

Chesterfield County Food Nutrition Services

Nutritional Information for Elementary and Middle Schools

2011-12

	Calories	Fat (Grams)	Sat. Fat (Gm)	Carbs (Grams)	Cholesterol (mg)	Protein (Gm)	Fiber (Gm)	FACTS
BREAKFAST ENTREES								
Biscuit, Egg & Cheese	235	11.6	6.5	27.9	111.0	8.6	3.0	
Biscuit, Ham & Cheese	242	10.9	6.4	27.3	41.0	12.6	3.0	Biscuits made with whole grain and 0 trans fat.
Biscuit, Sausage	250	14.0	6.8	26.0	20.0	9.0	4.0	
Cereal , Apple Jacks, red sugar	80	0.0	0.0	16.0	0.0	1.0	0.0	This is a reduced sugar product
Cereal ,Cheerios	101	2.0	0.0	20.3	0.0	3.0	3.0	
Cereal , Eggos	90	1.0	0.0	19.0	0.0	1.0	1.0	
Cereal , Fruit Loops red sugar	70	0.5	0.0	16.0	0.0	1.0	0.0	This is a reduced sugar product
Cereal , Frosted Flakes WG	101	0.0	0.0	24.3	0.0	2.0	2.0	This is a reduced sugar & whole grain product
Cereal, Rice Krispie WG	69	0.4	0.0	14.6	0.0	1.5	0.0	This is a whole grain product
Donut, large glazed	290	12.0	7.0	40.0	0.0	8.0	1.0	Enriched with 50% of each: Vit A, C, Iron, Vit. E, Thiamin, Riboflavin & Niacin. 25% of Calcium, and 5 other vitamins & Minerals.
Donut, pro ball	140	6.0	1.5	17.0	5.0	3.0	0.0	
Donut, large powdered	320	10.0	5.0	52.0	15.0	5.0	1.0	
English Muffin w/Egg & CH	227	7.7	2.1	28.0	93.0	6.1	3.0	Lower fat option.
Maple French Toast	240	8.3	1.8	32.3	106.0	8.3	3.7	Made with Whole Grain.
Pancakes, mini	200	5.0	1.0	34.0	10.0	4.0	3.0	Made with Whole Grain.
Pizza, Breakfast	249	12.9	3.5	29.9	10.0	13.0	0.0	
LUNCH ENTREES								
Burrito	340	12.0	4.0	43.0	5.0	15.0	4.0	This is a vegetarian item.
Black Bean Burger	242	7.1	1.0	34.5	0.0	19.1	8.1	This is a vegetarian item.
Cheeseburger/Bun	208	10.9	5.9	22.4	26.0	10.6	5.1	Contains 1/2 the sodium of a regular burger
Cheesy Garlic Flatbread	340	12.0	3.5	44.0	15.0	16.0	3.0	Low fat Mozz. Cheese w/a hint of garlic
Chicken, Asian Orleans w/Rice	261	2.7	0.6	41.6	50.0	15.2	0.3	No MSG added
Chicken, Asian Spicy w/Rice	221	2.7	0.6	31.6	50.0	15.2	0.3	No MSG added
Chicken Fajita	335	10.3	3.4	36.9	88.0	24.7	4.7	
Chicken Filet/Bun	372	19.0	4.5	36.4	70.0	20.1	7.1	
Chicken Nuggets	180	8.0	1.5	14.0	20.0	13.0	2.0	Made w/Whole Grain. From tender juicy chicken
Chicken Rings	258	17.5	3.6	11.6	89.0	12.9	0.0	
Chicken Spicy/Bun Goldkist	272	8.0	2.0	33.4	45.0	23.1	6.1	
Chicken Tenders	221	11.6	1.8	15.7	53.0	19.8	1.9	
Corn Dog	240	8.0	2.0	33.0	20.0	9.0	5.0	Lower fat chicken dog. Whole Wheat & red. sodium
Corn Dog Nuggets	250	10.0	1.5	31.0	15.0	10.0	1.0	Made with turkey dog. Made with Whole Wheat.
Fish Treasures	261	13.1	2.5	17.1	30.0	18.1	1.0	Made with Rainbow Trout
Fish Sandwich	323	9.1	1.5	45.5	10.0	19.2	7.1	Made with Alaskan Pollock
French Toast Sticks(2ea) ES	110	3.5	0.5	17.0	0.0	2.0	1.0	Made with Whole Grains
French Toast Sticks(3ea) MS	165	5.3	0.8	25.5	0.0	3.0	1.5	Made with Whole Grains
Grilled Cheese	260	9.5	5.0	29.0	30.0	16.0	5.0	
Hot Dog/Bun	200	9.5	2.5	20.0	50.0	12.0	5.0	A reduced fat turkey dog
Macaroni & Cheese (Elem)	142	5.4	3.0	16.2	15.0	8.1	0.3	This is a reduced fat product
Macaroni & Cheese (MS)	298	12.1	5.9	28.5	31.0	16.5	0.8	Made from scratch with light cheese

