

**Nutritional Analysis for Entrées at the Secondary Level**

**Updated 3/2/2020**

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

| <b>Item</b>                           | <b>Serving Size</b> | <b>Calories</b> | <b>Fat Grams</b> | <b>Sat. Fat</b> | <b>Sodium</b> | <b>Carbs</b> | <b>Sugars</b> | <b>Fiber</b> |
|---------------------------------------|---------------------|-----------------|------------------|-----------------|---------------|--------------|---------------|--------------|
| Apple Cinnamon Texas Toast            | 1 slice             | 260             | 6                | 1               | 290           | 45           | 17            | 2            |
| Asian Chicken w/Brown Rice            | serving             | 471             | 18               | 3               | 828           | 54           | 16            | 5            |
| Bean Wrap                             | 1 wrap              | 485             | 24               | 12              | 879           | 43           | 3             | 6            |
| Beef Pot Roast in Gravy*              | 1 serving           | 107             | 22               | 1               | 467           | 8            | 0             | 0            |
| Bosco Cheese Breadstick*              | 2 breadsticks       | 470             | 15               | 6               | 1070          | 64           | 8             | 4            |
| Boxed Lunch - Ham <b>(HS)</b>         | 1 lunch             | 646             | 28               | 8               | 1505          | 75           | 24            | 6            |
| Boxed Lunch - Turkey <b>(HS)</b>      | 1 lunch             | 631             | 26               | 7               | 1503          | 72           | 23            | 5            |
| Calzone, Ham and Cheese               | 1                   | 280             | 11               | 5               | 590           | 31           | 4             | 3            |
| Calzone, Pepperoni                    | 1                   | 280             | 11               | 6               | 590           | 32           | 6             | 3            |
| Cheeseburger on Bun                   | 1                   | 366             | 19               | 8               | 659           | 29           | 5             | 3            |
| Chicken Alfredo Pasta Bowl*           | 1 bowl              | 455             | 20               | 9               | 1193          | 34           | 7             | 1            |
| Chicken Caesar Sub                    | 1 sub               | 346             | 12               | 2               | 949           | 30           | 5             | 4            |
| Chicken Drumstick*                    | 1 drumstick         | 190             | 11               | 3               | 450           | 5            | 0             | 1            |
| Chicken Fajita Bowl*                  | 1/2 cup             | 485             | 20               | 8               | 1005          | 45           | 2             | 2            |
| Chicken Noodle Rice Soup *            | 2/3 cup             | 107             | 3                | 1               | 546           | 7            | 1             | 1            |
| Chicken Patty on Bun                  | serving             | 390             | 15               | 4               | 640           | 43           | 5             | 5            |
| Chicken Patty on Bun w/Cheese         | serving             | 440             | 20               | 6               | 865           | 44           | 6             | 5            |
| Chicken Salad on Croissant            | serving             | 435             | 22               | 7               | 633           | 39           | 10            | 2            |
| Chicken Smackers                      | 10 smackers         | 260             | 13               | 3               | 550           | 17           | 0             | 3            |
| Chicken Tenders                       | 4 tenders           | 347             | 20               | 3               | 550           | 17           | 0             | 3            |
| Chicken Wrap                          | 1 wrap              | 373             | 16               | 6               | 823           | 30           | 2             | 3            |
| Chili w/Meat *                        | 2/3 cup             | 189             | 9                | 4               | 428           | 10           | 4             | 2            |
| Corn Dogs, Mini                       | 6                   | 270             | 12               | 4               | 480           | 45           | 6             | 5            |
| Cottage Cheese & Banana Bread         | serving             | 260             | 3                | 1               | 512           | 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 Roll, Chicken (See Fried Rice)    | 1 Egg Roll          | 150             | 5                | 1.5             | 550           | 20           | 2             | 2            |
| Egg Salad on Bread                    | 1 sandwich          | 202             | 13               | 4               | 344           | 7            | 4             | 0            |
| Egg/Saus/Cheese on Eng. Muffin        | 1                   | 405             | 27               | 10              | 810           | 26           | 2             | 3            |
| Eggs, Scrambled                       | 1/3 cup             | 70              | 4                | 1               | 220           | 1            | 1             | 0            |
| Fish Patty on Bun                     | 1                   | 310             | 8                | 2               | 510           | 44           | 5             | 3            |
| French Toast Sticks w/Sausage Patties | 1 serving           | 570             | 43               | 14              | 850           | 28           | 11            | 2            |
| Fried Rice (See Chicken Egg Roll)     | 1 cup               | 351             | 7                | 1               | 695           | 55           | 4             | 4            |
| Garlic Cheese Bread                   | 1 piece             | 260             | 11               | 5               | 380           | 28           | 2             | 3            |

