

Nutrient Values, High School Breakfast - January 3 - March 9, 2012

Menu nutrient total depends on student choices. Featured Breakfast Items. Menu is subject to change.

**Cycle 5: January 3 to February 3, 2012**

	Unit	Portion	Calories	Protein gm	Carb. gm	Total Fat gm	Fiber gm	Sodium mg
<b>Mondays: Cycle 5</b>								
Bowl Spaghetti Meatballs	1.00	Bowl	493.5	26.4	73.7	10.0	11.1	1,183.9
served with: Wheat Dinner Roll	1.00	EA	90.0	3.0	15.0	1.5	1.0	190.0
Chicken Club Salad with Whole Grain Biscuit and Fat Free Ranch Dressing	1.00	Each	447.0	20.4	42.2	22.9	3.5	1,441.5
Vegetables Butternut	0.50	Cup	61.3	1.8	15.4	0.1	1.4	24.5
Steamed Broccoli with Parmesan Cheese	0.50	Cup	32.3	3.3	4.6	0.8	2.9	48.1
Side Salad with Butter Lettuce Greens, Tomato Wedge AND Small Ranch Dressing Packet	1.00	Half Cup	66.7	0.4	2.4	7.1	0.2	101.8
Vegetable Dipper: Fresh Vegetable Crudites (carrots, celery, broccoli, etc.) AND Ranch Packet	1.00	Serving	74.1	0.9	4.0	7.1	1.2	138.6
Ranch Salad Dressing: Small Packet only	1.00	pc	60.0	0.0	1.0	7.0	0.0	100.0
Apples, Fresh Sliced (Served Daily)	1	2 oz pkg	30	0	8	0	2	0
Fruit Fresh Seasonal Serving	1.00	Serving	40.5	0.6	10.2	0.2	1.4	3.1
Variety Fruit Of The Day	1.00	SERVING	56.3	0.6	14.3	0.2	1.5	4.3
<b>Tuesdays: Cycle 5</b>								
Sandwich Italian Beef Ms Hs	1.00	Each	261.8	19.4	30.5	7.3	6.3	1,066.6
Sandwich comes with: Assorted Baked Chips or Snack	1.00	package	126.2	2.3	22.5	2.9	2.3	155.0
<b>Choice of Baked Chips / Snacks</b>								
Chips Baked Nacho Cheese Dorito	1.00	pkg	90.0	1.5	15.7	2.6	1.5	172.5
Chips Tortilla Baked Tostitos	1.00	package	105.0	1.8	19.3	2.6	1.8	122.5
Pretzels Heart Shape	1.00	PKG	120.0	2.0	23.0	1.5	3.0	200.0
Snack Mix Sun Morning Mix Ups	1.00	PKG	190.0	4.0	32.0	5.0	3.0	125.0
Chicken Club Salad with Whole Grain Biscuit and Fat Free Ranch Dressing	1.00	Each	447.0	20.4	42.2	22.9	3.5	1,441.5
Potatoes: Baked Crinkle-Cut French Fries	1.00	1 Cup	160.0	2.7	26.7	5.3	2.7	46.7
Ketchup Packet	1.00	pkt	10.0	0.0	3.0	0.0	0.0	105.0
Vegetables Provence	0.50	CUP	25.5	0.8	4.2	0.0	1.7	21.1
Side Salad with Butter Lettuce Greens, Tomato Wedge AND Small Ranch Dressing Packet	1.00	Half Cup	66.7	0.4	2.4	7.1	0.2	101.8
Vegetable Dipper: Fresh Vegetable Crudites (carrots, celery, broccoli, etc.) AND Ranch Packet	1.00	Serving	74.1	0.9	4.0	7.1	1.2	138.6
Ranch Salad Dressing: Small Packet only	1.00	pc	60.0	0.0	1.0	7.0	0.0	100.0
Apples, Fresh Sliced (Served Daily)	1	2 oz pkg	30	0	8	0	2	0
