

High School Breakfast and Lunch Nutritionals  
2011-2012

<b>HIGH SCHOOL BREAKFAST ITEMS</b>	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
English Muffin w/ Ham	330.23	19.01	375.19	2.13	426.38	1.13	14.72	7.16	30.20	1104.30	2.36	145.71	pork, cheese
English Muffin w/Sausage	374.17	22.31	371.11	2.35	431.48	0.78	18.47	8.20	29.11	760.48	1.99	165.28	pork, cheese
Breakfast Roll	411.87	10.50	258.61	3.93	53.64	0.28	9.91	2.90	69.21	530.64	2.42	4.59	egg, pork, cheese
Breakfast Pizza	475.22	28.95	274.57	3.21	272.10	1.25	18.49	6.52	47.03	485.88	2.25	40.56	egg, pork
Fresh Muffin (2)	307.65	3.14	27.87	1.14	0.00	0.01	9.35	2.56	52.95	407.49	0.05	30.47	
French Toast (4 ea)	205.33	7.13	103.15	2.13	180.27	0.29	5.88	1.47	30.94	477.18	1.06	477.18	
Sausage (3 ea)	234.88	13.40	18.11	0.70	0.00	1.21	19.14	6.84	1.27	925.70	0.00	41.06	Pork
Cereal-Cheerios	110.70	3.55	121.50	10.32	500.10	6.00	1.77	0.36	22.20	213.30	3.57	0.00	
Cereal-Frosted Flakes	113.70	1.02	1.55	4.49	533.20	6.20	0.16	0.05	27.99	148.49	0.99	0.00	
Cereal--Rice Krispies	117.00	1.20	99.90	4.50	0.00	6.00	0.96	0.21	26.40	171.30	0.69	0.00	
Cereal-Fruit Loops	117.90	1.51	4.20	0.93	483.00	14.10	0.93	0.46	26.24	150.30	0.75	0.00	
Graham Crackers (2)	177.66	2.90	10.08	1.57	0.84	0.00	4.24	0.63	32.26	251.10	1.18	0.00	
Fresh Fruit-Apple	71.76	0.36	8.28	0.17	74.52	6.35	0.23	0.03	19.06	1.38	3.31	0.00	
Fresh Fruit-Banana	113.54	1.39	6.38	0.33	81.65	11.10	0.42	0.14	29.14	1.28	3.32	0.00	
Fresh Fruit-Orange	53.30	1.07	43.36	0.11	255.15	60.33	0.14	0.01	13.32	0.00	2.72	0.00	
Juice-Apple (5 oz)	66.62	0.20	8.50	0.37	0.00	0.85	0.14	0.01	16.36	9.92	0.14	0.00	
Juice-Orange (5 oz)	70.88	1.84	7.09	0.38	26.93	31.90	0.00	0.00	16.73	4.25	0.14	0.00	
Fruit Cup	55.57	0.45	11.23	0.22	53.75	30.39	0.02	0.00	13.38	18.10	0.23	0.00	
Milk, White	100.00	9.00	250.00	0.16	500.00	1.20	2.50	1.50	12.00	130.00	0.00	15.00	
Milk, Chocolate	140.00	9.00	250.00	0.16	500.00	1.20	0.00	0.00	27.00	150.00	0.00	3.10	

