

# NMUSD SECONDARY SCHOOL NUTRITION INFORMATION 2018-19

	Serving Size	Calories	Carbohydrates (g)
<b>Breakfast</b>			
Bagel Whole Grain Blueberry (Shirley's)	4 oz	242	50
Bagel Whole Grain Jalapeno (Shirley's)	4 oz	295	61
Bagel Whole Grain Plain (Shirley's)	4 oz	245	51
Cream Cheese (Kraft)	1 oz	100	<1
Cheese Stick (Boscós)	3 oz	220	28
Cheese & Pepperoni Stick (Boscós)	4 oz	260	32
Breakfast Burrito Cheezy Chorizo (Los Cabos)	3.75 oz	244	28
Breakfast Burrito Cheese & Egg ( Los Cabos)	3.75 oz	244	28
Breakfast Burrito Cheese & Egg & Bacon ( Los Cabos)	3.4 oz	212	22
Breakfast Burrito Cheese & Egg & Sausage (Los Cabos)	3.2 oz	205	26
Breakfast Pizza, Tony's Sausage (Schwan Food Co)	3.20 oz	230	25
Breakfast Sandwich	1 each	392	33
Breakfast Bar - Buttermilk	2 oz	230	39
Biscuits-Honey Whole Wheat (Bridgeford)	1 - 3 oz	190	30
Breakfast Wrap (Sunny Fresh)	3.1 oz	180	14
Cinnamon Roll (Bridgeford)	2.5 oz	245	45
Coffee Cake (NMUSD)	1 piece	302	43
English Muffin, Plain, Profile Showcase	2.0 oz	130	26
French Toast, Aunt Jemima,Cinnamon	2.54oz	130	21
Fruit & Yogurt Parfait - Strawberry Breakfast Size	1each	397	84
Fruit & Yogurt Parfait - Blueberry Breakfast Size	1each	315	60
Muffin Blueberry (Golden Crust)	4 oz	372	57
Muffin - Chocolate Chip (Golden Crust)	4 oz	380	57
Muffin - Banana Nut (Golden Crust)	4 oz	377	57
Mini Pancakes - Pillsbury	80 g	170	30
Pancake & Sausage Stick	1each	170	18
Potato Triangle	2.25 oz	220	29
Sausage Link	1 Each	105	0
Sausage Patty	1 Each	130	0
Scrambled Egg Mix, Sunny Frsh Foods	1.25oz	40	1
Scrambled Egg Patty, Sunny Frsh Foods	1.5 oz	60	1
Waffles, Aunt Jemima,Jumbo Square	2.54oz	190	32
Yogurt	4 oz	110	19
Whole Grain Goldfish Crackers	.75 oz	100	14
Syrup	1.5 oz cup	120	31
<b>Lunch</b>			

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BBQ Beef Rib on Sub Roll	2.8 oz + roll	360	36
BBQ Pork on Whole Grain Bun	2.8 oz Bun	396	44
Bean, Beef, Cheese & Salsa Burritos (los Cabos)	5.5 oz	304	39
Black Bean Burrito (Los Cabos)	6.05 oz	298	42
Ultra Bean & Cheese Burrito	5.5 oz	297	39
Cheese Burger on Bun	3 oz	357	31
Chicken & Cheese Burrito (Los Cabos)	6.25	299	34
Chicken Rice & Cheese Burrito (Michael B's)	5.75 oz	338	37
Chicken Breaded Breast Patty Whole Muscle (Tyson)	Each	240	14
Chicken Breaded Breast Patty on a Bun	Each	390	44
Chicken Drum Stick- Breaded	2 Each	380	10
Chicken Whole Muscle Boneless Wing/Nuggets (Tyson)	5 Pieces	237	14
Chicken Sliders on Buns ( Tyson)	2 each	410	45
Chicken & Waffles with Syrup	Each	560	77
Chow Mein - Chef's Corner	1 cup	200	40
Corn Dog - Chicken/Whole Grain Coating	4 oz	240	30
Edamame Kung Pao Chicken - Yangs (no rice)	1/2 cup	127	11
Brown Rice	1 cup	216	48
Egg Roll - Chicken & Vegetable - Minh	1 each	270	30
Fish Square	1 each	170	18
Hamburger Bun - Galassos White Whole Wheat	1 each	150	30
Fish Sticks	4 each	200	21
Fortune Cookie	1 each	36	7
Fruit & Yogurt Parfait - Strawberry - Lunch Size	1 each	572	115
Fruit & Yogurt Parfait - Blueberry - Lunch Size	1 each	490	91
Garlic Cheese Breadstick	1 each	100	13
Garlic Toast - Marzetti	1 each	140	16
General Tso Chicken - Yangs (no rice)	1/2 cup	170	23
Brown Rice	1 cup	216	48
Hamburger - Don Lee Beef Steak Burger	3 oz	157	0
Hamburger Bun - Galassos White Whole Wheat	1 bun	150	30
Brown Rice	1 cup	216	48
Hot Dog - Oscar Mayer All Beef - 8:1	1 each	180	1
Hot Dog Bun - Galassos - White Whole Wheat	1 bun	140	27
Lunch To Go	1 each	550	27
Macaroni & Cheese - Reduced Fat (Rose & Shore)	6 oz	260	17
Mini Cheeseburgers	6.5 oz	472	50
Mandarin Orange Chicken - Yangs (no rice)	1/2 cup	150	19

