

PUSD NUTRITION INFO 16-17

<u>BREAKFAST</u>	<u>CALORIES</u>	<u>CARBS gms</u>	<u>FAT gms</u>	<u>PROTEIN gms</u>	<u>FIBER gms</u>	<u>SODIUM mg</u>	<u>ALLERGENS:</u>						
							<u>WHEAT</u>	<u>SOY</u>	<u>EGGS</u>	<u>MILK</u>	<u>PORK</u>	<u>SHELLFISH</u>	<u>SESAME</u>
Cheesy Breakfast Pizza	164	15	9	9	2	289	X	X		X			
Egg & Turkey Bacon Toast	180	18	7	8	2	320	X	X	X	X			
Dutch Waffle	300	43	13	4	3	350	X	X	X	X			
Breakfast Sandwich	160	19	7	6	2	280	X	X	X	X			
Breakfast Burrito (turkey sausage)	151	17	6	8	2	198	X	X	X	X			
Chorizo Frittata	180	15	9	10	2	420	X	X	X	X	X		
Cinnamon Roll	240	43	7	4	3	230	X	X	X	X		X	
Pancake & Turkey Sausage	200	17	10	7	3	310	X	X	X				
Banana Bread	348	51	15	5	1	325	X	X	X	X			
French Toast	210	28	8	8	3	320	X	X	X				
Pizza Bagel (turkey sausage)	160	22	4	10	2	430	X	X			X		
Yami Yogurt	210	39	2	7	0	125					X		
Granola Pouch	220	47	3	5	4	95	X	X					
Chocolate Muffin	229	40	6	4	3	125	X	X	X	X			
Blueberry Muffin	223	39	6	4	3	115	X	X	X	X			
Mini Pancakes-maple	210	35	6	4	4	320	X	X	X	X			
Mini Pancakes- blueberry	210	35	6	4	4	310	X	X	X	X			
Mini Pancakes- strawberry	240	42	7	4	3	150	X		X	X			
Crumb Cake	176	29	6	2	2	134	X	X	X	X			
Cinnamon Chex	110	23	2	1	0	170							
Fat Cat Chewie Oat Choc Chip bar	281	49	9	5	5	209	X	X	X	X			
Betty Crocker Oatmeal Choc Chip Bar	150	23	5	2	2	120	X	X	X	X			
Soymilk- chocolate	110	15	3	5	0	120		X					
Soymilk- vanilla	130	22	3	5	1	115		X					
White milk- lowfat	130	16	3	10	0	160					X		
White milk- fat free	90	13	0	9	0	130					X		
Chocolate milk- fat free	120	22	0	9	0	150					X		
White milk- lowfat and lactose free											X		

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LUNCH	CALORIES	CARBS gms	FAT gms	PROTEIN gms	FIBER gms	SODIUM mg	ALLERGENS:							
							WHEAT	SOY	EGGS	MILK	PORK	SHELLFISH	SESAME	
Mini Chicken Tacos	320	31	14	17	4	480	X	X		X				
Cinnamon Churro	140	23	4	3	1	75	X	X	X	X				
Beef, Patty	111	1	6	13	0	250		X						
Cheese, American slice	50	0	5	3	0	225		X			X			
Hamburger Bun	150	28	2	4	2	220	X							
Chicken Patty	230	15	13	13	3	490	X	X						
X-treme Cheese Quesadilla	190	18	9	9	2	390	X	X			X			
Cheesy Breadsticks	300	30	11	20	3	480	X	X	X	X				
Pizza Sauce Dip Cup	40	9	0	1	1	270		X						
Spaghetti Pasta	180	30	5	9	3	221	X							
Beef Meatballs	92	2	5	11	1	300		X	X					
Veggie Meatballs	150	9	7	15	4	340	X	X						
Mac & Cheese	298	26	15	16	2	749	X		X	X				
Cheeseburger Meatloaf (beef)	170	8	10	12	1	390	X				X			
Mashed Potatoes, seasoned	130	20	4	2	2	390					X			
Zesty 3-bean Chili	124	18	4	6	13	261		X						
Super Star Corn Muffin	148	23	5	3	2	91	X	X	X	X				
Beef, Burgers Mini Twin	272	31	8	20	3	355	X	X			X			
Pizza Cheese	200	25	7	10	2	314	X				X			
Pizza Pepperoni	234	25	10	11	2	435	X				X	X		
Egg Roll, Veggie	140	22	4	4	4	150	X	X	X					
Egg Roll, Chicken	160	20	5	10	3	410	X	X	X	X				
Orange Chicken	150	19	3	11	0	280	X	X	X					
Brown Rice	183	38	2	5	2	0								
Lil Nacho Bites	270	32	10	11	3	440	X	X			X			
Baja Fish Sticks	230	20	10	14	2	470	X	X			X			
Goldfish Pretzels	90	16	2	2	1	200	X				X			
Chicken Tenders	230	12	12	20	2	330	X	X						
Chocolate Chip Cookie	147	24	5	2	2	120	X		X					
Chicken Drumstick, breaded	190	5	11	16	1	450	X							
Potato Wedges, 1/4 cup serving	80	10	4	1	2	180	X	X						
Bean & Cheese Burrito (Fernando's 5.0oz)	340	42	13	15	5	530	X	X			X			
Bean & Cheese Burrito (Los Cabos-3.95oz)	222	31	6	12	6	359	X	X			X			
Bean & Cheese Chalupa	245	21	11	16	3	303	X	X			X			
Corn Dog, Chicken	240	30	8	9	5	390	X	X	X					
Tater Tots	120	14	7	1	1	180								
Mashed Potatoes, plain	70	15	1	1	1	320					X			
Cheese Lasagna	230	27	7	14	2	400	X		X	X				
Baked Potato Bar	430	45	19	23	4	620				X	X	X		
Graham Snacks	140	22	5	2	2	110	X	X	X					
Turkey Frank	130	1	11	7	0	700								
Hot Dog Bun	150	30	2	3	2	210	X							
SunWise Sandwich	310	33	17	10	5	250	X	X						
Dinner Roll	80	14	2	2	1	110	X	X			X			
Tortilla Chips	210	30	8	2	6	51		X						
Cheese Dip Cup	190	14	10	10	0	570					X			
Corn tortilla 6"	124	20	2	3	1	10								
Birthday Cookie	111	16	4	2	2	76	X				X			
Fortune Cookie	35	7	0	0	0	10	X							
Mini Rice Krispy Treat	50	9	1	0	0	45					X			
Mozzarella String Cheese Stick	60	1	2.5	8	0	210					X			
Grilled Cheese Sandwich	280	31	10	19	3	581	X	X			X			
Shrimp, Breaded	230	22	11	9	3	250	X	X			X		X	
Chicken Drumstick, glazed	150	2	9	15	0	290								
Chicken Teriyaki	130	10	4	16	0	480	X	X						
Turkey & Gravy	120	2	6	15	0	460		X						
Turkey, Taco Meat	130	3	7	13	0	410								
Veggie Lunchable	305	51	9	9	10	725	X	X						X