

Nutrient Values, Middle School Breakfast 2011-12 - Item Details and Daily Features

TUSD Food Services



Meal nutrient total depends on student choices.

Milk Choices:	Portion	Calories	Protein gm.	Carb gm.	Total Fat gm.	Fiber gm.	Sodium mg.
Milk, Fat Free (Skim)	half-pint	90.0	8.0	12.0	0.0	0.0	125.0
Milk Low Fat (1%)	half-pint	100.0	8.0	12.0	2.5	0.0	125.0
Milk, Chocolate Fat Free	half-pint	130.0	8.0	24.0	0.0	0.0	220.0
Fruits	Portion	Calories	Protein gm.	Carb gm.	Total Fat gm.	Fiber gm.	Sodium mg.
Orange Juice 4 fl-oz	carton	54.6	1.0	12.5	0.3	0.2	1.2
Fruit Fresh Seasonal AVERAGE Serving	Serving	41.8	0.6	10.4	0.3	1.4	2.8
Apples, Fresh, Sliced 2 Oz	package	30.0	0.0	8.0	0.0	2.0	0.0
Bananas, Medium	1 each	108.6	1.2	27.6	0.6	2.83	1.2
Cantaloupe Cubes (TUSD recipe yield)	half cup	26.5	0.7	6.3	0.21	0.60	6.8
Grapes	1 bunch	50.3	0.5	12.6	0.4	0.71	1.4
Honeydew Melon Cubes (TUSD recipe yield)	half cup	32.5	0.4	8.5	0.09	0.56	9.3
Kiwi Fruit	1 each	46.4	0.8	11.3	0.3	2.58	3.8
Oranges, Medium	medium	61.6	1.2	15.4	0.2	3.14	0.0
Strawberries, Fresh, Medium	3 medium	21.2	0.4	4.4	0.3	1.62	0.8
Watermelon cubes (TUSD recipe yield/volume)	half cup	29.5	0.6	6.6	0.40	0.46	1.8
Variety Fruit: Average for fresh, canned, or fruit salad	Serving	48.3	0.6	12.1	0.2	1.4	3.6
Other Fruits, As Available	Portion	Calories	Protein gm.	Carb gm.	Total Fat gm.	Fiber gm.	Sodium mg.
Apricot Cup, 4.5 Oz Each	4.5 oz	124.4	0.9	32.0	0.1	2.85	5.3
Cantaloupe, Cubed Half Cup	half cup	19.9	0.5	4.7	0.2	0.45	5.1
Fruit Cup (From Assorted Fresh & Canned Fruits)	half cup	84.7	1.0	21.5	0.4	2.21	9.8
Honeydew, Cubed, Half Cup = 2 Oz = 5 Cubes	half cup	19.1	0.3	5.2	0.1	0.34	5.7
Oranges, Mandarin, 4 Oz Individual Cups	4 oz cup	76.7	0.6	20.3	0.1	0.90	7.5
Peach Cup, 4.4 Oz	4.4 oz cup	120.0	0.8	30.7	0.2	2.30	120.3
Pineapple, Cubed, Half Cup	half cup	27.2	0.3	7.2	0.1	0.79	0.6
Raisins, Individual Box	1.33 oz box	130.0	1.0	29.0	0.0	2.00	10.0
Strawberry Cup, 4.5 Oz	4.5 oz	121.6	0.7	32.9	0.2	2.39	4.0
Watermelon, Cubed, Half Cup	half cup	18.1	0.4	4.1	0.2	0.28	1.1
Canned Fruits:	Portion	Calories	Protein gm.	Carb gm.	Total Fat gm.	Fiber gm.	Sodium mg.
Apple Slices, Canned	1	half cup	68.3	0.2	17.0	0.0	5.1
Applesauce	1	1/2 cup	96.9	0.2	25.4	0.0	1.3
Apricots - Sliced & Halves with peel	1	1/2 cup	80.0	0.7	21.0	0.0	1672.0
Apricots, Diced & Chunks (peeled)	1	1/2 cup	80.0	1.0	19.0	0.0	1750.0
Fruit Cocktail	Sun-Jan-1	1/2 cup	60.3	0.4	15.8	0.0	219.9
Mandarin Oranges	1.00	half cup	77.0	0.6	20.4	0.0	365.0
Peaches	1.00	1/2 cup	78.1	0.7	20.0	0.0	630.9
Pears	1.00	1/2 cup	56.1	0.2	14.9	0.0	0.0
Pineapple	1.00	1/2 cup	69.4	0.6	18.0	0.0	57.8
Tropical Fruit Mix	1.00	half cup	89.2	0.0	22.3	0.0	111.6
Fruit, Canned Assorted	1	half cup	71.1	0.3	18.4	0.0	211.8
Other Daily Breakfast Items:	Portion	Calories	Protein gm.	Carb gm.	Total Fat gm.	Fiber gm.	Sodium mg.
"Ultimate" Breakfast bar	Each	270.0	4.0	44.0	8.0	6.0	240.0
Yogurt 4 Oz Assorted Flavors	Each	94.0	3.0	20.2	0.0	0.0	75.0
String Cheese (Mozzarella)	1 oz pkg	76.5	8.0	1.0	2.5	0.0	210.0
Apple Cinnamon Muffin	1 Muffin	170.0	3.0	27.0	5.0	1.0	160.0
Blueberry Muffin	1 Muffin	160.0	3.0	27.0	5.0	1.0	190.0
Corn Muffin	Muffin	200.0	5.0	35.0	6.0	1.0	390.0
Banana Muffin	1 Muffin	120.0	2.0	26.0	0.0	0.0	170.0
English Muffin, Whole Grain	each	100.0	5.0	25.0	1.0	8.0	170.0
Bagels:	Portion	Calories	Protein gm.	Carb gm.	Total Fat gm.	Fiber gm.	Sodium mg.
Bagel Blueberry	4 oz each	290.0	11.0	61.0	1.0	2.0	590.0
Bagel Cinnamon Raisin	4 oz each	300.0	10.0	63.0	1.0	2.0	550.0
Bagel Everything	4 oz each	330.0	12.0	62.0	3.5	2.0	570.0
Bagel Onion	4 oz each	290.0	11.0	62.0	1.0	2.0	510.0
Bagel Plain	4 oz each	290.0	11.0	61.0	1.0	2.0	590.0
Bagel Poppy Seed	4 oz each	300.0	11.0	60.0	2.5	2.0	570.0
Bagel Sesame Seed	4 oz each	310.0	18.0	59.0	3.0	2.0	570.0
Bagel Whole Wheat	4 oz each	290.0	11.0	61.0	1.0	3.0	530.0
Bagel : Average	Average	300.0	11.9	61.1	1.8	2.1	560.0
Cheese Cream Whipped Plain 1.5 oz portion	1.5 oz	133.8	2.3	1.6	13.4	0.0	125.7
Cheese Cream Whipped Jalapeno Flavor 1.5 oz	1.5 oz	123.1	2.1	1.6	12.3	0.1	176.0
Cheese Cream Whipped Maple 1.5 oz portion	1.5 oz	134.5	1.9	7.5	11.1	0.0	112.3
Cream Cheese: Average	1.5 oz	130.5	2.1	3.6	12.3	0.0	138.0