

# Middle School Nutritionals

2010-11

| Menu Item              | Calories | Prot gr | Calc mg | Iron mg | Vit A<br>gr/IU | Vit C mg | T Fat gr | S Fat gr | Carb gr | Sod mg  | Fiber gr | Chol<br>mg | Protein<br>Source    |
|------------------------|----------|---------|---------|---------|----------------|----------|----------|----------|---------|---------|----------|------------|----------------------|
| Cheeseburger Deluxe    | 648.28   | 34.97   | 192.67  | 5.20    | 371.48         | 1.85     |          | 18.74    | 25.83   | 1052.99 | 3.29     | 103.92     | Beef/cheese          |
| Baked Fries            | 300.00   | 4.00    | 0.00    | 4.00    | 0.00           | 4.80     |          | 4.00     | 36.00   | 1060.00 | 4.00     | 0.00       |                      |
| Garden Salad           | 20.57    | 1.15    | 23.50   | 0.63    | 2893.53        | 17.35    |          | 0.04     | 4.41    | 6.48    | 1.64     | 0.00       |                      |
| 1/2 Pint Milk 1% White | 110.00   | 9.00    | 250.00  | 0.00    | 500.00         | 1.20     | 2.50     | 1.50     | 13.00   | 130.00  | 0.00     | 15.00      |                      |
|                        | 1078.86  | 49.12   | 466.17  | 9.82    | 3765.01        | 25.20    | 2.50     | 24.29    | 79.24   | 2249.47 | 8.93     | 118.92     |                      |
| W.G. Corn Dog          | 270.0    | 10.0    | 0.06    | 0.15    | 0.0            | 0.0      | 15.0     | 4.0      | 22.0    | 730.0   | 1.0      |            | Chicken              |
| Baked Fries            | 300.00   | 4.00    | 0.00    | 4.00    | 0.00           | 4.80     |          | 4.00     | 36.00   | 1060.00 | 4.00     | 0.00       |                      |
| Garden Salad           | 20.57    | 1.15    | 23.50   | 0.63    | 2893.53        | 17.35    |          | 0.04     | 4.41    | 6.48    | 1.64     | 0.00       |                      |
| 1/2 Pint Milk 1% White | 110.00   | 9.00    | 250.00  | 0.00    | 500.00         | 1.20     | 2.50     | 1.50     | 13.00   | 130.00  | 0.00     | 15.00      |                      |
|                        | 700.57   | 24.15   | 273.56  | 4.78    | 3393.53        | 23.35    | 17.50    | 9.54     | 75.41   | 1926.48 | 6.64     | 15.00      |                      |
| Breakfast Wrap         | 190      | 10      | 98      | 1.48    | 365            | 0        | 10       | 4        | 16      | 490     | 0        | 190        | Egg/Cheese           |
| Baked Fries            | 300.00   | 4.00    | 0.00    | 4.00    | 0.00           | 4.80     |          | 4.00     | 36.00   | 1060.00 | 4.00     | 0.00       |                      |
| Garden Salad           | 20.57    | 1.15    | 23.50   | 0.63    | 2893.53        | 17.35    |          | 0.04     | 4.41    | 6.48    | 1.64     | 0.00       |                      |
| 1/2 Pint Milk 1% White | 110.00   | 9.00    | 250.00  | 0.00    | 500.00         | 1.20     | 2.50     | 1.50     | 13.00   | 130.00  | 0.00     | 15.00      |                      |
|                        | 620.57   | 24.15   | 371.50  | 6.11    | 3758.53        | 23.35    | 12.50    | 9.54     | 69.41   | 1686.48 | 5.64     | 205.00     |                      |
| Taco Salad             | 367.547  | 19.147  | 270.014 | 2.936   | 923.144        | 6.906    | 0.083    | 7.731    | 37.649  | 752.746 | 3.414    | 54.027     | Beef/cheese/tortilla |
| Golden Corn            | 72.2     | 2.5     | 3.3     | 0.3     | 106.6          | 5.2      |          |          | 17.1    | 2.5     | 2        | 72.2       |                      |
| Apple Turnover         | 303.00   | 4.20    | 24.00   | 1.60    | 12.00          | 10.00    | 9.20     | 202.00   | 51.00   | 378.00  | 2.30     |            |                      |
| 1/2 Pint Milk 1% White | 110.00   | 9.00    | 250.00  | 0.00    | 500.00         | 1.20     | 2.50     | 1.50     | 13.00   | 130.00  | 0.00     | 15.00      |                      |
|                        | 852.75   | 34.85   | 547.31  | 4.84    | 1541.74        | 23.31    | 11.78    | 211.23   | 118.75  | 1263.25 | 7.71     | 141.23     |                      |
| Chicken Nuggets        | 234.003  | 20.98   | 58.51   | 1.25    | 0.82           | 11.702   | 10.77    | 2.033    | 13.138  | 2.906   | 37.36    | 1313.8     |                      |
| Golden Corn            | 72.2     | 2.5     | 3.3     | 0.3     | 106.6          | 5.2      |          |          | 17.1    | 2.5     | 2        | 72.2       |                      |
| Apple Turnover         | 303.00   | 4.20    | 24.00   | 1.60    | 12.00          | 10.00    | 9.20     | 202.00   | 51.00   | 378.00  | 2.30     |            |                      |
| 1/2 Pint Milk 1% White | 110.00   | 9.00    | 250.00  | 0.00    | 500.00         | 1.20     | 2.50     | 1.50     | 13.00   | 130.00  | 0.00     | 15.00      |                      |
|                        | 719.20   | 36.68   | 335.81  | 3.15    | 619.42         | 28.10    | 22.47    | 205.53   | 94.24   | 513.41  | 41.66    | 1400.96    |                      |
|                        |          |         |         |         |                |          |          |          |         |         |          |            |                      |
|                        |          |         |         |         |                |          |          |          |         |         |          |            |                      |
|                        |          |         |         |         |                |          |          |          |         |         |          |            |                      |
|                        |          |         |         |         |                |          |          |          |         |         |          |            |                      |

