



Recipe #

Serving Size

Calories

Fat (g)

Protein (g)

Sodium (mg)

Carbs (g)

Fiber (g)

WW Pts

Middle and High Schools

Updated for **SEPTEMBER** 2011

ENTREES

Beef-a-Roni	132	3/4 cup	335	14	24	302	29	3	7
Brunswick Stew	39	3/4 cup	362	10	38	1320	32	3	7
Burrito	757	1	400	16	17	1030	46	3	9
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 (with 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	17.3	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 Salad	1799	1/4 cup	110	7	7	204	3	0	3
Chicken Sandwich	112	1	290	8	21	640	33	3	6
Chicken Sandwich Spicy	1641	1	280	7	22	450	33	3	6
Chicken Sweet and Sour	937		386	9	20	463	58	0.5	8
Chicken Sweet and Sour	1655		246	9	13	256	29	0	6
Chicken Szechuan Takeout	1867		517	13	23	1074	75	2	11

Chicken Teriyaki	1483		335	8	20	686	45	1	7
Chicken Teriyaki	1642		90	2	11	300	6	0	2
Chili Cheese Fries	1860	1	320	13	15	1250	36	4	7
Corn Dog	443	1	210	6	12	740	27	1	5
Deli Cold cut Sandwich	263	1	276	11	20	1220	23	2	6
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 Dog, Foot Long	1159	1	456	22	16	1292	46	2	11
Hot Wings (5 count)	170	5	275	19	25	700	1	0	7
Hot Wings BBQ Glaze	1118	6	605	35	25	3045	40	0	15
Hot Wings w/ Ranch and Hot Sauce	1110	5	340	25	26	1975	2	0	9
Hot Wings, Buffalo	1142	5	383	25	26	2556	0	0	10
Hot wings, Honey BBQ	1118	6	605	35	24.5	3045	40	0	15
Lasagna	1803		228	8.5	17	487	22	3	5
Lasagna	48	1	296	13	21	663	25	2	7
Nachos w/ Beef and Cheese	966		465	21	17	1062	51	6	10
Nachos w/ Beef, Cheese, and Salsa	1653		480	20	17	1322	54	8	10
Pizza, Cheese Ind. Wrapped	898	1	320	13	14	580	34	3	7
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	0.73	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 Hot Wing	1827	1	345	10	28	4438	23	4	7
Salad, Breaded Chicken	1103	1	419	15	28	1092	43	5	9
Salad, Chef Chicken	1234	1	431	22	25	907	33	5	9
Salad, Chef Ham	1230	1	284	13	21	1081	22	5	6
Salad, Chef Ham and Turkey	1236	1	282	12	24	725	21	5	6
Salad, Chef Turkey	1231	1	281	11	28	396	20	5	6
Salad, Chef Turkey (High School)	957	1	227	9	27	290	11	4	4
Salad, Chicken Caesar	1246	1	246	10	28	708	11	5	5
Sandwich BBQ Beef	948	1	340	9	25	1083	36	2	7
Sandwich BBQ Chicken	33	1	333	7	21	899	45	1	7
Sandwich BBQ Chicken	31	1	348	9	27	847	37	3	7
Sandwich BBQ Pork	947	1	291	8	27	446	27	2	6
Sandwich BBQ Pork	434	1	231	8	15	417	24	2	5
Sandwich Chicken Filet	1126	1	310	8	20	800	39	3	6
Sandwich Chicken Grilled	650	1	265	7	27	663	25	3.5	5
Sandwich Chicken Patty	534	1	280	8	17	690	35	3	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
Sandwich Sub Roast Beef and Cheese	1253	1	517	27	25	941	43	1.5	12
Sandwich Sub Turkey	555	1	400	13	25	1478	46	2	9
Seafood Sampler (shrimp, fish, hushpuppies)	1661	1	457	21	18	853	43	2	10
Shrimp	202	10	162	4	13	231	19	0	4
Spaghetti	1532	1 cup	466	17	29	1809	48	3.5	10
Spaghetti	1800	1 cup	247	11	21	660	22	2	5
Spaghetti	967	1 cup	321	13	21	1339	30	3	7
Taco Soft w/ Beef and Cheese	1496	1	312	10	16	773	39	2	7
Taco Soft w/ Beef, Cheese, and Salsa	266	1	325	10	16	997	41	3	7
Taco w/ Fajita Chicken	982	1	243	9	16	670	24	1	5
Taco w/ Hard Shell	510	2	302	15	17	596	26	4	6
Tuna Salad	19	1/4 cup	76	4	7	231	3	0	2
Turkey Roasted	1145		141	5	19	799	3	0	3
Turkey Salad	276	2 oz	82	6	3	405	4	0	2
Turkey Salad	118	2 oz	81	4	9	123	3	0	2
Turkey Salad	276	1/4 cup	82	6	3	405	4	0	2
Wrap Chicken Fajita	1028	1	342	16	24	761	25	2	8
Wrap Ham	1108	1	309	13	22	1002	25	2	7
Wrap Spicy Chicken	1235	1	419	18	29	641	37	3	9
Wrap Turkey	1107	1	308	12	21	976	27	2.5	7
Wrap Turkey and Ham	698	1	308	12	21	989	26	2	7
SIDES & VEGETABLES									
Baked Beans	1574	1/4 cup	104	0	3	409	25	3	1
Beans Pinto	1581	1/4 cup	43	0	3	195	8	2	0
Beans Refried	1566	1/4 cup	88	1.5	5	301	14	5	1
Broccoli & Carrots w/ Dip	492		94	7	0	247	7	1	2
Broccoli Salad	500039	1/4 cup	77	1.8	0.88	86	15.5	1	1

