


# HOUSTON COUNTY SCHOOL NUTRITION PROGRAM

## Nutrition Analysis for Middle School Menus

Nutrient Analysis calculated using NutriKids™ computer program

	Serving Size	Calories (kcal)	Fat (g)	Protein (g)	Carbohydrate (g)	Fiber (g)	Weight Watchers pts
<b>ENTREES</b>							
BBQ Beef	2 oz.	198	9	22	5	0.5	5
BBQ Chicken	3 oz.	485	28	47	6	0.5	11
BBQ Sandwich	1 sandwich	236	8	16	25	2	5
BBQ Pork Roast Sandwich	1 sandwich	282	9	21	21	2	6
Beef-A-Roni	3/4 cup	335	14	24	28	2.5	7
Beef Stew	1 cup	170	7	19	5	1	4
Beef Stroganoff	1 cup	327	17	20	22	1	8
Beef Tips on Rice	1/2 cup rice, 6 oz beef	272	5	14	40	1	6
Burrito, Beef and Bean	each	280	7	14	39	8	5
Burrito, Taco Snack, Ind. Wrapped	each	400	21	18	34	2	9
Cheeseburger	1 burger	424	29	20	20	2	10
Chicken, Baked	3 oz.	451	27	46	1	0	11
Chicken Sandwich, Breaded	1 sandwich	266	8	18	31	2	6
Chicken Sandwich, Chick Fillet	1 sandwich	427	21	26	33	2	10
Chicken, Grilled Sandwich	1 sandwich	212	3	22	23	1	4
Chicken Fajita	each	398	13	29	40	3	8
Chicken Fried Steak	1 Patty	372	23	14	27	3	9
Chicken Nuggets, Secondary	6 nuggets	312	17	25	20	0	8
Chicken, Oven Fried	3 oz.	488	30	47	5	1	11
Chicken, Popcorn	14 pieces	225	15	12	13	0	6
Chicken Pot Pie	1 cup	352	18	25	23	4	8
Chicken Quesadilla	1 quesadilla	395	15	27	38	2	9
Chicken Tenders	3 tenders	211	9	19	13	0.5	5
Chicken Tetrazini	1 cup	313	13	24	24	1.5	7
Chicken with Egg Noodles	1 cup	218	6	20	19	1	5
Chili	1/2 cup (4 oz)	139	6	11	11	2	3
Corndog	1 corndog	240	8	9	33	3	5
Fish Sandwich	1 sandwich	348	14	18	35	1.5	8
Grilled Cheese Sandwich (2 oz)	1 sandwich	363	21	19	26	4	8
Grilled Cheese Sandwich (1 oz)	1 sandwich	251	12	13	26	4	5
Grilled Chicken Pita	each	362	8	33	40	4	7
Ham & Cheese Sandwich	1 sandwich	329	16	22	26	4	7
Ham & Swiss Sandwich	each	284	14	20	21	2	6
Hamburger	1 burger	371	25	17	19	2	9

