

Simi Valley Unified School District :: Secondary Nutrient Values Rev. 2010

Breakfast

Recipes	Portion Size	Calories	Cholesterol	Sodium	Dietary Fiber	Iron	Calcium	Vitamin A	Vitamin C	Protein	Carbohydrate	Total Fat	Saturated Fat	Trans Fat
Apple Juice	4 fl.oz.	57	0	5	0.25	0.15	9.9	1	47.74	0.12	14.01	0.16	0.03	0
Apples,Fresh	1 EACH	72	0	1	3.31	0.17	8.3	75	6.35	0.36	19.06	0.23	0.04	0
Applesauce, canned	1/2 cup	87	0	3	1.53	0.15	3.8	8	2.17	0.2	22.3	0.22	0.04	n/a
Bagel with Cream Cheese	1 each	256	0	424	2.36	2.36	12	0	0	8.75	43.25	5.52	3.68	0
Banana	1 each	90	0	1	2.63	0.26	5.1	65	8.79	1.1	23.07	0.33	0.11	0
Breakfast Burrito	1 each	242	99	658	1.16	1.89	71.2	191	0.11	8.98	25.97	10.94	3.71	0
Buttermilk Breakfast Bars	serving	330	15	330	2	1.8	20	0	0	3	35	19	4	0
Cereal Assortment	1 each	219	0	315	3.36	16.69	157	785	9.42	4.18	46.57	2.68	0.13	0.13
Crumb Square	103 gram	307	35	222	0.91	1.11	16.1	0	0.61	4.54	48.95	10.09	1.51	0
Donut Choc & Powder	1 each	190	5	188	0.75	0.81	20	0	0	2.25	20.75	11.25	4.5	0
French Toast	pkg/2	210	71	280	0.75	1.64	48.9	89	0.18	6.66	27.27	8.15	2.03	0.11
Juice, Orange	1 each	55	0	14	0	0	10	100	30	1	14	0	0	0
MILK soy choc	HALF PIN	140	0	110	0	1.8	400	500	0	8	20	3.5	0.5	0
MILK soy vanilla	1 cup	150	0	180	0	1.08	350	500	0	9	18	5	1	0
Milk, variety	1 each	121	5	152	0	0.24	300.1	500	2.98	8.01	18.83	1.29	0.81	0
Muffin, Sweet Potato-Choc.Chip	1 each	261	60	392	0.6	36.96	36.9	298	0.01	6.85	48.27	4.55	1.23	0
Orange Smiles	1/2 each	23	0	0	1.15	0.05	19.2	108	25.54	0.45	5.64	0.06	0.01	n/a
PB&J, Asst	1 each	320	0	315	3	1.44	20	0	0	10	33	16	3.5	0
PBJ Crackers	1 each	310	0	273	2.5	0.8	19	0	0	10	26	19	4.4	0.5
Peach or Strawberry Cup	1 each	114	0	5	2.22	0.58	8.7	177	79.81	0.7	30.12	0.16	0.01	0
Pears, canned, lt syrup	1/2 cup	71	0	6	1.99	0.35	6.2	0	0.87	0.24	18.89	0.04	0	n/a
Raisins, seedless, bulk, USDA	box	113	0	5	1.51	0.78	18.5	3	1.24	1.21	29.84	0.17	0.06	0
Sausage Sandwich	1 each	236	28	549	0	1.9	99	78	0	11.6	25.8	9.2	3.7	0
Sliced Apples	1 each	25	0	25	0.99	0	9.9	50	2.98	0	6.96	0	0	0
Sunny Side Up Sandwich (ham)	1 each	270	125	710	2	3.6	200	300	1.2	15	31	9	4	0
Tangines,Fresh	1 EACH	47	0	2	1.58	0.13	32.6	599	23.5	0.71	11.74	0.27	0.03	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
Applesauce, canned	1/2 cup	87	0	3	1.53	0.15	3.8	8	2.17	0.2	22.3	0.22	0.04	n/a
Banana	1 each	90	0	1	2.63	0.26	5.1	65	8.79	1.1	23.07	0.33	0.11	0
Bean & Ch Burrito- Senor Felix	1 each	300	15	750	5	2.7	200	750	1.2	14	42	9	3.5	0
Carrots, fresh, baby	1 each	13	0	29	1.07	0.33	11.8	5082	0.96	0.24	3.04	0.05	0.01	0
Cheeseburger Mini's	1 each	412	26	1170	8.2	5	198	209	0	24.1	56.9	12.3	5.2	0
Chicken Nuggets w/ Biscuit	serving/5	415	45	1135	3	2.52	100	100	0	18	42	20	9.5	0
Chicken Sandwich - Secondary	1 each	373	45	1008	0.84	3.38	100.5	100	0	18.15	41.95	14.73	3.1	0
Chicken Sandwich - Spicy	1 each	362	55	818	1.84	3.37	100.5	500	0	19.15	41.95	13.73	3.09	0
Chicken Tenders Spicy/ Biscuit	serving/3	500	35	1550	3	2.52	100	500	0	18	51	26	10	0
Chicken Tenders w/ Biscuit	serving/3	450	45	1310	3	2.52	100	100	0	18	51	20	9.5	0
Corndog (Chicken)	1 each	255	20	740	5	2.7	150	0	0	9	37	8	2	0
Domino's Cheese Pizza Slice	1 slice	390	25	910	3	2.7	250	750	6	18	50	15	7	0