Broccoli Salad	1618	1/4 cup	76	2	1	79	14	1	1
Broccoli w/ Cheese Sauce	1564	1/4 cup	35	2	2	180	4	1	1
Cabbage Steamed	1579	1/4 cup	9	0	0	23	2	1	0
California Blend Veggies	3	1/4 cup	21	0	1	22	4	1	0
Carrot Sticks w/ Ranch	22		96	7	0	247	8	1	2
Carrots and Celery w/ Dip	493		61	0	0	575	15	2	1
Carrots, Cooked	1578	1/4 cup	16	0	0	155	4	1	0
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	468	1/3 cup	57	3.5	1	122	6	1	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
Corn Zesty Salad	470	1/4 cup	69	5	1	159	6	1	2
Cucumbers w/ Ranch	748	1/4 cup	87	7	0	221	6	0	2
French Fries Fried	1287	3/8 cup	171	7	2	644	25	2	4
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
Gravy Brown	739	1/4 cup	27	1	1	288	4	0	1
Gravy Chicken	740	1/4 cup	37	1	1	295	6	0	1
Green Beans	1569	1/4 cup	14	1	0	180	2	1	0
Green Beans	5	1/4 cup	17	0.5	0.5	102	3	1	0
Mac and Cheese	164	1/4 cup	211	11	10	458	19	1	5
Marinated Salad	1614	1/4 cup	64	6	0.5	117	3	0.5	2
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
Pasta Salad	1102	1/4 cup	52	0.5	2	44	9	0	1

Peas Black eye	1571	1/4 cup	49	0.5	3	191	9	2	1
Peas Green	1587	1/4 cup	29	0	2	100	6	2	0
Pickle Spears	42	2	7	0	0	525	2	1	0
Potatoes Mashed	1570	1/4 cup	38	2	0.75	174	7.5	0.5	1
Rice White	198	1/2 cup	135	1	2	107	28	0	3
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 Side	1238	1	111	5.5	9	233	7	3	2
Salsa	1175	1/4 cup	22	0	1	264	4	1	0
Squash Casserole	360	1/4 cup	74	3	4.5	268	7	1	2
Sweet Potato w/ Marshmallows	1573	1/4 cup	132	0	0	110	32	2	2
Sweet Potato w/ Praline Topping	61	1/4 cup	540	13	3	820	102	4	11
Sweet Potatoes	2	1/4 cup	86	0	0	80	21	1	2
Turnip Greens	1575	1/4 cup	21	2	1	6	1	1	0
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
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									
Chips Cheetos Baked	527	1	120	4.5	2	210	17	0	3
Chips Doritos Nacho Cheese	990027	1	90	3	2	170	16	1	2
Chips Doritos RF Cool Ranch	901136	1	130	5	2	160	19	2	

Chips Doritos RF Spicy Chili	900241	1	130	5	2	180	20	2	3
Chips Sunchips	1136	1	140	6	2	120	19	2	3
Corn Bread	718	1	143	6	3	269	19	1	3
Hushpuppies	1636	3	140	7	2	460	18	1	3
Muffin Blueberry	731	1	281	15	4	214	32	1	7
Popcorn	1143	1	70	3	2	130	9	1	
Pretzel Cheese	1773	1	247	6	10	1028	40	2	5
Roll from Scratch	672	1	120	2	4	222	22	1	
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
Toast	1026	1	130	5	2	180	20	2	3
Toast Cheese	1080	1	122	6	7	343	12	2	3
Toast Garlic	1261	1	100	1	3	220	20	1	2
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	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

Jell-o Sugar Free w/ Topping	1656	1/4 cup	10	0	0.5	20	2	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

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	1
Juice Orange		4 oz	60	0	0	0	15	0	1
Juice Orange Pineapple		4 oz	60	0	0	20	13	0	1
Juice Pineapple		4 oz	60		0	0	13	0	1
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.

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