



	Recipe #	Serving Size	Calories	Fat (g)	Protein (g)	Sodium (mg)	Carbs (g)	Fiber (g)	WW Pts
Elementary and Primary Schools									
Updated for SEPTEMBER 2011 Menus									
ENTREES									
e	132	3/4 cup	335	14	24	302	29	3	7
Brunswick Stew	39	3/4 cup	362	10	38	1320	32	3	7
Catfish	190	2	190	12	12	370	11	3	4
Catfish	1864		246	13	18	399	12	1	6
Cheeseburger	242	1	307	15	20	707	22	3	7
Chicken Baked (w/ skin)	834	1	493	28	50	1656	1	0	12
Chicken BBQ	1504	1	522	28	46	2350	18	0	13
Chicken Breaded	1533	1	589	36	48	596	18	0	15
Chicken Chunk	1657	4	213	6.7	17	480	20	1.3	5
Chicken Mandarin Orange	1643		210	8	13	281	20	0	5
Chicken Nuggets	108	5	150	7	15	340	7	0	4
Chicken Oven Fried	403	1	489	30	48	412	5	1	12
Chicken Popcorn	119	10 pcs	151	7	15	312	7	0	4
Chicken Salad	18	2 oz	85	4	9	127	3	0	2
Chicken Salad	462	2 oz	76	4	9	116	1	0	2
Chicken Sweet and Sour	1655		246	9	13	256	29	0	6
Chicken Teriyaki	1642		90	2	11	300	6	0	2
Chili Cheese Fries	142	1	467	18	18	1790	56	5	10
Corn Dog	443	1	210	6	12	740	27	1	5
Corn Pups	131	6	248	9	5	611	35	5	5
Fish Sticks (4 count)	137	4	267	12	15	440	23	0	6
Ham and Cheese on Twister Roll	1639	1	371	22	20	1210	28	2	9

Ham Salad	746	1/4 cup	106	7	4	555	5	0	3
Hot Dog	130	1	230	10	11	840	25	2	5
Hot Wings (3 count)	1652	3	165	11	15	420	1	0	4
Hot Wings (5 count)	170	5	275	19	25	700	1	0	7
Lasagna	1803		228	8.5	17	487	22	3	5
Nachos w/ Beef, Cheese, and Salsa	1653		480	20	17	1322	54	8	10
Pizza, Fajita w/ Salsa	160	1	439	13	34	952	49	1	10
Pizza, Ham	152	1	427	12	31	1118	50	1	9
Pizza, Ham and Pineapple	154	1	463	12	31	1118	59	1	10
Pizza, Hamburger Beef	159	1	478	15	37	927	49	1	11
Pizza, Hamburger Crumble	155	1	476	15	36	881	51	2	10
Pizza, Meat Lovers	178	1	456	15	32	1048	50	0.7	10
Pizza, Square Cheese	447	1	330	17	15	820	28	1	8
Pizza, Square Pepperoni	122	1	301	12	17	702	33	2	7
Pizza, Supreme	157	1	496	17	35	1166	51	1	11
Pizza, Taco	177	1	537	17	38	1596	58	2	12
Pizza, Wedge Cheese	147	1	394	11	27	731	49	1	9
Pizza, Wedge Pepperoni	165	1	447	16	28	922	50	1	10
Pizza, White Chicken Ranch	176	1	562	24	41	1205	47	0	13
Quesadilla Chicken Cheese	269	1	452	18	33	965	36	2	10
Quesadilla Pizza Chicken	1106	1	320	14	15	880	35	1	7
Salad Chef Popcorn Chicken	1629	1	357	16	19	1174	37	4.5	8
Salad Ham	746	1/4 cup	106	8	4	555	5	0.5	3
Salad, Caesar Chicken	1246	1	246	10	29	708	11	5	5
Salad, Chef Chicken Fajita	1289	1	345	15	26	1269	30	5	7
Salad, Chef Chicken Nugget	1552	1	402	17	28	1249	37	5	8
Salad, Chef Chicken Salad	1214	1	252	10	13	909	30	5	5
Salad, Chef Ham	1215	1	303	13	18	1286	31	5	6

