

Nutritional Analysis for Entrées at the Secondary Level

Updated 1/9/19

Fat, Saturated Fat, Fiber, and Carbohydrates are measured in grams and Sodium in milligrams.

<u>Item</u>	<u>Serving Size</u>	<u>Calories</u>	<u>Fat Grams</u>	<u>Sat. Fat</u>	<u>Sodium</u>	<u>Carbs</u>	<u>Sugars</u>	<u>Fiber</u>
Apple Cinnamon Texas Toast	1 slice	260	6	1	290	45	17	2
Asian Chicken w/Brown Rice	serving	405	18	3	646	39	8	5
Bean Wrap	1 wrap	378	18	10	763	39	2	5
Beef and Broccoli w/Brown Rice	1 serving	103	3	1	823	7	4	1
Beef and Cheddar Sandwich	1 sandwich	240	12	5	710	17	3	2
Beef Pot Roast in Gravy*	1 serving	107	1	1	467	8	0	0
Bosco Cheese Breadstick*	2 breadsticks	420	14	6	540	52	4	4
Boxed Lunch - Ham (HS)	1 lunch	649	28	6	1559	74	24	6
Boxed Lunch - Turkey (HS)	1 lunch	636	26	5	1490	72	23	5
Breakfast Burrito	1 burrito	426	21	9	992	31	3	3
Calzone, Pepperoni	1	340	13	5	510	35	5	3
Cheeseburger on Bun	1	376	19	7	669	30	5	3
Chicken Alfredo Pasta Bowl*	1 bowl	459	19	9	1199	34	8	1
Chicken Caesar Sandwich	1 sandwich	355	12	2	971	30	4	4
Chicken Drumstick	1 drumstick	190	11	3	450	5	0	1
Chicken Fajita Bowl*	1/2 cup	384	19	9	831	25	1	1
Chicken Noodle Rice Soup *	2/3 cup	107	4	1	532	7	1	1
Chicken Patty on Bun	serving	400	15	3	650	44	5	5
Chicken Patty on Bun w/Cheese	serving	450	20	5	875	45	6	5
Chicken Salad on Croissant	serving	436	22	6	634	39	10	2
Chicken Smackers	10 smackers	269	13	3	590	20	0	3
Chicken Tenders	4 tenders	347	20	3	520	21	1	4
Chicken Wrap	1 wrap	373	16	7	873	31	2	3
Chili w/Meat *	2/3 cup	177	9	4	421	9	4	2
Corn Dogs, Mini	6	270	12	4	420	30	6	5
Cottage Cheese & Banana Bread	serving	260	3	1	514	42	23	1
Crispito, Chicken & Cheese	2 pieces	360	14	5	560	44	8	2
Crispito, Chicken Chili	2 pieces	540	28	6	740	46	2	6
Dutch Waffle	1 waffle	300	13	3	350	43	12	3
Egg Salad on Bread	1 sandwich	201	13	3	264	7	4	0
Egg/Saus/Cheese on Eng. Muffin	1	340	21	8	720	25	2	3
Eggs, Scrambled	1/3 cup	70	4	1	220	1	1	0
Fish Patty on Bun	1	320	8	1	520	45	5	3
French Toast Sticks w/Sausage Patty	1 serving	340	21	7	550	24	8	2
Garlic Cheese Bread	1 piece	260	11	5	380	28	2	3
Ham Wrap	1 wrap	381	19	6	1103	33	5	3
Hamburger on Bun	1	326	14	5	444	29	4	3
Honey Rib on Bun	1pc	360	12	4	860	42	14	4
Hot Dog on Bun 2 per serv	2 pc	440	21	5	880	40	6	8
Hummus and Heartzel Pretzels	1	323	14	0	888	43	4	10
Kickin Bacon Mac and Cheese*	2/3 cup	326	15	8	693	34	5	1