# Middle School Nutritionals

2010-11

| Menu Item                | Calories | Prot gr | Calc mg | Iron mg | Vit A gr/IU | Vit C mg | T Fat gr | S Fat gr | Carb gr | Sod mg  | Fiber gr | Chol mg | Protein Source |
|--------------------------|----------|---------|---------|---------|-------------|----------|----------|----------|---------|---------|----------|---------|----------------|
| Cheese Quesadilla (2 ea) | 395.0    | 17.0    | 380.0   | 4.2     | 575.7       | 5.6      | 17.0     | 8.8      | 42.0    | 840.0   | 5.6      | 42.2    | Cheese         |
| Golden Corn              | 72.2     | 2.5     | 3.3     | 0.3     | 106.6       | 5.2      |          |          | 17.1    | 2.5     | 2        | 72.2    |                |
| Apple Turnover           | 303.00   | 4.20    | 24.00   | 1.60    | 12.00       | 10.00    | 9.20     | 202.00   | 51.00   | 378.00  | 2.30     |         |                |
| 1/2 Pint Milk 1% White   | 110.00   | 9.00    | 250.00  | 0.00    | 500.00      | 1.20     | 2.50     | 1.50     | 13.00   | 130.00  | 0.00     | 15.00   |                |
|                          | 880.20   | 32.70   | 657.30  | 6.10    | 1194.30     | 22.00    | 28.70    | 212.30   | 123.10  | 1350.50 | 9.90     | 129.40  |                |
|                          |          |         |         |         |             |          |          |          |         |         |          |         |                |
| Sloppy Joes              | 260.61   | 20.47   | 30.95   | 2.26    | 277.96      | 2.44     | 0.67     | 4.55     | 14.37   | 606.86  | 0.24     | 82.07   | Beef/Turkey    |
| Bun,Hamburger            | 110.0    | 5.0     | 0.0     | 2.6     | 0.0         | 0.0      | 4.2      | 1.0      | 21.0    | 51.2    |          |         |                |
| Veggie Tray              | 39.98    | 9.08    | 38.262  | 0.052   | 9712.15     | 41.79    | 0        | 0.035    | 8.817   | 56.984  | 3.034    | 0       |                |
| Yogurt Dip               | 157.00   | 4.03    | 143.50  | 0.60    | 23.60       | 1.50     | 7.88     | 1.40     | 18.50   | 68.40   | 0.30     | 9.50    |                |
| Sliced Pears             | 106.00   | 0.24    | 6.00    | 0.35    | 0.00        | 0.90     | 0.00     | 0.00     |         | 6.00    | 2.00     |         |                |
| 1/2 Pint Milk 1% White   | 110.00   | 9.00    | 250.00  | 0.00    | 500.00      | 1.20     | 2.50     | 1.50     | 13.00   | 130.00  | 0.00     | 15.00   |                |
|                          | 783.59   | 47.82   | 468.71  | 5.86    | 10513.71    | 47.83    | 15.25    | 8.49     | 75.68   | 919.44  | 5.57     | 106.57  |                |
|                          |          |         |         |         |             |          |          |          |         |         |          |         |                |
| Fish Melt Sandwich       | 340.00   | 21.00   | 94.00   | 2.66    | 158.00      | 0.45     | 4.20     | 4.50     | 36.00   | 701.20  | 1.00     | 35.00   | Fish           |
| Veggie Tray              | 39.98    | 9.08    | 38.262  | 0.052   | 9712.15     | 41.79    | 0        | 0.035    | 8.817   | 56.984  | 3.034    | 0       |                |
