

School Nutrient Analysis and Allergens for 2018-2019 School Year

Lunch Entrees

	Brand Name	Code#	Portion (Grams)	Carbohydrates	Milk	Wheat	Soy	Peanuts	Tree Nuts	Eggs	Fish	Shell Fish
Bacon Cheeseburger on Bun	-----	Recipe 000531	1 sandwich	27.8	X		X					
Bar-B-Q no Bun (vinegar based)	Brookwood Farms	12300	1 portion=2oz. no bun	2.8			X					
BBQ Max Snax	The Max	7738712723	3 triangles=1 serving	36	X	X	X					
Beef & Cheese Taco	-----	Recipe 000442	1 portion	27.72	X	X	X					
Beef and Cheese Taco Stick	Integrated/Hot off the Grill	Com. C45019 Pur. 270019	1 portion	31.87	X	X	X					
Beef Cheese Steak Sandwich (Wafer Steak)	Silver Springs Farm	Recipe 000280	1 sandwich	27.1	X	X	X					
Beef Taco Filling	JTM/Culinary Stanards	83119	3 oz.	4			X					
Buffalo Cheese Crunchers	Rich's- Farm Rich	65224	4 per serving	43	X	X	X					
Cheese Slice- American	Bongards	4/5#	.5 oz.	2	X		X					
Cheese Stick	Rich's	65219	5 pieces	35	X	X	X					
Cheese, Mozzarella, Part Skim Milk	-----		½ oz.	1	X							
Cheeseburger on Bun	-----	Recipe 000004	1 cheeseburger on bun	27.7	X	X	X					
Cheesy Bread Stick 6"	Gilardi	16272-20117	2 sticks-4.42 oz.	36	X	X	X					
Cheesy Garlic Bread	Tony's	72565	1 serving	36	X	X	X					
Chicken – Baked (with breading)	Gold Kist Farms	7810	1 portion=3 oz.	11		X				X		
Chicken - Teriyaki	Asian Foods Solutioin	73001	2.8 oz.	14		X	X					
Chicken Bowl	-----	Recipe 000449	1 serving	53.2	X	X	X					
Chicken Chunks over Rice	-----	Recipe D18 and B03	¼ c chicken (7.92) ½ c rice (22.25)	30.17								
Chicken Fajita – Elem.	-----	Recipe 000445	1 fajita with shell	26.01	X	X	X					
Chicken Fajita Strips	Commodity	100117	1.7 oz=1 serving	1			X					
Chicken Nuggets (Bites)	Proview	40430-WG	4 Elem.	13	X	X	X					
Chicken Nuggets (Bites)	Proview	40430-WG	5 Middle/High	16.25	X	X	X					
Chicken Parmesan w/Noodles	-----	Recipe 000405	1 serving	37.26	X	X	X					
Chicken Pattie (breaded) no bun	Tyson	70304-928	1 patty	16		X	X					
Chicken Pattie-"Spicy" no bun	Proview	60325 WG	3.98 portion	16	X	X	X			X		
Chicken Snack-atizers	Perdue	89541	13= 1 portion	19		X	X					
Chicken Tenders (Breaded)	Tyson	70334-928	3 pieces	16		X	X					
Corn Dog Nuggets (Chicken Pop Dogs)	Foster Farms	96086	6 nuggets	30		X	X			X		
Fiestada Pizza	Tony's	68523	1 portion	43	X	X	X					
Fish Sticks	Trident	418308	4 sticks	20		X	X				X	
Fish Sticks	Trident	418308	2 sticks	10		X	X				X	
Gravy, Chicken, Dehydrated (990087)			1 serving (2 oz.)	3.0								
Grilled Cheese (pre-packaged)	ES Foods	16939	1 sandwich	32	X	X	X					
Ham	Commodity	19693	1 oz. (1.2oz=1oz protein)	.35								
Hamburger Pattie- no bun	Don Lee Farms	CNQ262403KS	1 patty	1.1			X					
Hot Dog no Bun	Stoney Creek Farms	1790	1 hot dog without bun	3			X					
Individual Pizza - Cheese	Tony's	78364	1	29	X	X	X					
Individual Pizza- Pepperoni	Tony's	78365	1	29	X	X	X					
Individual Pizza Pie- Cheese	Tony's Galaxy	78364	1 pizza	29	X	X	X					
Individual Pizza Pie- Pepperoni	Tony's Galaxy	78365	1 pizza	29X	X	X	X					
Lasagna- 4 Cheese	Tasty Brand	00822WG	1 portion= 6.5 oz.	31	X	X				X		
Macaroni & Cheese	ES Foods	05915	1cup portion	37.33	X	X				X		
Meatball- Pork (3 meatballs)	JTM	CP5039	3 meatballs=2 oz	6	X	X	X					
Meatballs- Deluxe Beef (no Bun)	Advance Pierre	1-17-305-0	5 pieces = 1 serving	3	X	X	X					