| Item                                  | Serving Size | Calories | Fat Grams | Sat. Fat | Sodium | Carbs | Sugars | Fiber |
|---------------------------------------|--------------|----------|-----------|----------|--------|-------|--------|-------|
| Ham Wrap                              | 1 wrap       | 389      | 20        | 6        | 1019   | 34    | 5      | 3     |
| Hamburger on Bun                      | 1            | 316      | 14        | 6        | 436    | 29    | 4      | 3     |
| Honey Rib on Bun                      | 1pc          | 350      | 12        | 5        | 850    | 41    | 14     | 4     |
| Hot Dog on Bun 2 per serv*            | 2 pc         | 480      | 23        | 6        | 780    | 44    | 6      | 4     |
| Hummus and Heartzel Pretzels          | 1            | 323      | 13        | 0        | 888    | 44    | 4      | 10    |
| Kickin Bacon Mac and Cheese*          | 2/3 cup      | 320      | 15        | 8        | 693    | 34    | 5      | 1     |
| Lasagna Rollup with Sauce*            | 1 piece      | 255      | 6         | 4        | 525    | 32    | 7      | 3     |
| Macaroni w/Cheese*                    | 2/3 cup      | 376      | 21        | 11       | 966    | 28    | 7      | 1     |
| Meatballs on Hoagie w/cheese          | serving      | 425      | 18        | 8        | 791    | 37    | 9      | 5     |
| Mozzarella Sticks*                    | 6 sticks     | 315      | 12        | 4        | 540    | 33    | 3      | 3     |
| Omelet, Cheese                        | 1 omelet     | 120      | 10        | 4        | 300    | 1     | 0      | 0     |
| Orange Chicken over Brown Rice        | 1/2 cup      | 365      | 6         | 1        | 390    | 62    | 13     | 4     |
| Pepperoni Pizza Bites                 | 4 pieces     | 270      | 10        | 3        | 570    | 29    | 3      | 4     |
| Pepperoni Pizza Stix                  | 1 piece      | 280      | 12        | 5        | 550    | 27    | 3      | 3     |
| Philly Beef Sandwich                  | 1 sandwich   | 281      | 15        | 7        | 623    | 5     | 3      | 1     |
| Pizza, Big Daddy's Cheese             | 1 slice      | 360      | 16        | 8        | 470    | 35    | 6      | 4     |
| Pizza, Big Daddy's Pepperoni          | 1 slice      | 360      | 17        | 8        | 570    | 34    | 6      | 4     |
| Pizza, Big Daddy's with Sausage       | 1 slice      | 435      | 22        | 10       | 639    | 36    | 7      | 5     |
| Pizza, Big Daddy's with Veggies       | 1 slice      | 365      | 16        | 8        | 470    | 36    | 6      | 4     |
| Pizza, Bosco Cheese                   | 1 slice      | 310      | 11        | 5        | 540    | 34    | 4      | 3     |
| Pizza, Fiestada                       | 1 slice      | 360      | 14        | 6        | 710    | 43    | 8      | 4     |
| Pizza, Max Cheese Round               | 1 pizza      | 310      | 10        | 3        | 470    | 40    | 5      | 4     |
| Pizza, Max Pepperoni 5" Round         | 1 pizza      | 300      | 9         | 3        | 530    | 39    | 5      | 4     |
| Pizza, S&F Cheese                     | 1 slice      | 310      | 11        | 5        | 510    | 37    | 3      | 1     |
| Pizza, S&F Pepperoni                  | 1 slice      | 340      | 14        | 6        | 610    | 38    | 3      | 1     |
| Pizza, Stuffed Crust Cheese           | 1 slice      | 370      | 16        | 8        | 580    | 40    | 10     | 4     |
| Popcorn Chicken & Potato Bowl*        | 1 bowl       | 545      | 23        | 4        | 930    | 62    | 5      | 7     |
| Pork Choppette*                       | 1 patty      | 270      | 16        | 5        | 390    | 18    | 1      | 2     |
| Potato Wedges/Taco Meat & Cheese      | 1 serving    | 869      | 54        | 24       | 2743   | 44    | 10     | 4     |
| Rotini Pasta with Meat Sauce*         | 1/2 cup      | 216      | 6         | 2        | 428    | 28    | 5      | 2     |
| Rotini Pasta with Saucy Meatballs*    | 1 serving    | 334      | 13        | 4        | 715    | 36    | 9      | 4     |
| Rotini Pasta with Spaghetti Sauce*    | 1 serving    | 150      | 2         | 0        | 490    | 31    | 7      | 3     |
| Spicy Chicken on Bun w/swiss cheese   | 1 sandwich   | 470      | 21        | 7        | 765    | 46    | 5      | 5     |
| Spicy Chicken on Bun w/o swiss cheese | 1 sandwich   | 420      | 17        | 4        | 580    | 45    | 5      | 5     |
| Spicy Chicken Tenders                 | 4 tenders    | 347      | 20        | 3        | 520    | 23    | 1      | 4     |
| Stromboli, Meat Lovers                | 1            | 270      | 11        | 4        | 660    | 28    | 4      | 2     |
| Teriyaki Chicken Rice Bowl            | 1/3 cup      | 306      | 4         | 1        | 385    | 49    | 13     | 2     |

