

Simi Valley Unified School District :: Elementary Nutrient Values Rev. 1.17.12

Breakfast

Recipes	Portion Size	Calories	Cholesterol	Sodium	Dietary Fiber	Iron	Calcium	Vitamin A	Vitamin C	Protein	Carbohydrate	Total Fat	Saturated Fat	Trans Fat
Animal Crackers, Jungle, J&J	1 each	120	0	60	0	0.72	100	0	0	2	22	3	0	0
Apple Slices	1 each	29	0	1	1.4	0.07	3	31	2.6	0.15	7.83	0.1	0.02	0
Apples, raw, with skin	1 each	55	0	1	2.54	0.13	6.4	57	4.88	0.28	14.64	0.18	0.03	*N/A*
Bananas, raw	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 Muffin	1 each	322	37	296	1.08	2.88	110	75	0.6	4.25	52.96	10.77	1.76	0
Buttermilk Breakfast Bar	serving	330	15	330	2	1.8	20	0	0	3	35	19	4	0
Cereal Assortment	1 each	204	0	235	3.68	16.26	134.2	671	8.05	4.69	44.5	1.51	0	0
Cereal, Frosted Mini Spooners,	2 oz	200	0	10	6	16.2	0	0	0	5	46	1	0	0
Cereal, Honey Nut scooters	2 oz	220	0	474	3.47	16.66	231.4	1157	13.89	5.79	45.13	1.74	0	0
Cereal, Marshmallow Mateys	2 oz	223	0	283	2.02	18.22	202.5	1012	12.15	4.05	48.6	2.02	0	0
Cheese, String	1 each	80	20	210	0	0	200	200	0	7	1	6	4	0
Crunchmania, Cinnamon Bun	1 each	220	0	230	2	1.44	150	750	0	4	37	7	2	0
Fresh Fruit Basket	1 each	63	0	1	2.69	0.17	18.2	178	18.25	0.69	16.4	0.21	0.04	*N/A*
Goldfish pretzels	1 each	90	0	300	0	0.72	0	0	0	2	17	1.5	0	0
Ham & Egg Muffin	1 each	270	125	710	2	3.6	200	300	1.2	15	31	9	4	0
Juice, apple	1 each	55	0	15	0	0	0	0	30	0	15	0	0	0
Milk, LowFat	1 each	120	10	150	0	0	350	500	2.4	10	14	2.5	1.5	0
Milk, non-fat chocolate	1 each	120	5	150	0	0	300	500	1.8	8	22	0	0	0
Mini Cinnamon Sticks	pkg	240	0	300	2	1.44	20	0	0	5	40	7	2	0
Mini French Toasts	1 each	190	5	370	2	1.08	40	0	0	3	34	5	1	0
Mini Pancakes	1 package	200	10	370	2	1.08	40	0	0	4	34	6	1	0
Oranges, raw	1 Each	45	0	0	2.3	0.1	38.4	216	51.07	0.9	11.28	0.12	0.02	*N/A*
Peach Cup	1 each	118	0	8	2.2	0.46	4	355	117.8	0.79	29.98	0.16	0.01	0
Pears, raw	1 Each	81	0	1	4.31	0.24	12.5	32	5.84	0.53	21.49	0.17	0.01	*N/A*
Pop Tarts	pkg/2	415	0	340	1	3.6	100	1000	0	4.5	71.5	12	3.75	0
Pro Ball with String Cheese	serving	210	25	390	0	2.7	260	950	6	10	19	12	5.5	0

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Raisins, seedless, box	box	113	0	4	1.4	0.71	19	0	0.87	1.16	29.98	0.17	0.04	0
Sausage Sandwich	1 each	228	31	504	2.2	1.5	139	81	0	12.5	24.4	8.8	3.6	0
Strawberry Cup	1 each	134	0	9	2.4	0.73	13.7	30	51.11	0.65	36.1	0	0	0
Tangerines, raw	1 each	37	0	1	1.26	0.11	25.9	477	18.69	0.57	9.34	0.22	0.03	*N/A*
Waffle Snackers	1 each	240	25	280	2	0.72	20	0	0	5	35	9	2.5	0
Yogurt, raspberry	1 each	187	133	133	0	0	333.5	667	1.6	9.34	30.68	3.34	2	0
Yogurt, strawberry	1 each	187	13	133	0	0.48	333.5	667	20.01	9.34	29.35	3.34	2	0

