

Seaford School District :: Middle School Nutrient Values Rev. 9/11

Recipes	Portion Size	Calories	Cholesterol	Sodium	Dietary Fiber	Iron	Calcium	Vitamin A	Vitamin C	Protein	Carbohydrate	Total Fat	Saturated Fat	Trans Fat
Bagel, Plain	1 each	195	0	379	1.63	2.53	52.54	0	0	7.46	37.91	1.14	0.16	
Baked Beans	1/2 cup	153	0	551	5.41	1.63	53.4	231	2.76	6.39	35.51	0.51	0.1	0
Biscuit, Buttermilk	each	180	0	620	1	1.8	200	0	0	4	28	6	3	1
Biscuit, Egg & Cheese	each	360	373	1015	1	3.24	335	550	0	17.5	30.5	19.5	8	1
Biscuit, Ham & Cheese	each	260	25	1169	1	1.8	275	150	0	11.06	28.5	11.51	6.01	1
Biscuit, Sausage & Cheese	each	290	42	1035	1	1.8	275	150	0	13.5	29.5	13.5	5.5	1
Bread, Cheesy Mascot	1/2 roll	283	45	602	0.61	0.93	445.9	445	0.2	17.37	20.69	14.63	8.35	0
Bread, Italian	(1) slice	54	0	117	0.54	0.59	15.6	0	0	1.76	10	0.7	0.17	
Breadstick	each	110	0	230	1	1.44	0	0	0	4	21	1	0	0
Breadstick, Garlic	each	116	0	222	0.9	1.4	10.8	15	0	3.8	20.4	2.4	0.4	N/A
Breakfast Pizza	each	324	31	861	1.97	2.61	240.35	358	0.74	18.23	33.25	13.18	5.47	
Brownie	each	145	0	126	1.04	1.13	0.98	0	0	2.08	29.09	2.6	0.52	
Burrito, Beef & Bean	each	380	20	861	6.16	3.88	112	947	4.41	11.75	45.21	17.32	5.92	
Cake, Harvest	7 X 11	182	22	207	0.79	0.79	18.4	984	3.96	2.97	30.37	5.51	1.08	0
Cereal, Froot Loops	bowl	83	0	105	0.53	4.28	2.94	338	9.87	1.06	18.37	0.65	0.32	0
Cereal, Frosted Flakes	bowl	104	0	136	0.91	4.11	1.42	488	5.67	0.94	25.6	0.15	0.05	0
Cheese, Cheddar, Shredded	1 oz	111	30	182	0	0	202.5	304	0	7.09	0	9.11	6.08	0
Cheese, Grated Parmesan	(1) Tbsp	27	6	96	0	0.06	69.3	28	0	2.4	0.25	1.79	1.08	0
Chicken & Broccoli Rotini	serving	218	43	433	2.23	1.25	171.9	1932	40.08	18.69	28.19	3.38	1.29	0
Chicken Nuggets (Elem & MS)	(5)	240	0	410	0	0	0	0	0	14	12	15	0	0
Chicken Nuggets with Hot Roll	(5)	520	0	910	2	3.6	100	0	0	24	64	19.5	1	1
Chicken Parmesan	serving	308	65	827	0.65	3.01	145.6	428	1.96	18.98	18.74	17.91	5.38	0
Chicken Parmesan, Power-	serving	237	5	1029	5.55	2.84	174.8	6636	17.22	22.52	23.99	7.16	2.41	0
Chicken Tenders	(3)	222	40	475	2.02	1.81	20.2	101	0	14.14	11.1	13.13	3.03	0
Chicken Tenders with Hot Roll	(3)	502	40	975	4.02	5.41	120.2	101	0	24.14	63.1	17.63	4.03	1
Chicken Teriyaki Rice Bowl	serving	284	53	1151	1	1.08	0	67	0	18.99	37.22	6.75	1.66	0
Chicken, Mandarin Orange	serving	210	55	280	0	0.72	0	100	0	13	20	8	1	0
Chicken, Oven Baked	serving	220	65	380	0	1.08	20	100	0	17	7	14	4	0
Chicken, Popcorn	2.25 oz.	138	34	454	0.73	1.46	16.8	91	0	10.96	8.77	8.04	1.46	0

Recipes	Portion Size	Calories	Cholesterol	Sodium	Dietary Fiber	Iron	Calcium	Vitamin A	Vitamin C	Protein	Carbohydrate	Total Fat	Saturated Fat	Trans Fat
