

Nutritional Analysis for Bars at the Secondary Level

Updated 2/12/2020

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

Chicken Alfredo Bar	Serving Size	Calories	Fat	Sat. Fat	Sodium	Carbs	Sugars	Fiber
Rotini Pasta	1/2 cup	100	1	0	0	21	1	1
Alfredo Sauce	1/2 cup	180	10	6	748	10	6	0
Chicken Fajita Meat	1/2 cup	175	9	3	445	3	0	0
Broccoli, frozen	1/2 cup	17	0	0	10	3	1	2
Garlic Toast	1 slice	80	4	0	150	10	0	1

Classic Mac and Cheese Bar	Serving Size	Calories	Fat	Sat. Fat	Sodium	Carbs	Sugars	Fiber
Macaroni & Cheese	2/3 cup	376	21	11	966	28	7	1
Ham	2 oz.	20	1	0	173	0	0	0
Bacon	1 Tbsp.	25	2	1	110	0	0	0
Broccoli, frozen	1/2 cup	17	0	0	10	3	1	2
Blueberry Muffin	muffin	190	7	1	135	30	15	1

Deli Bar	Serving Size	Calories	Fat	Sat. Fat	Sodium	Carbs	Sugars	Fiber
Ham (turkey ham) sliced	2 slices	36	2	0	158	0	0	0
Turkey sliced	2 slices	45	1	0	225	0	0	0
Chicken Strips	2 strips	80	2	0	434	0	0	0
American Cheese Slice	1 slice	55	5	3	225	1	1	0
Swiss Cheese Slice	1 slice	50	4	3	185	1	0	0
Pepperjack Cheese Slice	1 slice	80	6	4	140	0	0	0
Lettuce, Romaine Ribbons	1/2 oz.	3	0	0	0	1	1	1
Spinach	1/2 oz.	2	0	0	12	0	0	0
Tomatoes	2 slices	7	0	0	2	2	1	0
Pickles	1 oz.	0	0	0	360	0	0	0
Banana Peppers	1 oz.	5	0	0	280	1	0	0
Black Olives	2 tbls	30	3	0	150	1	0	0
Cucumber Slices	3 oz.	9	0	0	0	2	1	1
Mini Sub Bun	1 bun	170	3	1	250	28	4	3
Tortilla Shell (10")	1 shell	180	5	2	210	29	2	3
Hamburger Bun	1 bun	150	2	1	180	28	4	2
Flatbread	1	150	3	0	135	26	1	3

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Fajita Bowl	Serving Size	Calories	Fat	Sat. Fat	Sodium	Carbs	Sugars	Fiber
Chicken Fajita Meat	1/2 cup	175	9	3	445	3	0	0
Mexican Rice	8 oz.	200	2	0	380	42	2	2
Shredded Cheese	1/4 cup	231	19	12	356	0	0	0
Lettuce, Romaine Ribbons	1/2 oz.	3	0	0	0	1	1	1
Onions-diced	2 tbls	11	0	0	3	2	0	0
Tomatoes-diced	1/4 cup	9	0	0	98	1	0	1
Fiesta Black Beans	4 oz.	120	1	0	460	22	1	5
Sour Cream	2 tbls	30	2	1	35	3	2	0
Pico de Gallo	#30 scoop	5	0	0	30	1	1	0

Hot Deli Bar	Serving Size	Calories	Fat	Sat. Fat	Sodium	Carbs	Sugars	Fiber
Pulled Pork	1/3 cup	190	12	4	270	1	3	0
Saucy Meatballs (meatballs with sauce_	4 meatballs	162	9	4	327	7	3	1
American Cheese Slice	1 slice	55	5	3	225	1	1	0
Swiss Cheese Slice	1 slice	50	4	3	185	1	0	0
Pepperjack Cheese Slice	1 slice	80	6	4	140	0	0	0
Cheddar, shredded	1 oz.	110	9	5	180	0	0	0
Mozzarella, shredded	1 oz.	91	6	4	182	1	1	0
Lettuce, Romaine Ribbons	1/2 oz.	3	0	0	0	1	1	1
Spinach	1/2 oz.	2	0	0	12	0	0	0
Tomatoes	2 slices	7	1	0	2	2	1	0
Pickles	1 oz.	0	0	0	360	0	0	0
Banana Peppers	1 oz.	5	0	0	460	1	0	0
Black Olives	2 tbls	30	3	1	150	1	0	0
Cucumber Slices	3 oz.	9	0	0	0	2	1	1
Mini Sub Bun	1 bun	170	3	1	280	28	4	3
Tortilla Shell (10")	1 shell	180	5	2	210	29	2	3
Hamburger Bun	1 bun	150	2	1	180	28	4	2
Flatbread	1	150	3	0	135	26	1	3

