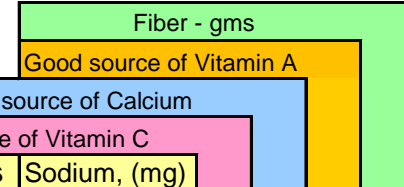


# Nutritional Analysis of Menu Items

ES=Elementary School

MS=Middle School

HS=High School



	Carbohydrate, grams	Protein, grams	Fat, grams	Calories	Sodium, (mg)	Good source of Vitamin C	Good source of Calcium	Good source of Vitamin A	Fiber - gms
<b>Beverages</b>									
Apple Juice- 100% juice (4 oz.)	13	0	0	50	10				0.0
Cranberry Grape - 25% juice (16 oz.)	78	0	0	300	40				0.0
Fruit juice blend - 100% juice (4 oz.)	15	0	0	60	15				0.0
Grapefruit, Ruby Red - 30% juice (16 oz.)	68	0	0	260	40				0.0
Grape Juice - 100% juice (4 oz.)	19	0	0	80	20				0.0
Orange Juice, 100% juice (4 oz.)	13	0	0	60	0				0.0
Milk, 1%	13	8	2.5	110	125				0.0
Milk, chocolate (fat free)	23	8	0	130	200				0.0
Milk, skim (fat free)	13	9	0	90	130				0.0
Milk, strawberry (fat free)	23	8	0	130	120				0.0
Milk, vanilla (fat free)	23	8	0	130	125				0.0
Orange Juice - 100% juice (4 oz.)	12	1	0	51	1				0.0
Orange Juice - 100% juice (16 oz.)	54	4	0	220	30				0.0
Raspberry Lemonade - 10% juice (20 oz.)	70	0	0	275	188				0.0
<b>Breads</b>									
Cinnamon Roll, whole wheat w/icing - 2 ounces	29	3	5	171	177				1.7
Cornbread	20	4	3	121	93				0.6
Roll, whole wheat 2 ounces	23	3	4	146	176				1.4
Rolls, whole wheat, garlic- 2 ounces	23	3	5	151	182				1.4
<b>Breakfast Items</b>									
Bacon - 1 slice	0	3	4	40	150				0.0
Biscuit-1	28	5	10	220	490				2.0
Breakfast slider, sausage, egg, and cheese	22	8	4.5	160	290				2.0
Breakfast slider, southwest egg and cheese	21	8	5	160	310				1.0
Cereal - Honey Nut Cheerios	22	3	2	110	190				2.0
Cereal - Cinnamon Toast Crunch	22	1	3	120	190				1.0
Cereal - Cocoa Puffs	21	1	1	100	140				<1.0
Cereal - Froot Loops, 1/3 less sugar	16	1	1	70	105				<1.0
Cereal - Frosted Flakes, 1/3 less sugar	25	1	0	100	160				<1.0
Cereal - Golden Grahams	23	1	1	110	260				1.0
Cereal - Lucky Charms	23	2	1	110	190				1.0
Cereal - Trix	18	1	1	80	130				<1.0
Chicken biscuit	31	13	14	308	895				1.0
Egg, scrambled	<1	6	4	66	203				0.0
French toast sticks - 4	28	4	9	210	200				2.0
French toast, mini, apple cinnamon rush	37	3	7	220	380				2.0
Honey bun - ( whole wheat)	39	6	6	249	273				3.0
Oatmeal, 1 cup	26	7	3	152	53				4.1
Pancake - 1	12	0	2	60	297				0.4
Pancakes, mini	34	4	6	200	370				2.0
Pancakes with blueberry glaze	35	4	4	190	270				2.0
Pancakes with cinnamon glaze	35	4	7	220	260				2.0
Pizza, breakfast w/sausage	25	10	8	210	430				2.0
Pop tarts, low-fat, frosted brown sugar cinnamon	37	2	2.5	180	190				3.0
Pop tarts, low-fat, frosted strawberry	38	2	2.5	180	180				3.0
Potatoes, hash browns	13	2	5	101	10				0.0
Sausage biscuit	23	4	23	353	877				1.8
Sausage link	2	10	19	220	450				0.0
<b>Breakfast Items continued</b>	<b>Carbohydrate, grams</b>	<b>Protein, grams</b>	<b>Fat, grams</b>	<b>Calories</b>	<b>Sodium, (mg)</b>	<b>VitC</b>	<b>Calc</b>	<b>VitA</b>	<b>Fiber</b>