Chicken, Popcorn with Hot Roll	2.25 oz/ (1) roll	418	34	954	2.73	5.06	116.8	91	0	20.96	60.77	12.54	2.46	1
Chips, Baked	(1) bag	103	0	192	1.33	0.6	20	0	0	2	16.67	2.83	0.33	0
Cookie, Sugar	(1) cookie	120	5	130	0.3	0.1	10	1	0	1	17	5	1	
Cornbread (MS & HS)	(1) slice	169	0	242	0.84	0.85	0.8	42	0	3.03	37.35	0.76	0	0
Crackers, animal	1 package	120	0	80	0	0	0	0	0	2	23	1.5	0	0
Crackers, graham	2-pack	90	0	130	1	1.08	20	0	0	1	16	2	0	0
Cream Cheese	1 Tbsp	51	16	43	0	0.17	11.6	207	0	1.09	0.39	5.06	3.19	
Crisp, Whole Grain Apple	1/2 cup	195	1	89	1.41	1.45	7.4	388	2.86	1.58	30.21	7.63	1.72	1.62
Crisp, Whole Grain Cherry	1/2 cup	192	20	83	1.41	1.47	19.9	667	1.63	2.2	29.39	7.85	4.75	0
Deli Bar	serving	351	45	1008	3.75	4.38	185.7	1934	32.97	20.48	33.35	15.4	4.38	0.02
Dip, Ranch	2 Tbsp	14	0	184	0.47	0	9.4	0	0	0	3.78	0	0	0
Egg Roll, Beef & Vegetable	each	299	105	669	2.99	3.59	59.9	499	4.79	14.97	26.94	14.97	5.99	0
Egg Roll, Pork & Vegetable	each	249	102	600	2.46	2.88	50	750	9.6	13.99	25.03	10.54	4.42	
Fajitas, Chicken	Each	269	54	403	1.61	1.4	84.4	411	12.59	24.19	33.06	5.1	1.66	0
Fish Nuggets (Elem)	(4)	250	55	450	1.14	1.08	0	0	0	12	24	12	2	0
Fish Nuggets (MS & HS)	(5)	313	69	563	1.43	1.35	0	0	0	15	30	15	2.5	0
Fish Nuggets with Cornbread	2 nuggets/	221	33	358	2.33	1.14	68	51	0.1	9.98	27.36	8.15	1.78	N/A
French Toast Sticks	4 sticks	310	20	520	1	1.44	20	0	0	6	42	14	2.5	0
Fruit & Yogurt Parfait	9 oz cup	328	0	126	4.19	1.82	131.1	318	14.14	7.68	67.7	3.98	0.61	0
Fruit, Apple, fresh	each	72	0	1	3.31	0.17	8.28	75	6.35	0.36	19.06	0.23	0.03	0
Fruit, Applesauce	1/2 cup	86	0	3	1.36	0.4	4.54	12	1.93	0.2	22.58	0.2	0.03	0
Fruit, Applesauce, Cinnamon	1/2 cup	54	0	3	1.4	0.29	5.1	37	27.05	0.22	14.38	0.13	0.01	0
Fruit, Applesauce, Strawberry	1/2 cup	62	0	1	2.36	0.37	5.5	22	3.19	0.25	15.75	0.45	0.07	0
Fruit, Banana, fresh	each	101	0	1	2.96	0.3	5.7	73	9.92	1.24	26.04	0.38	0.13	0
Fruit, Cantaloupe, fresh	1/2 cup	35	0	16	0.92	0.21	9.2	3450	37.43	0.86	8.32	0.19	0.05	N/A
Fruit, Fruit Cocktail	1/2 CUP	69	0	7	1.21	0.35	7.3	248	2.3	0.48	18.07	0.08	0.01	0
Fruit, Grapes, fresh	1/2 cup	46	0	1	0.62	0.2	9.66	69	2.76	0.43	11.83	0.24	0.08	0
Fruit, Kiwi, fresh	each	46	0	2	2.28	0.24	25.84	66	70.45	0.87	11.14	0.4	0.02	0
Fruit, Mixed	1/2 cup	80	0	5	1	0	0	200	1.2	0	18	0	0	0
Fruit, Orange, fresh	each	62	0	0	3.14	0.13	52.4	295	69.69	1.23	15.39	0.16	0.01	0
Fruit, Orange, fresh	each	62	0	0	3.14	0.13	52.4	269	69.69	1.23	15.39	0.16	0.02	
Fruit, Oranges, Mandarin	1/2 cup	46	0	6	1	0.36	15	1050	42.6	1	12	0	0	0
Fruit, Peach, fresh	each	37	0	0	1.74	0.1	4.35	465	5.74	0.61	9.66	0.08	0.01	0
Fruit, Peaches, diced	1/2 cup	65	0	6	1.56	0.43	3.6	426	2.88	0.54	17.49	0.04	0	0