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Mozzarella Cheese Sticks	Rich's	65219	5 Sticks	35	X	X	X					
Nacho Cheese Sauce/Trenton Farms	Trenton Farms		2 oz.	5	X		X					
Nachos w/Chili & Cheese	-----	Recipe 000189	10-12 nacho chips(17.4) 1/3 c. meat (4) 2 oz. cheese (5)	26.40	X		X					
Peanut Butter & Jelly (Advance 2 Pk)	Advance (2pk)	A1004	1 Pkg.	65		X	X	X				
Pizza- Cheese – Uno- Secondary	Uno	094520	1 Slice	37	X	X	X					
Pizza- Cheese Crunchers	Rich's	65225	4 pieces	41	X	X	X					
Pizza- Cheese-Elementary	Tony's (Schwan's)	78697	1 slice	33	X	X	X					
Pizza Cruncher Buffalo	Rich's	65224	1 portion	43	X	X	X					
Pizza -Fiestada Pizza	Tony's	62050	1 portion	43	X	X	X					
Pizza- Pepperoni – Elementary	Tony's	78910	1 slice	34	X	X	X					
Pizza- Pepperoni – Uno – Secondary	Uno	094522	1 slice	37	X	X	X					
Pizza Quesadilla- Cheese	The Max-Con Agra	77387-12699	1 portion	39	X	X	X					
Pizza-Big Daddy Buffalo Chicken Pizza	Tony's	095227	1/8 slice	35	X	X	X					
Popcorn Chicken	Perdue	89541	13 pieces	19		X	X					
Rib B Que (Pork Rib Pattie with built in sauce) w/o bun	Commodity	3834	1 Rib B Que w/o bun	4	X	X	X					
Salad- Chef Salad w/ Ham and Cheese		Recipe CNS18	1plated	32	X		X					
Salad- Chef with Ham & Cheese	-----	Recipe CNS18	1 pated	32	X	X	X					
Salad- Country Chicken Salad	-----	Recipe CNS16	1 plated	26.98	X	X	X					
Salad- Southwest Chicken Salad	-----	Recipe CNS15	1 Plated	33.5	X		X					
Sausage – Pork	Tyson	SL29667	1 pattie	.5			X					
Shrimp Poppers	Riches	47039	1 cup=3 oz.	22		X	X					X
Sloppy Joe w/o bun	JTM	914231	½ c. n= 4.28 oz.	14		X	X				X	
Soft Taco (Beef)		Recipe 000442	1 portion	27.72	X	X	X					
Soup- Vegetable Beef		Recipe H-04A	1 cup	8.97								
Spaghetti Sauce w/Beef	JTM	91751	5.66 oz.	11								
Spaghetti with Meat Sauce		Recipe 000018	6 oz. sauce with ½ c noodles	33.2		X						
String Cheese			1 each	0	X							
Stromboli	Gioglio	5193	4.2 oz. portion	29	X	X	X					
Stuffed Crust Pizza- Pepperoni – High School	ConAgra	77387-12671	1 slice	35	X	X	X					
Sub-Turkey, Ham and Cheese			1 oz. each-turkey, Ham & Cheese on sub roll	54.35	X	X	X					
Teriyaki Chicken Bowl		Recipe CNS-33	Recipe	42.94		X	X					
Totally Taco	Max Snax (Con Agra)	77387-12714	1 portion= 4.09 Oz	29		X	X					
Turkey			1.4 oz. = 1 oz.									
Turkey & Cheese Wedge Sandwich	Tasty Brands	70013	1 sandwich	27	X	X	X					
Turkey- diced with gravy	Jennie-O	2847-28	4 oz. with gravy	2			X					
Turkey Ham & Cheese Rippers			3 sticks (4 oz.)	28	X	X	X			X		
Vegetable Beef Soup	-----	Recipe H-04A	1 cup	10.9								
Vegetarian Chili (w/o potato)	JTM	92851	8 oz.	33								
Yogurt Parfait- lunch		Recipe 000475	1 parfait	93.32	X	X	X					
Yogurt Plate		Recipe 000415	1 plated	45.7	X							