Lunch														
Recipes	Portion Size	Calories	Cholesterol	Sodium	Dietary Fiber	Iron	Calcium	Vitamin A	Vitamin C	Protein	Carbohydrate	Total Fat	Saturated Fat	Trans Fat
Animal Crackers, Jungle	1 each	120	0	60	0	0.72	100	0	0	2	22	3	0	0
Apple Slices	1 each	29	0	1	1.4	0.07	3	31	2.6	0.15	7.83	0.1	0.02	0
Apples, raw, with skin	1 each	55	0	1	2.54	0.13	6.4	57	4.88	0.28	14.64	0.18	0.03	*N/A*
Applesauce	1/2 cup	52	0	2	1.4	0.14	40	36	1.4	0.2	13.78	0.06	0.02	0
Bagel Dog	1 each	325	20	665	4	2.7	40	0	1.2	11	50	7	2	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*
Bananas, raw	1 Each	90	0	1	2.63	0.26	5.1	65	8.79	1.1	23.07	0.33	0.11	*N/A*
Bean & Cheese Burrito	1 each	340	17	745	4	2.7	120	350	0	13	41	13	3	0
Beef Chalupa	1 each	304	47	481	0.28	1.29	295.7	332	1.33	19.9	15.79	19.29	7.04	0
Beef Lasagna	1 each	371	42	642	3	2	235	3150	9	23	39	14	5	0
Carrots & Sugar Snap Peas	1 each	19	0	29	1.46	0.65	18.4	5185	10.4	0.67	4.19	0.08	0.01	*N/A*
Carrots, baby, raw	1 each	25	0	57	2.11	0.65	23.3	10028	1.89	0.47	5.99	0.09	0.02	*N/A*
Cheese French Bread Pizza	1 each	340	30	670	1	1.8	500	400	2.4	21	35	13	8	0
Cheese Lasagna	1 each	391	120	782	5	0.36	400	2350	10.8	24	40	15	8	0
Cheese Quesadilla	1 each	378	58	722	1	1.8	420	2500	0	17	25	22	12.5	0

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Cheese Sticks w Marinara	pkg/2	275	10	765	4	2.16	450	500	1.2	18	34	8	2.5	0
Cheese, String	1 each	80	20	210	0	0	200	200	0	7	1	6	4	0
Cheeseburger Mini's	pkg/2	480	59	1123	4.3	3.7	264	147	0	25.2	51.1	19.1	8.3	0
Cheesiest Con Queso Triangles	1 each	250	10	620	2	2.7	200	100	0	15	29	9	2.5	0
Cheez It Crackers	1 each	100	0	170	0	0.72	20	0	0	3	14	3	0.5	0
Cherry Cutie Pie	1 each	168	0	189	1.8	1.08	20	100	1.2	1.8	29.8	5.1	1.5	*N/A*
Chicken Nuggets w/ Biscuit	serving/5	425	45	1145	3	2.88	170	100	1.2	18	43	21	10.5	0
Chicken Sandwich	1 each	374	45	967	0.96	3.45	61.3	100	0	18.26	42.63	14.49	2.97	0
Chicken Tenders w/ tots	serving	360	55	1160	2	2.52	20	100	6	16	37	16	3	0
Chocolate Chip Cookie	1 each	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Chocolate Pudding	1 each	100	0	170	0	0.72	40	0	0	2	23	0	0	0
Classic Hamburger	1 each	294	37	719	2.8	2.6	108	14	0	16.9	30.5	11.3	4.3	0
Corn, canned	1/2 cup	66	0	140	1.6	0.71	4	66	7	2.15	15.24	0.82	0.13	0
Corndog	1 each	295	45	1000	1	3.6	60	0	0	10	29	15	4.5	0
Cucumber, peeled, raw	1 each	2	0	0	0.1	0.03	2	10	0.45	0.08	0.3	0.02	0	*N/A*
Cupcake	1 each	120	15	170	4.5	0	0	0	0	2	26	3.5	1	0
Double Mini Dogs, Chicken	pkg/2	294	30	670	1	2.48	78	357	1	12	37	11	3.5	0
Dressing, Ranch	1 oz	70	5	75	0	0	0	0	0	0	1	7	1	0
Fish & Chips	serving	353	30	559	1.75	0.84	215.8	0	2.7	19.56	33.56	15.67	2.88	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	*N/A*
Fresh Orange	1 each	45	0	0	2.3	0.1	38.4	216	51.07	0.9	11.28	0.12	0.02	*N/A*
Fresh Orange	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*
Fruit Sherbet	1 each	110	5	20	0	0.36	20	0	60	1	23	1.5	1	0
Galaxy Cheese Pizza	1 each	320	15	580	3	2.7	300	300	0	14	34	13	6	0
Goldfish Pretzels	1 each	90	0	300	0	0.72	0	0	0	2	17	1.5	0	0
Grape Giggles	1 each	60	0	0	0	0.36	0	100	9	1	15	0	0	0
Green Beans	1/2 cup	14	0	140	1.3	0.61	18	294	3.2	0.78	3.04	0.07	0.02	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
Jicama, raw	1 each	9	0	52	0.29	0.11	1.8	2	0.09	0.48	1.48	0.16	0.08	*N/A*
Kiwifruit, fresh, raw	1 each	46	0	2	2.28	0.24	25.8	66	70.45	0.87	11.14	0.4	0.02	*N/A*