Recipes	Portion Size	Calories	Cholesterol	Sodium	Dietary Fiber	Iron	Calcium	Vitamin A	Vitamin C	Protein	Carbohydrate	Total Fat	Saturated Fat	Trans Fat
Fruit, Pear, fresh	each	96	0	2	5.15	0.28	14.9	38	6.97	0.63	25.66	0.2	0.02	N/A
Fruit, Pears, diced	1/2 cup	72	0	6	2.01	0.35	6.28	0	0.88	0.24	19.04	0.04	0	
Fruit, Pineapple Tidbits	1/2 cup	66	0	1	1.01	0.49	17.6	48	9.45	0.45	16.95	0.15	0.01	0
Fruit, Watermelon, fresh	1/2 cup	34	0	1	0.45	0.27	7.9	645	9.19	0.69	8.56	0.17	0.02	N/A
Hot Dog on Whole Wheat Roll	Sandwich	299	31	859	2.17	2.2	66.7	66	0.34	11.67	25.27	17.68	5.87	0
Italian Ice, Crybaby	4 oz	98	0	15	0	0	200	0	0	0	24	0	0	0
Jell-o with Whipped Topping	2 oz	117	0	80	0	0	0	0	0	2	22	3	3	0
Juice Bar, Blue Raspberry	each	60	0	10	*N/A*	0	0	0	0	0	15	0	0	0
Juice Bar, Cherry	each	60	0	10	*N/A*	0	0	0	0	0	15	0	0	0
Juice, Apple	4 fl oz	58	0	4	0.12	0.46	8.68	1	51.58	0.07	14.48	0.14	0.01	0
Juice, grape	4 fl oz	77	0	4	0.13	0.3	11.38	10	0.13	0.71	18.91	0.1	0.03	0
Juice, Orange	4 fl oz	52	0	2	0.25	0.55	9.95	218	42.79	0.73	12.25	0.17	0.01	0
Ketchup	(1) pkt	6	0	67	0.02	0.03	1.1	56	0.91	0.1	1.51	0.02	0	0
Lunchable, Cheese	1 each	359	54	1191	3.72	0.52	329.1	645	5.44	13	31.42	21.5	11	0
Lunchable, Meat & Cheese	1 each	238	37	979	2.86	1.29	181.3	355	7.06	10.84	26.62	10.47	5.09	0
Lunchable, PB & Cheese	1 each	427	29	787	4.61	0.84	179.1	345	5.44	9.77	35.74	26.67	7.77	0
Lunchable, Tortilla	1 each	362	50	1248	4.72	1.42	339.1	645	5.44	13	35.42	20.4	10	0
Lunchable, Yogurt	1 each	379	4	321	3.72	0.52	329.1	45	7.84	9	73.42	3.5	1	0
Macaroni & Cheese	1/2 cup	183	17	372	0.81	0.84	123.2	128	0.03	6.92	23.56	6.54	0.83	0
Margarine	(1) pkt	36	0	47	0	0	1.5	179	0.01	0.05	0.05	4.03	0.75	
Mayonnaise	(1) pkt	25	0	104	0.4	0	150	0	0	0.08	1.8	2.42	0.36	
Mozzarella Sticks with Sauce	2 sticks/2	359	10	1021	4.87	2.79	300	636	10.47	16.87	35.49	16.18	5	0
Muffin, Blueberry	each	79	9	127	0.74	0.46	16.16	10	0.31	1.56	13.61	1.84	0.4	
Mustard	(1) pkt	3	0	56	0.05	0.09	3.8	0	0	0.21	0.29	0.2	0.01	0
Nachos, Ground Beef & Cheese	serving	401	24	1551	2.44	2.68	162.2	70	0.01	19.49	35.16	19.95	6.81	0
Onion, diced	1 Tbsp	4	0	0	0.17	0.02	2.3	0	0.74	0.11	0.93	0.01	0	0
Pancakes	(2)	147	17	393	1.33	1.2	26.67	0	0	4	28	2.33	0.33	
Parmesan Whole Wheat Rotini	1/2 cup	112	5	381	0.78	0.73	62.5	0	0	4.65	19.12	1.77	0.91	0
Pasta with Marinara Sauce	1/2 cup	144	0	244	2.32	1.13	13.62	382	3.49	4.63	26.37	2.14	0.33	0
Pizza Round	each	340	10	700	3	4.5	300	200	0	17	43	10	3.5	0
Pizza, Cheese (MS & HS)	(1) slice	368	40	682	0.55	0.39	405	678	6.54	20.38	35.53	16.33	7.09	0
Pizza, Cheese Wedge	(1) slice	330	25	460	5	2.7	350	500	0	22	39	10	5.5	0
