

# NUTRITIONAL ANALYSIS OF SCHOOL LUNCH

(Approximate Values)



Menu Item

	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)
<b>Vegetables (1/2 cup) <sup>1</sup></b>												
Baked Potato <sup>3</sup>	101	0	0	0	18	23	2	2	3	10	11	0
Broccoli	40	2	0	0	110	5	3	3	19	59	5	3
Broccoli in Cheese Sauce	86	5	2	10	202	6	3	5	21	60	13	3
California Vegetables	42	2	0	0	112	4	2	2	23	37	0	0
Carrot Sticks	21	0	0	0	46	5	1	0	13790	5	19	1
Cauliflower	36	2	0	0	116	4	3	2	2	51	2	2
Celery	9	0	0	0	52	2	1	0	291	2	26	0
Corn	123	1	0	0	453	29	3	4	68	1	8	1
Crinkle Fries <sup>2 &amp; 3</sup>	104	3	1	3	69	16	2	2	290	6	26	1
French Fries <sup>2 &amp; 3</sup>	201	10	3	0	138	25	2	1	11	0	1	3
Green Beans	32	2	0	0	372	4	2	1	2	6	1	4
Green Peas	92	2	0	0	258	14	6	5	10	16	2	6
Lettuce, Tomato & Pickles	23	0	0	0	387	5	2	1	739	6	52	1
Potato Salad	152	6	1	43	416	24	2	3	2	33	2	3
Side Salad	8	0	0	0	6	2	1	1	4	8	1	2
Stir Fry Vegetables	42	2	0	0	152	5	2	2	21	38	0	0
Sweet Potato Fries	279	8	0	0	200	47	5	5	10000	11	32	1
Waffle Fries <sup>2 &amp; 3</sup>	150	7	2	0	370	23	2	2	0	2	0	4
<b>Fruits (1/2 cup)</b>												
Apples (1/2 medium)	41	0	0	0	0	11	2	0	1	9	1	1
Applesauce	100	0	0	0	4	26	2	0	0	4	1	3
Fruit Cocktail	74	0	0	0	8	10	1	0	1	4	1	0
Grapes	56	0	0	0	2	14	1	0	1	6	1	1
Orange	56	0	0	0	0	14	3	0	2	100	0	1
Peaches	64	0	0	0	6	17	2	0	2	5	0	2
Pears	89	0	0	0	8	24	3	0	0	1	8	0
Pineapple	64	0	0	0	2	17	1	0	0	15	2	3
Tropical Fruit	82	0	0	0	10	10	1	0	1	23	0	2
<b>Breads/Grains (2 ounces or 1/2 cup)</b>												
Cinnamon Roll	192	4	1	4	231	36	1	3	6	0	13	2
Cornbread	143	5	1	14	187	22	1	3	38	0	67	1
Crackers	104	3	1	0	312	17	1	2	0	0	3	7
Dirty Rice	119	1	0	5	262	23	1	4	1	7	2	8
French Bread	137	1	0	0	325	27	1	4	0	0	1	0
Garlic French Bread	186	7	1	0	388	28	1	4	6	0	1	10
Garlic Roll	186	12	2	0	536	57	1	7	2	0	1	9
Ham Fried Rice	131	1	0	21	526	24	1	6	1	51	2	9
Macaroni & Cheese	214	11	6	26	420	20	1	10	10	2	19	6
Rice Acadianne	123	2	0	0	309	23	1	2	3	11	2	8
Rice Mexican	110	0	0	0	94	24	1	2	151	5	13	2
Sesame Seed Roll	187	6	1	10	242	29	1	5	1	0	1	11
Southern Butter Wheat Roll	159	4	1	0	237	28	2	4	0	0	1	9
Wheat Roll	158	4	1	0	159	28	3	4	0	0	9	2
<b>Desserts</b>												
Cake	211	6	1	23	2	39	1	2	3	0	4	6
Cookie	100	5	1	7	104	13	0	1	4	0	1	2
Fudge Brownie	212	10	2	33	162	31	1	2	10	0	1	4
Jello	78	0	0	0	55	18	0	2	0	0	0	0
Pudding	82	4	1	5	70	13	0	0	0	0	1	0
Rice Krispie Treat	100	4	1	0	129	17	0	1	10	3	0	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.