

Chesapeake Public Schools
Nutrient Information for Menu Items (9/4/2007)

Main Dishes	Portion Size	Cals.	Mg. Cholst.	G Fiber	G Protein	G Carb.	G T-Fat
All American Sub (K-5)	1 each	240	43	1.26	17.71	25.84	8.69
All American Sub (6-12)	1 each	435	57	0.26	23.77	49.4	16.67
Beefaroni (K-5)	2/3 cup	210	20	1.16	13.87	25.24	6.06
Beefaroni (6-12)	3/4 cup	236	22	1.75	14.53	28.39	7.58
Chicken Salad	1/2 cup	180	57	0.4	17.07	5.09	9.81
Chili w/beans on Rice K-5	1 each	218	10	2.79	9.54	36.73	2.93
Chili w/beans on Rice 6-12	1 each	246	13	3.52	11.9	39.09	3.83
Burrito w/Salsa & Cheese	1 each	384	26	10.15	18.86	50.94	12.92
Cheese Pizza	slice	326	31	2.84	20.84	31.27	12.37
Cheese Quesadilla	1 each	390	60	3.00	17.00	30.00	24.00
Cheese Sandwich, Cold	1 each	313	53	1.00	16.56	21.91	19.22
Cheese Sandwich, Toasted	1 sandwich	337	53	1.00	16.59	21.94	21.94
Cheese Uncrustable	1 each	212	20	0	13.26	22.55	7.96
Cheeseburger on Bun	1 sandwich	316	49	2.06	24.44	26.33	13.83
Chef's Salad (without crackers)	1 salad	148	62	1.04	12.50	5.91	8.80
Spicy Chicken Chunks	4 oz. piece	280	67	0	14.67	17.33	16.00
Chicken Fajitas K-5	1 serving	143	24	0.47	8.88	13.37	5.73
Chicken Fajitas 6-12	1 serving	286	49	0.94	17.76	26.74	11.45
Chicken Nuggets	5 each	220	75	2	12.00	9.00	15.00
Chicken, Popcorn	14 pcs	198	42	0	14.3	11.5	10.6
Cheese Quesadilla	1 each	390	60	3	17.00	30.00	24.00
Chicken Caesar Salad K-12	1 salad	173	38	1.53	13.47	9.02	9.09
Chicken Caesar Salad Adult	1 salad	261	68	2.57	21.56	10.98	14.7
Chicken/Turkey Chow Mein K-5	#6 scoop	141	44	0.58	15.53	10.47	3.86
Chicken/Turkey Chow Mein 6-12	#6 heaping	143	48	0.65	17.76	8.04	4.09
Chicken Salad Croissant	1 sandwich	410	56	1.66	21.51	30.57	21.99
Chick Salad, Oriental K-12	1 salad	163	30	2.92	9.82	15.59	7.55
Chick Salad, Oriental Adult	1salad	253	60	3.84	17.90	17.55	13.16
Breaded Chicken Sandwich	1 sandwich	330	95	3	18.00	34.00	14.50
Grilled Chicken Sandwich	1 sandwich	280	60	1	20.00	24.00	12.50
Roast Chicken	4 oz. piece	149	50	4.00	12.99	0.00	11.57
Chicken Rings	5 rings	239	35	1.50	15.35	14.75	13.35
Chicken Salad	1/2 cup	180	57	0.41	17.08	5.17	9.80
Chicken Wings, Hot & Spicy	4 wings	417	114	0.00	33.61	0.00	29.58
Chinese Egg Roll	2 each	365	59	2.12	23.02	38.12	12.54
Corn Dog Nuggets - K-2	4 each	245	33	0.00	7.29	21.88	14.59
Corn Dog Nuggets - 3-5	5 each	307	41	0.00	9.12	27.35	18.24
Corn Dog Nuggets 6-12	6 each	368	50	0.00	10.94	32.83	21.88