| Yogurt Dip               | 157.00   | 4.03    | 143.50  | 0.60    | 23.60       | 1.50     | 7.88     | 1.40     | 18.50   | 68.40   | 0.30     | 9.50    |                |
| Sliced Pears             | 106.00   | 0.24    | 6.00    | 0.35    | 0.00        | 0.90     | 0.00     | 0.00     |         | 6.00    | 2.00     |         |                |
| 1/2 Pint Milk 1% White   | 110.00   | 9.00    | 250.00  | 0.00    | 500.00      | 1.20     | 2.50     | 1.50     | 13.00   | 130.00  | 0.00     | 15.00   |                |
|                          | 752.98   | 43.35   | 531.76  | 3.66    | 10393.75    | 45.84    | 14.58    | 7.44     | 76.32   | 962.58  | 6.33     | 59.50   |                |
|                          |          |         |         |         |             |          |          |          |         |         |          |         |                |
| Bean & Cheese Burrito    | 310.0    | 11.0    | 0.6     | 0.04    |             |          | 10.0     | 3.0      | 44.0    | 640.0   | 5.0      | 10.0    | Beans          |
| Veggie Tray              | 39.98    | 9.08    | 38.262  | 0.052   | 9712.15     | 41.79    | 0        | 0.035    | 8.817   | 56.984  | 3.034    | 0       |                |
| Yogurt Dip               | 157.00   | 4.03    | 143.50  | 0.60    | 23.60       | 1.50     | 7.88     | 1.40     | 18.50   | 68.40   | 0.30     | 9.50    |                |
| Sliced Pears             | 106.00   | 0.24    | 6.00    | 0.35    | 0.00        | 0.90     | 0.00     | 0.00     |         | 6.00    | 2.00     |         |                |
| 1/2 Pint Milk 1% White   | 110.00   | 9.00    | 250.00  | 0.00    | 500.00      | 1.20     | 2.50     | 1.50     | 13.00   | 130.00  | 0.00     | 15.00   |                |
|                          | 722.98   | 33.35   | 438.36  | 1.04    | 10235.75    | 45.39    | 20.38    | 5.94     | 84.32   | 901.38  | 10.33    | 34.50   |                |
|                          |          |         |         |         |             |          |          |          |         |         |          |         |                |
| Hot Ham/Cheese Sandwich  | 158.19   | 5.38    | 78.24   | 1.88    | 0           | 0        | 2.45     | 0.61     | 28.03   | 271.5   | 1.19     | 0       | Ham. Cheese    |
| Seasned Green Beans      | 18       | 0.96    | 28.8    | 1.1     | 385.2       | 4.1      |          |          | 4.2     | 310.8   | 1.8      | 0       |                |
| Apple Turnover           | 303.00   | 4.20    | 24.00   | 1.60    | 12.00       | 10.00    | 9.20     | 202.00   | 51.00   | 378.00  | 2.30     |         |                |
| 1/2 Pint Milk 1% White   | 110.00   | 9.00    | 250.00  | 0.00    | 500.00      | 1.20     | 2.50     | 1.50     | 13.00   | 130.00  | 0.00     | 15.00   |                |
|                          | 589.19   | 19.54   | 381.04  | 4.58    | 897.20      | 15.30    | 14.15    | 204.11   | 96.23   | 1090.30 | 5.29     | 15.00   |                |
|                          |          |         |         |         |             |          |          |          |         |         |          |         |                |

