

Grades 9-12 June Nutritionals

Recipe Description	Portion Size	Cals	Sodm (mg)	T-Fat (g)	S-Fat (g)	Tr-Fat¹ (g)	Cholst (mg)	Fiber (g)	Carb (g)	Protn (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)
SCH ABC Salad	SALAD	167	194	9.64	5.37	0	33	3	12	8	0.56	222.2	4252	22.02
SCH Apple Cinnamon Bread, WG	SLICE	100	100	7	1	0	15	0	12	1	0.18	0	0	0
SCH APPLE SLICES	1 CUP	62	1	0.13	0	0	0	3	15	0	0.13	7.6	0	0
SCH APPLESAUCE WITH CINNAMON	1/2 CUP	52	10	0.01	0	0	0	2	14	0	0.23	6.5	2	1.22
SCH Applesauce, Sugar Free	1/2 CUP	50	10	0	0	0	0	2	13	0	0.18	0	0	1.2
SCH Asian Chopped Salad	SERVING	316	561	5.34	1.75	0	47	8	51	18	2.34	79	13696	124.57
SCH BABY CARROTS & BROCCOLI	1 CUP	30	48	0.22	0.03	0	0	2	6	2	0.7	34.3	6135	40.35
SCH Baja Fish Sticks Trident	6 EACH	414	846	18.81	1.88	0	94	2	36	24	1.54	42.8	214	2.57
SCH Baked Beans	1/2 CUP	170	780	0.5	0	0	0	7	35	6	1.08	60	0	0
SCH Banana Bread, Whole Wheat	SLICE	140	140	5	1	0	25	1	22	2	1.08	40	0	0
SCH Banana, Fresh	1 EA	112	1	0.42	0.14	0	0	3	29	1	0.33	6	81	6.6
SCH BBQ Pulled Pork Sandwich	SANDWICH	301	948	8.47	2.5	0	70	4	29	26	2.13	97.7	0	0
SCH BEEF NACHOS	1 EACH	466	1282	23.74	5.66	0	91	4	37	25	5.06	165.5	1598	6.64
SCH BEEF STEAK NACHOS	1 EACH	446	1503	23.95	7.19	0	44	4	40	17	9.4	156.3	1627	7.15
SCH BEEF STEAK QUESADILLA	6 EACH	824	1742	36.95	18.11	0	108	11	76	39	10.22	611.1	626	0.46
SCH BEEF STEAK TACOS	3 EACH	897	2395	33.88	16.1	0	97	13	100	51	18.62	434.8	1867	4.48
SCH Bell Pepper Veggi Dippers	1 CUP	23	3	0.22	0.04	0	0	2	5	1	0.35	7.8	1610	95.73
SCH Black Beans	1 CUP	180	280	0	0	0	0	10	32	12	14.4	300	0	0
SCH Broccoli	1 CUP	56	38	0	0	0	0	4	9	2	0	0	0	0
SCH CANTALOUPE, FRESH	1 CUP	54	26	0.3	0.08	0	0	1	13	1	0.34	14.4	5411	58.72
SCH Carrot Sticks, Fresh	1 CUP	50	84	0.29	0.05	0	0	3	12	1	0.37	40.3	20509	7.2
SCH Celery & Carrot Sticks	1 CUP	37	102	0.27	0.06	0	0	3	8	1	0.33	49.8	10588	5.9
SCH Celery Sticks	1 CUP	24	119	0.25	0.06	0	0	2	4	1	0.3	59.4	667	4.61
SCH Cheese Salad	SALAD	282	402	19.18	10.74	0	67	4	9	16	1.45	458.3	14117	21.32
SCH CHEESY CHICKEN ALFREDO	1 1/2 CUP	463	841	20.51	6.14	0	71	6	38	31	1.78	271.4	4017	0.9
SCH CHEF SALAD	SALAD	290	1302	15.29	7.4	0	94	3	9	27	1.93	254.2	13939	14.47
