

TUSD Food Services



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

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

Milk:							
Item	Unit	Portion	Calories	Protein gm	Carb. gm	Fiber gm	Sodium mg
Milk 1% White	1.00	half-pint	100.0	8.0	12.0	0.0	125.0
Milk White Fat Free	1.00	half-pint	90.0	8.0	12.0	0.0	125.0
Milk Choc Fat Free	1.00	half-pint	140.0	8.0	26.0	0.0	200.0
Fruits: Fresh							
Item	Unit	Portion	Calories	Protein gm	Carb. gm	Fiber gm	Sodium mg
Apples, Fresh Sliced (Served Daily)	1	2 oz pkg	30	0	8	2	0
Bananas, Medium	1.00	each	105.0	1.3	27.0	3.1	1.2
Cantaloupe, Cubed: TUSD Recipe Yield	0.50	Cup	25.7	0.6	6.2	0.7	12.1
Grapes, Red	1.00	1 lunch Bunch	48.9	0.5	12.8	0.6	1.4
Honeydew Melon, Cubed: TUSD Recipe Yield	0.50	Cup	32.5	0.4	8.5	0.6	9.3
Kiwi Fruit	1.00	Each	42.0	0.8	10.1	2.1	2.0
Oranges, Medium	1.00	Each	61.6	1.2	15.4	3.1	0.0
Strawberries	3.00	1 medium	21.2	0.4	4.4	1.6	0.8
Watermelon Cubed; TUSD Recipe Yield	0.50	Cup	27.7	0.6	7.0	0.4	0.9
Mandarin Orange, Fresh	1.00	each	40.0	0.5	8.5	2.0	0.0
Fruit Fresh Seasonal Serving, values used for average and menu nutrient analysis	1.00	Serving	40.5	0.6	10.2	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	1.5	4.3
Other Fruits							
Item	Unit	Portion	Calories	Protein gm	Carb. gm	Fiber gm	Sodium mg
Juice, Orange 4 Fl-Oz	1.00	4 fl-oz carton	54.6	1.0	12.5	0.2	1.2
Apricots , Frozen Cups, 4 OZ Spring 2012	1.00	4 oz cup	138.1	1.2	33.1	1.9	13.8
Apricots , Frozen Cups, 4.5 oz (alternate for above)	1.00	each	125.3	0.9	32.2	2.9	5.3
Item	Unit	Portion	Calories	Protein gm	Carb. gm	Fiber gm	Sodium mg
Cantaloupe, Cubed: Pre-Cut / Vendor's Yield	0.50	Cup	19.8	0.5	4.7	0.5	5.1
Fruit Mix: Assorted Fresh & Canned Fruit	1.00	half cup	92.1	1.1	23.7	2.1	8.1
Honeydew, Cubed: Pre-Cut / Vendor's Yield	0.50	Cup	19.8	0.3	5.2	0.3	5.7
Oranges Mandarin 4 Oz	1.00	1 Serving	70.0	0.0	18.0	0.0	10.0
Peaches, frozen cups, 4.4 oz	1.00	each	118.0	0.8	30.0	2.2	8.0
Pineapple Cubed Pre-Cut / Vendor's Yield	0.50	Cup	28.4	0.3	7.5	0.8	0.6
Raisins Seedless 1.33 Oz box	1.00	box	130.0	1.0	29.0	2.0	10.0
Strawberry Cups, frozen, 4.5 oz cups	1.00	1 Serving	122.0	0.7	33.1	2.40	4.0
Watermelon, Cubed, Pre-Cut / Vendor's Yield	0.50	Cup	17.0	0.3	4.3	0.2	0.6
Canned Fruits							
Item	Unit	Portion	Calories	Protein gm	Carb. gm	Fiber gm	Sodium mg
Apples, Sliced, Canned	1.00	Half Cup	68.3	0.2	17.0	1.7	3.1
Applesauce Cnd Sweetened	1.00	half cup	84	0.2	21.51	1.5	2
Apricots Cnd Sliced Lite Syrup	1.00	Half Cup	80.0	0.7	20.9	2.0	5.0
Apricots Cnd Diced	1.00	Half Cup	80.0	1.0	19.0	1.0	10.1
Oranges Mandarin	1.00	Half Cup	56.3	0.4	14.9	0.6	5.5
Fruit Cocktail Lite Syrup	1.00	Half Cup	60.3	0.4	15.8	1.1	6.3
Peaches Diced Light Syrup	1.00	Half Cup	78.1	0.7	20.0	0.9	9.0
Pears Diced Light Syrup	1.00	Half Cup	56.1	0.2	14.9	1.6	4.9
Pineapple Tidbits In Juice	1.00	Half Cup	69.4	0.6	18.0	1.5	1.2
Fruit Mix Tropical	1.00	Half Cup	89.2	0.0	22.3	1.0	11.2
Fruit Canned Assorted	1.00	Half Cup	71.1	0.3	18.4	1.2	5.4
Daily Vegetable Selections:							
Item	Unit	Portion	Calories	Protein gm	Carb. gm	Fiber gm	Sodium mg
