

Spring 2024 High School Lunch Menu Nutrient Analysis

Recipe	Portion	Size	Calories	kcal	Carb (g)	Sodium (mg)	Saturated Fat (g)	Protein (g)	Sugar (g)	Vitamin A (IU)	Vitamin C (mg)	Vitamin D (IU)	Potassium (mg)	Iron (mg)	Calcium (mg)	Total Fat (g)	Total Fat (g)	Cholesterol (mg)	Fiber (g)	ASH (g)	Moisture (g)	
APPLE	each		18.00	7.50	0.15	0.00	0.15	0.00	0.00	20.15	0.00	*	*	0.00	3.15	0.00	0.00	0.00	0.00	1.90	*	
BBQ SAUCE	each		16.00	7.00	150.00	0.00	0.00	0.00	0.00	0.00	0.00	*	*	0.00	0.00	0.00	0.00	0.00	0.00	0.00	*	
Red Pepper, Red & Orange	1/2 CUP		11.70	2.45	1.61	0.00	0.00	0.42	1.18	805.25	47.83	*	*	0.17	3.91	0.18	0.00	0.00	0.00	0.00	*	
BLACK BEAN BURGER - SPICY BLACK BEAN BURGER	Servings		300.00	45.00	590.00	1.00	21.00	5.00	0.00	0.00	0.00	282.00	2.80	120.00	7.00	0.00	0.00	0.00	4.00	8.00	*	
BUFFALO CHICKEN MAC & CHEESE (W/ SAUCE BREADING)	Serving		111.05	58.54	1,143.45	9.18	31.57	9.74	0.00	0.00	*	*	2.17	669.82	16.75	0.00	0.00	70.84	4.25	*	*	
California Salad	Serving		20.20	4.30	14.18	0.01	0.76	0.13	476.46	17.99	*	*	65.81	0.29	13.99	0.18	0.00	0.00	1.92	0.14	*	
Carrots, Wisp, MUSHG	Serving		439.77	31.93	1,134.96	9.92	28.97	7.31	591.24	9.71	0.00	7.47	2.34	265.78	22.47	0.00	0.00	100.02	4.89	*	*	
CARROTS, BARP	each		25.00	6.00	55.00	0.00	0.00	4.00	2,750.00	1.43	*	*	*	*	0.00	0.00	0.00	0.00	2.00	*	*	
CELERY	each		6.80	1.50	40.40	0.01	0.34	0.67	226.14	1.56	*	*	0.10	20.00	0.86	0.00	0.00	0.80	*	*	*	
CHICKENBURGER, 3 ounce	each		142.00	31.80	814.00	5.10	26.40	4.20	0.00	0.00	0.00	59.99	3.50	116.50	13.60	0.00	0.00	65.96	3.10	*	*	
CHIEF BEANS	each		118.97	15.30	197.87	1.19	6.89	1.82	232.48	1.48	0.00	329.00	1.90	78.24	2.66	0.00	0.00	7.94	3.63	*	*	
Chicken & Waffle	Serving		432.27	68.00	900.00	1.00	14.00	28.17	0.00	0.00	0.00	567.99	2.90	42.89	12.00	0.00	0.00	30.00	3.00	*	*	
Chicken Alfredo Linguine Pasta (W/ SAUCE)	Servings		449.53	45.41	713.93	7.78	27.50	6.25	0.00	0.00	0.00	489.79	3.10	171.03	15.93	0.00	0.00	43.18	3.00	*	*	
Chicken Fried Rice Bowl	Serving		153.97	58.27	588.174	0.87	14.84	0.91	3,407.454	1.73	0.00	123.117	1.04	44.08	6.46	0.00	0.00	81.07	4.11	0.41	126.67	
CHICKEN PASTA SANDWICH, HOT & SAUCY	Servings		150.00	38.00	600.00	2.00	20.00	4.00	0.00	0.00	*	*	2.80	80.00	12.00	0.00	0.00	45.00	4.00	*	*	