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Nachos w/Cheese	306	12.6	1.8	42.3	0.0	3.6	1.8	Made with reduced fat cheese sauce	
w/Chili & Cheese	449	21.7	5.8	46.3	35.0	16.6	4.8	Made with reduced fat cheese sauce	
Pizza, Cheese	340	13.0	5.0	38.0	20.0	19.0	2.0	Uses 100% Mozzarella Cheese	
Pizza, Pepperoni	350	13.0	5.0	38.0	20.0	19.0	2.0	Uses 100% Mozzarella Cheese	
Pizza Dippers/Marinara	343	14.5	5.0	36.5	10.0	16.9	4.9	Made with Whole Grain	
Pizza, French Bread Garlic	370	20.0	8.0	29.0	30.0	22.0	2.0	Made with Whole Wheat	
Pork BBQ/Bun- Tomato	370	15.2	4.8	39.7	68.0	26.5	6.4	This is a pork product	
Pork BBQ/Bun- Vinegar	236	7.1	2.2	24.8	42.0	21.8	5.1	This is a pork product	
Pork Rib Patty	347	19.5	5.5	31.4	46.0	16.7	6.0	Made w/sweet honey BBQ sauce	
Quesadilla, cheese	384	19.0	9.7	36.0	20.0	20.9	4.1		
Sausage Patty (1)	80	5.0	2.0	0.0	25.0	7.0	0.0	This is a pork product	
Slider/Bun (mini burger)	177	8.2	3.1	15.3	25.0	9.0	1.0		
Spaghetti/Meatsauce	254	4.4	2.1	31.4	51.0	19.8	3.0	This is low fat product	
Steak Nuggets	315	20.0	6.5	16.5	50.0	15.5	1.0		
Taco, Soft w/taco sauce	291	15.4	6.2	22.6	42.0	19.0	4.2	All beef meat.	
Taco Salad	473	23.8	7.0	44.9	42.0	20.1	4.8		
Turkey, Holiday	95	1.0	0.0	1.9	38.0	20.9	0.0		
Uncrustable PB & J	420	18.0	3.5	49.0	0.0	17.0	3.0		
Vegetarian Yogurt Meal	316	6.7	2.0	48.4	10.0	13.8	2.5	Served w/light string cheese & belly bear crackers	
Yogurt & Fruit Parfait (MS)	343	3.0	1.0	73.7	5.0	8.4	4.1	Served with gripz grahams	
ENTRÉE SALADS/SUBS/WRAPPS									
Salad w/Cheese only	258	10.6	5.0	26.2	30.0	12.9	1.8	All Salads served with 2/4-pack of crackers Dressings are Naturally Fresh brand : Fat Free Italian, Lite Ranch and Honey Mustard (MS only)	
Salad w/Chicken Smackers	392	15.8	3.1	40.9	59.0	22.8	2.5		
Salad w/Fajita & Cheese	269	10.6	3.7	24.2	55.0	19.4	1.8		
Salad w/Grilled Chicken	238	9.6	2.5	24.2	40.0	16.9	2.8		
Salad w/Turkey & Cheese	247	6.6	2.5	25.6	41.0	19.7	1.8		
Sub, Ham & Cheese	284	6.6	2.4	36.6	54.0	19.4	1.0		Ham is turkey ham.
Sub, Turkey & Cheese	286	5.6	1.8	35.6	40.0	20.5	1.0		
Sub, Turkey, Ham & Cheese	301	6.5	2.1	36.5	54.0	22.3	1.0		Ham is turkey ham.
Wrap- Chicken Fajita(MS)	345	11.4	4.4	32.7	98.0	24.7	1.2		Wraps are Whole Wheat
Wrap- Grilled Chicken(MS)	331	12.1	4.5	38.4	40.0	20.6	5.9		
Wrap- Turkey, Ham & CH(MS)	331	9.5	3.6	37.5	54.0	23.3	4.0	Ham is turkey ham.	