# Middle School Nutritionals

2010-11

| Menu Item               | Calories | Prot gr | Calc mg | Iron mg | Vit A<br>gr/IU | Vit C mg | T Fat gr | S Fat gr | Carb gr | Sod mg  | Fiber gr | Chol<br>mg | Protein<br>Source |
|-------------------------|----------|---------|---------|---------|----------------|----------|----------|----------|---------|---------|----------|------------|-------------------|
| Spaghetti Sauce         | 259.0    | 26.1    | 52.0    | 3.4     | 135.0          | 30.8     | 10.5     | 3.0      | 16.1    | 1082.0  |          |            | Beef/Turkey       |
| Spaghetti Noodles       | 138.0    | 4.0     | 9.0     | 1.3     | 0.0            | 0.0      | 3.0      | 0.4      | 23.3    | 623.0   |          |            |                   |
| Roll                    | 151.00   | 4.50    | 26.00   | 1.40    | 0.0            | 0.00     | 3.50     | 0.80     | 25.70   | 194.00  |          |            |                   |
| Seasned Green Beans     | 18       | 0.96    | 28.8    | 1.1     | 385.2          | 4.1      |          |          | 4.2     | 310.8   | 1.8      | 0          |                   |
| Apple Turnover          | 303.00   | 4.20    | 24.00   | 1.60    | 12.00          | 10.00    | 9.20     | 202.00   | 51.00   | 378.00  | 2.30     |            |                   |
| 1/2 Pint Milk 1% White  | 110.00   | 9.00    | 250.00  | 0.00    | 500.00         | 1.20     | 2.50     | 1.50     | 13.00   | 130.00  | 0.00     | 15.00      |                   |
|                         | 979.00   | 48.76   | 389.80  | 8.80    | 1032.20        | 46.10    | 28.70    | 207.70   | 133.30  | 2717.80 | 4.10     | 15.00      |                   |
|                         |          |         |         |         |                |          |          |          |         |         |          |            |                   |
| Bean & Cheese Burrito   | 310.0    | 11.0    | 0.6     | 0.04    |                |          | 10.0     | 3.0      | 44.0    | 640.0   | 5.0      | 10.0       | Beans             |
| Seasned Green Beans     | 18       | 0.96    | 28.8    | 1.1     | 385.2          | 4.1      |          |          | 4.2     | 310.8   | 1.8      | 0          |                   |
| Apple Turnover          | 303.00   | 4.20    | 24.00   | 1.60    | 12.00          | 10.00    | 9.20     | 202.00   | 51.00   | 378.00  | 2.30     |            |                   |
| 1/2 Pint Milk 1% White  | 110.00   | 9.00    | 250.00  | 0.00    | 500.00         | 1.20     | 2.50     | 1.50     | 13.00   | 130.00  | 0.00     | 15.00      |                   |
|                         | 741.00   | 25.16   | 303.40  | 2.74    | 897.20         | 15.30    | 21.70    | 206.50   | 112.20  | 1458.80 | 9.10     | 25.00      |                   |
|                         |          |         |         |         |                |          |          |          |         |         |          |            |                   |
|                         |          |         |         |         |                |          |          |          |         |         |          |            |                   |
| Lasagna                 | 217.30   | 13.84   | 96.56   | 1.68    | 135.21         | 0.35     | 0.00     | 2.28     | 30.20   | 249.83  | 1.30     | 12.87      | Cheese/noodles    |
| Roll                    | 151.00   | 4.50    | 26.00   | 1.40    | 0.0            | 0.00     | 3.50     | 0.80     | 25.70   | 194.00  |          |            |                   |