SCH CHICK CHEESESTEAK SUB	SANDWICH	289	574	13.31	5.4	0	79	2	21	20	2.17	251.9	202	0
SCH Chick Taco Bowl (no rice)	5 OZ	302	1174	16.7	7.63	0	73	1	8	33	4.13	269.3	1439	10.72
SCH BROWN RICE	1 CUP	218	10	1.76	0.32	0	0	4	45	5	0.82	19.6	0	0
SCH Chicken Caesar Salad	SALAD	326	1202	19.4	5.57	0	67	2	13	26	1.19	126	6287	3.44
SCH Chicken Egg Roll, WG	2 EACH	320	800	10	2	0	60	6	40	20	3.6	80	1500	9.6
SCH Chicken Fried Rice	1 1/2 CUP	395	967	10.9	2.64	0	80	8	50	24	3.54	62.7	2380	20.05
SCH Chicken Maple Sausage	2 EACH	180	480	10	3	0	72	0	2	20	1.5	0	0	0
SCH Chicken Quesadilla	6 EACH	633	1462	20.92	8.58	0	68	11	74	33	4.42	388.3	354	0
SCH CHICKEN SPAGHETTI SAUCE	1 CUP	277	1503	15.67	4.67	0	117	4	12	26	2.4	93.3	1067	12
SCH Spaghetti (P)	1 CUP	174	4	0.76	0.14	0	0	6	37	7	1.48	20	4	0

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SCH CHICKEN TACOS	3 EACH	866	2528	30.65	11.43	0	152	14	100	54	7.94	413.2	1815	3.55
SCH CHICKEN TENDERS	3 EACH	225	375	9	1.5	0	60	2	14	23	0	0	0	0
SCH Chik'N Salad	SALAD	329	797	18.57	6.87	0	33	6	23	20	2.41	284.1	5746	6.33
SCH Chocolate Chip Cookie	COOKIE	168	104	4.94	1.48	0	10	2	28	2	3.56	0	494	0
SCH Citrus Baked Fish Fillet	1 EA	100	410	2.5	0.5	0	60	0	0	19	0	20	100	0
SCH Corn, Whole Kernal	1 CUP	140	280	2	0	0	0	4	30	4	1.44	0	0	12
SCH COUNTRY GRAVY	2 OUNCE	89	524	3.13	0.82	0	1	2	13	2	0.27	13.3	0	0
SCH CRUNCHY CHICKEN FINGERS	10 EACH	314	471	18.57	3.57	0	29	3	20	19	2.57	57.1	143	0
SCH EASY CHICKEN CORDON BLEU	FILET	222	674	7.25	3.67	0	85	0	3	33	1.02	220	300	0
SCH FIESTA CHICKEN SANDWICH	SANDWICH	321	803	11.52	3.99	0	68	3	27	29	2.23	281.5	5103	5.49
SCH French Toast, Whole Grain	1 1/2 EACH	315	480	10.46	2.25	0	172	5	44	14	2.7	123	308	0
SCH FRESH GRAPES	1 CUP	62	2	0.32	0.1	0	0	1	16	1	0.27	12.9	92	3.68
SCH Garden Side Salad	1 CUP	17	12	0.2	0.03	0	0	1	3	1	0.5	21.4	4901	7.64
SCH GARLIC& HERB PASTA	1/2 CUP	72	78	1.28	0.71	0	4	2	13	4	0.68	71.6	255	1.14
SCH General Tso's Chicken	6 OZ	314	792	6.72	1.51	0	67	0	42	21	1.51	0	0	0
SCH BROWN RICE	1 CUP	218	10	1.76	0.32	0	0	4	45	5	0.82	19.6	0	0
SCH Golden Deli Roasters	1 CUP	132	152	3.54	0.51	0	0	2	23	2	0.73	0	0	4.86
SCH Green Beans	1 CUP	28	280	0	0	0	0	4	6	2	1.44	40	600	7.2
SCH GREEN PEAS	1 CUP	102	146	0	0	0	0	6	18	7	3.96	60	300	48