Cubana Pork Wrap	1 each	302	64	0.17	22.12	20.90	13.06
Fish Hoagie on Sub Roll	1 each	390	30	3.00	21.03	49.03	13.02
Fish Filet	1 eacg	200	40	0.00	11.00	17.00	9.00
Fish Filet on Bun	1 sandwich	324	51	1.85	16.91	41.86	10.86
Fish Square	1 each	200	40	0.00	11.00	17.00	9.00
Fish Square on Bun	1 sandwich	324	51	1.85	16.91	41.86	10.86
Ham & Cheese Croissant	1 sandwich	377	48	1.01	15.96	26.78	21.92
Ham & Cheese Sub	1 sub	314	72	1.00	22.48	20.55	15.46
Hamburger on Bun	1 sandwich	263	36	2.06	21.30	26.10	9.40
Hot Dog on Bun	1 sandwich	290	35	1.00	10.00	23.00	17.50
Lasagna (K-2)	3" x 2 7/8"	277	43	2.00	20.38	20.32	13.18
Lasagna (3-5)	3" x 3 1/3"	327	51	2.34	24.18	23.66	15.66
Lasagna (6-12)	3" x 4"	379	54	2.81	28.08	29.46	17.28
Lasagna Roll-ups	1 roll-up	263	123	2.00	15.88	24.33	10.47
Macaroni & Cheese	1/4 cup	100	17	0.00	5.56	6.94	5.56
Macaroni & Cheese	1/2 cup	200	33	0.00	11.11	13.89	11.11
Meatloaf	1 slice	135	17	2.03	16.32	8.26	4.48

Main Dish - continued	Portion Size	Cals.	Mg. Cholst.	G Fiber	G Protein	G Carb.	G T-Fat
Mozzarella Cheese Sticks	4 sticks	352	24	0.8	16	27.2	20.8
Nacho Salad (K-5)	1 salad	439	23	7.62	15.65	47.16	22.24
Nacho Salad (6-12)	1 salad	465	25	8.95	18.62	48.99	22.49
Nachos with Cheese	1 serving	354	0	3.69	3.97	41.66	19.86
Ocean Treasures Fish Nuggets	5 nuggets	307	34	1.25	15.05	22.58	17.56
PB & Jelly Uncrustable	1 sandwich	328	0	3.07	11.26	32.76	17.40
Pepperoni Pizza	1 slice	340	40	0.00	20.00	30.00	16.00
Philly Steak & Cheese Sub	1 sandwich	405	59	2.00	21.05	34.15	19.90
Pizza Dippers	3 each	241	23	0.00	15.04	22.56	10.53
Pizza Hut Cheese Pizza	1 slice	273	13	2.92	13.09	30.88	10.70
Pizza Hut Pepperoni Pizza	1 slice	274	26	2.73	12.78	30.52	11.14
Pizzatas	2 pieces	360	35	0.00	19.00	28.00	19.00
Pork Barbecue on Bun -Elem	1 sandwich	196	5	1.49	14.80	25.81	4.53
Pork Barbecue on Bun -Sec	1 sandwich	221	34	1.65	18.06	26.41	5.53
Pork Dunkers (K-5)	5 each	263	48	0.63	11.88	9.62	19.75
Pork Dunkers (6-12)	6 each	315	57	0.75	14.25	11.55	23.70
Pork Rib Patty on Bun	1 sandwich	258	32	1.40	15.19	29.40	9.93
Potato, Baked w/Chili & Cheese	1 each	270	25	4.23	13.01	34.40	8.76
Potato Skins, Cheese- Elem	1 each	355	35	4.76	17.80	30.50	18.26
Potato Skins, Cheese - Sec	1 each	397	35	5.44	14.97	40.82	19.05
Sausage in a Blanket	1 each	271	45	0.00	13.05	33.12	9.03
Shrimp Poppers (K-5)	15 poppers	157	29	1.43	7.13	13.55	8.56