<u>Item</u>	<u>Serving Size</u>	<u>Calories</u>	<u>Fat Grams</u>	<u>Sat. Fat</u>	<u>Sodium</u>	<u>Carbs</u>	<u>Sugars</u>	<u>Fiber</u>
Lasagna Rollup with Sauce	1 piece	255	6	4	525	32	7	3
Macaroni w/Cheese*	2/3 cup	539	32	16	1456	41	10	2
Meatballs on Hoagie w/cheese	serving	425	18	8	791	37	9	6
Mozzarella Sticks	6 sticks	310	11	4	560	33	2	3
Omelet, Cheese	1 omelet	120	10	4	300	1	0	0
Pepperoni Pizza Bites	4 pieces	270	10	3	570	29	3	4
Pepperoni Pizza Stix	1 piece	290	13	5	550	27	3	3
Philly Beef Sandwich	1 sandwich	403	14	6	807	32	7	3
Pizza, BBQ Chicken	1 slice	400	16	7	1112	43	15	1
Pizza, Bosco Cheese	1 slice	310	11	5	540	34	4	3
Pizza, Fiestada	1 slice	340	14	6	850	39	10	4
Pizza, Homemade Cheese	1 slice	360	15	9	996	35	5	2
Pizza, Homemade Ham & Sausage	1 slice	377	18	8	1055	33	4	2
Pizza, Homemade Hawaiian	1 slice	393	18	8	1124	35	6	2
Pizza, Homemade Pepperoni	1 slice	403	19	10	1137	35	5	2
Pizza, Max Cheese Round	1 pizza	320	12	4	580	39	4	4
Pizza, Max Pepperoni 5" Round	1 pizza	320	12	4	650	39	5	5
Pizza, S&F Cheese	1 slice	310	11	5	510	37	3	1
Pizza, S&F Pepperoni	1 slice	340	14	6	600	36	3	1
Pizza, Stuffed Crust Cheese	1 slice	370	16	8	580	40	10	4
Pizzadilla, Cheese	4.83 oz.	320	12	3	710	39	3	4
Pizzadilla, Chicken	5 oz.	300	10	2	700	37	2	4
Popcorn Chicken & Potato Bowl*	1 bowl	542	23	4	931	62	5	7
Pork Choppette*	1 patty	270	16	5	390	18	1	2
Potato Wedges/Taco Meat & Cheese	1 serving	807	52	22	2662	38	10	3
Rotini Pasta with Meat Sauce*	1/2 cup	210	7	2	334	26	4	2
Rotini Pasta with Saucy Meatballs*	1 serving	344	12	4	720	37	11	6
Rotini Pasta with Spaghetti Sauce*	1 serving	155	2	0	490	31	8	3
Spicy Chicken on Bun w/swiss cheese	1 sandwich	480	21	6	775	47	5	5
Spicy Chicken on Bun w/o swiss cheese	1 sandwich	430	17	3	590	46	5	5
Spicy Chicken Tenders	4 tenders	360	20	4	533	23	1	4
Thai Chili Chicken Rice Bowl	1/3 cup	197	3	0	307	32	10	1
Teriyaki Chicken Rice Bowl	1/3 cup	221	3	1	385	31	13	1
Tuna on Bread	1 sandwich	137	4	1	259	5	3	0
Turkey Burger on Pretzel Bun	1 burger	270	9	3	360	29	2	3
Turkey Gravy*	serving	138	9	2	1030	8	1	0
Turkey Wrap	1 wrap	379	17	6	1059	34	5	3
Veggie Wrap w/String Cheese	1 wrap	558	32	17	1104	39	6	5
Walking Taco	1 serving	466	30	15	978	25	1	2
Wet Burrito*	serving	638	33	19	1557	51	8	6
White Chicken Chili*	2/3 cup	186	5	1	471	22	3	5
Wild Mike's Cheese Bites	4 bites	280	12	4	540	28	0	4
Yogurt Parfait with Blackberries	1 parfait	136	2	1	70	25	21	4
Yogurt Parfait with Raw Blueberries	1 parfait	146	2	1	71	28	25	2
Yogurt Parfait with Frozen Blueberries	1 parfait	158	2	1	80	30	25	2