Toast, wheat, with margarine	13	3	8	132	212				2.0
Waffles, mini	33	3	5	190	200				2.0
Waffle Sticks - 2	28	3	2	140	370				1.0
<b>Condiments</b>									
Barbeque Sauce, 1 pack	11	0	0	42	476				0.0
Cheese, American processed - 1 oz	1	5	9	110	450				0.0
Dressing, Ranch, lite	4	0	3	40	240				0.0
Dressing, Ranch, regular 7/16 oz.	<1	0	7	60	120				0.0
Gravy, Brown 2Tbsp	2	0	<1	10	150				0.0
Gravy, chicken	6	0	1	35	282				0.0
Gravy, White, peppered	5	0	3	50	222				0.0
Honey Mustard, 1 pack	8	0	11	133	231				0.0
Ketchup, 1 pack	2	0	0	10	100				0.0
Marinara sauce	4	0	<1	27	334				3.0
Mayonnaise	0	0	6	58	80				0.0
Mustard, 1 pack	0	0	0	5	50				0.0
Salsa- 1 oz	2	0	0	10	135				0.0
Soy sauce - .28 oz.	0	0	0	0	150				0.0
Sweet & sour sauce - 1 oz.	12	0	0	49	154				0.0
Syrup- 1 pack	26	0	0	100	40				0.0
Taco Sauce- 1 pack	1	0	0	5	40				0.0
Tartar sauce - 1 pack	2	0	2	23	128				0.0
<b>Desserts</b>									
Apple Crisp (homemade)	32	2	8	200	113				2.3
Blueberry cake (homemade)	42	2	4	212	79				0.7
Brownies	24	3	10	188	72				1.7
Cookie, carnival	28	2	6	170	125				2.0
Cookie, chocolate chip	28	2	5	170	105				2.0
Cookie, chocolate brownie	27	2	5	160	125				2.0
Cookie, oatmeal raisin	28	2	6	170	105				2.0
Cookie, sugar	28	2	5	160	125				2.0
Congo bar (homemade)	42	3	9	260	162				0.4
Cake, Devil's food w/chocolate glaze	61	5	4	288	505				2.0
Cake, Harvest w/glaze (homemade)	37	3	10	246	99				1.2
Cake, red velvet w/glaze (homemade)	27	2	14	236	112				0.4
Cake, red velvet w/creamcheese icing (homemade)	47	2	17	348	145				0.0
Cake, yellow w/ chocolate glaze	36	2	3	176	290				0.2
Fortune Cookie	5	<1	2	35	21				0.2
Fruit pop, strawberry	9	<1	0	42	5				0.6
Ice cream, chocolate - frozen yogurt	17	3	1	90	60				0.0
Ice Cream, vanilla - light	15	2	1.5	80	50				0.0
Ice cream, Sherbet cup	21	1	0.5	90	25				0.0
Jell-O w/ topping	18	1	1	85	95				0.0
Juice bar, orange	15	0	0	60	5				0.0
Juice cups, frozen, cherry, 100% juice	19	0	0	70	10				3.0
Juice cups, frozen, watermelon, 100% juice	25	0	0	90	10				3.0
Juice cups, frozen, mixed berry and lemon swirl	19	0	0	70	5				3.0
Peach cobbler (homemade)	64	2	7	322	118				2.6
Cherry Cobbler (homemade)	51	3	12	317	105				2.0
Pudding, banana w/topping	33	1	8	201	157				0.5
Pudding, brownie batter	20	2	4	120	125				0.0
Pudding, cake batter	19	2	3.5	120	120				0.0
Pudding, chocolate w/topping	29	2	6	180	158				1.0
Pudding, chocolate Oreo (Muddy mess)	42	3	12	283	238				1.6
Pumpkin bar (homemade)	25	1	7	166	200				0.9
Rice Krispie treat (homemade)	16	<1	3	93	115				0.1
Yogurt, frozen chocolate	13	3	1	70	45				0.0
Yogurt, frozen strawberry	14	3	1	80	45				0.0
Yogurt parfait, blueberry	42	6	4	218	77				1.6

