



TAHER NUTRITION ANALYSIS

UPDATED 9/2/13

	Grades K-5			Grades 6-8			Grades 9-12		
	Calories	Carbs	Protein	Calories	Carbs	Protein	Calories	Carbs	Protein
HOT ENTREES									
Baked Chicken Legs	132	0.41	16.18	Same	Same	Same	503	0.8	26.37
BBQ Chicken Pizza	N/A	N/A	N/A	374	39.34	18.26	Same	Same	Same
Beef n' Cheese Quesadilla (2 each)	305	27.36	17.05	Same	Same	Same	Same	Same	Same
Beef Patty w/Gravy (1.5 oz patty, 2 oz gravy)	138	4.75	10.56	Same	Same	Same	N/A	N/A	N/A
Beef Patty w/Gravy (2 oz patty, 2 oz gravy)	N/A	N/A	N/A	N/A	N/A	N/A	138	5.75	14.56
Beef Soft Taco (2 each)	353	28.45	19.21	Same	Same	Same	Same	Same	Same
Beefy Nachos	481	38.64	15.35	Same	Same	Same	Same	Same	Same
Buffalo Chicken Pizza	N/A	N/A	N/A	357	30	18.63	Same	Same	Same
Cheese Omelet (Michaels 3")	206	3	12.54	Same	Same	Same	Same	Same	Same
Cheese Omelet (C812 WI Commodity)	130	2	7	Same	Same	Same	Same	Same	Same
Cheese Pizza (12x16 BB)	323	32.12	15.86	Same	Same	Same	N/A	N/A	N/A
Cheese Pizza (16" Round BB)	N/A	N/A	N/A	369	31.63	19.4	Same	Same	Same
Cheesebread Dunkers	372	34.28	16.72	Same	Same	Same	417	34.81	20.24
Chicken and Gravy (1/2 cup)	106	3.75	18.11	Same	Same	Same	Same	Same	Same
Chicken Alfredo Pizza (16" round BB)	N/A	N/A	N/A	340	31.05	20.37	Same	Same	Same
Chicken Express (Chicken Nuggets, Mashed Potato, Corn)	N/A	N/A	N/A	432	46.67	18.28	Same	Same	Same
Chicken Fajita (USDA Fajita Strips, 2 each)	326	30.14	23.57	Same	Same	Same	Same	Same	Same
Chicken Fajita (Random Chicken, 2 each)	300	29.05	22.62	Same	Same	Same	Same	Same	Same
Chicken Nuggets (45206, 5 each)	240	13	14	Same	Same	Same	Same	Same	Same
Chicken Nuggets (C515, 5 each)	180	13	15	Same	Same	Same	Same	Same	Same
Chicken Pasta Alfredo (1/2 cup)	228	25.92	19.56	Same	Same	Same	Same	Same	Same
Chicken Soft Taco (2 each)	250	28.45	19.52	Same	Same	Same	Same	Same	Same
Chicken Strips (RH 35738, 3 each)	230	10	15	Same	Same	Same	Same	Same	Same
Chicken Tender Wrap									
Chicken Tenders (35738, 3 each)	230	10	15	Same	Same	Same	Same	Same	Same
Chicken Tenders (43932, 3 each)	200	10	13	Same	Same	Same	Same	Same	Same
Chicken Soft Taco (2 each)	250	28.45	19.52	Same	Same	Same	Same	Same	Same
Chicken-n-Cheese Quesadilla (2 halves)	308	26.42	20.07	Same	Same	Same	Same	Same	Same
Chili Dog	360	33.69	13.81	Same	Same	Same	Same	Same	Same
Corn Dog (69988)	290	30	10	Same	Same	Same	Same	Same	Same
Crispy Fish w/Slaw	448	44.37	19.82	Same	Same	Same	Same	Same	Same

Various selections offered daily.