SCH Grilled Chicken Salad	SALAD	321	958	8.32	2.31	0	90	5	44	21	2.46	54	12859	60.93
SCH Grilled Jumbo Sluggers	2 EACH	260	660	16	4	0	90	0	4	26	0.72	0	0	0
SCH Grilled Tomato & Cheese	1 1/2 EACH	578	1211	25.24	12.85	0	82	10	58	29	2.4	756	1466	12.33
SCH GROUND BEEF & RICE	1 CUP	418	189	9.39	2.52	0	77	7	57	27	4.2	34.6	88	15
SCH HAM & CHEESE SANDWICH	1 EACH	368	1426	12.64	6.52	0	65	3	41	23	3.21	513.2	3172	6.6
SCH Ham Salad	SALAD	284	1021	16.08	9.59	0	66	4	12	27	2.19	457.9	13978	21.4
SCH Ham Wrap	SERVING	72	555	1.69	0.52	0	25	1	3	11	1.63	36.1	2846	9.88
SCH HEARTY PASTA BAKE	1 1/2 cup	540	1503	29.27	12.46	0	131	4	22	51	4.69	388.3	1000	13.78
SCH HONEY BBQ PORK RIBLET	6 EACH	360	1021	24.01	8	0	70	0	14	22	2.88	80	400	2.4
SCH Hummus Veggie Wrap	WRAP	489	1009	14.01	2.95	0	0	13	75	17	4.57	154.9	2552	50.76
SCH IND PEPPERONI PIZZA	1 EACH	336	690	5.83	1.01	0.36	0	2	62	8	3.53	13.9	226	0.01
SCH INDIVIDUAL CHEESE PIZZA	1 EACH	336	690	5.82	1.01	0.36	0	2	62	8	3.53	13.9	226	0.01
SCH ITALIAN PASTA SALAD, VEG	SALAD	219	274	1.28	0.21	0	0	10	47	10	2.64	67.4	6907	46.24
SCH Lasagna Meat Sauce	3 OUNCE	166	783	8	2.2	0	67	2	7	18	2.72	37	750	9
SCH Lasagna with Meat	1 CUP	300	969	11.99	5.99	0	35	4	32	17	1.8	249.8	749	14.99
SCH Mandarin Oranges	1/2 CUP	72	9	0.08	0	0	0	2	18	1	0.54	20	2480	64.2
SCH Mashed Potatoes	1 CUP	253	744	12.54	3.27	0	9	2	34	4	0.49	109.8	2464	21.73

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SCH Milk, Chocolate	CARTON	140	180	0	0	0	5	1	26	9	0	250	500	0
SCH Milk, NF	Carton	80	120	0	0	0	5	0	12	8	0	300	500	2.4
SCH Milk, Strawberry	CARTON	130	120	0	0	0	5	0	23	8	0	250	500	0
SCH Milk, White 1%	CARTON	110	120	2.37	1.55	0	10	0	12	8	0	300	500	0
SCH Oatmeal Raisin Cookie	COOKIE	170	105	6	1.5	0	10	2	28	2	3.6	0	500	0
SCH Orange Wedges, Fresh	1 CUP	85	0	0.22	0.04	0	0	4	21	2	0.18	72	405	95.76
SCH Pancakes, Mini Blueberry	SERVING	200	290	5	1	0	10	3	34	4	2.7	60	500	0
SCH PEARS, FRESH	1 CUP	87	2	0.18	0.02	0	0	5	23	1	0.26	13.6	34	6.33
SCH PEPPERY CHICKEN PASTA	1 1/2 CUP	608	1398	20.62	7.06	0	91	11	59	53	8.4	398.1	2742	28.23
SCH Pineapple Chunks	1/2 CUP	60	10	0	0	0	0	1	15	0	0.36	0	0	15
SCH PIZZA CHICKEN BURGER	1 EACH	327	947	10.11	3.01	0	59	5	33	29	1.87	261.8	158	8.02