Entrées									
Beef & cheese nachos	43	20	29	487	1028				2.4
Beef & cheese taco	22	17	12	263	398				1.6
Beef a roni	23	26	14	321	581				3.2
Beefy/Chili macaroni & cheese	26	28	24	428	794				2.0
Beef taco pie	26	20	13	304	753				2.1
Entrées continued	Carbohydrate, grams	Protein, grams	Fat, grams	Calories	Sodium, (mg)	VitC	Calc	VitA	Fiber
Buffalo chicken pasta	36	35	45	694	852				3.9
Cheese Sticks (3)	19	10	12	176	330				1.0
Cheese Sticks (6)	38	20	12	341	795				5.0
Chicken Alfredo	9	18	10	221	597				0.0
Chicken, Asian bites	23	14	5	190	750				1.0
Chicken, Baked seasoned	4	23	11	210	741				0.0
Chicken BBQ	5	23	11	214	405				0.0
Chicken filet breast w/o bun	10	21	8	186	89				0.0
Chicken chicken bites, Whole grain	15	19	8	208	546				2.0
Chicken breast bites, chipotle, Whole grain	18	24	6	210	570				2.0
Chicken cacciatore	41	37	5	369	1007				5.7
Chicken & cheese nachos	23	33	17	368	1188				1.7
Chicken fajitas	22	28	9	289	603				1.3
Chicken, fiery bites (3 oz.)	14	15	1	126	609				0.0
Chicken fried chicken w/gravy	12	21	10	211	199				0.2
Chicken, Honey lemon	1	15	6	124	236				0.0
Chicken, oven fried	5	13	10	162	164				0.0
Chicken over rice	33	25	12	348	575				1.3
Chicken pasta bake	28	14	3	200	455				2.2
Chicken taco	21	20	8	236	281				1.8
Chicken tenders- 3	13	18	9	202	489				1.0
Chicken tenders, BBQ honey	21	10	7	192	658				1.0
Chicken tenders, Buffalo style	17	19	10	225	1049				2.4
Chicken tenders, hot & spicy	13	15	1	120	580				0.0
Chicken teriyaki- 3oz	9	18	7	170	694				0.9
Chicken tetrazzini	24	24	13	313	355				1.6
Chili cheese nachos	33	27	26	466	761				4.2
Corn dog	40	7	17	340	1040				2.0
Corn dog minis - 6	27	11	20	330	795				1.0
Country fried steak w/ peppered gravy	26	14	13	286	442				0.0
Fish fillet	11	13	6	150	360				1.0
Fish nuggets - 4	18	17	8	220	390				1.0
Fish nuggget basket	36	20	11	328	541				2.0
Italian chicken feast	47	36	15	460	1018				3.9
Macaroni and cheese	23	20	13	283	905				1.7
Meatloaf, 1 slice	8	17	10	195	122				1.3
Pasta bake w/meat sauce	41	34	18	468	1350				3.9
Pork, roast w/gravy - 2oz.	5	35	10	261	938				0.3
Pork, Rib-A-Que	10	12	18	245	620				0.9
Quesadilla, cheese	41	15	13	339	908				3.0
Quesadilla, chicken	36	15	16	350	960				4.0
Salisbury steak	18	36	22	422	1032				1.0
Spaghetti w/meat sauce	40	27	14	394	816				3.0
Tuna, noodle casserole	30	28	8	309	634				2.0
Turkey loco taco	39	31	13	406	1554				4.5
Turkey pot pie	23	20	19	344	261				1.9
Turkey, roast w/ gravy- 2 oz.	7	19	5	155	1023				0.0
Entrée-Sandwiches & baskets									
Bacon cheeseburger on bun - HS	28	41	27	525	883				2.0
BBQ chicken sandwich	42	20	6	315	1260				2.0
BBQ pork sandwich	36	27	8	333	842				2.0
BBQ turkey sandwich	47	25	7	354	1557				2.4