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Brown Rice	1 cup	216	48
Pick Up Stix House Chicken w/Brown Rice & Veggies	12.4 oz	430	64
PBJ - Smuckers Uncrustable	2.6 oz	320	32
PBJ - Smuckers Uncrustable	5.3 oz	630	64
Philly Cheesesteak Sub	5oz	433	36
Pizza Pepperoni (Pizza Hut)	1 slice	290	30
Pizza Cheese (Pizza Hut)	1 slice	270	30
Pizza Veggie (Pizza Hut)	1 slice	280	31
Pizza Sausage (Pizza Hut)	1 slice	320	30
Rotini with Meat Sauce	8 oz	226	24
Meatballs - Chicken (Tyson)	3 pieces	170	5
Bread Stick -cheese	1 each	130	23
Subway Ham & Cheese Sub	6 inch	290	46
Subway Turkey & Cheese Sub	6 inch	280	46
Subway Veggie Sub	6 inch	230	44
Tamale, Chicken & Cheese (Michal B's)	1 each	343	45
Taquito, Chicken (Jose Ole - Posada)	2 each	210	27
Taquito, Chicken (Michael B's)	2 each	227	27
Yakisoba Noodles - Chef's Corner	1 cup	174	38
Teriyaki Chicken - Yangs (no rice)	1/2 cup	150	10
Brown Rice	1 cup	216	48
Teriyaki Beef Dippers	4 each	215	9
Brown Rice	1 cup	216	48
Teriyaki Beef Dippers w/ Brown Rice & Veggies	1 each	483	60
WaBa Grill Chicken Bowl (rice & carrots)	1 bowl	389	55
Taco Meat - Beef (Don Lee Farms)	3 oz	166	4
Taco Shell, 5" Yellow Reg, Mission FS	2 shells	150	21
Tortillas 6" Whole Grain	2- 6"	174	30
Tortillas 10# Whole Grain	1-10"	168	28
Nacho Cheese Cup	3 oz	130	4
Chili for Nachos	1/2 cup	150	16
Chips for Nachos	2 oz	280	36
Nachos with Chili & Cheese	1 portion	420	27
Nachos Chips Cheese, Taco Meat & Beans	1 portion	536	37
<b>ENTRÉE SALADS</b>			
Asian Chciken Salad w/Noodles, Dressing, Cookie & WG Roll	Each	409	63
Chicken Caesar Salad w/Croutons,Dressing & WG Roll	Each	461	42