Side Salad with Butter Lettuce Greens, Tomato Wedge AND Small Ranch Dressing Packet	1.00	Half Cup	66.7	0.4	2.4	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	1.2	138.6
Ranch Salad Dressing: Small Packet only	1.00	pc	60.0	0.0	1.0	0.0	100.0

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Café Sandwich Station							
Item	Unit	Portion	Calories	Protein gm	Carb. gm	Fiber gm	Sodium mg
Sandwich Café MIDDLE School Average Serving of Meat(s) and/or Cheese(s) on Whole Wheat Bread or Sub Roll	1.00	Average Sandwich	250.3	16.1	32.4	6.5	765.0
Breakdown of Café Sandwich Options:							
Ham, sliced (ham is made with pork)	1.00	OZ	30.0	5.0	0.5	0.0	330.0
Turkey Breast, Sliced	1.00	OZ	24.9	4.5	1.0	0.0	169.2
Cheese, Cheddar	1.00	OZ	114.3	7.1	0.4	0.0	176.1
Cheese, Cheddar: Reduced Fat - Phasing In April & May 2012	1.00	OZ	90.0	7.0	0.0	0.0	190.0
Cheese, Swiss, Reduced Fat	1.00	OZ	90.0	8.0	1.0	0.0	115.0
Cheese, Pepper Jack	1.00	OZ	110.0	6.0	1.0	0.0	210.0
Cheese, Provolone	1.00	OZ	99.7	7.2	0.6	0.0	248.2
Lettuce Leaf, Romaine	1.00	leaf	1.1	0.1	0.2	0.1	2.1
Tomato Slices	2.00	1 slice	5.7	0.2	1.2	0.3	2.5
Mayonnaise Packet: Fat Free	1.00	pc	5.0	0.0	1.0	0.0	130.0
Mustard Packet	1.00	pc	3.8	0.2	0.3	0.1	2.6
Bread: 100% Whole Wheat	2.00	Slice	180.0	8.0	36.0	6.0	380.0
Bun, 100% Whole Wheat Sub Roll	1.00	BUN	160.0	8.0	28.0	6.0	320.0
Sandwich: Peanut Butter & Jelly	1.00	TOTAL SERVING	406.8	16.1	51.4	8.0	533.7
Breakdown of Peanut Butter & Jelly Sandwich Ingredients							
made with: Grape Jelly	2.00	teaspoons	37.1	0.0	9.2	0.1	4.3
and Peanut Butter	2.00	Tbsp	189.8	8.1	6.2	1.9	149.4
on 100% Whole Wheat	2.00	Slice	180.0	8.0	36.0	6.0	380.0
Choice of Baked Chips / Snacks for Café Sandwich							
Chips Baked Nacho Cheese Dorito	1.00	pkg	90.0	1.5	15.7	1.5	172.5
Chips Tortilla Baked Tostitos	1.00	package	105.0	1.8	19.3	1.8	122.5
Pretzels Heart Shape	1.00	PKG	120.0	2.0	23.0	3.0	200.0
Snack Mix Sun Morning Mix Ups	1.00	PKG	190.0	4.0	32.0	3.0	125.0
Bar Granola Oats & Honey	1.00	each	130.0	2.0	19.0	1.0	65.0
Daily Entrée Salads:							
Item	Unit	Portion	Calories	Protein gm	Carb. gm	Fiber gm	Sodium mg
Chicken & Cheese Entrée Salad	1.00	Each	165.6	16.0	5.5	1.0	379.2
Veggie Sunflower Seeds & Cheese Entrée Salad	1.00	Each	260.33	12.43	11.25	3.17	274.88
Fruit & Cottage Cheese Entrée Salad	1.00	Each	172.5	13.9	19.2	1.2	430.5
Fruit & Yogurt (4oz) Entrée Salad	1.00	Each	158.0	3.8	36.6	1.2	80.5
Served With Salads Above:							
Roll, Dinner, Wheat	1.00	EA	90.0	3.0	15.0	1.0	190.0
Cookie Oatmeal-Raisin	1.00	Each	110.0	2.0	18.0	0.6	100.0
Choice Of Salad Dressings:							
Ranch: Fat Free "Salad Bistro" Brand	1.00	PC	30.0	0.0	8.0	0.0	350.0
Ranch: Fat Free "Hidden Valley" Brand (alternate dressing for above ranch)	1.00	PC	35.0	1.0	8.0	0.0	410.0
Italian Fat Free	1.00	PC	25.0	0.5	5.0	0.3	540.0
Raspberry Vinaigrette Fat Free	1.00	PC	39.1	0.0	9.0	0.2	380.0
French Fat Free	1.00	PC	50.0	0.0	12.0	0.0	440.0
Honey Mustard Fat Free	1.00	PC	60.0	0.0	14.0	0.0	170.0
Feature Salads: One of the following is featured each cycle.							
