75	289.9	7995	7.29	18.73	8.39	12.61	5.16	0
Tartar Sauce	1 each	35	5	110	0	0	0	0	0	0	2	3.5	0.5	2.21
Tater Tots	3 oz	148	0	237	2.21	0.35	0	0	1.17	2.21	19.89	6.63	2.21	2.98
Teriyaki Chix Rice Bowl	1.75 cups	347	77	260	2.07	2.34	35.8	91	3.27	23.69	50.08	4.73	1.14	0
Tomatoes, red, ripe, raw, year	Slice	4	0	1	0.24	0.05	2	167	2.74	0.18	0.78	0.04	0.01	*N/A*
Tomatoes, red, ripe, raw, year	.5 cup cher	13	0	4	0.89	0.2	7.5	621	10.21	0.66	2.9	0.15	0.02	*N/A*

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Lunch														
Recipes	Portion Size	Calories	Cholesterol	Sodium	Dietary Fiber	Iron	Calcium	Vitamin A	Vitamin C	Protein	Carbohydrate	Total Fat	Saturated Fat	Trans Fat
Tuna Salad Sandwich ES	1 EACH	275	26	689	4.41	2.43	57.1	120	1.47	21.85	29.54	8.83	0.79	0.05
Turkey & Cheese Sliders	2 EACH	298	30	758	2.13	2.56	163.3	878	1.38	18.24	41.73	5.86	1.77	0.05
Turkey Ham & Cheese on WW	1 EACH	244	45	1021	4	2.15	115.9	138	1.51	17.96	30.15	7.17	2.21	0
Turkey Ham & Cheese Sub	1 EACH	305	51	1171	5.15	2.73	140.3	686	2.17	22.14	37.78	7.96	1.81	0
Turkey on WW Sandwich	1 EACH	224	28	741	4.47	1.96	51.2	977	5.38	18.36	31.79	4.34	0.64	0
Turkey Roast, Thanksgiving	2.5 oz	76	32	496	0	0.46	0.2	0	0	15.25	1.28	0.64	0	0.05
Turkey Wrap	1 EACH	325	40	1268	1.13	2.2	143.3	878	1.38	16.24	33.68	13.58	5.22	0.05
Vegan Veggie Burger	1 EACH	296	0	875	8	3.42	510	131	0.03	18	39	9.5	0.7	0
Vegetables, Fresh Assrtd.	1/2 CUP	62	5	193	1.07	0.22	14.8	3565	15.12	0.57	4.23	4.85	0.97	*N/A*
Vegetables, Fresh side	1/2 CUP	12	0	12	0.88	0.21	10.5	1163	20.63	0.54	2.43	0.11	0.02	*N/A*
Yogurt Parfait Lunch	1 EACH	468	3	131	5.15	2.21	432.8	258	6.59	9.72	69.22	19.26	2.12	0
Seasoned Fries	3 OZ	150	0	375	2	0.9	0	0	4.35	2	20	7	1.75	0
Turkey Sub	1 EACH	294	34	969	5.13	2.32	109.3	740	1.61	23.5	39.17	5.74	0.76	0
Shrimp Poppers	4 OZ	270	115	1026	2.7	2.43	81	0	0	12.15	25.65	13.5	2.03	0
Side Salad	1 EACH	60	5	175	1.4	0.61	21.2	5064	4.41	0.87	3.62	4.93	0.97	0
Spaghetti w/ Meat Sauce MS-HS	1.75 CUP	569	51	433	13.47	6.25	30.6	4179	52	29.38	90.81	14.05	4.44	0.71
Spicy Chicken Salad	1 EACH	308	57	761	4.05	2.67	322.4	13095	10.14	19.19	15.99	19.64	6.34	0
Spicy Chicken Sandwich	1 EACH	390	55	760	2	3.6	60	500	0	21	46	14.5	2.5	0
Spicy Chix Wrap	1 EACH	491	39	1352	3.23	4.02	220.1	1685	12.4	17.83	62.26	18.67	5.52	0
Spicy Chzбург w/ Jalapenos	1 EACH	412	55	888	3.99	3.24	322.3	505	1.19	27.06	32.21	19.61	9.08	0
Squash	2 oz	10	0	5	0.57	0.21	9.1	113	10.15	0.69	1.76	0.18	0.05	*N/A*
SW Chicken Flatbread Sandwich	1 EACH	270	20	490	3	1.8	200	200	0	18	28	9	3	0
Sweet Potato Fries	4 oz	180	0	220	4	0.24	26.7	5667	12.4	1.33	32	5	0.33	0
Taco Salad w/ Turkey Meat	1 EACH	272	54	592	4.92	3.58	322	13046	10.86	20.22	20.97	12.81	4.9	0
Tater Tots	4 oz	200	0	319	2.98	0.48	0	0	1.58	2.98	26.86	8.95	2.98	2.98
Teriyaki Chix Rice Bowl	2 cups	398	97	707	2.18	2.97	40.5	2103	9.69	30.9	48.68	8.99	2.03	0
Toasted Spicy Italian Sub	1 EACH	328	47	1305	2	2.64	277.9	0	9.07	24.58	36.72	9.11	4.11	0
Tomatoes, red, ripe, raw, year	Slice	4	0	1	0.24	0.05	2	167	2.74	0.18	0.78	0.04	0.01	*N/A*
Tomatoes, red, ripe, raw, year	1/2 cup	13	0	4	0.89	0.2	7.5	621	10.21	0.66	2.9	0.15	0.02	*N/A*
Tuna Salad Sand. on Multigrain	1 EACH	364	26	732	6.89	3.63	61.1	1665	7.7	24.2	41.1	10.91	1.8	0
Turkey & Cheese Sandwich	1 EACH	355	42	1087	6.48	3.1	125.6	1683	6.92	25.24	43.96	8.83	3.03	0.05

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Lunch														
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Turkey & Cheese Sub	1 EACH	308	42	1075	1	2.63	141.6	1350	1.44	22.89	37.4	7.25	2.02	0.05
Turkey Bowl	1 EACH	248	47	1144	1.53	1.71	25.6	7	2.75	21.74	23.58	6.25	1.68	0
Turkey Burger MS-HS	1 EACH	301	50	623	1	0.91	40	0	0	21.14	34	9.55	2.02	0
Turkey Roast w/ Gravy	SVGS	172	47	798	0	1.43	22.7	7	0	20.22	8.32	5.11	1.68	0
Turkey Wrap	1 EACH	455	39	1389	2.6	3.41	215.1	2469	1.82	22.72	56.78	14.54	4.71	0.05
Vegetables, Fresh side	1/2 CUP	12	0	12	0.88	0.21	10.5	1163	20.63	0.54	2.43	0.11	0.02	*N/A*
Vegetarian Wrap	1 EACH	451	24	1057	3.19	5.06	646.6	4385	31.78	21.35	55.44	14.99	7.97	0
Yogurt, 4 oz	1 EACH	90	0	50	0	0	100	300	0	3	19	0	0	0