Beef patty melt	28	24	28	470	849				4.2
Cheeseburger on bun - ES	23	19	16	305	577				1.0
Cheeseburger on bun - MS & HS	28	39	24	486	735				2.0
Chicken cheddar melt	32	32	17	408	896				2.0
Chicken fajita sandwich	32	36	13	403	872				2.5
Chicken filet sandwich	37	25	10	326	359				2.2
Chicken filet basket w/fruit	74	30	26	612	875				6.7
<b>Entrée-Sandwiches &amp; baskets</b>	<b>Carbohydrate, grams</b>	<b>Protein, grams</b>	<b>Fat, grams</b>	<b>Calories</b>	<b>Sodium, (mg)</b>	<b>VitC</b>	<b>Calc</b>	<b>VitA</b>	<b>Fiber</b>
Deli basket w/ fruit - ES	78	24	25	619	1400				10.0
Deli basket w/ fruit - MS	78	24	25	619	1400				10.0
Deli basket w/ fruit - HS	111	29	29	804	1535				15.0
Fish sandwich w/cheese	42	21	12	362	826				2.0
Grilled chicken sandwich	31	25	7	295	723				2.0
Grilled chicken bacon sandwich	32	38	26	505	1553				2.0
Grilled/Toasted Cheese Sandwich (served w/soup)	29	15	27	392	1093				4.0
Grilled/Toasted Cheese Sandwich (not with soup)	30	18	31	440	1314				4.0
Grilled/Toasted Cheese Basket	66	21	41	670	1647				9.3
Grilled/Toasted ham & cheese sandwich	28	19	15	321	1098				4.0
Hamburger on bun- ES	31	16	16	330	355				3.0
Hamburger on bun- MS & HS	31	38	20	455	502				3.0
Hot Dog on bun - ES	34	12	18	339	996				3.0
Hot Dog on bun - Jumbo MS & HS	36	15	28	441	1333				3.0
PBJ pocket sandwich	33	9	16	320	350				3.0
PBJ basket w/fruit	73	12	27	561	712				8.6
PBJ basket w/juice	72	12	27	560	714				6.3
Peanutbutter & jelly sandwich (homemade)	50	17	22	477	494				5.0
Rib A Que Sandwich	41	18	19	405	890				4.0
Sloppy Joe sandwich	39	21	11	319	871				3.0
Wrap, Buffalo style chicken	39	22	9	323	1045				0.5
Wrap, chicken filet basket w/fruit	74	30	26	612	875				6.7
Wrap, chicken filet basket w/juice	73	30	26	612	877				4.4
Wrap, chicken tender	35	21	15	351	807				1.3
Wrap, chicken teriyaki basket w/juice	68	29	31	649	1457				4.0
Wrap, turkey basket w/fruit	67	17	21	501	1303				6.5
Wrap, deli turkey	27	13	11	257	946				
<b>Fruit</b>									
Apple, Fresh	19	0	0	70	1				3.0
Apples w/cinnamon	12	<1	3	73	38				0.8
Applesauce	19	<1	<1	73	3				1.2
Apricot cup	32	<1	<1	124	5				2.9
Banana, fresh	27	1	0	105	1				3.0
Blueberries, sweetened	16	<1	<1	61	0				1.2
Cantaloupe	9	<1	0	37	19				0.7
Fresh fruit cup (summer fruit)	16	1	<1	62	15				1.4
Mixed berry medley	17	0	0	64	1				1.3
Mixed fruit	12	<1	<1	48	6				1.1
Orange, fresh	15	1	0	62	0				3.1
Orange, mandarin segments	21	1	0	87	16				1.1
Peaches, Sliced canned	18	1	0	70	5				2.0
Peach cup	29	0	<1	117	7				2.0
Peaches and blueberries	22	1	0	86	3				1.5
Pears, canned	15	0	0	61	4				1.5
Pineapple tidbits in natural juice	13	<1	0	52	7				0.8
Raisins- 1.5oz box	31	1	0	130	10				2.0
Strawberry cup	33	<1	<1	122	4				2.4
Strawberries, sweetened	14	<1	<1	55	1				1.2
Tangerine, fresh	11	<1	<1	45	2				1.5
Watermelon Chunks	6	<1	0	23	1				1.0