Domino's Pepperoni Pizza Slice	1 slice	440	35	1070	3	3.6	200	750	6	19	50	19	8	0
Double Mini Dogs, Chicken	1 each	294	30	705	1	2.16	10	400	1.2	12	37	11	3.5	0
Fresh Apple	1 each	55	0	1	2.54	0.13	6.4	57	4.88	0.28	14.64	0.18	0.03	0
Fresh Orange	1 each	45	0	0	2.3	0.1	38.4	216	51.07	0.9	11.28	0.12	0.02	0
Fresh Pear	1 each	86	0	1	4.59	0.25	13.3	34	6.22	0.56	22.88	0.18	0.01	0
Grapes, Red	1/2 cup	31	0	1	0.41	0.13	6.4	46	1.84	0.29	7.89	0.16	0.05	n/a
Ham & Turkey -bagel	1 each	483	18	815	2.37	3.34	194.3	252	0.62	29.01	49.47	18.2	4.96	0
Hamburger on a Bun	1 each	310	40	808	1.7	3	66	14	0	17	33.4	11.9	4.6	0
Lettuce & Pickle	1/4 cup	3	0	124	0.35	0.12	8.5	48	0.65	0.22	0.65	0.04	0.01	0
MILK soy choc	HALF PIN	140	0	110	0	1.8	400	500	0	8	20	3.5	0.5	0
MILK soy vanilla	1 cup	150	0	180	0	1.08	350	500	0	9	18	5	1	0
Milk, variety	1 each	121	5	152	0	0.24	300.1	500	2.98	8.01	18.83	1.29	0.81	0
Mixed fruit	.5 cup	69	0	7	1.21	0.35	7.3	252	2.3	0.48	18.07	0.08	0.01	0
Nectarine	1 each	60	0	0	2.31	0.38	8.2	452	7.34	1.44	14.35	0.44	0.03	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
Parfait -Berry Blend	1 each	661	37	439	6.8	4.72	412.5	592	16.81	15.08	125.34	12.04	3.82	0
Parfait -Blue / straw / banana	1 each	638	37	426	4.89	3.56	396.9	539	33.72	13.94	122.58	12.54	3.89	0
Parfait -Pineapple/banan	1 each	699	37	421	5.17	3.66	399.2	580	19.19	14.46	139.97	12.43	3.94	0
Parfait-Blueberry/strawberry	1 each	618	37	426	4.75	3.63	401.7	520	54.86	13.81	117.2	12.54	3.85	0
Parfait-Fresh Straw/Banana	1 each	675	37	431	5.5	3.65	396.8	562	38.87	14.47	131.35	12.5	3.94	0
Parfait-Frozen Straw/Banana	1 each	681	37	432	5.83	3.9	399	582	37.23	14.43	133.2	12.43	3.94	0
PB & J Sandwich	1 each	580	0	540	5	2.7	40	0	1.2	18.01	55.03	32.02	7	0
PBJ Crackers	1 each	310	0	273	2.5	0.8	19	0	0	10	26	19	4.4	0.5
Peach or Strawberry Cup	1 each	114	0	5	2.22	0.58	8.7	177	79.81	0.7	30.12	0.16	0.01	0
Peaches, canned, light syrup	.5 cup	68	0	6	1.63	0.45	3.8	444	3.01	0.56	18.26	0.04	0	0
Pineapple, can, juice	1/2 cup	75	0	1	1	0.35	17.4	47	11.83	0.52	19.55	0.1	0.01	n/a
Pretzel W/ Cheese Sauce														
Second	1 serving	470	30	1080	8	3.96	340	300	2.4	20	76	11	6	0
Raisins, seedless	box	113	0	5	1.51	0.78	18.5	3	1.24	1.21	29.84	0.17	0.06	0
Rice Bowl-Kung Pao Chicken	1 each	498	50	1178	1.66	4.39	29.2	500	24.02	18.27	84.22	8.47	1.13	0
Rice Bowl-Orange Chicken	1 each	498	50	998	0.66	4.03	9.2	100	0	17.28	81.23	8.47	1.13	0
Rice Bowl-Teriyaki Chicken	1 each	459	46	2406	1.66	3.72	184.2	875	10.5	20.88	79.97	5.04	1.44	0
Rotini with Meat Sauce	serving	320	60	830	2	3.6	20	400	9	24	31	11	4	0
Salad Bar Chef	1 each	874	81	1115	8.19	5.08	478.2	4004	16.39	24.97	124.78	32.6	7.43	0
Salad Bar Oriental	servings	585	39	882	3.74	7.59	108.9	1484	35.54	13	76.2	26.85	4.35	0
Salad Bar taco	servings	694	39	998	12.65	3.94	445.8	2254	20.47	20.43	92.95	26.69	7.59	0
Salad Bar tuna	1 each	796	51	1298	9.79	5.31	397.8	7680	34.6	19.97	126.79	25.41	5.21	0
Salad Bar Turkey	1 each	866	76	739	10.36	6.04	439.6	6750	41.91	27.08	129.87	27.93	5.98	0
Salad Shaker - Veggie	1 each	628	73	1039	12.58	47.6	476.9	2054	11.05	22.55	70.65	28.07	6.02	0
Salad Shaker -Caesar	1 each	643	107	1525	10.36	39.33	175	2527	20.17	29.7	72.69	26.46	6.2	0