Pizza, Crispy Crust, Cheese	1 Each	300	15	600	3	1.8	300	300	0	15	37	10	3.5	0
Pizza, Pepperoni (Elem)	(1) slice	399	60	876	0.58	0.49	540	831	6.98	24.36	25.16	22.19	10.45	0

Recipes	Portion Size	Calories	Cholesterol	Sodium	Dietary Fiber	Iron	Calcium	Vitamin A	Vitamin C	Protein	Carbohydrate	Total Fat	Saturated Fat	Trans Fat
Pizza, Pepperoni (MS & HS)	(1) slice	492	69	1016	0.55	0.49	607.5	880	6.54	28.8	35.53	25.88	11.97	0
Pizza, Stuffed Crust	(1) slice	390	20	1000	4	5.4	300	500	0	18	45	16	5	0
Pizza, Thick Crust Cheese	(1) slice	370	15	750	3	2.7	350	300	0	18	49	12	4	0
Potato Wedges	1/2 cup	183	0	117	2.83	2.37	18.18	0	26.65	5.58	41.03	0.37	0.1	
Potato, Baked	1/2 cup	188	0	20	4.44	2.18	30.3	20	19.39	5.05	42.72	0.26	0.08	N/A
Potato, Baked Sweet	1/2 cup	94	6	34	1.59	0.58	23.5	9928	8.02	0.89	17.37	2.52	1.56	0
Potato, French Fries (Elem)	(6) Fries	80	0	169	1.33	0.24	0	3335	3.41	1.33	14.01	2	0.33	0
Potato, French Fries (MS & HS)	(10) Fries	119	0	251	1.98	0.36	0	4941	5.06	1.98	20.75	2.96	0.49	0
Potato, Fries, Sweet	1/2 cup	52	0	33	1.82	0.37	18.2	8607	1.46	0.95	12.21	0.03	0.01	0
Potatoes, Mashed	1/2 cup	169	0	763	3.38	0.62	1.9	0	8.11	3.38	33.8	2.53	0	0
Potatoes, Oven Crisp	(6) pieces	240	0	360	4	0.72	40	10006	19.21	0	44.02	6	1	0
Potatoes, Oven Fried	1/2 cup	74	0	354	1.13	0.77	62.9	0	9.64	2.11	14.84	0.01	0	0
Pudding, Chocolate	1/2 cup	160	0	116	0	0	38.83	0	0	1.94	28.07	4.78	1.49	
Pudding, Vanilla	1/2 cup	155	0	184	0	0	77.65	0	0	1.94	26.88	4.78	1.94	
Quesadilla, Cheese	(1) tortilla	288	11	602	1	2.7	117.7	120	0	11.54	39.51	9.42	3.65	0
Quesadilla, Cheese, with Salsa	(1) tortilla/	300	11	712	1.46	2.86	117.7	303	4.12	12	41.79	9.42	3.65	0
Ravioli, Cheese, in Marinara	1/2 cup	304	28	642	4.95	1.82	184.47	1344	12.26	11.22	40.21	11.37	4.44	
Relish	(1) pkt	10	0	62	0.08	0.07	0.2	93	0.08	0.03	2.68	0.04	0	0
Rice, brown	1/2 cup	85	0	7	1	0.36	7.1	0	0	2	17.5	0.75	0	0
Rice, Fiesta	1/2 cup	95	0	410	0.5	1.8	10	375	9	3	21	0.5	0	0
Salad, Antipasto	1/2 cup	52	8	232	1.29	0.13	105.2	2712	8.98	3.81	5.04	2.43	1.42	0
Salad, Black Bean & Corn	1/2 cup	155	0	247	3.27	1.62	28.4	181	10.13	5.02	16.17	1.63	0.25	*N/A*
Salad, Broccoli	1/2 cup	226	12	147	2.25	0.91	32.9	325	29.18	3.78	29.96	11.63	0.94	0
Salad, Caesar	each	54	10	142	3	0	139.7	12300	34.2	4.99	6	1.99	1.99	0
Salad, Caesar, Chicken	each	381	59	869	4	1	181.5	12543	35.85	22.36	9.98	29.63	6.82	0.02
Salad, California Pasta	1/2 cup	110	0	255	2.63	1.02	66.4	237	26.51	3.77	17.55	2.9	0.27	0
Salad, Chef, Chicken	each	419	83	944	7.78	2.4	352.4	12335	64.36	29.72	24.66	24.23	9.12	0.02
Salad, Chef, Chicken Fajita	each	372	84	1018	6.78	2	336.4	12326	63.11	23.74	23.26	22.32	8.55	0