Hotdog	1 hotdog	273	14	11	24	1	6
Hot Wings, Buffalo	3 wings	298	22	16	0	0	8
Hot Wings, Glazed Wings of Fire	5 wings	342	21	25	2	0	9
Hot Wings, Honey BBQ Glazed	3 wings	455	28	33	8	0	11
Lasagna	1 piece	280	12	18	24	2	6
Macaroni & Cheese	1/4 cup	211	11	10	18	1	5
Meatloaf	3 oz. portion	337	16	23	23	4	7
Mexican Rice	1/2 cup	140	1	3	30	1	3
Nachos with Beef, Beans and Cheese Sauce	3 oz. portion	369	19	16	36	4	8
Peanut Butter & Jelly Sandwich, no cheese	1 sandwich	277	9	11	42	4	6
Peanut Butter & Jelly Sandwich, with cheese slice	1 sandwich	390	18	18	42	4	9
Philly Cheese Steak Sandwich	1 sandwich	438	19	26	40	2	10
Pizza, Cheese, 4 x 6	1 slice	300	12	20	29	0	7
Pizza, Cheese, Individually Wrapped	1 slice	320	13	17	30	2	7
Pizza, Cheese, Regular Crust, Wedge	1 slice	320	12	20	29	0	7
Pizza, Cheese, Whole Grain, Wedge	1 slice	270	9	17	34	5	5
Pizza, Cheese, Double Stuffed	1 slice	240	7	17	28	3	5
Pizza, Cheese, Stuffed, Whole Wheat, Wedge	1 slice	380	13	22	40	3	8
Pizza, Pepperoni, 4 x 6	1 slice	350	16	20	31	0	8
Pizza, Pepperoni, Individually Wrapped	1 slice	340	15	18	30	2	8
Pizza, Pepperoni, Whole Grain, Wedge	1 slice	260	10	15	30	4	5
Pizza, Pepperoni, Stuffed, Regular Crust, Wedge	1 slice	410	17	21	45	2	9
Pizza, Pepperoni, Stuffed, Whole Wheat, Wedge	1 slice	400	17	21	40	3	9
Pizza, Pepperoni, Pizza Hut (High School only)	1 slice	317	17	14	27	1	8
Pizza, Quesadilla, Cheese	1 slice	380	18	15	39	5	8
Pizza, Quesadilla, Chicken	1 slice	350	16	15	36	4	8
Ravioli	1 cup	461	24	30	30	3	11
Rice	1/2 cup	126	0.5	28	28	0	3
Salad, Chef w/ Breaded Chicken, Sec, no dressing	1 salad	405	15	27	41	5	9
Salad, Chef w/ Ham, Secondary, no dressing	1 salad	276	13	20	21	4	6
Salad, Chef w/ Turkey, Secondary, no dressing	1 salad	274	10	27	19	4	6
Salad, Chicken Caesar, Secondary, no dressing	1 salad	182	5	26	8	4	3
Salad, Side, Secondary, no dressing	1 salad	111	5	9	7	2	2
Salad, Side, Caesar, Secondary, no dressing	1 salad	80	3	5	10	3	1
Salisbury Steak	1 portion	212	13	16	6	1	5
Sausage Dog	each	334	18	16	27	1	8
Sloppy Joe	1 sandwich	385	19	21	31	1	9
Spaghetti, Middle	1 cup	321	13	21	30	3	7
Steak Nuggets	5 nuggets	250	15	15	11	0	6
Steak with Mushroom Gravy	each	261	15	21	30	3	6
Sub Sandwich, Ham	1 sandwich	404	14	25	45	2	9
Sub Sandwich, Ham/Turkey/Cheese	1 sandwich	402	13	25	45	2	9
Sub Sandwich, Turkey	1 sandwich	400	13	25	46	2	9
Sub Sandwich, Roast Beef with Swiss	1 sandwich	517	26	25	45	2	12
Sweet & Sour Chicken	3 oz	331	5	19	48	1	7
Szechuan Chicken	3 oz	317	8	19	41	1	7
Taco, Schwann's Beef	1 taco	400	16	19	45	4	9

Tacos, Hard Shell	2 tacos	317	16	15	29	4	7
Tacos, Soft Shell	2 tacos	360	12	17	44	5	7
Teriyaki Chicken	3 oz	325	6	20	45	1	7
Vegetable Beef Soup	1 cup	166	8	15	8	2	4
Wrap, Breaded Chicken	1 wrap	373	16	26	35	5	8
Wrap, Chicken Caesar	1 wrap	229	4	25	25	5	4
Wrap, Chicken Fajita	1 wrap	314	15	25	24	5	7
Wrap, Deli	1 wrap	281	12	21	26	5	6
Wrap, Ham, Secondary	1 wrap	283	12	21	25	5	6
Wrap, Turkey	1 wrap	280	11	21	26	5	6

<b>VEGETABLES</b>							
Baked Beans	1/4 cup	103	0	3	25	2	2
Baked Potato	each	188	0	5	43	4.5	1
Baked Sweet Potato + Apples	1/4 cup	78	1	1	17	2	1
Baked Sweet Potato	each	103	0	2	24	4	1
Black Bean Salsa	1/4 cup	97	0	3	9	2	2
Black-Eyed Peas	1/4 cup	49	0	3	9	2	1
Broccoli & Carrots w/ Ranch	1 portion	76	7	1	5	1	2
Broccoli Casserole	1/4 cup	86	4	4	9	1	2
Broccoli w/ Cheese	1/4 cup	38	2	2	4	1.5	1
Broccoli, Steamed	1/4 cup	10	0	1	2	1	0
Cabbage, Steamed	1/4 cup	9	0	0	2	1	0
California Blend Vegetables	1/4 cup	21	0	1	4	1	0
California Blend Vegetables w/ Cheese	1/4 cup	81	5	5	5	1	2
Carrots, Cooked	1/4 cup	16	0	0	4	1	0
Carrots, Glazed	1/4 cup	33	1	0	6	1	1
Carrots w/ Ranch	1/4 cup						
Celery w/ P-Nut Butter	1/4 cup						
Celery w/ Ranch	1/4 cup						
Cole Slaw	1/4 cup	49	2	1	8	1.5	1
Corn, Whole Kernel	1/4 cup	35	0	1	8	1	0
Corn, Creamed	1/4 cup	52	0	1	13	1	1
Corn on the Cob	each	68	0	2	16	2	1
Corn Nuggets	7 pieces	305	16	4	38	3	7
Cucumbers w/ Ranch	1/4 cup						
French Fries, Wedges	3 oz	159	7	2	22	2	3
French Fries, Shoestring	3 oz	250	13	3	32	2.5	6
French Fries, Straight	3 oz	171	8	2	23	2	4
Green Beans	1/4 cup	17	1	1	3	1	0
Green Peas	1/4 cup	29	0	2	5	1.5	0
Lima Beans	1/4 cup	38	0	2	7	2	0
Mixed Vegetables	1/4 cup	34	0	2	7	2	0
Okra & Tomatoes	1/4 cup	21	0	1	5	1	0
Pinto Beans	1/4 cup	43	0	3	8	2	0
Potatoes, Mashed, Garlic	1/4 cup	45	1	1	8	0	1
Potatoes, Mashed,	1/4 cup						