CHICKEN SANDWICH	each		170.00	47.00	880.00	1.00	21.00	4.00	188.00	0.00	*	*	2.80	100.00	10.00	0.00	0.00	50.00	5.00	*	*	
CHICKEN SWISS CHEESE BURRITO, MILD/HEAT	Serving		537.94	41.60	1,139.128	9.18	46.49	4.35	148.076	0.00	0.00	75.20	3.98	235.44	25.28	0.00	0.00	128.98	9.95	*	*	
Chicken, W/ Cheddar Chz	Serving		148.00	23.80	96.00	1.80	2.10	11.40	50.00	0.00	*	*	0.70	10.70	5.30	0.00	0.00	18.00	1.00	*	*	
CULMINARS	each		10.84	1.81	1.81	0.01	0.46	1.10	60.104	2.68	*	*	0.18	11.31	0.14	0.00	0.00	0.00	0.08	*	*	
CRISPY, 100% OIL - CRISPING, DRYING SAUCE	each		22.857	1.13	80.000	0.14	0.40	0.14	0.00	0.00	*	*	0.00	0.00	1.89	0.00	0.00	2.84	0.00	*	*	
CRISPING, 100% OIL - CRISPING, DRYING SAUCE	Serving		116.724	0.61	2.41	2.20	0.00	0.00	0.00	0.00	*	*	0.00	0.00	15.00	0.00	0.00	0.00	0.00	*	*	
CRISPING, 100% OIL - CRISPING, DRYING SAUCE	Serving		62.537	0.40	86.727	0.12	0.20	0.39	1.50	0.11	*	*	0.00	9.00	6.10	0.00	0.00	3.20	0.08	*	*	
Egg Corn	1/2 cup servings		120.97	14.07	77.178	1.10	2.95	7.28	47.96	0.42	0.00	150.67	0.28	13.12	6.78	0.00	0.00	2.74	2.01	*	*	
Fish Taco Sauce	Serving		25.315	0.40	38.816	0.16	0.29	0.37	9.35	0.18	0.00	8.19	0.05	7.670	2.46	0.00	0.00	1.42	0.07	0.64	0.62	
Fish Tacos	Serving		290.00	30.00	490.00	1.00	18.00	0.00	0.00	0.00	*	*	282.00	1.00	80.00	11.00	0.00	0.00	45.00	4.00	*	*
HAMBURGER, 3 ounce	each		308.00	29.80	689.00	1.50	21.50	3.20	0.00	0.00	0.00	0.00	3.50	88.00	11.60	0.00	0.00	56.00	3.10	*	*	
Hawaiian Pizza Med/High	Serving		414.04	43.21	769.04	83.51	19.98	7.23	133.50	3.80	0.00	211.50	2.84	420.80	18.07	0.00	0.00	55.45	4.84	*	*	
JALAPENO, SAUCE	each		4.94	0.99	509.98	0.00	0.00	0.00	1,699.98	2.91	*	*	0.71	19.98	0.00	0.00	0.00	0.00	0.00	*	*	
JUCE, APPLE	each		15.00	14.00	13.00	0.00	0.00	13.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	*	0.00	
JUCE, APPLEBERRY	each		15.00	14.00	13.00	0.00	0.00	13.00	0.00	0.00	0.00	0.00	141.00	0.00	0.00	0.00	0.00	0.00	0.00	*	0.00	
JUCE, CHERRY	EACH		15.00	15.00	15.00	0.00	0.00	15.00	0.00	0.00	0.00	0.00	141.00	0.00	0.00	0.00	0.00	0.00	0.00	*	0.00	
KETCHUP	each		9.79	2.46	91.63	0.01	0.04	1.34	47.43	0.39	*	*	0.00	1.30	0.00	0.00	0.00	0.00	0.07	*	*	
LETTUCE, PICKLES, LETTUCE, TOMATO, PICKLE CUP	each		8.39	1.85	115.11	0.01	0.40	0.81	1,536.05	4.42	*	*	0.24	15.43	0.00	0.00	0.00	0.18	*	*	*	
Mac & Cheese (W/ Cheddar SAUCE, MILD) w/ Scopy	Servings		492.34	63.47	927.27	9.18	21.07	10.39	0.00	0.00	*	*	3.30	684.27	15.81	0.00	0.00	45.01	4.18	*	*	