Item	Unit	Portion	Calories	Protein gm	Carb. gm	Fiber gm	Sodium mg
Chicken Club Salad with Whole Grain Biscuit and Fat Free Ranch Dressing	1.00	Each	450.6	19.5	43.4	2.6	1,374.2
Taco Salad with Chicken, Baked Tortilla Chips, Cheddar Cheese, and Fat Free Ranch Dressing	1.00	Each	309.92	16.02	43	4.57	1010.12
Asian Chicken Salad with Raspberry Vinaigrette	1.00	Each	302.7	13.0	47.9	3.2	968.9
Asian Chicken Salad is served with: Snack Mix Sun Morning Mix Ups	1.00	PKG	190.0	4.0	32.0	3.0	125.0
Pizza Salad with Fat Free Italian Dressing	1.00	Each	281.1	11.8	32.1	1.8	1,090.2

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Ala Carte Snacks							
Baked Chips & Snack Crackers							
Item	Unit	Portion	Calories	Protein gm	Carb. gm	Fiber gm	Sodium mg
Chips Baked Lays Bbq Potato Crisps	1.00	bag	110.0	2.0	19.0	2.0	190.0
Chips Cheetos Fantastix Chili Cheese	1.00	Each	130.0	2.0	20.0	1.0	190.0
Chips Baked Nacho Cheese Doritos	1.00	pkg	90.0	1.5	15.7	1.5	172.5
Chips Tortilla Baked Tostitos	1.00	package	105.0	1.8	19.3	1.8	122.5
Crackers Goldfish Giant Oat Honey	1.00	Pkg	120.0	1.0	19.0	2.0	50.0
Crackers Goldfish Whole Grain Cheddar	1.00	Package	100.0	3.0	14.0	1.0	170.0
Pretzels Tiny Twist 1 Oz	1.00	PKG	110.0	2.0	23.0	1.0	450.0
Pretzels Heart Shape	1.00	PKG	120.0	2.0	23.0	3.0	200.0
Snack Mix Sun Morning Mix Ups	1.00	PKG	190.0	4.0	32.0	3.0	125.0
Other Snacks							
Item	Unit	Portion	Calories	Protein gm	Carb. gm	Fiber gm	Sodium mg
Muffin Apple Cinnamon Reduced Fat	1.00	1 Muffin	170.0	3.0	27.0	1.0	160.0
Muffin Blueberry Reduced Fat	1.00	1 Muffin	160.0	3.0	27.0	1.0	190.0
Muffin Corn	1.00	Muffin	200.0	5.0	35.0	1.0	390.0
Cereal Granola Cinnamon (mostly used in after school snacks)	0.50	Cup	146.7	3.3	28.7	2.0	20.0
Popcorn Kettlecorn	1.00	1 oz bag	120.0	2.0	21.0	2.0	180.0
Sunflower Seeds Honey Roasted	1.00	pkg	158.0	6.0	8.0	1.5	85.0
Item	Unit	Portion	Calories	Protein gm	Carb. gm	Fiber gm	Sodium mg
Sunflower Seeds Lite Salt Dakota	1.00	pkg	168.0	6.0	5.0	2.0	85.0
Cheese String Lite Mozzarella	1.00	1 oz pkg	76.5	8.0	1.0	0.0	210.0
Cheese Stick Cheddar Reduced Fat	1.00	1 oz pkg	95.5	7.0	0.0	0.0	200.0
Cheese Stick Colby Jack Reduced Fat	1.00	1 oz pkg	118.0	7.0	0.0	0.0	200.0
Yogurt 4 Oz Assorted Flavors	1.00	4 oz	94.0	3.0	20.2	0.0	75.0
Beverage Items							
Item	Unit	Portion	Calories	Protein gm	Carb. gm	Fiber gm	Sodium mg
Hot Chocolate Mix Sugar Free	1.00	each	54.0	2.3	9.6	1.0	165.0
Juice Orange 4 Fl-Oz	1.00	4 fl-oz carton	54.6	1.0	12.5	0.2	1.2