Pizza									
Pizza, Buffalo chicken (MS)	60	30	9	440	1090				7.7
Pizza, cheeseburger (MS)	58	29	12	451	772				7.0
Pizza, cheese, whole grain (MS)	58	20	6	359	738				7.0
Pizza- Continued									
Pizza, cheese, stuffed crust (ES)	35	17	11	300	650				4.0
Pizza, medium stuffed cheese	35	16	11	300	600				4.0
Pizza, medium stuffed pepperoni	35	17	11	300	650				4.0
Pizza, fiestada, beef, whole grain	41	18	14	360	780				5.0
Pizza, Hawaiian (MS)	64	25	7	413	998				7.3
Pizza, homemade-cheese (HS)	63	20	12	472	878				5.2
Pizza, homemade-meat lovers (HS)	63	28	19	569	962				5.2
Pizza, homemade-pepperoni (HS)	63	21	16	507	996				5.2
Pizza, pepperoni, whole grain (ES, MS)	36	19	11	320	580				4.0
Pizza, personal pan, pepperoni	39	16	12	320	650				5.0
Pizza, personal pan, totally taco	30	14	10	290	690				4.0
Pizza, personal pan, quesadilla	41	15	13	340	910				3.0
Pizza, taco (MS)	61	28	12	458	989				7.0
Pizza, veggie (MS)	69	23	7	420	819				10.0
Salads & salad plates									
Caesar salad	8	3	11	143	328				1.0
Chef's salad plate w/ turkey & ham	43	19	28	485	1458				5.1
Chicken salad plate	49	39	44	730	1077				6.4
Chicken tender salad plate	57	30	35	640	1342				7.1
Coleslaw	23	1	5	139	566				2.9
Garden salad, no dressing	2	1	<1	8	9				0.7
Pasta salad	22	6	16	243	886				2.5
Pimento cheese salad plate	48	19	40	592	1375				6.3
Potato salad	13	1	3	88	491				1.0
Salad plate w/ yogurt, cheese, & fruit	64	23	29	596	958				6.0
Salad plate w/cheese, crackers, & fruit	44	12	26	438	853				6.1
Spinach salad	8	2	1	52	451				0.7
Tuna salad plate	49	40	37	681	1471				6.2
Snacks	Carbohydrate, grams	Protein, grams	Fat, grams	Calories	Sodium, (mg)	VitC	Calc	VitA	Fiber
Cheetos, Baked crunchy (7/8 oz.)	17	2	5	120	210				0.0
Cheetos, Crunchy Flamin' Hot (3 oz.)	46	6	33	520	760				2.0
Cookies, Oreo (0.78 oz.)	16	1	5	100	120				<1.0
Crackers, Honey graham (.81 oz.)	17	2	3	100	100				2.0
Crackers, Cinn.Teddy Graham-(0.5 oz.)	10	0	2	60	70				0.0
Crackers, Dolphins & Friends Cheddar (0.9 oz.)	16	2	5	110	220				<1.0
Chips, tostitos, crispy rounds (0.875 oz)	18	2	4.5	120	105				2.0
Doritos, nacho cheese, reduced fat (1 oz.)	20	2	5	130	200				2.0
Doritos, cool ranch, reduced fat	19	2	5	130	160				2.0
Fritos corn chips (125 oz.)	16	2	10	160	160				1.0
Fruit roll up, reduced sugar (.5 oz.)	11	0	1	45	55				2.0
Granola bar, chewy, PB & chocolate chip (0.84 oz)	17	2	3	100	90				1.0
Granola bar, chewy, maple brown sugar (0.84 oz)	28	2	2.5	140	120				1.0
Granola bar, chewy, reduced fat, choc chip	17	1	4	100	75				3.0
Sunkist mixed fruit flavor - 100% Vit.C (0.9 oz.)	19	0	1	80	55				0.0
Yogurt, all kinds -4oz.	22	3	0	110	75				0.0
Soups									
Beef vegetable soup	21	13	6	198	868				2.4
Black bean chili	14	20	12	275	500				3.3
Chicken noodle soup	13	13	5	147	624				0.9
Chili w/cheese	13	18	11	223	467				3.2
Mexican vegetable beef soup	24	15	7	264	1011				4.3
Turkey noodle soup									
White chili	17	30	16	327	676				4.6