Fruit Fresh Seasonal Serving	1.00	Serving	40.5	0.6	10.2	0.2	1.4	3.1
Variety Fruit Of The Day	1.00	SERVING	56.3	0.6	14.3	0.2	1.5	4.3
<b>Wednesdays: Cycle 5</b>								
Nachos Beef Barbacoa	1.00	Serving	420.7	23.4	31.1	22.0	2.4	1,861.1
Chicken Club Salad with Whole Grain Biscuit and Fat Free Ranch Dressing	1.00	Each	447.0	20.4	42.2	22.9	3.5	1,441.5
Baby Carrots	1.00	pkg	9.9	0.2	2.3	0.0	0.8	22.1
Ranch Dressing, Small Packet	1.00	Serving	60.0	0.0	1.0	7.0	0.0	100.0
Beans Refried	1.00	1/2 cup	135.5	8.1	19.5	4.4	5.2	643.7
Side Salad with Butter Lettuce Greens, Tomato Wedge AND Small Ranch Dressing Packet	1.00	Half Cup	66.7	0.4	2.4	7.1	0.2	101.8
Vegetable Dipper: Fresh Vegetable Crudites (carrots, celery, broccoli, etc.) AND Ranch Packet	1.00	Serving	74.1	0.9	4.0	7.1	1.2	138.6
Ranch Salad Dressing: Small Packet only	1.00	pc	60.0	0.0	1.0	7.0	0.0	100.0
Apples, Fresh Sliced (Served Daily)	1	2 oz pkg	30	0	8	0	2	0
Fruit Fresh Seasonal Serving	1.00	Serving	40.5	0.6	10.2	0.2	1.4	3.1
Variety Fruit Of The Day	1.00	SERVING	56.3	0.6	14.3	0.2	1.5	4.3
<b>Thursdays: Cycle 5</b>								
Chicken Curry	1.00	Servings	142.7	13.4	7.7	6.4	1.5	655.3
with Brown Rice	1.00	Cup	172.7	4.1	36.6	2.0	2.0	3.7
Chicken Club Salad with Whole Grain Biscuit and Fat Free Ranch Dressing	1.00	Each	447.0	20.4	42.2	22.9	3.5	1,441.5
Vegetables Stir Fry Blend	0.50	Cup	34.0	1.1	6.8	0.0	2.3	17.0
Kale Crispy	0.50	Cup	9.2	0.6	1.4	0.3	0.3	13.4
Side Salad with Butter Lettuce Greens, Tomato Wedge AND Small Ranch Dressing Packet	1.00	Half Cup	66.7	0.4	2.4	7.1	0.2	101.8
Vegetable Dipper: Fresh Vegetable Crudites (carrots, celery, broccoli, etc.) AND Ranch Packet	1.00	Serving	74.1	0.9	4.0	7.1	1.2	138.6
Ranch Salad Dressing: Small Packet only	1.00	pc	60.0	0.0	1.0	7.0	0.0	100.0
Apples, Fresh Sliced (Served Daily)	1	2 oz pkg	30	0	8	0	2	0
Fruit Fresh Seasonal Serving	1.00	Serving	40.5	0.6	10.2	0.2	1.4	3.1
Variety Fruit Of The Day	1.00	SERVING	56.3	0.6	14.3	0.2	1.5	4.3
<b>Fridays: Cycle 5</b>								
Lime Pepper Chicken Sub Sandwich	1.00	Sandwich	289.8	22.9	34.9	7.2	6.4	734.4
Ketchup Packet: (For Sandwich) Or	1.00	pkt	10.0	0.0	3.0	0.0	0.0	105.0
Ranch Dressing, Small Packet Or	1.00	pc	60.0	0.0	1.0	7.0	0.0	100.0
Mayonnaise Packet: Fat Free	1.00	pc	5.0	0.0	1.0	0.0	0.0	130.0
Sandwich comes with: Assorted Baked Chips or Snack	1.00	package	126.2	2.3	22.5	2.9	2.3	155.0
<b>Choice of Baked Chips / Snacks</b>								
Chips Baked Nacho Cheese Dorito	1.00	pkg	90.0	1.5	15.7	2.6	1.5	172.5
Chips Tortilla Baked Tostitos	1.00	package	105.0	1.8	19.3	2.6	1.8	122.5
