

Chesterfield County Food Nutrition Services- HS

Nutritional Information for High Schools

2010-2011

	Calories	Fat (Grams)	Sat. Fat (Gm)	Carbs (Grams)	Cholesterol(mg)	Protein (Gm)	Fiber (Grams)	Facts
BREAKFAST ENTREES								
Biscuit, Bacon, Egg & Cheese	303	18.0	8.6	27.9	103.0	11.4	3.0	Biscuits made with whole grain and 0 trans fat.
Biscuit, Chicken	280	15.0	6.5	31.0	50.0	10.0	3.0	
Biscuit, Egg & Cheese	253	14.7	5.9	27.9	85.0	7.6	3.0	
Biscuit, Ham & Cheese	240	12.3	5.5	27.5	15.0	10.0	3.0	
Biscuit, Sausage	250	14.0	6.8	26.0	20.0	9.0	4.0	
Biscuit, Sausage & Egg	298	17.7	7.7	26.9	105.0	11.6	4.0	
Cereal, all varieties (avg)	79	0.5	0.0	17.3	0.0	1.4	0.7	
								Enriched with 50% of each: Vit A, C, Iron, Vit. E, Thiamin, Riboflavin & Niacin. 25% of Calcium, and 5 other vitamins & Minerals.
Donut, large glazed	290	12.0	7.0	40.0	0.0	8.0	1.0	
Donut, large powdered	320	10.0	5.0	52.0	15.0	5.0	1.0	
French Toast Sticks	220	7.0	1.0	34.0	0.0	4.0	2.0	
Pancakes, mini	200	6.0	1.0	34.0	10.0	4.0	2.0	
Potato Bucks	180	11.0	2.5	18.0	0.0	2.0	2.0	
LUNCH ENTREES								
Black Bean Burger	242	7.1	1.0	34.5	0.0	19.1	8.1	This is a vegetarian Item.
Bosco Sticks/marinara	425	8.9	4.0	61.0	20.0	27.8	5.8	Made with Whole Grains and low fat cheese
Burrito	340	12.0	4.0	43.0	5.0	15.0	4.0	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 Filet/Bun	372	19.0	4.5	36.4	70.0	20.1	7.1	
Chicken Fritters	150	6.0	0.9	12.5	25.0	10.6	0.6	
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	
Chicken Teriyaki	267	8.7	2.4	28.8	47.0	23.0	6.0	
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 Sandwich	323	9.1	1.5	45.5	10.0	19.2	7.1	Made with Alaskan Pollock
Grilled Cheese	260	9.5	2.5	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
Hummus Meal	204	4.3	0.1	30.6	0.0	7.4	4.3	Contains pita bread and fresh veggies
Macaroni & Cheese	189	7.2	4.1	21.6	20.0	10.8	0.5	This is a reduced fat product
Nachos w/Cheese	297	12.3	1.8	41.2	0.0	4.6	1.8	Low fat cheese is used in this product
w/Chili & Cheese	408	17.1	3.7	46.8	21.0	12.8	5.1	Low fat cheese is used in this product
Penne Pasta w/ Meatballs	572	11.6	3.8	94.5	46.0	14.0	6.3	
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