Salad, Chef, Chicken Salad	each	418	78	883	6.92	1.54	388.6	13636	63.66	23.12	24.26	26.91	8.84	0
Salad, Chef, Ham	each	371	59	1037	6.78	1.76	330.4	12290	62.71	22.45	22.66	21.36	8.76	0
Salad, Chef, Tuna Salad	each	489	77	961	7.82	2.78	455.7	10908	68.01	31.97	26.12	30.14	11.5	0
Salad, Chef, Turkey	each	350	54	1112	6.78	7.7	330.4	12290	65.11	22.34	24.66	19.84	7.75	0
Salad, Crazy Bean	1/2 cup	166	0	675	8.04	2.5	66.3	133	17.01	9.87	31.22	0.83	0.2	0
Salad, Green Bean	1/2 cup	93	0	219	2.8	5.6	56	140	5.04	1.4	9.19	4.39	0.37	0

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Salad, Jicama	1/2 cup	74	0	56	1.98	0.4	17.9	3920	25.14	0.78	8.31	4.45	0.62	0
Salad, Krunchy Kale	1/2 cup	19	0	94	0.86	0.57	45.3	5636	37	1.11	4.03	0.23	0.03	0
Salad, Macaroni	1/2 cup	288	16	211	1.92	1.15	18.1	82	1.63	3.68	22.26	21.37	2.35	0
Salad, Marinated Black Bean	1/2 cup	157	0	247	3.41	1.65	28.9	394	18.82	5.08	16.58	1.65	0.25	N/A
Salad, Marinated Carrot	1/2 cup	200	0	273	3.11	1.29	30.2	11439	13.35	1.13	27.64	9.84	1.51	0
Salad, Marinated Fresh Veggie	1/2 cup	19	0	209	1.12	0.18	12.4	2066	15.99	0.6	4.52	0.1	0.02	0
Salad, Pasta	1/2 cup	139	0	50	1.88	0.83	18.6	1053	9.4	3.36	16.03	7.06	0.96	0
Salad, Potato	1/2 cup	257	21	253	3.28	0.59	18.2	253	13.33	3.1	37.56	10.5	1.08	0
Salad, Rainbow Rotini	1/2 cup	228	0	574	1.72	1.82	20.2	0	0	7.09	46.48	1.01	0	0
Salad, Romaine	1/2 cup	33	0	46	1.62	0.76	25.3	5817	13.36	1.37	6.35	0.5	0.1	0
Salad, Romaine & Mesculin	1/2 cup	52	8	234	1.36	0.09	108.1	3125	9.17	3.81	4.98	2.43	1.42	0
Salad, Spinach & Grape Tomato	1/2 cup	51	0	160	1.85	0.72	40.8	5653	20.72	1.71	5.47	2.83	0.24	0
Salad, Strawberry Romaine	1 Each	316	5	271	3.51	1.91	123.2	875	29.01	6.37	23.01	22.83	3.79	0.12
Salad, Tossed	1 cup	28	0	25	1.51	0.61	30.2	2458	13.76	2.04	4.78	0.58	0.08	0
Salad, Tossed	1/2 cup	38	0	98	1.72	0.26	33	4227	14.84	1.66	4.91	1.77	0.15	0
Salsa	2 oz	36	0	285	1.71	0.83	42.2	1065	15.6	1.38	7.85	0.45	0.05	0
Sandwich, 3-Cheese Melt	each	340	50	1320	4	1.44	380	600	0	16	28	20	10	0
Sandwich, BBQ Beef	each	385	43	571	2.52	7.61	64.8	18	0.48	17.16	35.56	20.34	6.37	0
Sandwich, BBQ Chicken	each	317	49	961	2.4	3.1	132	306	5.65	21.83	41.48	6.49	1.39	0.02
Sandwich, BBQ Rib	each	354	45	1113	3.57	2.96	104.8	530	7.69	18.31	51.85	10.89	3.54	0.06
Sandwich, Blue Jay	each	335	396	628	1	2.88	177.5	475	0	23.25	28.25	15.25	3.75	0
Sandwich, Cheeseburger on	each	437	86	858	2	2.81	210	300	0	26.19	28	26.19	11.57	0
Sandwich, Chicken Fillet	each	259	49	602	3	2.44	82	45	1.65	22.38	29	6.89	1.87	0.02
Sandwich, Chicken Patty	each	363	0	651	1.16	1.36	59.77	0	0.04	17.65	33.63	17.19	0.52	
Sandwich, Chicken Salad	each	256	45	563	1.05	1.79	150	1346	0.95	14.37	26.4	8.95	1.08	0