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Fresh Fruit Salad W/ Yogurt, String Cheese & WG Roll	Each	385	63
Garden Salad w/Cheese, Dressing & WG Roll	Each	521	39
Greek Salad w/ Dressing & WG Roll	Each	456	40
Southwest Chicken Salad with Baked Tostitos & WG Roll	Each	646	77
Vegan Pasta Salad	Each	549	77
Whole Grain Roll	Each	150	28
Whole Grain Crackers	2 oz Bag	180	30
Vegetarian Sandwich	Each	422	30
Turkey & Cheese Croissant with Mustard & Mayo	Each	644	44
Turkey & Cheese on Wheat with Mustard & Mayo	Each	527	28
Tuna Salad Sandwich on Wheat	Each	247	37
Ham & Cheese Croissant with Mustard & Mayo	Each	646	44
Ham & Cheese on Wheat with Mustard & Mayo	Each	529	29
Lite Ranch Dressing	TBSP	50	2
<b>Fruits &amp; Vegetables</b>			
Apple - Fresh	Med	72	19
Banana - Fresh	Petite	110	23
Grapes - Fresh	1/2 cup	31	8
Kiwi - Fresh	Med	42	10
Pear - Fresh	Med	96	26
Peach	Med	60	14
Plum - Fresh	Med	30	8
Orange - Fresh	Med	64	16
Nectarine - Fresh	Med	59	14
Strawberries - Fresh	1/2 cup	46	6
Tangerine - Fresh	Med	47	9
Tangelo - Fresh	Med	70	13
Applesauce Cup	1/2 cup	51	14
Apricots - Canned	1/2 cup	62	16
Mixed Fruit - Canned	1/2 cup	69	9
Peaches - Canned	1/2 cup	53	14
Pears - Canned	1/2 cup	58	15
Craisins	Pkg	110	28
Dried Pineapple	Box	100	26
Frozen Pineapple	Pkg	38	11

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Raisins	Box	114	30
Peaches - Frozen Cup	1/2 Cup	80	18
Strawberries - Frozen Cup	1/2 Cup	90	22
Rosatti's Frozen Fruit Ice - Holiday Flavors	1/2 Cup	90	25
Carrots	1/2 Cup	35	8
Corn	1/2 Cup	78	18
Broccoli	1/2 Cup	7	2
Cauliflower	1/2 Cup	13	2
Cucumber	1/2 Cup	8	
Jicama	1/2 Cup	24	5
Lettuce & Tomato	1/2 Cup	10	6
Mixed Fresh Veggie Cup	1/2 Cup	25	6
Tossed Salad with Tomato	1 Cup	10	3
Zucchini	1/2 Cup	10	2
Black Beans	1/2 Cup	70	18
BBQ Beans	1/2 Cup	180	35
Beans Refried	1/2 Cup	90	12.6
Edamame	1/2 Cup	120	9
Baked Fries	2.45 oz	140	22
Baked Potato Wedges	2.8 oz	120	18
Baked Curly Fries	2 oz	110	15
Mashed Potatoes	1/2 cup	78	15
<b>Snacks</b>			
Animal Crackers	1 oz	110	18
Cookie Choc Chip - (Cookie Tree)	1.3 oz	140	26
Baked Chips	.875 oz	110	19
Baked Cheetos	0.875 oz	120	18
Cheetos Puffs	.7 oz	90	14
Cheez Its	.75 oz	100	14
Chex Mix	.92 oz	110	20
Corn Nuggets	1 oz	130	21
Doritos - Reduced Fat	1 oz	130	20

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Edamame Roasted	1.58 oz	100	8
Fantastix	1 oz	130	19
Funyons	.07 oz	100	14
Kettle Corn	1 oz	130	21
Heartzels - pretzels	.7 oz	80	15
Munchies Kids Mix	.875 oz	110	17
Smartfood Popcorn Delight	.5 oz	70	9
Sun Chip Mix	1 oz	110	15
Tostito Rounds	0.875	120	18

<b>Beverages</b>			
Non Fat Chocolate Milk	8 oz	110	20
1% Milk	8 oz	120	16
100 % Orange Juice - No Added Sugar	4 oz	60	14
100% Apple Juice - No Added Sugar	4oz	55	14
100% Apple Berry Juice - No Added Sugar	4oz	55	14
Izze Sparkling Fruit Juice - No Added Sugar	8.4 oz Can	90	21
Switch Sparkling Juice - No Added Sugar	8.4 oz Can	140	36
Slush Puppie - 100% Juice - No Added Sugar	12 oz cup	180	45
Naked Juice - Strawberry Banana	10 oz	160	38
Naked Juice - Mango	10 oz	180	44
Naked Juice - Berry Blast	10 oz	160	37
V-8 Fusion	8 oz	100	25