Salad, Chef Turkey	1217	1	302	12	21	929	30	5	6
Sandwich Chicken	112	1	290	8	21	640	33	3	6
Sandwich Chicken Filet	1126	1	310	8	20	800	39	3	6
Sandwich Chicken Spicy	1641	1	280	7	22	450	33	3	6
Sandwich Deli Coldcut	263	1	276	11	20	1220	23	2	6
Sandwich Fish	277	1	330	11	18	490	35	2	7
Sandwich Ham and Cheese Cold	1359	1	341	15	23	1327	29	3	7
Sandwich PB&J	87	1	417	15	17	354	56	2	9
Sandwich Rib BBQ	144	1	445	20	18	1010	48	2	10
Sandwich Sloppy Joe w/ Pickle	183	1	315	12	22	1073	30	3	7
Sandwich Sub Ham and Turkey	188	1	366	13	23	1400	40	1	8
Seafood Sampler (shrimp, fish, hushpuppies)	1661	1	457	21	18	853	43	2	10
Shrimp	202s	10	162	4	13	231	19	0	4
Spaghetti	1800	1 cup	247	11	21	660	22	2	5
Taco Soft w/ Beef and Cheese	1496	1	312	10	16	773	39	2	6
Taco Soft w/ Beef, Cheese, and Salsa	266	1	325	10	16	997	41	3	7
Taco w/ Hard Shell	510	2	302	15	17	596	26	4	6
Tacos Hard Shell	1137	2	294	18	14	387	20.5	3.5	7
Turkey Salad	276	2 oz	82	6	3	405	4	0	2
Turkey Salad	118	2 oz	81	4	9	123	3	0	2
SIDES & VEGETABLES									
Baked Beans	1574	1/4 cup	104	0	3	409	25	3	1
Beanie Weenies	1879	1/4 cup	106	1.5	4	446	21.5	2	2
Broccoli & Carrots w/ Dip	492		94	7	0	247	7	1	2
Broccoli w/ Cheese Sauce	1564	1/4 cup	35	2	2	180	4	1	1
California Blend Veggies	3	1/4 cup	21	0	1	22	4	1	0
California Blend Veggies w/ Cheese	1572	1/4 cup	81	5	5	115	5	1	2
Carrot Sticks w/ Ranch	22		96	7	0	247	8	1	2

Carrots, Glazed	1565	1/4 cup	33	1	0	117	7	1	1
Celery Sticks w/ Peanut Butter	540		126	8	7	75	9	1	3
Celery Sticks w/ Ranch	732		87	7	0	255	6	1	2
Cole Slaw	1601	1/4 cup	50	2	1	118	8	1.5	1
Corn	1567	1/4 cup	35	0.5	1	194	8	1	1
Corn	1568	1/4 cup	52	0	2	113	13	1	1
Corn on the Cob	32	1	68	0.5	2	231	16	2	1
Cucumbers w/ Ranch	748	1/4 cup	87	7	0	221	6	0	2
French Fries Sweet Potato	135	1/4 cup	86	3	0	72	14	2	2
French Fries, Baked (fries or tots)	1353	1/4 cup	109	4	2	485	17.5	1	2
Green Beans	1569	1/4 cup	14	1	0	180	2	1	0
Mac and Cheese	164	1/4 cup	211	11	10	458	19	1	5
Okra breaded	1635	1/4 cup	180	7	3	270	25	3	4
Oriental Veggies	46	1/4 cup	46	56	1	170	6	2	5
Oriental Veggies w/ Cheese Sauce	133	1/4 cup	78	5	2	342	7	2	2
Peas	1587	1/4 cup	29	0	2	100	6	2	0
Potatoes Mashed	1570	1/4 cup	38	2	0.8	174	7.5	0.5	1
Rice, Mexican	837	1/4 cup	70	0.5	2	59	15	0.5	1
Rice, Mexican	1097	1/4 cup	59	1	1	213	12	0.5	1
Salad w/ Spinach Tossed	127	1/2 cup	87	8	2	282	4	1	2
Salsa	1175	1/4 cup	22	0	1	264	4	1	0
Sweet Potatoes	2	1/4 cup	86	0	0	80	21	1	2
Tossed Salad	127	1/2 cup	87	8	2	282	4	1	2
FRUIT									
Apple Slices, canned		1/4 cup	27	0	0	0	7	1	0
Applesauce, canned		1/4 cup	47	0	0	0	12	0.5	1
Fresh Fruit		each	60	0	0	0	15	3	1
Fruit Cocktail		1/4 cup	31	0	0	0	8	0.5	1

Juice Bar, Frozen	121	1	50	0	0	10	14	3	0
Mandarin Oranges, canned		1/4 cup	35	0	0	0	9	0.5	1
Peach cup frozen		1	80	0	1	0	19	1	1
Peaches, canned		1/4 cup	32	0	0	0	9	1	0
Pears, canned		1/4 cup	34	0	0	0	9	1	0
Pineapple, canned		1/4 cup	31	0	0	0	8	0.5	1
BREAD									
Cheetos Baked	527	1	120	4.5	2	210	17	0	3
Hushpuppies	1636	3	140	7	2	460	18	1	3
Muffin Blueberry	731	1	281	15	4	214	32	1	7
Pretzel Cheese	1773	1	247	6	10	1028	40	2	5
Roll Multigrain Sweet Yeast	1163	1	160	4	5	110	28	2	3
Roll Sweet Yeast	1165	1	130	2.5	4	105	24	0	3
Roll Wheat	75	1	121	1	4	202	24	2	2
Smart Cookies	208	1	130	3.5	2	105	22	0	3
Sunchips	1136	1	140	6	2	120	19	2	3
Toast Cheese	1080	1	122	6	7	343	12	2	3
Toast Texas	691	1	120	1.5	3	200	24	0	3
DESSERT									
Brownies	373	1	353	16	5	355	51	2	8
Cake Chocolate	382	1	162	7	2	155	24	1.5	4
Cake Chocolate w/ Chocolate Icing	978	1	150	6	2	195	24	0	4
Cake Sweet Potato	673	1 slice	252	14	3	144	30	1	6
Cookie Chocolate Chip	773	1	158	8	2	167	22	0.5	4
Cookie Oatmeal	313	1	191	7	4	183	29	2	4
Cookie Peanut Butter	1673	1	139	7	2.5	152	17	0.5	3
Cookie Peanut Butter	363	1	143	7	4	49	16	0	3
Cookie Peanut Butter	713	1	153	6	4	38	22	0	4

