

# NUTRITIONAL ANALYSIS OF SCHOOL LUNCH

(Approximate Values)



Menu Item

## Hot Entrees <sup>1</sup>

	Calories	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)	Iron (mg)
Beans and Rice (¼ cup beans + ½ cup rice)	447	11	4	36	1045	61	15	26	39	2	106	5
Cheese Pizza Wedge	330	18	4	10	870	23	1	15	20	15	40	20
Cheese Stuffed Crust Pizza	392	14	6	25	1045	46	2	20	13	1	41	17
Chicken Nuggets <sup>2</sup> (5 each)	240	14	3	60	510	11	0	14	1	2	1	1
Chicken Strips <sup>2</sup> (4 each)	262	18	3	60	392	12	0	14	2	2	0	12
Chicken Taco, soft (2 each)	313	12	4	46	1708	28	2	23	695	7	220	2
Chicken Teriyaki (4 each)	164	7	2	47	577	8	1	18	2	0	3	1
Chili Mac (2/3 cup)	321	16	6	59	464	23	2	21	943	7	125	3
Fish Strips <sup>2</sup> (3 each)	230	9	1	35	320	20	1	16	0	0	2	4
Fried Catfish (oven fried) <sup>2</sup> (3 ounces)	109	3	1	18	141	12	1	8	19	0	10	1
Italian Lasagna <sup>3</sup>	276	11	5	57	699	30	3	30	16	41	39	19
Italian Meatballs & Pasta (4 + ½ cup pasta)	322	11	4	26	918	40	6	19	15	49	12	29
Italian Meat Sauce & Pasta	296	10	4	50	511	31	3	20	10	39	5	21
Italian Veal Parmesan	360	15	6	61	796	37	3	20	5	10	17	20
Jambalaya (¼ cup)	297	14	4	40	678	25	1	16	7	13	3	13
Mexican Pizza	320	16	9	40	640	28	2	17	13	1	41	17
Nachos with Chili and Cheese Sauce	480	31	14	66	1255	31	3	21	21	12	45	5
Popcorn Chicken <sup>2</sup> (15 pieces)	290	19	4.5	50	650	17	2	14	2	0	2	10
Shepherd's Pie <sup>3</sup>	283	13	6	58	553	23	2	19	6	16	14	9
Shrimp Poppers <sup>2</sup> (21 pieces)	220	12	2	40	700	19	2	10	0	0	2	10
Turkey in Gravy & Rice	222	4	1	34	554	29	1	16	0	0	2	17
Chicken & Sausage Gumbo & Rice	276	8	3	38	968	33	1	16	1	10	3	13

## Sandwiches <sup>1</sup>

BBQ Pork on Bun	260	8	3	25	480	33	1	12	3	2	77	2
Breaded Chicken Patty on Bun <sup>2</sup>	362	17	4	50	609	33	1	18	1	2	70	2
Breaded Spicy Chicken Patty on Bun <sup>2</sup>	362	17	4	50	654	34	1	18	na	na	na	na
Cheeseburger on Bun	339	14	6	49	746	29	2	24	8	0	19	17
Chili Cheese Corn Dog	300	14	4	30	690	35	0	9	0	0	0	15
Corn Dog (whole grain)	311	17	6	45	702	40	1	10	0	1	20	1
Egg Roll	68	3	1	4	8	8	1	2	360	3	11	1
Grilled Cheese	366	20	11	54	1121	29	1	17	16	0	41	11
Grilled Chicken Patty on Bun	302	14	4	40	424	26	1	19	43	1	83	3
Ham and Cheese PoBoy <sup>3</sup>	288	8	3	62	1457	26	1	26	8	0	15	22
Hot Dog on Bun	209	10	4	20	538	22	1	7	0	0	59	2
Hot Dog with Chili on Bun	260	14	6	37	702	23	1	12	408	4	71	2
Meatball Poboy	430	19	7	44	1471	28	5	20	1105	13	117	4
Roast Beef Poboy	302	14	4	51	714	28	1	16	0	0	44	2
Two-Fers on Buns (wo cheese)	339	16	6	37	700	32	3	16	262	2	78	3

<sup>1</sup> Nutritional information does not include condiments.

<sup>2</sup> Calories and fat will be higher if deep-fat fried.

<sup>3</sup> All nutrients may be higher for high schools.

na Not Available