Breads and Grains

Cheesy Bread Stick 6"	Gilardi	16272-20119	2 Sticks – 4.42 oz.	27	X	X	X					
Captain's Wafers			1 pkg.	9		X						
Hamburger Bun- Whole Grain	Flowers	13731900	1 bun	26		X	X					
Honey Grahams			3 ct. pkg.	17		X	X					

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Hot Dog Bun- Whole Grain	Flowers	1709190	1 bun	26		X	X					
Mexican Original – 10" Honey Wheat Tortilla Wraps	Mexican Original	7838-621	1 Wrap	34		X	X					
Rice (Cooking Rice) (Oven or Steamer)			½ cup	22.25								
Roll- White Wheat- Frozen	J & J Snack Foods	01519	1 each	14	X	X	X					
Roll- Purchased (1 oz.) Whole Grain			1 each	14	X	X	X					
Saltine Crackers			1pkg	8		X	X					
Stuffing	Rothbury Farms	27707	1/2 cup	16		X	X					
Sub Roll – Whole Grain – Flowers	Flowers		1 bun	26		X	X					
Tortilla Chips- Rounds			1 oz	17.01		X						
Waffles – Dutch	J & J		1 waffle	43	X	X	X					

Fruits and Vegetables

Apple-Fresh			1 med -5.5 oz	19								
Apples, sliced, bagged			½ cup	7								
Applesauce			½ cup	24								
Applesauce-Rockin Blue Raspberry	Zee Zees	A88350	1 portion- 4.5 oz.	22								
Applesauce-Wild Watermelon	Zee Zees	A3510	1 portion -4.5 oz	22								
Mandarin Oranges in Juice	Zee Zees	605376	1 portion-4.5 oz.	21								
Tropical Mixed Fruit	Zee Zees	608770	1 portion- 4.5 oz.	15								
Baked Beans		Recipe I-06	2/3 cup	35.99								
Baked Potato-Plain			1 portion – 7 oz. w/skin	42								
Banana - fresh			1 med. -5 oz	20.0								
Black Olives			1 med. olive	.2								
Blueberries			½ cup	8								
Broccoli- Fresh			½ cup	3.0								
Broccoli Spears-Steamed			½ cup	3								
Butternut Squash			½ c. =3.5 oz.	10								
Cabbage-Steamed			½ cup = 3.5 oz	3.5								
Carrots- raw (baby)			1 bag	4.0								
Carrots- Raw- Shredded			4 oz.	11								
Carrots-Cooked			½ cup- 2.5 oz	4.0								
Cherry Tomatoes			½ cup = 4 oz	4								
Chickpeas			½ cup – 2.9 oz.	22.5								
Cole Slaw			½ cup	7.44								
Collard Greens- cooked			½ cup= 3 oz.	5								
Corn- Sweet Kernel			½ cup = 4.5 oz	18								
Cranberry Sauce (garnish)			1/8cup	13.5								
Cucumbers- Fresh with peel-slice			½ cup – 2 oz.	2.0								
Fiesta Beans			½ cup	20								
French Fries- Baked			3 oz.	25.0								
Fruitables –Gold Rush	Apple & Eve	24025	1 container – 4.23 oz.	10								
Fruitable – Tropical Twist	Apple & Eve	24023	1 container – 4.23 oz.	14								
Fruitable – Power Punch	Apple & Eve	24024	1 container – 4.23 oz.	14								
Garden Salad (no dressing)			½ cup	3.7								