Shrimp Poppers (6-12)	21 poppers	220	40	2.00	10.00	19.01	12.01
Shrimp Popper Salad K-12	1 salad	171	29	2.81	8.01	16.49	8.72
Shrimp Popper Salad Adult	1 each	181	29	3.73	8.59	18.45	8.83
Sloppy Joe on Bun	1 sandwich	282	24	2.91	18.36	37.36	7.23
Meat Sc. For Spaghetti (K-5)	1/2 cup	125	21	1.48	12.60	7.41	5.19
Meat Sc.for Spaghetti (6-12)	2/3 cup	166	28	1.98	16.80	9.88	6.92
Spaghetti Noodles (K-5)	1/2 cup	110	0	0.67	3.58	20.87	1.12
Spaghetti Noodles (6-12)	3/4 cup	183	0	1.12	5.96	34.78	1.87
Beef Taco w/Salsa & Fix K-5	1 each	329	26	1.39	16.81	38.72	11.95
Beef Taco w/Salsa & Fix 6-12	1 each	397	32	1.67	20.26	46.66	14.40
Taco Salad	1 salad	478	33	7.27	22.47	45.26	24.61
Tuna Salad	1/2 cup	178	60	0.37	16.15	4.34	10.36
Tuna Salad Croissant	1 sandwich	427	64	0.37	19.71	29.28	24.79
Tuna Salad on Bun	1 sandwich	292	60	0.35	19.54	24.33	12.46
Turkey & Cheese Croissant	1 sandwich	391	65	0.00	23.86	25.17	21.13
Turkey Chow Mein (K-5)	2/3 cup	114	40	0.59	16.24	7.23	2.44
Turkey Chow Mein (6-12)	3/4 cup	137	48	0.71	19.48	8.67	2.92
Rice for Chow Mein (All)	1/2 cup	135	0	0.62	2.46	29.65	0.20
Turkey, Roast	2 oz.	89	48	0.00	17.15	0.00	2.27
Turkey & Cheese Roll-up	1 each	246	57	0.00	22.93	20.03	7.75
Turkey Salad	1/2 cup	161	54	0.38	17.92	5.12	7.70
Bread Products	Portion Size	Cals.	Mg. Cholst.	G Fiber	G Protein	G Carb.	G T-Fat
Cheese Roll	2 oz. Roll	242	18	0.89	8.39	29.99	9.70
Cinnamon Roll	2 oz. Roll	187	0	1.18	4.39	33.12	4.04
Cornbread	2 1/2"x1 3/4"	109	13	0.92	2.76	18.12	2.73
Cornbread Stuffing	1/4 cup	92	0	1.75	1.7	12.29	4.97
Crackers, Captain's Wafers	1 pkg (2)	35	0	0	0.5	4.50	1.25
Crackers, Wheat Twins	1 pkg (2)	35	0	0.5	0.5	5.00	1.50
Croissant	1 each	251	5	1.01	4.02	25.15	14.08
Dinner Roll	2 oz. Roll	172	0	0.89	4.37	29.70	3.75
Hamburger Bun	1 each	120	0	1	5	24.00	1.50
Hot Dog Bun	1 each	110	0	1	4	22.00	1.50
Muffin, Apple Cinnamon	3.6 oz.	230	0	1	4	53.00	1.00
Muffins, Blueberry, Low Fat	3.6 oz.	216	0	1.26	4	52.00	1.00

Bread Products (Con't)	Portion Size	Cals.	Mg. Cholst.	G Fiber	G Protein	G Carb.	G T-Fat
Muffins, Banana, Low Fat	3.6 oz.	234	0	0	4	54.00	0.00
Muffins, Orange, Low Fat	3.6 oz.	320	45	0	5	47.00	13.00
Rice, Fried	1/2 cup	109	0	0.79	2.66	23.63	0.18
Rice, Mexican	1/2 cup	112	0	0.45	1.79	25.31	0.15
Rice, Spanish	1/2 cup	114	0	1.1	2.44	24.89	0.27
Rice, white	1/2 cup	135	0	0.62	2.46	29.65	0.2
Texas Toast, Cinnamon	1 slice	130	0	1	3	19	5
Texas Toast, Garlic	1slice	100	0	0.5	2	15	3