Vegetables & Sides									
Beans, baked	33	8	2	173	491				7.6
Beans, black w/cheese	13	6	<1	173	348				3.3
Beans, black w/salsa	13	6	<1	170	342				3.3
Vegetables & Sides- Continued									
Beans, green	4	1	0	20	321				1.5
Beans, lima	13	4	<1	64	245				3.5
Beans, refried w/ cheese	15	7	3	117	363				4.4
Broccoli cheese pilaf	25	4	3	137	323				0.0
Broccoli, steamed	6	2	0	30	59				3.0
Broccoli w/cheese	4	4	2	50	65				2.4
Broccoli, cheese, & rice casserole	20	7	3	137	390				1.6
Broccoli, raw	2	1	0	12	12				1.0
Cabbage, steamed	6	<1	<1	28	94				1.8
Carrots, baby raw	7	<1	<1	30	66				2.5
Carrots & Celery	5	1	<1	24	60				1.8
Carrots, orange glazed	13	<1	4	84	247				1.4
Cauliflower au gratin	4	4	2	50	65				2.4
Coleslaw	27	1	5	152	646				3.0
Corn, seasoned	14	2	<1	66	271				1.5
Vegetables & Sides continued									
	Carbohydrate, grams	Protein, grams	Fat, grams	Calories	Sodium, (mg)	VitC	Calc	VitA	Fiber
Corn, fiesta	10	1	2	60	219				1.2
French Fries, baked, 1/2 cup ES/MS	21	4	4	123	207				0.0
French Fries, deep fried, 1/2 cup HS	26	3	7	180	200				3.0
Lettuce & Tomato	2	1	<1	11	5				0.4
Macaroni & cheese - 2/3 cup	23	20	13	283	903				1.7
Peas, black eyed	13	4	<1	70	488				2.2
Peas, green	14	4	0	75	244				5.0
Peas and carrots	9	2	0	49	83				1.5
Potato, Au Gratin	15	2	3	88	512				1.0
Potato, baked	19	2	0	80	8				2.0
Potato, Hash Browned	15	1	7	120	250				1.0
Potatoes, Mashed	16	2	1.5	80	370				2.0
Potato rounds/ Tater Tots	19	2	7	154	520				0.0
Rice, Fiesta - 1/2 cup	21	2	2	117	518				0.0
Rice pilaf, vegetable	43	5	0.5	190	820				2.0
Rice, brown	22	2.52	1	108	5				2.0
Rice, Sante fe, whole grain medley	42	7	3	220	700				5.0
Rice, White	38	4	2	188	315				1.0
Squash casserole	15	14	13	218	797				2.7
Stir fry vegetables	8	2	2	50	107				2.3
Sweet potatoes & apples	27	<1	2	127	46				3.1
Sweet potato fries	19	1	4	120	350				3.0
Sweet potato souffle	37	2	6	212	111				2.3
Tater Tots	19	2	7	154	520				0.0
Vegetables, California blend	8	2	0	35	39				2.0
Vegetables, mixed	10	2	<1	56	50				0.8
Vegetable, Oriental steamed	8	2	0	39	115				2.5

Citrus fruit, strawberries, kiwi, & tomatoes are the best sources of Vitamin C

Dairy products including cheese are the best sources of dietary Calcium

Fruit and vegetables with a dark orange or green color are best sources of Vitamin A

Fruit, vegetables, and whole grains are best sources of dietary fiber

Sodium should be consumed in amounts of no more that 2400 mg per day.

Diabetes: For persons controlling carbohydrate intake- 15 grams of carbohydrate = 1 exchange.

The average child/adult needs 3-4 exchanges or 45-60 grams carbohydrates per meal.

Online Resources: <http://www.usda.gov>  
Click on browse by subject, then Food and Nutrition website

<http://www.doe.k12.ga.us/schools/nutrition>

Under Program Information, click on Initiatives and then Food Fun For Kids

Updated September 14, 2014

**Note:** Our menus are rotated in 3 cycles throughout the school year, so the food choices listed here may not be available during each cycle. Not all food items are available at all schools. Please refer to the monthly menus for current food choices. Menu subject to change without notice.

**All amounts for carbohydrate, protein, and fat are rounded to the nearest whole number.  
Fiber is rounded to the nearest tenth of a gram.**