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	Calories	Carbs	Protein	Calories	Carbs	Protein	Calories	Carbs	Protein
Egg & Cheese Omelet									
Fish Patty w/Cheese on WG Bun	290	32.5	14.5	Same	Same	Same	340	33	17
French Bread Pizza	325	25.81	19.03	Same	Same	Same	Same	Same	Same
Garden Pasta Alfredo	297	34.72	16.75	Same	Same	Same	396	46.3	22.33
Hawaiian Pizza									
Italian Lasagna (Beef Lasagna)	276	23.82	15.29	Same	Same	Same	368	31.76	20.38
Macaroni & Cheese (1/2 cup)	240	21.02	10.07	Same	Same	Same	Same	Same	Same
Meatloaf	245	8.4	17.13	Same	Same	Same	Same	Same	Same
Mexican Bar (Taco Bar)	N/A	N/A	N/A	551	49.32	21.91	Same	Same	Same
Mini Corn Dogs (RH A2409, 8 each)	300	30	9	Same	Same	Same	Same	Same	Same
Mini Corn Dogs (WI Commodity, C306, 6 each)	230	35	12	Same	Same	Same	Same	Same	Same
Mozzarella Dippers (Max Stix, RH 58612, 2 each)	300	34	14	Same	Same	Same	Same	Same	Same
Orange Chicken	314	37.29	16.54	Same	Same	Same	Same	Same	Same
Pancake, Buttermilk 4" (2 each)	140	26	4	Same	Same	Same	Same	Same	Same
Pancake, USDA (2 each)	160	27.4	3.4	Same	Same	Same	Same	Same	Same
Pasta Bar	N/A	N/A	N/A	448	55.7	23.18	Same	Same	Same
Pepperoni Pizza (12x16 BB)	358	32.12	17.13	Same	Same	Same	N/A	N/A	N/A
Pepperoni Pizza (16" Round BB)	N/A	N/A	N/A	358	31.12	17.13	Same	Same	Same
Pizza Bake (casserole)	310	28.28	17.56	Same	Same	Same	410	37.7	23.28
Pizza Dippers (Max Stix, 2 each)	300	34	14	Same	Same	Same	Same	Same	Same
Popcorn Chicken (13 each)	220	14	16	Same	Same	Same	Same	Same	Same
Potato Bar (estimate of items selected)	N/A	N/A	N/A	397	36	19.09	Same	Same	Same
Salsa Chicken Bowl	540	64.1	28.23	Same	Same	Same	Same	Same	Same
Sausage Patty (40332)	180	1	6	Same	Same	Same	Same	Same	Same
Sausage Patty (44786)	230	1	7	Same	Same	Same	Same	Same	Same
Sausage/Pepperoni Pizza (combo pizza)	N/A	N/A	N/A	329	31.31	14.08	Same	Same	Same
Sausage Pizza (12x16 BB)	342	32.49	17.7	Same	Same	Same	N/A	N/A	N/A
Sausage Pizza (16" Round BB)	N/A	N/A	N/A	387	32	20.65	Same	Same	Same
Scalloped Ham and Potatoes									
Scrambled Eggs (1/4 c.)	60	1.5	5.5	Same	Same	Same	Same	Same	Same
Southwest Turkey Crunch	538	59.93	22.02	Same	Same	Same	Same	Same	Same
Spaghetti w/Meatsauce	304	38.89	15.51	Same	Same	Same	433	57.8	21.57
Spicy Chicken Sandwich (RH 78476)	320	34	19	Same	Same	Same	Same	Same	Same