Side Dishes	Portion Size	Cals.	Mg. Cholst.	G Fiber	G Protein	G Carb.	G T-Fat
Apple, Fresh	1 eash	64	0	2.92	0.21	16.47	0.39
Applesauce	1/2 cup	55	0	1.53	0.22	14.4	0.06
Apricot Applesauce Cup	1/2 cup	92	0	3	0	23	0
Apricots in Juice	1/2 cup	40	0	0.4	0.5	10.4	0.00
Augratin Potatoes	1/2 cup	134	0	2	3.03	21.01	4.18
Banana, Fresh	1 each	130	0	3.4	1.46	33.21	0.68
Broccoli Soup, Cream of	1/2 cup	140	21	1.86	4.66	13.88	7.82
Broccoli, Steamed	1/2 cup	26	0	2.78	2.87	4.95	0.10
Cabbage, Steamed	1/2 cup	30	0	2.61	1.81	6.34	0.34
Carrots, Steamed	1/2 cup	20	0	1.22	0.52	4.51	0.15
Baby Carrots	6 each	23	0	1.08	0.5	4.9	0.32
Baby Carrots w/Dip	6 each	47	3	0.54	1.07	4.6	2.71
Baby Carrots & Broccoli	1/2 cup	60	0	5.1	3.41	13.08	0.46
Baby Carrots & Broccoli w/Dip	1/2 cup	95	4	5.17	4.44	16.08	2.62
Baked Beans	1/2 cup	161	0	3.89	6.86	36.27	0.62
Coleslaw	1/2 cup	97	6	1.58	1.12	9.21	6.68
Coleslaw	1 oz.	24	2	0.4	0.28	2.3	1.67
Collards, Steamed	1/2 cup	31	0	2.38	2.53	6.05	0.35
Corn: Canned	1/2 cup	70	0	1.73	2.26	16.04	0.86
Corn on the Cob	1 ear	59	0	1.76	1.96	14.07	0.47
Crunchy Vegetable Cup	1/2 cup	60	0	5.1	3.41	13.08	0.46
Crunchy Vegetable Cup w/Dip	1/2 cup	95	4	5.17	4.44	16.08	2.62
French Fries, Baked (K-5)	1/2 cup	112	0	0	0	16	4.40
French Fries (6-12)	1 1/8 cup	301	0	2.9	2.9	33.29	18.15
Fruit Juice Bar, Frozen	1 each	60	0	0	0	15	0.00
Fruit Juice Cup, Frozen	1 each	70	0	0	0	18	0.00
Gelatin w/Fruit	1/2 cup	118	0	0.71	2.06	28.59	0.01
Gelatin w/Fruit & Topping	1/2 cup	130	0	0.71	2.06	29.59	1.01
Gelatin, Plain	1/2 cup	85	0	0	1.73	20.16	0.00
Grapefruit Half	one half	45	0	1.54	0.88	11.34	0.14
Grapes, Fresh	1/2 cup	61	0	0.91	0.57	15.56	0.32
Green Beans, Canned	1/2 cup	30	0	2.85	1.73	6.76	0.15
Kiwi	1 each	23	0	1.29	0.38	5.65	0.17
Macaroni Salad	1/2 cup	143	5	0.38	3.29	20.34	5.40
Mashed Potatoes	1/2 cup	76	0	1.3	1.5	15	1.00
Mashed Potatoes w/Gravy	1/2 cup	109	0	1.38	2.65	17.39	3.08
Mixed Fruit in Light Syrup	1/2 cup	69	0	1.21	0.48	18.07	0.08
Mixed Vegetables	1/2 cup	59	0	2.1	2.86	13.07	0.11
Onion Rings	10 rings	400	0	5	5	56	17.00
Orange, Medium	1 each	62	0	3.14	1.23	15.39	0.16
Peach Crisp	1 serving	194	0	1.24	2.09	30.45	7.80
Peach Cup, Frozen	1 each	117	0	2.24	0.78	29.8	0.16
Peaches in Light Syrup	1/2 cup	68	0	1.63	0.57	18.27	0.04
Pears in Light Syrup	1/2 cup	71	0	1.99	0.24	18.89	0.04
Peas, Canned	1/2 cup	61	0	3.65	3.93	11.18	0.31