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Grapes – fresh		½ cup (small bunch= 4 Oz.)	20								
Green Beans		½ cup	3								
Ice Juicy		1 each	20								
Lettuce and Tomato		½ c. lettuce chopped 1 oz. sliced tomato	.5 1								
Lima Beans (Baby)		½ cup- 3 oz.	20.0								
Mashed Potatoes without Gravy	Tuf	ATTKU5ZT	½ cup	18	X	X	X				
Mixed Fruit (Fruit Cup)		½ cup	18								
Mixed Vegetables		½ cup	11.9								
Mushrooms – Fresh-raw diced or sliced		½ cup- 1.5 oz.	1.5								
Onions- chopped- raw		1/2 cup – 3 oz.	8								
Orange-Fresh		1 small – 5 oz.	11.0								
Peaches		½ cup	15								
Pear – fresh		1 Med. -7 oz. 1 small – 5 oz.	25 18								
Pears		½ cup	18								
Peas		½ cup	10								
Peppers- Sweet, Green, Raw, Chopped		1/2 cup- 2.5 oz.	5.0								
Peppers. Sweet, Red, Raw, Chopped		½ cup – 2.5 oz.	5.0								
Peppers-Sweet, Yellow, Raw, Chopped		½ cup- 2.5 oz.	5.0								
Pineapple Chunks in juice		½ cup	15.0								
Potatoes Au Gratin	Real	888	4 oz.=1/2 c	18	X		X				
Potatoes, Mashed, Dehyd (011381)			½ cup								
Refried Beans		½ cup	18								
Sidewinder Fries	Simplot	10071179032168	½ cup= 3.17 oz.	21			X				
Spiced Apples		Recipe 000434	½ c	19.89							
Spinach – Raw		½ cup	.5								
Spinach- Steamed		½ cup – 3.5 oz.	3.5								
Strawberries, Frozen, Sliced, Sweetened		½ cup	29.91								
Strawberries- Fresh		6 med. or 3 large-2 oz.	4								
Strawberry Cup Frozen		½ cup	33								
Sweet Peas		½ cup- 3 oz.	10								
Sweet Potato – Whole		1med.- 4 oz.	24								
Sweet Potato Waffle Fries	McCain	MCF05074	2.11 oz	15			X				
Sweet Potatoes- recipe 000456			½ cup	24.12							
Three Bean Salad			½ cup -4.4 oz.	20							

Breakfast Entrees

Apple Oatmeal Bar	Appleways	75100	1 portion	46	X	X	X			X	
Appleway Strawberry Oatmeal Bar	Appleways	75400	1 portion	46	X	X	X			X	

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Bacon – Pork Cured			1 slice	0.1								
Bagel- Mini - Cinnamon Creamy Cheese	Pillsbury	100-18000-38399-0	1 pkg.	41	X	X						
Banana Bread	Super Bakery	6071	1 pkg.	44		X	X			X		
Benefit – Apple Blueberry Chip	BeneFIT	40405	1 bar – 2.5 oz.	48	X	X	X			X		
BeneFit – Apple Cinnamon	BeneFIT	40403	1 bar- 2.5 oz.	48	X	X	X					
BeneFit – Banana Choc. Chip	BeneFIT	40402	1 bar – 2.5 oz.	48	X	X	X			X		
BeneFit – French Toast	BeneFIT	40404	1 bar – 2.5 oz.	47	X	X	X			X		
BeneFit – Oatmeal Chocolate Chip	BeneFIT	40401	1 bar – 2.5 oz.	47	X	X	X			X		
Breakfast Chicken Pattie w/ Biscuit	Advance Pierre Foods	68102	1 portion	28	X	X	X			X		
Cereal- Cinnamon Toast Crunch	General Mills		1 each	18		X	X					
Cereal- Rice Chex	General Mills		1 each	23								
Cereal- Trix	General Mills		1 each	27								
Cheese Slice- American	Bongards	4/5#	.5 oz.	2	X		X					
Chicken Biscuit	Advance	68102	1 serving	28	X	X	X			X		
Eggs- Frozen – Whole			¼ c- 3TBS	1						X		
French Toast Sticks	Rich's	37720	3 sticks	36		X	X					
Ham			1 oz.	0.35								
Honey Grahams			3 ct. pkg.	23		X	X					
Pancake & Sausage on Stick	Don Lee Farms	CNQ71303PW	1 portion	21.8	X	X	X			X		
Pancakes, Mini, Blueberry	Eggo's – Kellogg's		1 package	35	X	X	X			X		
Pancakes, Mini, Maple	Eggo's-Kellogg's		1 package	35	X	X	X			X		
Peanut Butter and Jelly	Advance Pierre		1 each	34		X	X	X				
Sausage Pattie (Beef) on Bun	Advance Pierre	1297	1 sandwich	26	X	X	X					
Sausage Pattie - Pork	Tyson	SL29667	1 patty	1			X					
Strawberry Banana Yogurt			4 oz.	42	X							
Strawberry Yogurt			4 oz.	42	X							
Uber- Ultimate Breakfast Round Baked	Rich's Foods	08733	1 package	44	X	X	X			X		
Yogurt Parfait-Breakfast			Recipe	50.49	X							
Zee Zees's Cocoa Cherry Bar	National Food Group	60450	1 bar – 2.2 iz,	39		X	X					
Zucchini Bread			1 pre-pkg.	43		X	X					