Juice Apple Blend Tree Top (not all sites)	1.00	10 fl-oz	150.0	0.0	37.0	0.0	10.0
Juice Grape Tree Top (not all sites)	1.00	10 fl-oz	150.0	0.0	37.0	0.0	10.0
Water - Small bottle 8 fl-oz	1.00	8 fl-oz	0.0	0.0	0.0	0.0	0.0
Water - larger Bottle 16.9 Fl-Oz 24 Ct	1.00	16.9 fl-oz	0.0	0.0	0.0	0.0	2.1
Low Fat Ice Cream & Frozen Yogurt							
Item	Unit	Portion	Calories	Protein gm	Carb. gm	Fiber gm	Sodium mg
Ice Cream Cup Cookies 'N' Cream Sundae	1.00	3 fl-oz	90.0	2.0	17.0	0.0	60.0
Ice Cream Cup Vanilla Light	1.00	3 fl-oz	80.0	2.0	15.0	0.0	55.0
Ice Cream Fudgy Bar Fat Free	1.00	2 fl-oz	70.0	2.0	15.0	0.0	50.0
Ice Cream Sandwich Cookies N Cream Lowfat Low Sugar	1.00	3 fl-oz	140.0	3.0	26.0	0.0	115.0
Ice Cream Sandwich Vanilla Lowfat/Low Sugar	1.00	3 fl-oz	120.0	3.0	22.0	0.0	115.0
Yogurt Frozen Treat Chocolate	1.00	3 fl-oz	90.0	3.0	18.0	0.0	65.0
Yogurt Frozen Treat Strawberry	1.00	3 fl-oz	90.0	3.0	18.0	0.0	65.0
Frozen 100% Juice Smoothie Single Servings - When Available							
Item	Unit	Portion	Calories	Protein gm	Carb. gm	Fiber gm	Sodium mg
Smoothie Tubemango/Apricot 2.5 Oz	1.00	2.5 oz each	70.0	3.0	16.0	0.0	20.0
Smoothie Tube Cherry 2.5 Oz	1.00	2.5 oz each	90.0	3.0	22.0	0.0	10.0
Smoothie Tubestrawberry 2.5 Oz	1.00	2.5 oz each	90.0	3.0	22.0	0.0	0.0
Smoothie Tube Ass'T Flavors 2.5 Oz	1.00	2.5 oz average	76.7	3.0	18.0	0.0	15.0
Smoothie Cup Tabatchnick Assorted, 6 oz:	1.00	Average	194.0	1.0	48.8	2.2	37.0
Smoothie Cup Mango/Apricot 6oz	1.00	6 oz cup	210.0	1.0	54.0	2.0	20.0
Smoothie Cup Blueberry 6 oz	1.00	6 oz cup	190.0	1.0	48.0	3.0	15.0
Smoothie Cup Raspberry 6 oz	1.00	6 oz cup	210.0	1.0	54.0	2.0	20.0
Smoothie Cup Cherry 6 oz	1.00	6 oz cup	210.0	1.0	54.0	2.0	20.0
Smoothie Cup Strawberry 6 oz	1.00	6 oz cup	210.0	1.0	54.0	2.0	20.0
Frozen Smoothies (Not All Sites)							
Item	Unit	Portion	Calories	Protein gm	Carb. gm	Fiber gm	Sodium mg
Smoothie: Lemonade (from frozen smoothie machine)	1.00	8 fl-oz	116.4	0.0	28.6	2.0	10.3
Smoothie: Strawberry (From frozen smoothie machine)	1.00	8 fl-oz	116.4	0.0	28.6	2.0	10.3
Smoothie: Mango (from frozen smoothie machine)	1.00	8 fl-oz	116.4	0.0	28.6	1.1	10.3
Fruits & Vegetables Available Ala Carte:							
Item	Unit	Portion	Calories	Protein gm	Carb. gm	Fiber gm	Sodium mg
Fruit Fresh Seasonal Serving	1.00	Serving	40.5	0.6	10.2	1.4	3.1
Fruit Canned Ass'T	1.00	Half Cup	71.1	0.3	18.4	1.2	5.4
Corn On The Cob Roasted	1.00	Each	123.0	4.6	27.2	3.9	21.0
Baby Carrots	1.00	pkg	9.9	0.2	2.3	0.8	22.1