MARINARA	each		80.00	1.00	70.00	0.00	0.00	0.00	0.00	0.00	*	*	0.00	0.00	9.00	0.00	0.00	5.00	0.00	*	*	
MAC, IN WHITE	each		120.00	16.00	150.00	1.50	11.00	14.00	500.00	2.40	*	*	0.00	160.00	2.50	0.00	0.00	15.00	0.00	*	*	
MAC, W/ CHOCOLATE	each		110.00	20.00	115.00	0.00	8.00	18.00	500.00	0.00	*	*	0.70	210.00	0.00	0.00	0.00	0.00	0.00	*	*	
MAC, HONEY WHITE	each		80.00	12.00	115.00	0.00	9.00	12.00	500.00	2.40	*	*	0.00	180.00	0.00	0.00	0.00	0.00	0.00	*	*	
MUSTARD	each		0.00	0.00	60.00	0.00	0.00	0.00	0.00	0.00	*	*	0.00	0.00	0.00	0.00	0.00	0.00	0.00	*	*	
MUSANG, FRESH	each		83.817	20.61	0.00	0.00	1.69	0.00	403.669	94.809	*	*	0.179	71.610	0.20	0.00	0.00	0.00	4.12	*	*	
OVEN FRIES SAUCE	each		100.00	17.00	20.00	0.50	1.00	1.00	*	*	*	282.00	3.00	10.00	4.00	0.00	0.00	0.00	1.00	*	*	
PE & SANDWICH, 3.5 oz	each		400.00	64.00	940.00	6.00	18.00	29.00	0.00	0.00	0.00	484.00	3.70	60.00	34.00	0.00	0.00	0.00	7.00	*	*	
PE, CHICKEN, APPLE, CHICKEN BREAD, BUN	each		170.00	40.00	730.00	8.00	26.00	24.00	0.00	3.40	*	*	188.00	7.99	118.00	21.00	0.00	0.00	26.00	4.00	*	*
PICHA, FRESH	each		101.440	27.19	1.78	0.09	0.61	17.95	44.50	7.64	*	*	0.30	16.00	0.29	0.00	0.00	0.00	5.18	*	*	
PICHA, CHEESE MUSH	each		377.324	35.70	540.23	10.50	18.14	2.77	0.00	0.01	0.00	211.50	2.16	419.180	17.92	0.00	0.00	50.42	3.73	*	*	
PICHA, PUFF MASH	each		196.047	35.87	603.981	11.21	18.94	2.77	0.00	0.01	0.00	211.50	2.16	419.180	19.674	0.00	0.00	54.374	3.73	*	*	
SALAD, MIXED GREENS	each		16.798	15.26	25.854	0.00	3.67	0.00	11,803.622	46.593	*	*	1.754	65.98	0.60	0.00	0.00	0.00	5.96	*	*	
SALSA, FRESH	Serving		9.39	1.81	195.81	0.01	0.36	0.91	386.345	1.19	0.00	56.523	0.16	5.99	0.11	0.00	0.00	0.89	0.91	0.99	0.88	
SOUTHWEST SALAD (vegetarian)	each		634.324	74.379	920.170	8.76	18.07	4.24	18,120.805	14.97	0.00	144.00	4.89	361.412	30.95	0.00	0.00	33.42	11.73	*	*	
SOUTHWEST SALAD (W/ CHICKEN)	each		687.823	69.381	932.622	8.76	27.03	4.24	18,120.805	14.97	0.00	144.00	4.22	351.413	32.62	0.00	0.00	49.42	9.74	*	*	
TOMATO	each		0.00	0.00	110.00	0.00	0.00	0.00	0.00	0.00	*	*	0.00	0.00	0.00	0.00	0.00	0.00	0.00	*	*	
TOMATOES, CHERRY	each		13.262	2.97	3.714	0.00	0.61	0.00	632.995	10.21	*	*	0.204	7.40	0.12	0.00	0.00	0.00	0.88	*	*	

Show all data when session equals