Ranch Style Beans	1/4 cup	43	1	3	6	1	1
Refried Beans	1/4 cup	88	1	5	14	5	1
Salsa	1/4 cup	22	0	1	4	1	0
Squash Casserole	1/4 cup	36	2	1	3	1	1
Squash, cooked	1/4 cup	16	0	0	3	1	0
Tator Tots	3 oz	138	6	1	20	2	3
Turnip Greens	1/4 cup	21	2	1	1	1	0
Zucchini & Tomato Casserole	1/4 cup	72	1	3	12	1	1

<b>FRUIT</b>							
Fresh Fruit	each	60	0	0	15	3	1
Apple Slices, canned	1/4 cup	27	0	0	7	1	0
Apples with Caramel dip	each	167	0	0	43	2.5	3
Apple w/ Gelatin	1/2 apple	80	0	1	20	1.5	1
Apple w/ Peanut Butter	1/2 apple	112	5	4	13	1.5	2
Apples, Spiced	1/4 cup	88	0	0	22	1.5	1
Applesauce, canned	1/4 cup	47	0	0	12	0.5	1
Applesauce, individual cup	each (4 oz)	86	0	0	22	1	2
Cherries, canned	1/4 cup	32	0	0	8	1	0
Fruit Cocktail	1/4 cup	31	0	0	8	0.5	1
Juice Bar	1 bar	60	0	0	12	0	1
Mandarin Oranges, canned	1/4 cup	35	0	0	9	0.5	1
Peaches, canned	1/4 cup	32	0	0	9	1	1
Pears, canned	1/4 cup	34	0	0	9	1	0
Pineapple, canned	1/4 cup	31	0	0	8	0.5	1

<b>SALAD</b>							
3 Bean Salad	1/4 cup	58	0	2	11	3	1
Apple Salad	1/4 cup	94	3	0.5	18	1.5	2
Broccoli Salad	1/4 cup	76	2	1	14	1	2
Carrot-Raisin Salad	1/4 cup	72	2	1	15	1.5	1
Chicken Salad	1/4 cup	85	4	8	3	0	2
Egg Salad	1/4 cup	55	4	3	2	0	1
Ham Salad	1/4 cup	106	8	4	5	0	3
Marinated Black Bean Salad	1/4 cup	70	1	2	7	1.5	1
Marinated Vegetables	1/4 cup	64	6	3	20	0.5	2
Pasta Salad	1/4 cup	52	1	2	9	0	1
Potato Salad	1/4 cup	59	3	1	8	1	1
Red Bean Salad	1/4 cup	91	3	3	12	4	1
Tuna Salad	1/4 cup	76	4	7	3	0	2
Turkey Salad	1/4 cup	81	4	9	3	0	2
Waldorf Salad	1/4 cup	62	3	1	10	1	1

<b>BREAD</b>							
Baked Cheetos	1 oz bag	130	5	2	19	0	3
Baked Doritos	1 oz bag	121	4	2	21	2	2
Biscuit	each	101	3	2.5	16	1	2

Breadstick	each	120	1.5	4	22	1	2
Cornbread	1 square	143	6	3	19	1	3
Garlic Bread	1 slice	100	1	3	20	1	2
Mozarella Cheese Bread	1 slice	209	8	11	21	1	5
Sunchips	1 bag	140	6	2	19	2	3
Sweet Potato Biscuits	each	212	7	2	34	1	5
Texas Toast	each	100	1	3	20	1	2
Wheat Roll	1 roll	106	1	3	21	2	2
Yeast Roll	1 roll	176	4	4	30	2	3
Yeast Roll, Honey Wheat	1 roll	99	2	4	19	2	2