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FRUITS & VEGETABLES								
Apples, Spiced	143	1.3	0.6	34.8	2.0	0.3	2.6	
Broccoli	26	0.1	0.0	4.9	0.0	2.9	2.8	
Beans, Baked	171	0.6	0.1	39.7	0.0	6.0	5.1	
Beans, Green	14	0.1	0.0	3.0	0.0	0.8	1.3	
Carrots, Baby fresh	16	0.1	0.0	3.7	0.0	0.3	1.3	
Coleslaw	175	10.4	1.6	19.3	19.0	1.2	1.4	
Corn, Canned	66	0.8	0.1	15.3	0.0	2.1	1.6	
Fries, Elem	142	8.3	0.8	14.2	0.0	3.3	0.8	This is a baked product. No trans fat
Fries, MS	208	15.0	0.8	14.2	0.0	3.3	0.8	No trans fat
Fruit, Canned, Assorted	63	0.0	0.0	15.8	0.0	0.4	1.2	Avg Applesauce, peaches, pineapple, pears & mixed fruit
Fruit, Fresh apple	72	0.2	0.0	19.1	0.0	0.4	3.3	Based on a medium apple
Fruit, Fresh bananas	105	0.4	0.1	27.0	0.0	1.3	3.1	Based on a medium banana
Fruit, Fresh grapes	62	0.3	0.1	15.8	0.0	0.6	0.8	
Fruit, Fresh kiwi	46	0.4	0.0	11.1	0.0	0.9	2.3	
Fruit, Fresh pears	103	0.2	0.0	27.5	0.0	0.7	5.5	Based on a medium pear
Fruited Jello	108	0.1	0.0	27.2	0.0	1.2	1.6	Based on an average of fruit used
Juice, Assorted (average)	60	0.0	0.0	15.3	0.0	0.0	0.0	Juice is Calcium Fortified
Kale	39	0.6	0.1	6.8	0.0	3.7	2.6	
Mashed Potatoes	80	1.0	0.0	17.0	0.0	2.0	1.0	
Peach Cups	117	0.1	0.0	30.0	0.0	0.0	2.0	Individual Cups
Peas	59	0.3	0.1	10.7	0.0	3.7	3.5	
Potato, Seasoned 1/2	83	0.2	0.1	18.8	0.0	2.3	2.2	
Salad, Tossed	9	0.1	0.0	2.0	0.0	0.6	0.8	
Sherbet, Assorted	117	1.5	1.0	26.5	5.0	0.0	0.0	Sherbet is made with fruit juice and has 100% Vit. C
Soup, Tomato	90	0.0	0.0	20.0	0.0	2.0	1.0	This is a low sodium product
Soup, Vegetable	88	0.7	0.1	17.9	1.0	4.3	4.4	
Strawberry Cup	122	0.2	0.0	33.1	0.0	0.7	2.4	Individual Cups
Succataash	69	0.5	0.1	14.7	0.0	3.1	2.8	
Sweet Potato Fries	80	3.5	0.0	12.0	0.0	0.0	2.0	This is a baked product
Sweet Potatoes, glazed	277	3.0	1.7	63.9	7.0	1.6	3.5	
Vegetable Medley	22	0.3	0.1	4.4	0.0	1.5	2.2	
Veggie, fresh broc/celery/cuc	12	0.12	0.0	2.52	0.0	0.68	0.8	
Mixed Vegetables	59	0.1	0.0	11.9	0.0	2.6	4.0	

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MILK								
Milk, 1%	110	2.5	1.5	13.0	10.0	8.0	0.0	Our Flavored milk has <u>only</u> 10 more grams of sugar than 1% white milk but has 30% Calcium and 25% Vit D (RDA) and NO Fat or Saturated Fat. Must have a doctor's note to receive this milk.
Milk, Chocolate Fat Free	130	0.0	0.0	24.0	5.0	8.0	0.0	
Milk, Strawberry Fat free	130	0.0	0.0	23.0	5.0	8.0	0.0	
Milk, Skim	86	0.4	0.3	11.9	5.0	8.4	0.0	
Milk, Lactose free Dairy Ease	90	0.0	0.0	12.0	0.0	9.0	0.0	
BREAD								
Dinner Roll	70	1.0	0.0	14.0	0.0	3.0	1.0	
OTHER								
BBQ Sauce (indiv)	40	0.0	0.0	10.0	0.0	0.0	0.0	Dressings are Naturally Fresh Brand Info based on 2T servings
Dressing, Honey Mustard(MS)	130	10.0	1.5	8.0	10.0	0.0	0.0	
Dressing, Italian FF	10	0.0	0.0	2.0	0.0	0.0	0.0	
Dressing, Ranch Lite 2T.	80	7.0	1.0	4.0	5.0	0.0	0.0	
Gravy, Chicken	33	1.0	0.5	6.0	0.0	0.0	0.0	
Gravy, Brown	25	0.5	0.0	5.0	0.0	0.0	0.0	
Hot Sauce	0	0.0	0.0	0.0	0.0	0.0	0.0	
Ketchup (packet)	6	0.0	0.0	1.5	0.0	0.1	0.0	
Margarine Cup	20	2.5	0.0	0.0	0.0	0.0	0.0	
Mayonnaise (packet)	90	10.0	1.5	0.0	10.0	0.0	0.0	
Mustard (packet)	3	0.2	0.0	0.3	0.0	0.2	0.1	
Pancake Syrup	120	0.0	0.0	31.0	0.0	0.0	0.0	
Taco Sauce	5	0.0	0.0	1.0	0.0	0.0	0.0	
Sweet & Sour Sauce (Ind)	50	0.0	0.0	13.0	0.0	0.0	0.0	

The information on this list was provided by the manufacturer and calculated using Nutrikids software. Variations can occur due to recipe alterations, product substitutions, and seasonal availability. Some calculations were based on average of flavors of certain products. We hope this helps you and your child make informed decisions about menu choices. This information updated August 2011.