Sandwich, Deli	each	271	37	961	1.55	2.55	151.2	610	9.58	12.85	30.77	11.14	4.44	0
Sandwich, Fiesta Melt	each	485	50	1734	2.59	3.78	309	802	3.58	20.18	57.13	20.54	10.01	0
Sandwich, Fish Fillet on Whole	each	290	25	520	3	2.16	80	0	0	17	39	8	1.5	0
Sandwich, Flying Saucer	each	300	50	1382	2.28	2.26	64.5	19	3.23	20.74	30.4	12.05	5.75	0
Sandwich, Grilled Chicken	each	259	49	602	3	2.44	82	45	1.65	22.38	29	6.89	1.87	0.02
Sandwich, Grilled Chicken on	each	259	49	602	3	2.44	82	45	1.65	22.38	29	6.89	1.87	0.02
Sandwich, Grilled Ham &	each	240	40	942	4	1.87	158	173	0	15.43	27.82	8.2	3.01	0
Sandwich, Ham & Cheese	each	384	25	950	6.22	0.07	3.2	90	0.5	19.25	50.04	11.59	4.04	0
Sandwich, Hamburger on Whole	each	313	49	335	2	2.86	66.5	0	0	19.53	27	14.81	5.67	0

Recipes	Portion Size	Calories	Cholesterol	Sodium	Dietary Fiber	Iron	Calcium	Vitamin A	Vitamin C	Protein	Carbohydrate	Total Fat	Saturated Fat	Trans Fat
Sandwich, Hot Turkey	each	244	26	1467	4.52	9.44	99.5	0	4.3	18.56	35.68	3.59	0.26	0
Sandwich, PB & J	each	460	25	938	4.89	1.76	80	0	0	12.83	45.33	25.29	6.83	0
Sandwich, Rib-B-Que	each	295	45	723	2	2.9	130.6	159	2.01	16.67	34.1	10.25	3.02	0.06
Sandwich, Roast Beef & Cheese	each	321	58	1318	1	2.88	100	0	0	24.03	27.51	12.05	5.53	0
Sandwich, Sausage, Egg & Cheese	each	335	396	628	1	2.88	177.5	475	0	23.25	28.25	15.25	3.75	0
Sandwich, Sliced Turkey	each	190	20	1010	4	1.44	80	0	0	16	27	2.5	0	0
Sandwich, Sloppy Joe	each	406	72	558	3.1	4.3	93	468	12.86	29.65	40.18	14.57	5.26	0.87
Sandwich, Tuna Salad	each	394	32	689	4.4	2.54	99.8	243	1.09	21.24	29.5	21.89	2.24	0
Sandwich, Turkey & Cheese on Bun	each	300	45	1330	1	8.1	100	0	2.4	19	30	11	5	0
Sandwich, Turkey Ciabatta	each	350	35	1040	2	4.2	10	19	3.25	21	54	5.5	1	0
Sandwich, Turkey Salad	each	362	54	504	4.39	2.76	105.7	199	1.11	23.24	30.6	16.8	2.33	0
Sauce, BBQ	(1) pkt	48	0	309	0.4	0.3	10	261	4	0.45	12.48	0.1	0.02	0
Sauce, Cocktail	(1) pkt	60	0	880	1	0.72	0	200	2.4	1	11	0.5	0	0
Sauce, Sweet & Sour	(1) pkt	21	0	202	0.12	0.14	4.1	51	5.45	0.27	4.88	0.03	0	0
Sauce, Tartar	(1) pkt	148	11	187	0.2	0.37	7.2	193	0.56	0.32	4.37	14.83	1.61	0
Shepherd's Pie	serving	347	49	1257	3.43	4.89	82.9	145	2.36	33.26	9.72	19.67	7.9	0
Shrimp Poppers with Breadstick	2 oz	244	57	745	2.25	1.3	49	0	0	10.07	34.22	7.85	1.21	0
Soup, Beef Noodle	8 fl oz	268	51	710	0.81	7.24	17.7	608	0.2	13.5	5.05	21.67	7.01	0
Soup, Chicken Noodle	8 fl oz	60	19	1157	0.53	0.35	11.8	393	0.2	6.89	3.96	1.76	0.42	0
Soup, Chicken Rice	8 fl oz	96	39	667	0.17	0.57	13	247	0.08	13.02	2.42	3.49	0.91	0
Soup, Chili	8 fl oz	352	76	748	5.84	3.47	53.3	2034	18.56	23.99	19.44	20.27	6.71	0