Chesterfield County Food Nutrition Services-HS

Nutrition Facts

	Calories	Fat (Grams)	Sat. Fat (Gm)	Carbs (Grams)	Cholestro(mg)	Protein (Gm)	Fiber (Grams)	Facts
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- Vinegar	224	6.6	2.0	24.5	38.0	20.3	5.1	
Pork Rib Patty	347	19.5	6.5	31.4	46.0	16.7	6.0	
Quesadilla, cheese	384	19.0	9.7	36.0	20.0	20.9	4.1	
Slider/Bun (mini burger)	177	8.2	3.1	15.3	25.0	9.0	1.0	
Steak Nuggets	315	20.0	6.5	16.5	50.0	15.5	1.0	
Wings, Buffalo Boneless	283	11.7	1.7	18.3	67.0	26.7	1.7	
Yogurt & Fruit Parfait	343	3.0	1.0	73.7	5.0	8.4	4.1	Served with gripz grahams
ENTRÉE SALADS/WRAPS								
Salad, Apple & Cranberry	152							
Salad, Breaded Chicken	338	18.4	4.0	28.0	70.0	17.0	3.6	
Salad, Ceasar	344	20.3	5.3	23.0	75.0	20.1	4.4	
Salad, Chicken Fajita	256	8.1	2.5	25.2	49.0	18.7	1.8	
Salad w/Chicken Smackers	244	9.8	1.8	26.0	38.0	14.7	1.8	
Salad w/Grilled Chicken	238	9.6	2.5	24.2	40.0	16.9	2.8	
Salad, Spicy Chicken Ceasar	244	9.28	2.78	20	50	23.1	3.38	
Salad w/Spicy Chicken	278	16.4	2.5	27.0	40.0	18.0	2.6	
Salad w/Ham, Turkey & Chs	225	7.2	2.5	23.8	39.0	12.5	2.5	
Salad w/Teriyaki Chicken	233	8.1	1.9	20.4	47.0	19.9	2.5	
Wrap, Chicken Caesar	481	22.1	6.0	21.6	70.0	21.6	6.9	
Wrap, Chicken Grilled	331	12.1	4.5	38.4	40.0	20.6	5.9	
Wrap, Chicken Salad	370	17.3	4.8	41.9	31.0	13.4	5.5	
Wrap, Chicken Smacker	443	16.3	4.3	53.1	51.0	23.4	4.9	
Wrap, Ham & Cheese	360	11.9	5.6	39.5	49.0	22.9	4.9	
Wrap, Teriyaki	376	11.8	3.9	43.8	47.0	24.5	5.8	
Wrap, Tuna Salad	430	16.4	3.3	39.3	50.0	30.8	4.4	
Wrap, Turkey,bacon, Ch	393	15.9	8.6	40.6	52.0	22.1	4.9	Made with turkey bacon.
Wrap, Turkey, Ham, Ch.	354	12.4	5.6	39.7	43.0	20.6	4.9	

**Wraps based on whole wheat. Spinach and tomato vary slightly

Chesterfield County Food Nutrition Services-HS

Nutrition Facts

	Calories	Fat (Grams)	Sat. Fat (Gm)	Carbs (Grams)	Cholesterol(mg)	Protein (Gm)	Fiber (Grams)	Facts
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	
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	208	15.0	0.8	14.2	0.0	3.3	0.8	
Fruit, Canned, Assorted	63	0.0	0.0	15.8	0.0	0.4	1.2	
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
Juice, Assorted (average)	60	0.0	0.0	15.3	0.0	0.0	0.0	Juice is Calcium Fortified
Mashed Potatoes	80	1.0	0.0	17.0	0.0	2.0	1.0	
Peas	59	0.3	0.1	10.7	0.0	3.7	3.5	
Salad, Tossed	9	0.1	0.0	2.0	0.0	0.6	0.8	
Soup, Vegetable	88	0.7	0.1	17.9	1.0	4.3	4.4	
Soup, Broccoli & Cheddar	300	22.0	6.0	20.0	20.0	8.0	4.0	
Soup, Mediterranean Veg.	194	1.1	0.0	36.6	0.0	10.8	10.8	
Soup, Chicken & Egg Noodle	197	3.3	1.1	28.5	44.0	11.0	2.2	
Soup, Cr. Of Potato	300	16.0	2.0	34.0	20.0	4.0	4.0	
Soup, Tomato Florentine	160	2.0	1.0	30.0	0.0	8.0	4.0	
Soup, Tomato Lo Sodium	180	0.0	0.0	40.0	0.0	4.0	2.0	
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	
Vegetables, Mixed	54	0.1	0.0	11.9	0.0	2.6	4.0	
Vegetable Snack Pack	167	12.2	1.76	13.5	9	0.94	1.91	
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.
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	Must have a doctor's note to receive this milk.

Chesterfield County Food Nutrition Services-HS

Nutrition Facts

BREAD								
Biscuit	160	5.0	2.5	16.0	0.0	3.0	1.0	Biscuits made with whole grain and 0 trans fat.
Dinner Roll	70	1.0	0.0	14.0	0.0	3.0	1.0	
English Muffin	143	2.0	0.0	26.0	0.0	1.0	3.0	
Twister Roll (Breakfast)	120	5.0	2.5	16.0	0.0	3.0	1.0	
OTHER								
BBQ Sauce (indiv)	40	0.0	0.0	10.0	0.0	0.0	0.0	
Dressing, Ceasar	140	15.0	2.5	0.0	30.0	1.0	0.0	
Dressing, Honey Mustard	130	10.0	1.5	8.0	10.0	0.0	0.0	Dressings are Naturally Fresh Brand Info based on 2T servings
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	This is a light Mayo.
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	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 2007.