Pretzels Heart Shape	1.00	PKG	120.0	2.0	23.0	1.5	3.0	200.0
Snack Mix Sun Morning Mix Ups	1.00	PKG	190.0	4.0	32.0	5.0	3.0	125.0
Chicken Club Salad with Whole Grain Biscuit and Fat Free Ranch Dressing	1.00	Each	447.0	20.4	42.2	22.9	3.5	1,441.5
Potatoes Fries Sweet Potato Crinkle Cut	1.00	Cup	266.7	3.8	40.0	11.4	7.6	285.7
Ketchup Packet for potatoes	1.00	pkt	10.0	0.0	3.0	0.0	0.0	105.0
Vegetables Edamame Succotash	0.50	pc	146.2	6.2	10.0	9.2	5.4	200.0
Waldorf Salad	1	half cup	33.1	0.7	7.9	0.2	1.1	177.1
Side Salad with Butter Lettuce Greens, Tomato Wedge AND Small Ranch Dressing Packet	1.00	Half Cup	66.7	0.4	2.4	7.1	0.2	101.8
Vegetable Dipper: Fresh Vegetable Crudites (carrots, celery, broccoli, etc.) AND Ranch Packet	1.00	Serving	74.1	0.9	4.0	7.1	1.2	138.6
Ranch Salad Dressing: Small Packet only	1.00	pc	60.0	0.0	1.0	7.0	0.0	100.0
Apples, Fresh Sliced (Served Daily)	1	2 oz pkg	30	0	8	0	2	0
Fruit Fresh Seasonal Serving	1.00	Serving	40.5	0.6	10.2	0.2	1.4	3.1
Variety Fruit Of The Day	1.00	SERVING	56.3	0.6	14.3	0.2	1.5	4.3

Nutrient Values, High School Breakfast - January 3 - March 9, 2012  
 Menu nutrient total depends on student choices. Featured Breakfast Items. Menu is subject to change.

**Cycle 6: February 6 to March 9th, 2012**

Mondays Cycle 6	Unit	Portion	Calories	Protein gm	Carb. gm	Total Fat gm	Fiber gm	Sodium mg
Chicken Alfredo with Whole Grain Penne Pasta	1.00	Serving	427.4	26.7	63.8	7.8	8.8	926.2
Alfredo entrée served with: Wheat Dinner Roll	1.00	EA	90.0	3.0	15.0	1.5	1.0	190.0
Taco Salad with Chicken, Baked Tortilla Chips, Cheddar Cheese, and Fat Free Ranch Dressing	1	Each	309.92	16.02	43	9.14	4.57	1010.12
Baby Carrots	1.00	pkg	9.9	0.2	2.3	0.0	0.8	22.1
Ranch Dressing, Small Packet	1.00	pc	60.0	0.0	1.0	7.0	0.0	100.0
Vegetables Tuscan	0.50	Cup	22.5	0.9	5.4	0.0	1.8	9.0
Side Salad with Butter Lettuce Greens, Tomato Wedge AND Small Ranch Dressing Packet	1.00	Half Cup	66.7	0.4	2.4	7.1	0.2	101.8
Vegetable Dipper: Fresh Vegetable Crudites (carrots, celery, broccoli, etc.) AND Ranch Packet	1.00	Serving	74.1	0.9	4.0	7.1	1.2	138.6
Ranch Salad Dressing: Small Packet only	1.00	pc	60.0	0.0	1.0	7.0	0.0	100.0
Apples, Fresh Sliced (Served Daily)	1	2 oz pkg	30	0	8	0	2	0
Fruit Fresh Seasonal Serving, values used for average and menu nutrient analysis	1.00	Serving	40.5	0.6	10.2	0.2	1.4	3.1
Variety Fruit Of The Day : Average for Fresh, canned or a mixed fruit cup	1.00	SERVING	56.3	0.6	14.3	0.2	1.5	4.3