| Pineapple Tidbits       | 70.00    | 0.00    | 0.00    | 0.02    | 0.00           | 0.20     | 0.00     | 0.00     | 17.00   | 10.00   | 1.00     | 0.00       |                   |
| Mixed Vegetables        | 37.00    | 2.40    | 0.02    | 0.04    | 1.33           | 0.13     | 0.00     | 0.30     | 7.80    | 55.30   | 2.40     | 0.00       |                   |
| 1/2 Pint Milk 1% White  | 110.00   | 9.00    | 250.00  | 0.00    | 500.00         | 1.20     | 2.50     | 1.50     | 13.00   | 130.00  | 0.00     | 15.00      |                   |
|                         | 585.30   | 29.74   | 372.58  | 3.14    | 636.54         | 1.89     | 6.00     | 4.88     | 93.70   | 639.13  | 4.70     | 27.87      |                   |
|                         |          |         |         |         |                |          |          |          |         |         |          |            |                   |
| Teriyaki Wonder Bites   | 270.063  | 24.6    | 40.806  | 324.074 | 75.609         | 0.06     | 14.4     | 5.394    | 9.597   | 757.38  | 1.56     | 62.048     | Beef              |
| Pineapple Tidbits       | 70.00    | 0.00    | 0.00    | 0.02    | 0.00           | 0.20     | 0.00     | 0.00     | 17.00   | 10.00   | 1.00     | 0.00       |                   |
| Mixed Vegetables        | 37.00    | 2.40    | 0.02    | 0.04    | 1.33           | 0.13     | 0.00     | 0.30     | 7.80    | 55.30   | 2.40     | 0.00       |                   |
| 1/2 Pint Milk 1% White  | 110.00   | 9.00    | 250.00  | 0.00    | 500.00         | 1.20     | 2.50     | 1.50     | 13.00   | 130.00  | 0.00     | 15.00      |                   |
|                         | 487.06   | 36.00   | 290.83  | 324.13  | 576.94         | 1.59     | 16.90    | 7.19     | 47.40   | 952.68  | 4.96     | 77.05      |                   |
|                         |          |         |         |         |                |          |          |          |         |         |          |            |                   |
| Toasted Cheese Sandwich | 306.43   | 20.39   | 405.48  | 1.46    | 684.13         | 0.0      | 12.34    | 7.44     | 32.13   | 1240.73 | 1.44     | 34.02      | Cheese            |
| Pineapple Tidbits       | 70.00    | 0.00    | 0.00    | 0.02    | 0.00           | 0.20     | 0.00     | 0.00     | 17.00   | 10.00   | 1.00     | 0.00       |                   |
| Mixed Vegetables        | 37.00    | 2.40    | 0.02    | 0.04    | 1.33           | 0.13     | 0.00     | 0.30     | 7.80    | 55.30   | 2.40     | 0.00       |                   |
| 1/2 Pint Milk 1% White  | 110.00   | 9.00    | 250.00  | 0.00    | 500.00         | 1.20     | 2.50     | 1.50     | 13.00   | 130.00  | 0.00     | 15.00      |                   |
|                         | 523.43   | 31.79   | 655.50  | 1.52    | 1185.46        | 1.53     | 14.84    | 9.24     | 69.93   | 1436.03 | 4.84     | 49.02      |                   |
|                         |          |         |         |         |                |          |          |          |         |         |          |            |                   |
|                         |          |         |         |         |                |          |          |          |         |         |          |            |                   |
|                         |          |         |         |         |                |          |          |          |         |         |          |            |                   |