Cookie Sugar	116	1	134	6	2	137	18	0	3
Cookie Sugar	330	1	199	13	3	119	20	1	5
Jell-o Sugar Free	1482	1/4 cup	0	0	0	2	0	0	0
Pudding Chocolate	984	1/4 cup	67	2	0.5	103	12	0	2
Pudding Vanilla	985	1/4 cup	64	2	0	84	12	0	1
Rice Krispy Treat	769	1	83	3	0.5	101	14	0	2
BREAKFAST									
Biscuit, Chicken	143	1	310	15	15	910	28	1	7
Biscuit, Sausage	141	1	390	29	8	1010	23	1	10
Breakfast Pizza	107	1	230	11	9	650	26	1	5
Bun, Goody	1123	1	240	10	5	250	34	3	5
Cereal, Apple Cin Cheerios	314090	1	100	1.5	2	110	21	1	2
Cereal, Cin Toast Crunch Reduced Sugar	314110	1	110	2	2	160	21	3	2
Cereal, Cocoa Puffs Reduced Sugar	314120	1	90	1	1	130	20	1	2
Cereal, Frosted Flakes Reduced Sugar	314130	1	100	0	1	160	25	0	2
Cereal, Fruit Loops Reduced Sugar	314140	1	70	0.5	1	105	16	0	1
Cereal, Honey Nut Cheerios	314100	1	110	1.5	3	190	22	2	2
Cereal, Trix Reduced Sugar	314250	1	80	1	1	120	18	1	1
Croissant Ham, Cheese, Egg	1027	1	236	14	13	633	17	0	6
French Toast Sticks	166	4	310	12	5	410	45	0	7
Grits, Cheese	1025	1/2 cup	130	6	5	495	14	0.5	3
Muffin Blueberry	731	1	281	15	4	214	32	1	7
Pancakes	658	2	147	3	4	313	26	1	3
Pastry, Frudal Apple	1063	1	210	6	5	270	36	2	4
Pastry, Frudal Cherry	1064	1	210	6	5	280	36	2	4
Pig-n-Blanket	140	1	201	9	8	402	24	1	5
Pop tart, Strawberry Whole Grain	1638	1	190	5	2	150	35	5	3
Roll, Cinnamon Iced Individually Wrapped	1087	1	200	6	5	170	34	4	4

Toast	1026	1	70	0.5	3	130	13	1	1
Waffle, Dutch	103	1	277	9	5	357	45	1	6
Roll, Apple	1068	1	210	6	5	200	33	4	4
Croissant Egg and Cheese	1045	1	340		12	710	28	1.5	7
Yogurt, Trix Raspberry	1637	1	90	0.5	4	50	17	0	2
BEVERAGES									
Juice Apple		4 oz	60	0	0	15	14	0	1
Juice Grape		4 oz	60	0	0	15	14	0	
Juice Orange		4 oz	60	0	0	0	15	0	
Juice Orange Pineapple		4 oz	60	0	0	20	13	0	
Juice Pineapple		4 oz	60		0	0	13	0	
Lemonade, Reduced Sugar		8 fl oz	56	0	0	6	15	0	1
Milk, 1%		8 fl oz	110	2.5	8	130	13	0	2
Milk, Chocolate, Fat Free		8 fl oz	130	0	8	200	24	0	3
Milk, Fat Free		8 fl oz	90	0	8	135	13	0	2
Milk, Lactose Free		8 fl oz	90	0	8	125	12	0	2
Milk, Strawberry, Fat Free		8 fl oz	130	0	8	125	23	0	3
Milk, Vanilla, Fat Free, Red.Sugar		8 fl oz	130	0	8	125	23	0	3

The nutrients in this chart are based on the nutritional information provided by the manufacturer for each standard product formulation. Nutrient levels were taken from NutriKids™ computer program that contains the USDA database of nutrients. Variations may occur due to recipe revision, ingredient substitutions and product assembly.

The U.S. Department of Agriculture (USDA) prohibits discrimination in all its programs and activities on the basis of race, color, national origin, age, disability, and where applicable, sex, marital status, familial status, parental status, religion, sexual orientation, genetic information, political beliefs, reprisal, or because all or part of an individual's income is derived from any public assistance program. (Not all prohibited bases apply to all programs.) Persons with disabilities who require alternative means for communication of program information (Braille, large print, audiotope, etc.) should contact USDA's TARGET Center at (202) 720-2600 (voice and TDD.) To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, 1400 Independence Avenue, SW, Washington, DC 20250-9410 or call (800) 795-3272 or (202) 720-6382 (TDD.) USDA is an equal opportunity provider and employer.