<b>DESSERT</b>							
Basic Cake w/ Chocolate Glaze	2 inch square	206	7	3	34	0.5	5
Chipped Chocolate Oatmeal Cookies	1 cookie	130	8	2	15	1	3
Chocolate Chip Cookies	1 cookie	158	7	2	21	0.5	4
Chocolate Chip Cookies, Reduced Fat, Otis 1 oz	1 cookie	140	4.5	2	26	0	3
Chocolate Chip Cookies, Reduced Fat, Otis 2 oz	1 cookie	220	7	3	38	1	5
Cinnamon Roll, 1.5 oz	1 roll	217	3	4	43	1	4
Jell-O, Sugar Free, w/ Splenda	1/4 cup	0	0	0	0	0	0
Peanut Butter Cookies	1 cookie	176	7	4	25	0	4
Pudding, Vanilla	1/4 cup	67	2	1	11	0	2
Pudding, Chocolate	1/4 cup	64	2	0	12	0	1
Sugar Cookies	1 cookie	135	6	2	18	0	3
Yellow Cake w/ Chocolate Frosting	1 piece	176	7	2	28	0.5	4

<b>SNACK</b>							
Baked Cheetos	1 oz bag	130	5	2	19	0	3
Baked Doritos	1 oz bag	121	4	2	21	2	2
Popcorn, Cheddar, Reduced Fat	1 bag	100	6	2	9	1	2
Chocolate Bear Grahams	1 bag	103	3	2	18	0.5	2
Elfin Grahams	1 bag	120	5	2	21	0	3
Fruit Snacks, Curious George	1 bag	100	1.5	0	22	0	2
Goldfish/Dolphins & Friends	1 bag	140	6	3	20	1	3
Jungle/Animal Crackers	1 bag	110	4	2	16	1	2
Munchies Kids Mix	1 bag	140	6	2	18	1	3
Peanut Butter & Jelly Rollup	each	174	5	6	27	2	4
Peanut Butter & Banana Rollup	each	380	19	16	40	2	9
Peanut Butter w/ Graham Crackers	each	203	11	9	18	1	5
Peanut Butter on Cheese Crackers	1 pack	201	10	4	23	1	5
Pretzels, Rold Gold Tiny Twists	1 bag	100	0	3	23	1	2
Ritz Bitz	1 bag	172	10	4	20	1	4
Sunchips	1 bag	140	6	2	19	2	3

<b>BREAKFAST</b>							
Bacon	2 slices	87	7	6	0	0	2
Bacon, Egg, Cheese Biscuit	each	384	23	16	29	1	9
Bagel, Cinnamon Raisin	each	194	1	7	39	2	4

Biscuit, Plain, Country Style	each	190	9	4	23	1	4
Breakfast Burrito, Plain	each	462	18	15	60	5	10
Breakfast Burrito, Ham	each	327	13	14	38	2	7
Breakfast Casserole	1/2 cup	228	13	16	9	2	5
Breakfast Scrambler, Elementary	each	319	20	19	15	0	8
Breakfast Scrambler, Secondary	each	188	10	8	16	0	5
Breakfast Stacker	each	216	14	7	15	2	5
Breakfast Pizza, Ham	slice	160	6	8	19	0	4
Breakfast Pizza, Sausage	slice	170	7	8	19	0	4
Cereal, Variety	each	98	0.5	1	23	1	2
Cheese Toast	each	122	5	6	13	2	2
Chicken Biscuit	each	280	14	11	28	1	7
Croissant, Bacon, Egg, Cheese	each	469	30	20	27	1	11
Croissant, Egg & Cheese	each	333	20	12	27	1	8
Croissant, Ham & Cheese	each	375	22	17	27	1	9
Croissant, Sausage, Egg & Cheese	each	533	35	26	27	1	12
Dunkin Stick	each	364	26	2	30	1	9
French Toast Sticks	4 sticks	280	10	5	43	1	6
Grits, cheese	1/2 cup	130	6	5	14	0	3
Grits, plain	1/2 cup	79	2	1	14	0	2
Honey Bun	each	314	18	5	35	1	8
Oatmeal	1/2 cup	200	7	5	32	5	4
Pancakes	2 pancakes	147	2	4	28	1	3
Pig-n-Blanket	each	230	12	9	23	1	5
Poptart, Strawberry	each	203	5	2	38	1	4
Sausage Biscuit	each	341	20	15	23	1	8
Scrambled Eggs	1/2 cup	82	5	7	1	0	2
Toast, Plain	each	69	1	3	13	2	1
Waffle	each	241	6	5	41	1	5
<b>BEVERAGES</b>							
Milk, fat free	8 fl oz	90	0	9	13	0	2
Milk, 1%	8 fl oz	110	2.5	8	13	0	2
Milk, 2%	8 fl oz	120	5	8	12	0	3
Milk, Chocolate, 1/2%	8 fl oz	140	1.5	8	23	0	3
Milk, Vanilla, fat free	8 fl oz	130	0	8	23	0	3
Milk, Strawberry, fat free	8 fl oz	130	0	8	23	0	3
Tea	8 fl oz	39	0	0	10	0	1
Lemonade, Sugar Free, w/ Splenda	8 fl oz	0	0	0	0	0	0

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 information on this chart is current as of January 1, 2007 and will be revised as necessary.

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