# Middle School Nutritionals

2010-11

| Menu Item              | Calories | Prot gr | Calc mg | Iron mg | Vit A<br>gr/IU | Vit C mg | T Fat gr | S Fat gr | Carb gr | Sod mg  | Fiber gr | Chol<br>mg | Protein<br>Source |
|------------------------|----------|---------|---------|---------|----------------|----------|----------|----------|---------|---------|----------|------------|-------------------|
| Cheeseburger Deluxe    | 648.28   | 34.97   | 192.67  | 5.20    | 371.48         | 1.85     |          | 18.74    | 25.83   | 1052.99 | 3.29     | 103.92     | Beef/cheese       |
| Baked Tots             | 170.0    | 2.0     | 8.0     | 0.4     | 0.0            | 0.0      | 10.0     | 2.5      | 19.0    | 340.0   | 2.0      | 0          |                   |
| Garden Salad           | 20.57    | 1.15    | 23.50   | 0.63    | 2893.53        | 17.35    |          | 0.04     | 4.41    | 6.48    | 1.64     | 0.00       |                   |
| 1/2 Pint Milk 1% White | 110.00   | 9.00    | 250.00  | 0.00    | 500.00         | 1.20     | 2.50     | 1.50     | 13.00   | 130.00  | 0.00     | 15.00      |                   |
|                        | 948.86   | 47.12   | 474.17  | 6.22    | 3765.01        | 20.40    | 12.50    | 22.79    | 62.24   | 1529.47 | 6.93     | 118.92     |                   |
| Chicken Burrito        | 300.00   | 18.00   | 60.00   | 4.00    | 1116.00        | 4.00     | 7.00     | 1.60     | 40.00   | 471.00  | 0.00     |            | Chicken           |
| Baked Tots             | 170.0    | 2.0     | 8.0     | 0.4     | 0.0            | 0.0      | 10.0     | 2.5      | 19.0    | 340.0   | 2.0      | 0          |                   |
| Garden Salad           | 20.57    | 1.15    | 23.50   | 0.63    | 2893.53        | 17.35    |          | 0.04     | 4.41    | 6.48    | 1.64     | 0.00       |                   |
| 1/2 Pint Milk 1% White | 110.00   | 9.00    | 250.00  | 0.00    | 500.00         | 1.20     | 2.50     | 1.50     | 13.00   | 130.00  | 0.00     | 15.00      |                   |
|                        | 600.57   | 30.15   | 341.50  | 5.03    | 4509.53        | 22.55    | 19.50    | 5.64     | 76.41   | 947.48  | 3.64     | 15.00      |                   |
| Breakfast Wrap         | 190      | 10      | 98      | 1.48    | 365            | 0        | 10       | 4        | 16      | 490     | 0        | 190        | Egg/Cheese        |
| Baked Tots             | 170.0    | 2.0     | 8.0     | 0.4     | 0.0            | 0.0      | 10.0     | 2.5      | 19.0    | 340.0   | 2.0      | 0          |                   |
| Garden Salad           | 20.57    | 1.15    | 23.50   | 0.63    | 2893.53        | 17.35    |          | 0.04     | 4.41    | 6.48    | 1.64     | 0.00       |                   |
| 1/2 Pint Milk 1% White | 110.00   | 9.00    | 250.00  | 0.00    | 500.00         | 1.20     | 2.50     | 1.50     | 13.00   | 130.00  | 0.00     | 15.00      |                   |
|                        | 490.57   | 22.15   | 379.50  | 2.51    | 3758.53        | 18.55    | 22.50    | 8.04     | 52.41   | 966.48  | 3.64     | 205.00     |                   |
| Chicken Salad          | 377.594  | 19.675  | 253.39  | 1.302   | 5949.28        | 8.49     |          | 2.941    | 18.764  | 756.402 | 2.793    | 66.013     | chicken/cheese    |
| Roll                   | 151.00   | 4.50    | 26.00   | 1.40    | 0.0            | 0.00     | 3.50     | 0.80     | 25.70   | 194.00  |          |            |                   |
| Applesauce             | 51       | 0.21    | 5       | 0.28    | 35             | 1.2      |          |          | 13.75   | 2       | 1.3      | 0          |                   |
| Golden Corn            | 72.2     | 2.5     | 3.3     | 0.3     | 106.6          | 5.2      |          |          | 17.1    | 2.5     | 2        | 72.2       |                   |
| 1/2 Pint Milk 1% White | 110.00   | 9.00    | 250.00  | 0.00    | 500.00         | 1.20     | 2.50     | 1.50     | 13.00   | 130.00  | 0.00     | 15.00      |                   |
|                        | 761.79   | 35.89   | 537.69  | 3.28    | 6590.88        | 16.09    | 6.00     | 5.24     | 88.31   | 1084.90 | 6.09     | 153.21     |                   |
| Mini Corn Dogs         | 318.306  | 9.945   | 39.78   | 1.066   | 0              | 0        |          | 4.967    | 24.868  | 636.612 | 0.987    | 54.703     |                   |
| Applesauce             | 51       | 0.21    | 5       | 0.28    | 35             | 1.2      |          |          | 13.75   | 2       | 1.3      | 0          |                   |
| Golden Corn            | 72.2     | 2.5     | 3.3     | 0.3     | 106.6          | 5.2      |          |          | 17.1    | 2.5     | 2        | 72.2       |                   |
| 1/2 Pint Milk 1% White | 110.00   | 9.00    | 250.00  | 0.00    | 500.00         | 1.20     | 2.50     | 1.50     | 13.00   | 130.00  | 0.00     | 15.00      |                   |
|                        | 551.51   | 21.66   | 298.08  | 1.65    | 641.60         | 7.60     | 2.50     | 6.47     | 68.72   | 771.11  | 4.29     | 141.90     |                   |
|                        |          |         |         |         |                |          |          |          |         |         |          |            |                   |
|                        |          |         |         |         |                |          |          |          |         |         |          |            |                   |
|                        |          |         |         |         |                |          |          |          |         |         |          |            |                   |
|                        |          |         |         |         |                |          |          |          |         |         |          |            |                   |