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Big Daddy Cheese	383.65	17.78	248.72	3.07	500.00	0.00	12.28	5.05	50.70	830.96	2.14	19.39	Cheese
Big Daddy Pepperoni	407.14	17.58	193.46	3.19	500.00	0.00	15.25	5.90	50.11	961.24	2.12	23.69	Cheese/Pork
Chicken Strips	179.99	19.99	0.00	0.00	0.00	0.00	6.99	0.99	11.00	530.00	0.00	35.00	Chicken
Spicy Chicken Sandwich	206.25	16.42	10.87	0.76	103.34	0.04	11.17	2.62	8.32	536.70	0.32	45.00	Chicken
Hamburger Bun	74.42	2.48	71.43	0.00	0.00	0.00	1.49	0.00	21.00	148.83	1.49	0.00	
	280.67	18.90	82.30	0.76	103.34	0.14	12.66	2.62	29.32	685.53	1.81	45.00	
Rockin Burger	210.34	20.96	14.81	2.36	13.62	0.00	13.14	4.99	0.93	90.05	0.14	56.67	Beef, Cheese
Hamburger Bun	74.42	2.48	71.43	0.00	0.00	0.00	1.49	0.00	21.00	148.83	1.49	0.00	
	284.76	23.44	86.24	2.36	13.62	0.00	14.63	4.99	21.93	238.88	1.63	56.67	
Subway Ham (6 ")	290.00	16.00	30.00	15.00	6.00	20.00	4.50	1.00	46.00	830.00	5.00	20.00	Pork, Cheese
Subway Turkey (6 ")	280.00	18.00	30.00	20.00	6.00	20.00	3.50	1.00	46.00	810.00	5.00	20.00	Turkey, Cheese
Subway Chicken (6 ")	320.00	8.00	30.00	15.00	6.00	30.00	5.00	1.50	48.00	310.00	6.00	44.00	Chicken, Cheese
Subway Veggie (6 ")	230.00	6.00	30.00	15.00	6.00	20.00	2.50	0.50	44.00	640.00	5.00	48.00	Cheese
Subway Cold Cut Trio (6")	410.00	21.00	40.00	20.00	10.00	20.00	16.00	6.00	47.00	1350.00	5.00	60.00	Pork, Cheese
Subway BMT (6 ")	450.00	22.00	40.00	20.00	10.00	20.00	20.00	8.00	47.00	1500.00	5.00	55.00	Pork, Cheese
Subway Spicy Italian (6 ")	520.00	22.00	40.00	20.00	10.00	20.00	28.00	11.00	47.00	1720.00	5.00	30.00	Pork, Cheese
Subway Tuna (6 ")	530.00	21.00	35.00	20.00	10.00	20.00	30.00	6.00	45.00	830.00	5.00	45.00	Fish, Cheese
Subway Baked Plain Chips	130.00	2.00	0.00	0.00	0.00	0.00	1.50	0.00	26.00	170.00	2.00	0.00	
Subway Baked BBQ Chips	140.00	2.00	0.00	0.00	0.00	0.00	4.00	1.00	24.00	240.00	2.00	0.00	
Subway Baked Ranch Chips	140.00	2.00	0.00	0.00	0.00	0.00	3.50	1.00	24.00	240.00	2.00	0.00	
Subway Baked Dorito	170.00	3.00	0.00	0.00	0.00	0.00	5.00	1.50	29.00	240.00	2.00	0.00	

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Homemade Bean Burrito	545.00	20.50	379.60	4.98	375.92	0.00	18.50	8.18	76.57	1183.89	7.00	29.77	Beans, Cheese
Corn Dogs (2)	582.06	16.06	200.82	3.61	0.00	0.00	7.03	0.00	62.21	1505.32	4.01	80.29	Turkey
Chicken Wrap	633.34	30.62	4.83	4.83	1075.41	3.45	25.77	7.92	67.75	1382.86	4.16	62.89	Chicken, Cheese
Turkey Wrap	481.38	23.08	253.72	5.21	965.18	3.40	14.79	5.54	62.51	1194.81	3.81	44.93	Turkey, Cheese
Taco's (2)	389.51	20.09	288.70	2.31	2517.57	12.96	24.94	10.47	22.47	592.37	3.37	79.07	Beef, Cheese
Taco Salad	578.33	25.53	457.99	7.57	27040.01	116.27	30.14	11.28	58.50	615.44	14.06	71.91	Beef, Cheese
Chicken Salad	435.36	29.85	344.87	5.26	26506.07	108.09	25.47	10.39	25.15	1038.35	9.82	80.98	Chicken Cheese
Chef Salad	297.01	23.32	326.68	5.21	26397.25	114.48	16.62	8.60	17.34	1001.69	9.48	68.13	Pork, Chicken Cheese
Chicken Ceasar Salad	558.68	30.27	402.58	7.36	26368.32	10755.00	22.13	8.72	62.28	965.45	12.52	59.77	Chicken, Cheese
<b>SIDES</b>													
Roll	151.00	4.50	26.00	1.40	0.00	0.00	3.50	0.80	25.70	194.00	0.00	0.00	
Fresh Fruit-Apple	71.76	0.36	8.28	0.17	74.52	6.35	0.23	0.03	19.06	1.38	3.31	0.00	
Fresh Fruit-Banana	113.54	1.39	6.38	0.33	81.65	11.10	0.42	0.14	29.14	1.28	3.32	0.00	
Fresh Fruit-Orange	53.30	1.07	43.36	0.11	255.15	60.33	0.14	0.01	13.32	0.00	2.72	0.00	
Fruit Cup	55.57	0.45	11.23	0.22	53.75	30.39	0.02	0.00	13.38	18.10	0.23	0.00	
Confetti Fries (baked)	136.67	2.48	26.65	0.72	11836.12	12.70	3.03	0.59	30.43	224.53	2.61	0.00	
Curly Fries (baked)	357.21	4.57	21.55	0.86	0.00	11.68	18.79	5.67	44.86	244.94	3.63	0.00	
Tator Tots (baked)	202.50	2.70	0.00	0.00	0.00	0.00	9.44	1.35	25.63	634.49	4.05	0.00	
Pretzels (5 oz)	556.86	15.18	16.70	6.58	75.32	0.00	7.58	0.00	111.37	3088.12	5.06	0.00	
Cheese Sauce (2 oz)	98.98	3.80	104.33	0.12	179.17	0.23	7.54	3.41	3.87	469.47	0.28	16.44	Cheese
Small Salad	23.04	2.03	43.17	1.30	3124.45	30.46	0.29	0.01	3.80	1.42	3.03	0.00	

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