<u>Item</u>	<u>Serving Size</u>	<u>Calories</u>	<u>Fat Grams</u>	<u>Sat. Fat</u>	<u>Sodium</u>	<u>Carbs</u>	<u>Sugars</u>	<u>Fiber</u>
-------------	---------------------	-----------------	------------------	-----------------	---------------	--------------	---------------	--------------

HUDSONVILLE SACK LUNCH

<u>Item</u>	<u>Serving Size</u>	<u>Calories</u>	<u>Fat Grams</u>	<u>Sat. Fat</u>	<u>Sodium</u>	<u>Carbs</u>	<u>Sugars</u>	<u>Fiber</u>
Turkey/Cheese on Bun	1 sandwich	278	7	3	730	30	5	2
Mini Rice Krispie Bar (Elem)	1 bar	50	1	0	45	9	3	0
Fruit Rollup (MS/HS)	1 roll	50	1	1	55	11	4	2
Apple, fresh	1 apple	95	0	0	2	25	19	4
Baby Carrots	6 carrots	21	0	0	47	5	3	2
Milk, Chocolate	1 carton	110	0	0	180	20	18	0
Milk, White Low Fat	1 carton	100	3	2	120	11	11	0
Mustard	packet	3	0	0	55	0	0	0
Mayo	packet	40	4	1	100	2	0	0

<u>Additional Items</u>	<u>Serving Size</u>	<u>Calories</u>	<u>Fat Grams</u>	<u>Sat. Fat</u>	<u>Sodium</u>	<u>Carbs</u>	<u>Sugars</u>	<u>Fiber</u>
*AuGratin Potatoes	#8 scoop	158	6	3	264	23	4	1
*Bacon Crumbles	1 Tbsp	25	2	1	110	0	0	0
*Baked Scoops	1 bag	110	3	0	125	19	0	2
*Biscuit	1	200	9	7	440	27	2	2
*Black Beans	1/2 cup	120	0	0	360	20	1	8
*Blueberry Muffin	1 muffin	190	7	1	135	30	15	1
*Bosco	1	210	7	3	270	26	2	2
*Breadstick	1	70	1	0	95	14	2	1
*Broccoli	1/3 cup	13	0	0	9	2	1	1
*Cheese, Shredded for Chicken Bowl	1 oz	110	9	6	190	1	0	0
*Chicken Gravy for Pork Chopette	#16 scoop	47	0	0	240	10	3	0
*Chili Sauce for Hot Dog	#16 scoop	60	2	1	310	8	0	1
*Dinner Roll	1 roll	90	2	0	125	17	2	2
*Doritos	1 bag	130	5	1	200	20	0	2
*Garlic Breadstick	breadstick	90	1	0	150	17	2	2
*Garlic Toast	1	80	4	1	150	11	0	1
*Granola	#16 scoop	72	1	0	31	16	6	1
*Mashed Potatoes	1/2 cup	90	2	0	414	17	0	1
*Pancake Syrup	1.5 oz	120	0	0	0	31	19	0
*Pico de Gallo	#30 scoop	5	0	0	30	1	1	0
*Redpack Spaghetti Sauce	1/2 cup	50	0	0	450	10	7	3
*Pretzel Bun	bun	160	3	1	40	29	2	3
*Refried Beans	1/2 cup	53	1	0	290	9	0	2
*Rice, Brown	1/2 cup	73	1	0	17	15	0	1
*Tomato Soup	1/2 cup	54	0	0	229	10	7	0
*Tortilla Chips (5)	5 chips	15	1	0	7	2	0	0
*Turkey Ham, Diced	2 oz.	66	3	1	352	1	0	0
*Whole Grain Honey Bread	1 slice	90	1	0	160	17	3	2

*Entrée is grouped with additional item.

****Notice: The data contained within this report should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.**