Tuesdays Cycle 6	Unit	Portion	Calories	Protein gm	Carb. gm	Total Fat gm	Fiber gm	Sodium mg
Beef And Gravy Mushrooms Onions	1.00	Serving	114.4	11.8	4.9	4.8	1.2	894.7
served on: Noodles Linguine Whole Grain	1.00	Cup	179.8	6.3	36.9	1.3	5.4	2.2
Taco Salad with Chicken, Baked Tortilla Chips, Cheddar Cheese, and Fat Free Ranch Dressing	1	Each	309.92	16.02	43	9.14	4.57	1010.12
Potatoes: Baked Crinkle-Cut French Fries	1.00	1 Cup	160.0	2.7	26.7	5.3	2.7	46.7
Ketchup Packet	1.00	pkt	10.0	0.0	3.0	0.0	0.0	105.0
Vegetables California Prepared	0.50	Cup	18.5	0.7	3.7	0.0	1.4	26.9
Side Salad with Butter Lettuce Greens, Tomato Wedge AND Small Ranch Dressing Packet	1.00	Half Cup	66.7	0.4	2.4	7.1	0.2	101.8
Vegetable Dipper: Fresh Vegetable Crudites (carrots, celery, broccoli, etc.) AND Ranch Packet	1.00	Serving	74.1	0.9	4.0	7.1	1.2	138.6
Ranch Salad Dressing: Small Packet only	1.00	pc	60.0	0.0	1.0	7.0	0.0	100.0
Apples, Fresh Sliced (Served Daily)	1	2 oz pkg	30	0	8	0	2	0
Fruit Fresh Seasonal Serving, values used for average and menu nutrient analysis	1.00	Serving	40.5	0.6	10.2	0.2	1.4	3.1
Variety Fruit Of The Day : Average for Fresh, canned or a mixed fruit cup	1.00	SERVING	56.3	0.6	14.3	0.2	1.5	4.3
Wednesdays Cycle 6	Unit	Portion	Calories	Protein gm	Carb. gm	Total Fat gm	Fiber gm	Sodium mg
Sandwich Chicken Parmesan	1.00	EA	506.8	31.9	47.0	22.1	6.5	1,286.9
Sandwich comes with: Assorted Baked Chips or Snack: Average	1.00	package	126.2	2.3	22.5	2.9	2.3	155.0
Choice of Baked Chips / Snacks								
Chips Baked Nacho Cheese Dorito	1.00	pkg	90.0	1.5	15.7	2.6	1.5	172.5
Chips Tortilla Baked Tostitos	1.00	package	105.0	1.8	19.3	2.6	1.8	122.5
Pretzels Heart Shape	1.00	PKG	120.0	2.0	23.0	1.5	3.0	200.0
Snack Mix Sun Morning Mix Ups	1.00	PKG	190.0	4.0	32.0	5.0	3.0	125.0
Taco Salad with Chicken, Baked Tortilla Chips, Cheddar Cheese, and Fat Free Ranch Dressing	1	Each	309.92	16.02	43	9.14	4.57	1010.12
Vegetables Corn Red Pepper	0.50	CUP	66.7	1.7	11.1	1.9	2.2	66.7
Ranch Style Beans	0.50	Cup	130.0	6.0	21.0	2.5	7.0	550.0
Side Salad with Butter Lettuce Greens, Tomato Wedge AND Small Ranch Dressing Packet	1.00	Half Cup	66.7	0.4	2.4	7.1	0.2	101.8
Vegetable Dipper: Fresh Vegetable Crudites (carrots, celery, broccoli, etc.) AND Ranch Packet	1.00	Serving	74.1	0.9	4.0	7.1	1.2	138.6
Ranch Salad Dressing: Small Packet only	1.00	pc	60.0	0.0	1.0	7.0	0.0	100.0
Apples, Fresh Sliced (Served Daily)	1	2 oz pkg	30	0	8	0	2	0