| <b>Item</b>                               | <b>Serving Size</b> | <b>Calories</b> | <b>Fat Grams</b> | <b>Sat. Fat</b> | <b>Sodium</b> | <b>Carbs</b> | <b>Sugars</b> | <b>Fiber</b> |
|---|---------------------|-----------------|------------------|-----------------|---------------|--------------|---------------|--------------|
| Thai Chili Chicken Rice Bowl              | 1/3 cup             | 282             | 3                | 0               | 307           | 50           | 10            | 2            |
| Tuna on Bread                             | 1 sandwich          | 137             | 4                | 1               | 257           | 5            | 3             | 0            |
| Turkey Gravy*                             | serving             | 137             | 9                | 2               | 1048          | 8            | 1             | 0            |
| Turkey Wrap                               | 1 wrap              | 384             | 17               | 5               | 1041          | 33           | 5             | 3            |
| Veggie Wrap w/String Cheese               | 1 wrap              | 557             | 33               | 15              | 1044          | 37           | 7             | 5            |
| Walking Taco*                             | 1 serving           | 466             | 30               | 13              | 958           | 23           | 1             | 2            |
| Wet Burrito*                              | serving             | 508             | 24               | 12              | 1266          | 41           | 6             | 7            |
| Wild Mike's Cheese Bites                  | 4 bites             | 280             | 12               | 4               | 540           | 28           | 0             | 4            |
| Yogurt, Strawberry w/Frozen Blackberries  | 1 parfait           | 260             | 3                | 1               | 127           | 51           | 36            | 6            |
| Yogurt, Strawberry w/Frozen Blueberries   | 1 parfait           | 227             | 3                | 1               | 126           | 42           | 30            | 2            |
| Yogurt, Strawberry w/Frozen Strawberries  | 1 parfait           | 227             | 3                | 1               | 127           | 43           | 29            | 2            |
| Yogurt, Strawberry w/Raw Blackberries     | 1 parfait           | 218             | 3                | 1               | 127           | 41           | 28            | 4            |
| Yogurt, Strawberry w/Raw Blueberries      | 1 parfait           | 228             | 3                | 1               | 128           | 44           | 30            | 2            |
| Yogurt, Strawberry w/Raw Strawberries     | 1 parfait           | 222             | 3                | 1               | 127           | 42           | 29            | 3            |
| Yogurt, Vanilla, with Frozen Blackberries | 1 parfait           | 234             | 3                | 2               | 106           | 45           | 37            | 6            |
| Yogurt, Vanilla, with Frozen Blueberries  | 1 parfait           | 201             | 3                | 2               | 106           | 36           | 31            | 2            |
| Yogurt, Vanilla, with Frozen Strawberries | 1 parfait           | 201             | 3                | 2               | 106           | 37           | 30            | 2            |
| Yogurt, Vanilla, with Raw Blackberries    | 1 parfait           | 192             | 3                | 2               | 106           | 35           | 29            | 4            |
| Yogurt, Vanilla, with Raw Blueberries     | 1 parfait           | 203             | 3                | 2               | 107           | 38           | 31            | 2            |
| Yogurt, Vanilla, with Raw Strawberries    | 1 parfait           | 232             | 3                | 2               | 106           | 45           | 36            | 5            |
|   |                     |                 |                  |                 |               |              |               |              |
|   |                     |                 |                  |                 |               |              |               |              |