Pineapple in Pineapple Juice	.5 cup	75	0	0.95	0.5	19.6	0.10

Side Dishes (continued)	Portion Size	Cals.	Mg. Cholst.	G Fiber	G Protein	G Carb.	G T-Fat
Potato Rounds	12 each	211	0	2.48	2.48	23.57	12.41
Potato Wedges	12 wedges	142	0	2.37	2.37	21.35	4.74
Chocolate Pudding Cup	3.5 oz.	218	0	0	4.96	34.73	5.95
Sweet Potatoes & Apples	1/2 cup	128	0	2.08	0.8	26.27	2.51
Sweet Potatoes, Candied	1/2 cup	223	0	3.62	1.59	46.11	4.04
Tossed Salad	1/2 cup	5	0	0.52	0.34	1.07	0.08
Tomato Soup	8 oz.	126	3	2	4	21	2.6
Turkey Noodle Soup	1/2 cup	36	11	0.37	3.32	4.73	0.37
Vegetable Soup	1/2 cup	23	0	0.71	0.98	4.86	0.18
Breakfast Products	Portion Size	Cals.	Mg. Cholst.	G Fiber	G Protein	G Carb.	G T-Fat
Apple Juice	4 oz.	50	0	1	0	13	0
Animal Crackers	1.1 oz.	139	0	0.34	2.15	23.11	4.3
Assorted Dry Cereal	1 bowl	92	0	0.72	1.38	21.12	0.29
Mozzerella Cheese Stick	1 oz.	72	18	0	6.88	0.79	4.51
Cinn Bagel w/Cr. Cheese	1 each	190	10	2.99	5.99	34.94	3.99
Chicken Biscuit (Breakfast)	1 each	365	45	0	10	34	19.4
Churro	1 each	160	15	0	2	22	7
Donut, Reduced Fat	3 oz.	300	15	2	8	49.03	10.01
Egg Biscuit	1 each	301	260	0	9.64	27.75	15.53
Cinnamon Glazed French Toast	1 slice	240	106	0.92	8.29	34.09	7.37
Strawberry Banana French Toast	3 sticks	214	119	0.82	6.58	27.995	8.22
Funnel Cakes	1 each	310	25	0	5	43	13
Ham & Cheese Biscuit	1 each	315	30	0	10.13	28.11	16.83
Ham & Cheese Croissant	1 each	393	47	0	16.42	25.06	25.14
Muffin, Apple Cinnamon	3.6 oz.	230	0	1	4	53.00	1.00
Muffins, Banana, Low Fat	3.6 oz.	234	0	0	4	54.00	0.00
Muffins, Blueberry, Low Fat	3.6 oz.	216	0	1.26	4	52.00	1.00
Muffins, Orange, Low Fat	3.6 oz.	320	45	0	5	47.00	13.00
Orange Juice	4 oz.	55	0	0	1	13.99	0
Pancake & Sausage on a Stick	1 each	239	23	0.6	8.4	24.01	12.21
Pop Tarts, Assorted	1 each	202	0	0.99	2.32	36.1	5.64
Sausage Biscuit	1 each	318	21	0.51	9.24	28.76	17.46
Sausage Patty	1 oz. patty	105	24	0	5.58	0.28	8.85
Sausage Pizza (Breakfast)	1 slice	199	20	1	10.97	19.94	7.98
Yogurt	4 oz.	110	0	0	3	22	0
Milk Products	Portion Size	Cals.	Mg. Cholst.	G Fiber	G Protein	G Carb.	G T-Fat
Milk - 1% Chocolate	10 oz. Bottle	250	15	0	11	45	2.5
Milk - 1% Lowfat	10 oz. Bottle	130	15	0.00	9.99	14.99	3
Milk - 1% Strawberry	10 oz. Bottle	240	15	0.00	10	45.00	2.50
Milk - Skim	1/2 pint	90	5	0.00	9.04	13.05	0
Milk - 1% Chocolate	1/2 pint	200	12	0	8.80	35.98	2.00
Milk - 1% Lowfat	1/2 pint	104	12	0	7.99	11.99	2.4
Milk - 1% Strawberry	1/2 pint	192	12	0	8	35.98	2