Soup, Cream of Broccoli	8 fl oz	150	0	620	1.81	0.5	49.1	624	34.06	2.98	15.05	9.14	2.59	0
Soup, Fiesta	8 fl oz	107	7	594	2.54	1.07	20.6	208	5.16	5.85	13.22	0.95	0.24	0
Soup, Lima Bean	8 fl oz	90	0	439	3.15	1.61	33.5	208	9.35	3.95	18.36	0.32	0.05	0
Soup, Manhattan Clam Chowder	8 fl oz.	121	5	840	3.04	1.09	40.5	4050	0	5.06	19.24	3.54	1.01	0
Soup, New England Clam Chowder	8 fl oz	222	5	1107	1.91	1.79	28.7	1	5.76	8.29	25.31	9.91	2.83	*N/A*
Soup, Peas & Dumplings	8 fl oz	38	0	303	0.17	0.61	4.8	0	0	1.07	7.14	0.4	0	0
Soup, Tomato	8 fl oz	93	0	680	1.85	0.67	22.2	463	16.67	1.85	16.67	1.85	0	*N/A*
Soup, Vegetable	8 fl oz	127	1	797	4.72	1.79	101.1	1647	29.68	4.31	27.34	0.85	0.23	0
Soup, Vegetable Beef	8 fl oz	190	14	810	4.34	3.74	101.5	1555	29.73	7.3	27.02	6.68	2.1	0
Soup, Vegetable Chicken & Rice	8 fl oz	278	69	1551	3.01	2.22	36.7	2921	5.9	27.57	26.44	6.67	1.71	0
Soup, Wedding	8 fl oz.	93	12	862	1.79	0.7	41.3	2358	1.81	6.31	10.32	3.18	0.97	0.11
Soup, White Chicken Chili	8 fl oz	327	63	2211	5.03	2.03	354.1	533	6.4	24.37	23.25	16.73	0.71	*N/A*
Sour Cream	(1) pkt	51	10	20	0	0.02	40	124	0.26	1.98	1.98	4	2.47	0

Recipes	Portion Size	Calories	Cholesterol	Sodium	Dietary Fiber	Iron	Calcium	Vitamin A	Vitamin C	Protein	Carbohydrate	Total Fat	Saturated Fat	Trans Fat
Spaghetti with Meat Sauce	(1) cup	404	71	368	3.19	3.27	17.9	674	8.21	24.35	37.26	17.74	6.06	0
Spaghetti with Meat Sauce & Squash, Roasted	(1) cup	405	71	369	3.2	3.27	18	667	8.11	24.37	37.41	17.74	6.06	0
Squash, Roasted	1/2 cup	62	0	45	2.76	1.08	51.5	2481	22.41	1.74	15.68	0.24	0.05	0
Strawberry Cup	1/2 cup	122	0	4	2.42	0.75	14	31	52.79	0.68	33.05	0.17	0.01	*N/A*
Stuffed Shells with Marinara Sub, Cheese	(2) shells each	222 383	35 53	675 1151	2.12 1	1.68 2.02	308.1 389.27	707 686	3.64 0	16.81 26.56	23.24 35.91	5.62 18.72	2.7 11.17	0
Sub, Cheese Steak (MS)	each	443	59	654	1	8.38	116.3	150	0.08	27.88	35.58	25.25	8.82	0
Sub, Cheeseburger	each	418	62	775	1.07	3.12	94.7	0	0.61	31.04	43.44	17.23	5.24	0
Sub, Chicken Salad	each	550	116	984	3.2	4.59	134	136	2.8	42.02	57.75	16.48	3.83	N/A
Sub, Cold Cut (Elem & MS)	each	338	37	1038	1.41	2.45	168.5	477	6.38	13.72	42.1	12.14	4.94	0
Sub, Cold Cut (HS)	each	415	68	1626	1.41	2.58	207.6	619	6.38	28.99	38.67	20.14	9.05	0
Sub, Deli	each	418	63	1367	1.55	2.83	274.6	702	9.58	31.38	38.94	18.69	8.89	0
Sub, Ham & Cheese (MS)	each	284	39	1152	1	2.24	121.6	134	0	27.83	35.65	6.9	3.17	0.01
Sub, Meatball (MS)	each	433	50	1240	3.24	3.51	266.3	1054	4.71	30.14	41.86	19.17	8.47	0.67
Sub, Roast Beef (Elem & MS)	each	350	50	1068	1	2.66	254.33	231	0	32.25	35.61	12.54	6.84	0
Sub, Turkey (MS)	each	329	45	1337	1.47	8.35	198.2	640	8.9	28.41	39.78	10.53	5	0