### HUDSONVILLE SACK LUNCH

| <b>Item</b>                 | <b>Serving Size</b> | <b>Calories</b> | <b>Fat Grams</b> | <b>Sat. Fat</b> | <b>Sodium</b> | <b>Carbs</b> | <b>Sugars</b> | <b>Fiber</b> |
|-----------------------------|---------------------|-----------------|------------------|-----------------|---------------|--------------|---------------|--------------|
| Turkey/Cheese on Bun        | 1 sandwich          | 272             | 8                | 4               | 743           | 29           | 5             | 2            |
| 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% Fat Free | 1 carton            | 150             | 3                | 2               | 230           | 24           | 11            | 0            |
| Milk, White 1% Low Fat      | 1 carton            | 100             | 0                | 0               | 120           | 11           | 11            | 0            |
| Mustard                     | packet              | 3               | 0                | 0               | 55            | 0            | 0             | 0            |
| Mayo                        | packet              | 40              | 4                | 0               | 100           | 2            | 1             | 0            |

| <b>Additional Item</b>             | <b>Serving Size</b> | <b>Calories</b> | <b>Fat Grams</b> | <b>Sat. Fat</b> | <b>Sodium</b> | <b>Carbs</b> | <b>Sugars</b> | <b>Fiber</b> |
|------------------------------------|---------------------|-----------------|------------------|-----------------|---------------|--------------|---------------|--------------|
| *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               | 410           | 27           | 2             | 2            |
| *Black Beans                       | 1/2 cup             | 100             | 0                | 0               | 520           | 18           | 2             | 6            |
| *Blueberry Muffin                  | 1 muffin            | 190             | 7                | 1               | 135           | 30           | 15            | 1            |
| *Bosco                             | 1                   | 210             | 7                | 3               | 290           | 27           | 1             | 1            |
| *Broccoli                          | 1/2 cup             | 17              | 0                | 0               | 10            | 3            | 1             | 2            |
| *Cheese, Shredded for Chicken Bowl | 1 oz                | 110             | 9                | 5               | 180           | 0            | 0             | 0            |
| *Chicken Gravy for Pork Chopette   | #16 scoop           | 47              | 0                | 0               | 240           | 10           | 3             | 0            |
| *Chili Sauce for Hot Dog           | #16 scoop           | 70              | 2                | 1               | 310           | 10           | 0             | 1            |
| *Dinner Roll                       | 1 roll              | 100             | 2                | 0               | 115           | 18           | 3             | 2            |
| *Doritos, Reduced Fat              | 1 bag               | 130             | 5                | 1               | 200           | 20           | 0             | 2            |
| *Garlic Toast                      | 1                   | 80              | 4                | 0               | 150           | 10           | 0             | 1            |
| *Granola                           | #16 scoop           | 99              | 1                | 0               | 43            | 22           | 8             | 2            |
| *Mashed Potatoes                   | 1/2 cup             | 90              | 1                | 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             | 45              | 1                | 0               | 445           | 9            | 5             | 2            |
| *Refried Beans                     | 1/2 cup             | 75              | 1                | 0               | 265           | 13           | 0             | 4            |
| *Rice, Brown                       | 1/2 cup             | 73              | 1                | 0               | 17            | 15           | 0             | 1            |
| *Salsa                             | 2 TSBP              | 10              | 0                | 0               | 250           | 2            | 1             | 0            |
| *Sweet & Sour Sauce                | 2 TBSP              | 60              | 0                | 0               | 110           | 14           | 11            | 0            |
| *Tomato Soup                       | 1/2 cup             | 76              | 0                | 0               | 344           | 16           | 10            | 1            |
| *Tortilla Chips (5)                | 5 chips             | 14              | 0                | 1               | 8             | 2            | 0             | 0            |
| *Turkey Ham, Diced                 | 2 oz.               | 72              | 3                | 1               | 315           | 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.