# Middle School Nutritionals

2010-11

| Menu Item                | Calories | Prot gr | Calc mg | Iron mg | Vit A gr/IU | Vit C mg | T Fat gr | S Fat gr | Carb gr | Sod mg  | Fiber gr | Chol mg | Protein Source |
|--------------------------|----------|---------|---------|---------|-------------|----------|----------|----------|---------|---------|----------|---------|----------------|
| Cheese Quesadilla (2 ea) | 395.0    | 17.0    | 380.0   | 4.2     | 575.7       | 5.6      | 17.0     | 8.8      | 42.0    | 840.0   | 5.6      | 42.2    | Cheese         |
| Applesauce               | 51       | 0.21    | 5       | 0.28    | 35          | 1.2      |          |          | 13.75   | 2       | 1.3      | 0       |                |
| Golden Corn              | 72.2     | 2.5     | 3.3     | 0.3     | 106.6       | 5.2      |          |          | 17.1    | 2.5     | 2        | 72.2    |                |
| 1/2 Pint Milk 1% White   | 110.00   | 9.00    | 250.00  | 0.00    | 500.00      | 1.20     | 2.50     | 1.50     | 13.00   | 130.00  | 0.00     | 15.00   |                |
|                          | 628.20   | 28.71   | 638.30  | 4.78    | 1217.30     | 13.20    | 19.50    | 10.30    | 85.85   | 974.50  | 8.90     | 129.40  |                |
|                          |          |         |         |         |             |          |          |          |         |         |          |         |                |
|                          |          |         |         |         |             |          |          |          |         |         |          |         |                |
| Chicken Sandwich         | 220.00   | 17.52   | 11.59   | 0.69    | 110.23      | 0.05     |          | 2.79     | 10.93   | 572.48  | 0.35     | 48.01   | Chicken        |
| Bun,Hamburger            | 110.0    | 5.0     | 0.0     | 2.6     | 0.0         | 0.0      | 4.2      | 1.0      | 21.0    | 51.2    |          |         |                |
| Fresh Apple              | 85.00    | 0.03    | 10.00   | 0.30    | 7.00        | 7.90     | 0.50     | 0.10     | 21.00   | 0.00    | 3.00     |         |                |
| Veggie Tray              | 39.98    | 9.08    | 38.262  | 0.052   | 9712.15     | 41.79    | 0        | 0.035    | 8.817   | 56.984  | 3.034    | 0       |                |
| Yogurt Dip               | 157.00   | 4.03    | 143.50  | 0.60    | 23.60       | 1.50     | 7.88     | 1.40     | 18.50   | 68.40   | 0.30     | 9.50    |                |
| 1/2 Pint Milk 1% White   | 110.00   | 9.00    | 250.00  | 0.00    | 500.00      | 1.20     | 2.50     | 1.50     | 13.00   | 130.00  | 0.00     | 15.00   |                |
|                          | 721.98   | 44.66   | 453.36  | 4.24    | 10352.98    | 52.44    | 15.08    | 6.83     | 93.25   | 879.06  | 6.68     | 72.51   |                |
|                          |          |         |         |         |             |          |          |          |         |         |          |         |                |
| Fish Shapes              | 266.0    | 18.2    | 40.0    | 0.6     | 50.0        | 1.3      | 12.0     | 2.1      | 22.3    | 475.0   | 1.0      |         | Fish           |
| Fresh Apple              | 85.00    | 0.03    | 10.00   | 0.30    | 7.00        | 7.90     | 0.50     | 0.10     | 21.00   | 0.00    | 3.00     |         |                |