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Meatball Pasta Bar	Serving Size	Calories	Fat	Sat. Fat	Sodium	Carbs	Sugars	Fiber
Rotini Pasta	1/2 cup	100	1	0	0	21	1	1
Redpack Spaghetti Sauce	1/2 cup	50	0	0	490	10	6	2
Broccoli, frozen	1/2 cup	17	0	0	10	3	1	2
Meatballs	5	189	11	4	270	6	3	1
Parmesan Cheese	1 Tbsp.	20	2	1	70	0	0	0
Garlic Toast	1 slice	80	4	0	150	10	0	1

Pasta Bar	Serving Size	Calories	Fat	Sat. Fat	Sodium	Carbs	Sugars	Fiber
Rotini Pasta	1/2 cup	100	1	0	0	21	1	1
Redpack Spaghetti Sauce	1/2 cup	50	0	0	490	10	6	2
Meat Sauce	1/2 cup	170	11	6	660	10	5	0
Parmesan Cheese	1 Tbsp.	20	2	1	70	0	0	0
Garlic Cheese Toast	1 slice	80	4	0	150	10	0	1

Potato Bar	Serving Size	Calories	Fat	Sat. Fat	Sodium	Carbs	Sugars	Fiber
Potato Wedges	10 pieces	173	8	3	373	24	0	3
Broccoli	1/2 cup	17	0	0	10	3	1	2
Onions-diced	2 tbls	11	0	0	3	2	0	0
Sour Cream	2 tbls	30	2	1	35	3	2	0
Chives	1/4 tsp	1	0	0	0	0	0	0
Taco Meat (beef)	1/4 cup	45	2	1	147	1	0	1
Homemade Queso	1/3 cup	313	24	12	1052	8	7	0
Bacon Bits	1 tbls	25	1	0	120	2	1	1
Garlic Toast	1 piece	80	4	0	150	10	0	1

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Taco Bar	Serving Size	Calories	Fat	Sat. Fat	Sodium	Carbs	Sugars	Fiber
Taco Meat (beef)	1/2 cup	248	14	6	804	6	1	0
6" Flour Tortilla	2 shells	180	6	4	150	30	2	4
5" Corn Hard Shell	2 shells	100	4	2	0	14	0	2
Shredded Cheese	1/4 cup	220	18	10	360	0	0	0
Lettuce, Romaine Ribbons	1/2 oz.	2.5	0	0	0	0	0	0
Onions-diced	2 tbls	11	0	0	3	2	0	0
Tomatoes-diced	1/4 cup	9	0	0	98	1	0	1
Jalapeno Peppers	2oz	10	0	0	560	2	0	2
Sour Cream	2 tbls	30	2	1	35	3	2	0
Refried Beans	1/2 cup	75	1	0	265	13	0	4
Pico de Gallo	#30 scoop	5	0	0	30	1	1	0

Yogurt Bar	Serving Size	Calories	Fat	Sat. Fat	Sodium	Carbs	Sugars	Fiber
Yogurt, Strawberry	1 cup	210	2	2	140	40	35	0
Yogurt, Vanilla	1 cup	170	3	2	140	27	20	0
Trix Cereal	1/4 cup	30	0	0	45	7	3	0
Gripz Graham Cereal	1/4 cup	62	2	1	41	10	3	2
Granola Cereal	1/4 cup	99	1	0	43	22	8	2
Dried Cherries	1/4 cup	113	0	0	0	28	20	2
Canned Fruit (pineapple)	1/3 cup	44	0	0	0	11	9	1
Strawberry (raw)	1/3 cup	24	0	0	0	6	4	2
Strawberry (frozen)	1/3 cup	27	0	0	0	7	3	1
Blueberries (raw)	1/4 cup	21	0	0	1	5	3	1
Blueberries (frozen)	1/4 cup	24	0	0	5	6	4	1

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