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	Calories	Carbs	Protein	Calories	Carbs	Protein	Calories	Carbs	Protein
Sweet -n-Sour Chicken Bites									
Taco Bar	N/A	N/A	N/A	551	49.32	21.91	Same	Same	Same
Taco Pizza (16" round BB)	N/A	N/A	N/A	401	31.96	19.64	Same	Same	Same
Turkey and Gravy (1/2 cup)	112	4.32	16.58	Same	Same	Same	Same	Same	Same
Veggie Pizza	N/A	N/A	N/A	393	33.85	19.66	Same	Same	Same
Waffle Sticks (A9496, 3 each)	210	30	3	Same	Same	Same	Same	Same	Same
Walking Taco	521	30.53	18.94	Same	Same	Same	Same	Same	Same
HOT SANDWICHES									
BBQ Meatball Sandwich	469	51.59	18.82	Same	Same	Same	Same	Same	Same
BBQ Meatball Sub	469	50.75	18.55	Same	Same	Same	Same	Same	Same
BBQ Pork Riblet (B4570, Hoagie Bun)	318	40.5	17	Same	Same	Same	Same	Same	Same
Cheeseburger on Bun (1.5 oz, 1 slice cheese)	290	23.5	16.5	Same	Same	Same	Same	Same	Same
Chicken Patty on WG Bun (43536 Tyson)	370	35	19	Same	Same	Same	Same	Same	Same
Chili Dog	360	33.69	13.81	Same	Same	Same	Same	Same	Same
Crispy Fish Wrap w/Slaw	448	44.37	19.82	Same	Same	Same	Same	Same	Same
Fish Patty w/Cheese on WG Bun	290	32.5	14.5	Same	Same	Same	340	33	17
Grilled Cheese Sandwich	351	29.52	13.59	Same	Same	Same	401	30.02	16.12
Hamburger on a Bun (1.5 oz patty)	240	23	14	Same	Same	Same	N/A	N/A	N/A
Hamburger on a Bun (2 oz patty)	N/A	N/A	N/A	N/A	N/A	N/A	240	24	18
Hot Dog on Bun	330	28	12	Same	Same	Same	Same	Same	Same
Hot Ham & Cheese on a Bagel	373	41.03	19.62	Same	Same	Same	Same	Same	Same
Hot Ham & Cheese on a Bun	302	23.33	21.4	Same	Same	Same	Same	Same	Same
Hot Shredded Turkey on WG Bun									
Hot Turkey on a Bun (Turkey Gravy)	223	22.93	20.74	Same	Same	Same	Same	Same	Same
Italian Meatball Sub	407	34.46	18.78	Same	Same	Same	Same	Same	Same
Porcupine Sliders (2 each)	455	57.63	19.32	Same	Same	Same	Same	Same	Same
Pulled Pork on Bun w/BBQ Sauce (BBQ sauce = 35 cal)	375	32.37	19.4	Same	Same	Same	Same	Same	Same
Sloppy Joe on a Bun	353	31.99	20.18	Same	Same	Same	Same	Same	Same
Spicy Chicken Sandwich (RH 78476)	320	34	19	Same	Same	Same	Same	Same	Same
ENTRÉE SALADS									
Chef Salad (1 WG Roll)	327	25.33	18.71	Same	Same	Same	N/A	N/A	N/A