| Veggie Tray              | 39.98    | 9.08    | 38.262  | 0.052   | 9712.15     | 41.79    | 0        | 0.035    | 8.817   | 56.984  | 3.034    | 0       |                |
| Yogurt Dip               | 157.00   | 4.03    | 143.50  | 0.60    | 23.60       | 1.50     | 7.88     | 1.40     | 18.50   | 68.40   | 0.30     | 9.50    |                |
| 1/2 Pint Milk 1% White   | 110.00   | 9.00    | 250.00  | 0.00    | 500.00      | 1.20     | 2.50     | 1.50     | 13.00   | 130.00  | 0.00     | 15.00   |                |
|                          | 657.98   | 40.34   | 481.76  | 1.55    | 10292.75    | 53.69    | 22.88    | 5.14     | 83.62   | 730.38  | 7.33     | 24.50   |                |
|                          |          |         |         |         |             |          |          |          |         |         |          |         |                |
| Bean & Cheese Burrito    | 310.0    | 11.0    | 0.6     | 0.04    |             |          | 10.0     | 3.0      | 44.0    | 640.0   | 5.0      | 10.0    | Beans          |
| Fresh Apple              | 85.00    | 0.03    | 10.00   | 0.30    | 7.00        | 7.90     | 0.50     | 0.10     | 21.00   | 0.00    | 3.00     |         |                |
| Veggie Tray              | 39.98    | 9.08    | 38.262  | 0.052   | 9712.15     | 41.79    | 0        | 0.035    | 8.817   | 56.984  | 3.034    | 0       |                |
| Yogurt Dip               | 157.00   | 4.03    | 143.50  | 0.60    | 23.60       | 1.50     | 7.88     | 1.40     | 18.50   | 68.40   | 0.30     | 9.50    |                |
| 1/2 Pint Milk 1% White   | 110.00   | 9.00    | 250.00  | 0.00    | 500.00      | 1.20     | 2.50     | 1.50     | 13.00   | 130.00  | 0.00     | 15.00   |                |
|                          | 701.98   | 33.14   | 442.36  | 0.99    | 10242.75    | 52.39    | 20.88    | 6.04     | 105.32  | 895.38  | 11.33    | 34.50   |                |
|                          |          |         |         |         |             |          |          |          |         |         |          |         |                |
|                          |          |         |         |         |             |          |          |          |         |         |          |         |                |
| French Toast             | 334.0    | 5.0     | 0.04    | 0.08    | 0.0         | 0.0      | 18.0     | 4.0      | 38.0    | 370.0   | 2.0      |         |                |
| Sausage                  | 234.878  | 13.404  | 18.114  | 0.7     | 0           | 1.208    |          | 6.835    | 1.268   | 905.7   | 0        | 41.058  |                |
| Frozen Juice Cup         | 90.0     | 0.0     | 0.01    | 0.01    | 0.1         | 1.0      | 0.0      | 0.0      | 23.0    | 25.0    | 0.0      |         |                |
| Apple Turnover           | 303.00   | 4.20    | 24.00   | 1.60    | 12.00       | 10.00    | 9.20     | 202.00   | 51.00   | 378.00  | 2.30     |         |                |
| 1/2 Pint Milk 1% White   | 110.00   | 9.00    | 250.00  | 0.00    | 500.00      | 1.20     | 2.50     | 1.50     | 13.00   | 130.00  | 0.00     | 15.00   |                |
|                          | 1071.88  | 31.60   | 292.16  | 2.39    | 512.08      | 13.41    | 29.70    | 214.34   | 126.27  | 1808.70 | 4.30     | 56.06   |                |
|                          |          |         |         |         |             |          |          |          |         |         |          |         |                |