Fruit Fresh Seasonal Serving, values used for average and menu nutrient analysis	1.00	Serving	40.5	0.6	10.2	0.2	1.4	3.1
Variety Fruit Of The Day : Average for Fresh, canned or a mixed fruit cup	1.00	SERVING	56.3	0.6	14.3	0.2	1.5	4.3
Thursdays Cycle 6	Unit	Portion	Calories	Protein gm	Carb. gm	Total Fat gm	Fiber gm	Sodium mg
Orange Chicken	1.00	Serving	260.1	24.6	21.0	9.0	0.0	731.5
served with Fried Brown Rice	1.00	Cup	239.3	8.7	35.6	7.9	3.3	971.0
Taco Salad with Chicken, Baked Tortilla Chips, Cheddar Cheese, and Fat Free Ranch Dressing	1	Each	309.92	16.02	43	9.14	4.57	1010.12
Vegetables Stir Fry Blend	0.50	Cup	34.0	1.1	6.8	0.0	2.3	17.0
Broccoli Slaw	0.50	Cup	146.7	1.3	14.3	10.0	2.0	286.7
Side Salad with Butter Lettuce Greens, Tomato Wedge AND Small Ranch Dressing Packet	1.00	Half Cup	66.7	0.4	2.4	7.1	0.2	101.8
Vegetable Dipper: Fresh Vegetable Crudites (carrots, celery, broccoli, etc.) AND Ranch Packet	1.00	Serving	74.1	0.9	4.0	7.1	1.2	138.6
Ranch Salad Dressing: Small Packet only	1.00	pc	60.0	0.0	1.0	7.0	0.0	100.0
Apples, Fresh Sliced (Served Daily)	1	2 oz pkg	30	0	8	0	2	0
Fruit Fresh Seasonal Serving, values used for average and menu nutrient analysis	1.00	Serving	40.5	0.6	10.2	0.2	1.4	3.1
Variety Fruit Of The Day : Average for Fresh, canned or a mixed fruit cup	1.00	SERVING	56.3	0.6	14.3	0.2	1.5	4.3
Fridays Cycle 6	Unit	Portion	Calories	Protein gm	Carb. gm	Total Fat gm	Fiber gm	Sodium mg
Enchilada Beef Shredded	2.00	Each	323.8	19.7	32.4	14.1	3.6	1,372.1
served with: Rice Red Beans Southwestern Blend	0.75	Cup	162.7	4.5	30.0	3.0	3.7	449.2
Taco Salad with Chicken, Baked Tortilla Chips, Cheddar Cheese, and Fat Free Ranch Dressing	1	Each	309.92	16.02	43	9.14	4.57	1010.12
Vegetables Zucchini Yellow Squash	0.50	CUP	52.1	3.1	4.7	2.8	1.4	51.8
Potatoes Fries Sweet Potato Crinkle Cut	1.00	Cup	266.7	3.8	40.0	11.4	7.6	285.7
Ketchup Packet	1.00	pkt	10.0	0.0	3.0	0.0	0.0	105.0
Side Salad with Butter Lettuce Greens, Tomato Wedge AND Small Ranch Dressing Packet	1.00	Half Cup	66.7	0.4	2.4	7.1	0.2	101.8
Vegetable Dipper: Fresh Vegetable Crudites (carrots, celery, broccoli, etc.) AND Ranch Packet	1.00	Serving	74.1	0.9	4.0	7.1	1.2	138.6
Ranch Salad Dressing: Small Packet only	1.00	pc	60.0	0.0	1.0	7.0	0.0	100.0
Apples, Fresh Sliced (Served Daily)	1	2 oz pkg	30	0	8	0	2	0
Fruit Fresh Seasonal Serving, values used for average and menu nutrient analysis	1.00	Serving	40.5	0.6	10.2	0.2	1.4	3.1
Variety Fruit Of The Day : Average for Fresh, canned or a mixed fruit cup	1.00	SERVING	56.3	0.6	14.3	0.2	1.5	4.3