SCH PIZZA TURKEY BURGER	1 EACH	298	974	10.95	3.22	0	63	5	33	21	2.48	281.8	258	9.22
SCH Pork Shreds & Rice	1.5 Cup	536	381	22.95	4.79	0	70	8	53	30	2.73	44.6	1186	58.8
SCH Pulled Pork	3 OZ	160	301	7.03	2.51	0	70	0	1	22	0.72	0	0	0
SCH PULLED PORK CHEESESTEAK	SANDWICH	337	597	15.52	7.01	0	80	1	21	25	1.92	300	267	0
SCH Pulled Pork Tacos	3 EACH	722	1375	26.77	9.96	0	166	9	58	61	5.74	241.4	7964	8.03
SCH Rainbow Salad Bowl	SALAD	192	245	10.05	5.4	0	33	6	15	11	2.36	286.5	8874	216.45
SCH Sliced Peaches	1/2 CUP	53	6	0.13	0	0	0	1	13	1	0.38	6	340	3.81
SCH Spaghetti & Meatballs (S)	1 CUP	314	1123	20.25	9.47	0.65	46	3	13	16	2.51	169.6	914	1.81
SCH Spaghetti (P)	1 CUP	174	4	0.76	0.14	0	0	6	37	7	1.48	20	4	0
SCH Spicy Italian Sub	SUB	315	1295	11.56	4.74	0	57	3	27	27	2.76	378.6	2860	7.28
SCH STEAMED DICED CARROTS	1 CUP	60	120	0	0	0	0	6	14	2	0.72	80	19000	4.8
SCH Sugar Snap Peas	1 CUP	80	0	0	0	0	0	4	14	4	1.44	80	400	24
SCH Swirl Cup Berry & Lemon	SERVING	70	5	0	0	0	0	3	18	0	0.36	80	300	60
SCH Swirl Cup Or, Pine, Cher	SERVING	70	5	0	0	0	0	3	18	0	0.36	80	500	60
SCH Taco Bowl (no rice)	4 OZ	380	1010	21.6	10.44	0	161	1	5	42	4.76	317.9	1532	4.14
SCH BROWN RICE	1 CUP	218	10	1.76	0.32	0	0	4	45	5	0.82	19.6	0	0
SCH Teriyaki Veg & Rice	1 1/2 CUP	458	418	2.28	0	0	0	14	94	13	2.11	105.6	10988	20.7
SCH Tomato & Cuc Side Salad	SALAD	63	77	3.77	2.06	0	13	1	4	4	0.61	98.4	4478	6.8
SCH Tomato & Cucumber Salad	SALAD	123	157	7.78	4.26	0	26	3	6	7	0.97	195	7024	12.1
SCH Tuna Salad Bowl	SALAD	247	618	8.41	1.25	0	58	3	8	34	2.75	50.1	8373	14.44
SCH Tuna Wrap	SERVING	232	623	8.28	1.23	0	58	1	5	33	2.85	53.3	2947	10.48
SCH TURKEY & CHEESE SANDWICH	1 EACH	505	1099	24.49	11.6	0	90	8	39	30	2.27	474.3	4488	9.6
SCH Turkey Hot Dog on a Bun	2 EACH	440	1660	19	5	0	100	2	42	22	4.32	214.1	0	0
SCH Turkey Sausage Omelet	SERVING	100	290	7	3	0	200	0	2	8	0.72	60	400	0

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SCH Turkey Veggie Wrap	WRAP	472	776	11.42	3.27	0	74	9	53	37	5.02	142.7	2530	43.01
SCH VEGGIE BURGER	BURGER	248	483	7.62	1.02	0	0	5	28	20	4.47	151.2	2605	3.86
SCH Veggie Garden Salad Bowl	SALAD	344	468	21.76	12.07	0	75	6	15	20	1.79	520.1	11773	112.09