Condiments

Bar B Que Sauce			1 T									
Beef & Cheese Sauce			3.45 oz.	7	X		X					
Cheese, Blend (051054)			½ oz.	2	X							
Dressing, Asian Sesame			1 qt. added to chicken			X	X					
Dressing, French			1 packet									
Dressing, Italian			1 packet	4								
Dressing, Poppy seed, Creamy												
Dressing, Ranch			1 packet	2								
Gravy, Brown			1 oz	8								
Honey			1 packet	7.42								
Ketchup			1 packet	2.26								
Maple Syrup			1 oz	14								
Mayonnaise			1 packet	0.413								
Mustard			1 packet	0.568								
Sriracha Sauce			1 oz.	2								

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Taco Sauce		1 packet	2								
Tartar Sauce		1 packet	7.94								

Beverages

Fruit Punch		4 oz.	15								
Juice Apple		4 oz.	13								
Juice Orange		4 oz.	13								
Milk Chocolate		8 oz.	20	X							
Milk Strawberry		8 oz.	20	X							
Milk 1% White		8 oz.	13	X							
Milk Skim		8 oz.	11	X							
Pearl-Organic Soymilk- Vanilla		8.25 oz.	7.1		X						

Snacks

Bear Grahams (MJM)		1 package	18		X	X					
Bug Bites											
Cheez-It	Kellogg's	24100-10971	1 oz. Package	20	X	X	X				
Cinnamon Toast Crunch Cereal Bar			1 Bar	30		X	X				
Cheetos	Frito Lay	62933Frito	1 package .875 oz.	14	X						
Doritos Nacho Cheese	Frito Lay	31748Frito	1 package- 1 oz.	16	X						
Doritos Cool Ranch	Frito Lay	36096Frito	1 package- 1 oz.	18	X						
Chex Mix, Cheddar	General Mills	31932	1 package- .92 oz.	20	X	X	X				
Chex Mix, Traditional	General Mills	24004	1 package- 1.75 oz.	36		X	X				
Doritos Flamas	Frito Lay	62829Frito	1 package- 1 oz.	16	X						
Doritos Spicy Sweet Chili	Frito Lay	49093Frito	1 package- 1 oz.	18		X	X				
Cheetos Fantastix Chili Cheese	Frito Lay	336098Frito	1 package- 1oz.	19	X						
Cheetos Fantastix Flamin' Hot	Frito Lay	43578Frito	1 package- 1 oz.	20	X						
Tostito Scoops	Frito Lay	42537Frito	1 package - .875 oz.	19	X	X	X				
Frito Lay BBQ		KCMaster 32078	1 package - .875 oz.	19			X				
Popcorn- White Cheddar	Frito Lay	25566Frito	1 package- .5 oz.	9	X						
Frito Lays Regular Chips	Frito Lay	33625 Frito	1 package- .875 oz.	19			X				
Sour Cream Chips	Frito Lay	33627	1 package -.875 oz.	19	X		X				
Cheddar and Sour Cream	Frito Lay	568821 Lay's	1 package-.8 oz.								
Sun Chips- Garden Salsa	Frito Lay	44428	1 portion	15		X					
Linden Choc. Chipper Cookie	Lindens	300090	1 package- 1 oz.	19		X	X		X		
Sun Chip- Harvest Cheddar	Frito Lay	44427	1 package	15	X	X					
Linden Butter Cruncher Cookie	Lindens	300091	1 package- 1.1 oz.	23		X	X		X		
Fruit by the Foot- nBerry	General Mills	12106	1 package								
Elf Grahams			1 oz. pkg.	20		X	X				
Rice Krispy Treat	Kellogg's	26547	1 package- 1.3 oz.	28	X		X				
Ice Cream -Bar-Orange Blossom	Hershey's		2.5 oz.	14	x						
Ice Cream - Bar- Fudjo	Hershey's		2.5 oz.	24	X						
Ice Cream- Bar- Choc. Scooter	Hershey's		2.75 oz.	26	X	X	X				
Ice Cream- Bar- Strawberry Scooter	Hershey's		2.75 oz.	25	X	X	X				
Ice Cream- Bar- Salted Caramel	Hershey's		2.75	23	X	X	x				
Polar Blast Fruit Bar	Hershey's		16								
Ice Cream Sandwich - Brownie Batter	Hershey's		1 sandwich- 4 oz.	33	X	X	X				