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Lemon Animal Cracker	1 each	120	0	105	1	3.6	0	100	2.4	2	19	4	1	0
Lettuce & Pickle	1/4 cup	4	0	124	0.37	0.13	9.1	116	0.62	0.25	0.9	0.04	0.01	*N/A*
Lettuce & Salsa Cup	1/2 cup	25	0	72	1.07	1.47	10.7	433	3	1.1	4.9	0.15	0.02	0
Milk, LowFat	1 each	120	10	150	0	0	350	500	2.4	10	14	2.5	1.5	0
Milk, non-fat chocolate	1 each	120	5	150	0	0	300	500	1.8	8	22	0	0	0
Mixed Fruit	1/2 cup	69	0	8	1.5	0.36	6	12	3.9	0.51	17.88	0.1	0.01	0
Oranges, raw	1 Each	45	0	0	2.3	0.1	38.4	216	51.07	0.9	11.28	0.12	0.02	*N/A*
PB & J Sandwich	1 each	580	0	540	5	2.7	40	0	1.2	18	55.02	32.01	7	0
PBJ Crackers	1 each	290	0	260	3	1.44	20	0	0	8	30	17	3	0
Peach Cup	1 each	118	0	8	2.2	0.46	4	355	117.8	0.79	29.98	0.16	0.01	0
Pears, canned, lt syrup	1/2 cup	72	0	6	2	0.35	6	0	0.9	0.24	19.04	0.04	0	0
Pears, raw	1 Each	81	0	1	4.31	0.24	12.5	32	5.84	0.53	21.49	0.17	0.01	*N/A*
Pepperoni French Bread Pizza	1 each	370	45	610	2	2.7	300	750	12	19	31	18	9	0
Pepperoni Pizza RF	1 each	320	20	470	2	0.36	150	300	3.6	14	45	9	3.5	0
Popcorn	1 each	80	0	200	1	0.36	20	100	0	1	6	6	0.5	0
Pretzel W/ Cheese Sauce	1 serving	300	30	930	4	1.98	320	400	1.2	14	40	10	6	0
Raisels	1 each	140	0	5	1	0.72	20	0	60	1	36	0	0	0
Raisins, seedless, box	1 each	113	0	4	1.4	0.71	19	0	0.87	1.16	29.98	0.17	0.04	0
Rice Krispies Treat	1 each	45	0	53	0	0.18	0	100	0	0.25	8.5	1.12	0.25	0
Rotini in Meat Sauce	8 oz	290	35	500	2	2.7	20	400	9	15	32	11	4.5	0
Scooby Snacks	1 each	120	0	115	0	0.72	100	500	0	2	21	3.5	1	0
Side Salad with dressing	1/2 cup	82	5	84	0.83	0.13	14.3	349	4.86	0.74	3.57	6.8	0.96	0
Sliced Cucumbers	1/4 cup	4	0	1	0.21	0.07	4.2	21	0.95	0.18	0.64	0.05	0	*N/A*
Smart Cookies (Presidents)	1 each	100	0	75	2	7.2	100	400	4.8	2	18	3	1	0
Strawberry Cup	1 each	134	0	9	2.4	0.73	13.7	30	51.11	0.65	36.1	0	0	0
Strawberry Shortcake	1 each	201	32	125	1.96	1.26	26.4	157	33.84	1.89	40.43	4.8	2.24	0
Taco Stick	1 each	345	52	631	3.85	2.77	328.8	252	6.37	20.07	31.87	12.82	8.35	0
Tangerine, fresh	1 each	47	0	2	1.58	0.13	32.6	599	23.5	0.71	11.74	0.27	0.03	*N/A*
Tangerines, raw	1 each	37	0	1	1.26	0.11	25.9	477	18.69	0.57	9.34	0.22	0.03	*N/A*
Tomatoes, cherry	1 each	3	0	1	0.2	0.05	1.7	142	2.33	0.15	0.66	0.03	0.01	*N/A*