Taco, Hard, Beef with Cheese	3.5 oz	512	125	970	1.2	2.84	211.5	618	1.79	33.36	13.64	37.62	9.98	0
Taco, Soft, Beef & Cheese (MS)	3.5 oz	518	119	1036	1.46	4.18	369.5	775	4.33	34.26	34.85	27.26	5.2	0.12
Vegetable Cole Slaw	1/2 cup	111	13	183	1.3	0.64	23.5	184	20.71	0.69	18.21	6.77	0.69	0
Vegetable, Broccoli	1/2 cup	35	0	77	3.4	0.92	63.5	1173	63.96	3.19	6.84	0.33	0.05	0
Vegetable, Broccoli & Cauliflower	1/2 cup	120	21	298	2.9	0.73	124.6	254	68.41	5.9	9.85	6.3	4.55	0
Vegetable, Carrots, Diced	1/2 cup	27	0	38	1.5	0	15	3750	0.9	0.75	4.61	0	0	0
Vegetable, Carrots, Glazed	1/2 cup	149	24	142	3.74	0.64	49.6	16397	2.83	0.98	15.75	9.72	5.88	0
Vegetable, Corn, Mexicali	1/2 cup	97	0	268	2.35	0.54	7.7	330	19.81	2.48	19.36	2.4	0.5	0.4
Vegetable, Corn-on-the Cob, Fresh	Ear	132	0	23	4	0.72	0	0	10.2	5	29	2	0	0
Vegetable, Green Beans	1/2 cup	22	0	5	2.08	0.46	30	376	3.24	1.06	4.98	0.12	0.03	0
Vegetable, Herbed Broccoli & Cauliflower	1/2 cup	94	2	203	3.6	0.93	78.9	771	41.14	4.42	9.87	4.8	1.09	N/A
Vegetable, Lettuce & Tomato, Chopped	1/2 cup	5	0	2	0.36	0.09	3.4	230	3.26	0.26	1.11	0.06	0.01	0
Vegetable, Peas	1/2 cup	52	0	76	3.02	1.03	14.7	1379	12.06	3.5	9.24	0.27	0.04	0
Vegetables, California Blend	1/2 cup	36	0	61	2.67	0	0	1668	32.02	2.67	5.93	0	0	0
Vegetables, Garden	1/2 cup	47	0	58	2.25	0.27	15	1125	2.7	2.25	8.84	0.04	0	0
Vegetables, Mixed	1/2 cup	65	0	59	3.2	0.38	21.3	1600	3.84	3.2	11.89	0.05	0	0
Vegetable, Corn	1/2 cup	98	0	6	3.65	0.44	0	122	7.3	3.65	22.06	1.22	0	0
Veggie Cup	1/2 cup	17	0	17	1.21	0.27	16.4	1470	21.53	0.94	3.64	0.12	0.02	0

Recipes	Portion Size	Calories	Cholesterol	Sodium	Dietary Fiber	Iron	Calcium	Vitamin A	Vitamin C	Protein	Carbohydrate	Total Fat	Saturated Fat	Trans Fat
Veggie Sticks, Carrot & Celery	1/2 cup	24	0	60	1.82	0.21	29.4	7554	3.74	0.66	5.31	0.17	0.03	0
Waffle Sticks	(3) Sticks	315	38	465	0	2.16	90	300	0	4.5	45	15	2.25	0
Waffles	(2) waffles	499	8	1065	2	7.2	600	0	0	8	94.66	10	3	0
Wrap, Chicken Fajita (Elem & ...)	each	466	75	1538	1.36	3.51	231.7	507	5.66	32.35	43.14	16.61	6.04	0
Wrap, Ham & Cheese (Elem & ...)	each	166	50	1099	0.36	0.09	153.4	530	3.51	14.37	2.11	11.08	6.02	0
Wrap, Honey Mustard Deli	each	298	46	876	2.43	4.7	239.6	560	5.51	17.22	25.76	13.8	4.25	0
Wrap, Turkey & Cheese (Elem & ...)	each	258	45	1219	2.36	7.65	183.4	530	5.91	17.26	22.11	11.96	5.01	0
Yellow Cake (MS)	(1) slice	131	0	192	0	0.59	11.6	0	0	2.18	24.22	2.67	1.85	0
Yellow Cake with Whipped	(1) slice	177	0	272	0	0.39	0.57	0	0	2.17	32.03	3.73	0.54	
Yogurt, 4 oz.	4 oz.	110	0	75	0	0	150	0	1.2	3	22	0	0	
Yogurt, 8 oz.	8 oz.	423	0	291	4.55	0.37	338.4	7599	11.59	8.67	87.74	1.67	0.03	0