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Ice Cream Sandwich – Vanilla	Hershey's		1 sandwich- 4 oz.	33	X	X	X					
Ice Cream Sandwich –Cookie&Cream	Hershey's		1 sandwich- 4 oz.	29	X	X	X					
Ice Cream Sandwich – Minty Mint	Hershey's		1 sandwich- 4 oz.	33	X	X	X					
Salted Caramel Brownie Crunch Bar	Hershey's		1 bar	23	X	X	X					
Cotton Candy Cup	Hershey's		3 oz. cup	14	X		X					
Strawberry Sundae Cup	Hershey's		3 oz. cup	15	X							
Chocolate Sundae Cup	Hershey's		3 oz. cup	16	X		X					
Vanilla Cup	Hershey's		3 oz. cup	14	X							
Chocolate Cup	Hershey's		3 oz. cup	14	X							
Orange Sherbet	Hershey's		4 oz. cup	23	X							
Lemon Sherbet	Hershey's		4 oz. cup	23	X							
Raspberry Sherbet	Hershey's		4 oz. cup	23	X							
Birthday Cake Twister Cup	Hershey's		3.75 oz. cup	16	X							
Cotton Candy Twister Cup	Hershey's		3.75 oz. cup	15	X							
Sour Apple Twister Cup	Hershey's		3.75 oz. cup	19								
Sour Blue Raspberry	Hershey's		3.75 oz. cup	19								
Cookie & Cream Cone	Hershey's		4 oz. cone	25	X	X	X					
Vanilla/Chocolate Twist	Hershey's		4 oz. cone	30	X	X	X					
Crazy Cone	Hershey's		4 oz. cone	25	X	X	X					
Juice Rush Cherry/Blue Raspberry			1 cup= 4.4 oz.=1/2 c. fruit	27								
Juice Rush Lemon/Orange			1 cup= 4.4 oz.=1/2 c. fruit	27								
Juice Rush Strawberry Mango			1 cup= 4.4 oz.=1/2 c. fruit	27								
Pretzel, Soft		30410	1 portion- 2.2 oz.	30		X	X					
Scooby-Doo Bones, Cinnamon			1 pkg	20		X	X					
Welch's Slush – Concord Berry			1 Container	21								
Welch's Slush – Concord Grape			1 Container	23								
Welch's Slush – White Grape Cherry			1 Container	23								
Welch's Slush – White Grape Peach			1 Container	23								
Whole Grain Frosted Cookies	Good Source		1.5 oz.	27	X	X	X			X		

Nutrikids Disclaimer: The data contained within the nutrient database cannot be used for and does not provide menu planning for anyone with a medical condition or food allergy. Any user planning for or treating medical conditions must consult a medical professional for assistance.

Nutritional information is to be used as an approximate guideline and is subject to change due to preparation modifications and food substitutions by suppliers.