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	Grades K-5			Grades 6-8			Grades 9-12		
	Calories	Carbs	Protein	Calories	Carbs	Protein	Calories	Carbs	Protein
Chef Salad (2 WG Roll)	N/A	N/A	N/A	N/A	N/A	N/A	428	45.07	19.78
Chicken Caesar Salad (Random Chicken, 1 WG Roll)	411	40.39	26.99	Same	Same	Same	N/A	N/A	N/A
Chicken Caesar Salad (Random Chicken, 2 WG Roll)	N/A	N/A	N/A	N/A	N/A	N/A	526	60.13	29.99
Cravin Craisin Chicken Salad (Random Chicken, 1 WG Roll)	442	38.84	23.83	Same	Same	Same	N/A	N/A	N/A
Cravin Craisin Chicken Salad (Random Chicken, 2 WG Roll)	N/A	N/A	N/A	N/A	N/A	N/A	559	58.54	27.65
Crispy Chicken Salad (chicken patty 43536, 1 WG Roll)	427	30.07	19.07	Same	Same	Same	N/A	N/A	N/A
Crispy Chicken Salad (chicken patty 43536, 2 WG Roll)	N/A	N/A	N/A	N/A	N/A	N/A	541	49.81	22.05
Crispy Chicken Wrap (2 each)	438	37.23	19.12						
Garden Vegetable Salad (1 WG Roll)	338	29.65	11.56	Same	Same	Same	N/A	N/A	N/A
Garden Vegetable Salad (2 WG Roll)	N/A	N/A	N/A	N/A	N/A	N/A	453	49.39	14.58
Popeye Salad (1 WG Roll)	475	36	14.12	Same	Same	Same	N/A	N/A	N/A
Popeye Salad (2 WG Roll)	N/A	N/A	N/A	N/A	N/A	N/A	584	55.26	18.39
Southwest Chicken Salad (Random Chicken, 1 oz chips)	458	40.92	23.18	Same	Same	Same	N/A	N/A	N/A
Southwest Chicken Salad (Random Chicken, 2 oz chips)	N/A	N/A	N/A	N/A	N/A	N/A	625	60.88	25.21
Taco Salad (ground beef)	378	24.22	14.27	385	25.09	14.27	392	25.95	14.27
Turkey BLT Salad (1 WG Roll)	426	23.9	28.46	Same	Same	Same	N/A	N/A	N/A
Turkey BLT Salad (2 WG Roll)	N/A	N/A	N/A	N/A	N/A	N/A	690	43.64	37.47
COLD SANDWICHES / WRAPS									
Cheese and Vegetable Hoagie	347	33.49	16.92	Same	Same	Same	Same	Same	Same
Chicken Salad on WG Bun	281	27.46	20.33	Same	Same	Same	Same	Same	Same
Chicken Salad Slider (2 each)	339	42.29	23.99	Same	Same	Same	Same	Same	Same
Chicken Salad Sliders	341	37.46	22.33	Same	Same	Same	Same	Same	Same
Cold Meat Sub	364	29.22	18.58	Same	Same	Same	Same	Same	Same
Combo Sliders (2 each)	321	45.83	16.94	Same	Same	Same	Same	Same	Same
Crispy Chicken Wrap (2-6" wraps)	438	37.23	19.12	Same	Same	Same	Same	Same	Same
Crispy Chicken Wrap (1-9" wrap)	448	36.23	20.12	Same	Same	Same	Same	Same	Same
Deli Sandwich (Ham)	299	30.98	15.28	Same	Same	Same	Same	Same	Same
Deli Sandwich (Turkey)	281	30.73	16.3	Same	Same	Same	Same	Same	Same
Deli Sub (Ham)	299	30.98	15.28	Same	Same	Same	Same	Same	Same
Deli Sub (Turkey)	281	30.73	16.3	Same	Same	Same	Same	Same	Same
Egg Salad Sandwich	282	30.77	10.14	Same	Same	Same	Same	Same	Same

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	Grades K-5			Grades 6-8			Grades 9-12		
	Calories	Carbs	Protein	Calories	Carbs	Protein	Calories	Carbs	Protein
Ham Wrap (2-6" wraps)	267	27.87	15.8	Same	Same	Same	Same	Same	Same
Ham Wrap (1-9" wrap)	277	26.89	16.8	Same	Same	Same	Same	Same	Same
Honey Mustard Ham Wrap (2-6" wraps)	294	29.22	15.8	Same	Same	Same	Same	Same	Same
Honey Mustard Ham Wrap (1-9" wrap)	304	28.22	16.8	Same	Same	Same	Same	Same	Same
Italian Sub	392	29.72	21.19	Same	Same	Same	Same	Same	Same
Made to Order Sub	N/A	N/A	N/A	361	37.83	18.94	Same	Same	Same
Turkey BLT Wrap (2-6" wraps)	310	28.54	16.55	Same	Same	Same	Same	Same	Same
Turkey BLT Wrap (1-9" wrap)	320	27.54	17.55	Same	Same	Same	Same	Same	Same
Turkey Ranch Wrap (2-6" wraps)	219	31.65	12.74	Same	Same	Same	Same	Same	Same
Turkey Ranch Wrap (1-9" wrap)	229	30.65	13.74	Same	Same	Same	Same	Same	Same
Veggie Hoagie	347	33.49	16.92	Same	Same	Same	Same	Same	Same
Yogurt Pak (1 oz)	315	36	13	Same	Same	Same	N/A	N/A	N/A
Yogurt Pak (2 oz)	N/A	N/A	N/A	N/A	N/A	N/A	390	51	16
SIDE SALADS / VEGETABLES									
Baby Carrots (1/4 cup)	22	5.26	0.41	Same	Same	Same	Same	Same	Same
Baked Beans (1/4 cup)	70	14.5	3	Same	Same	Same	Same	Same	Same
Black Beans (1/4 cup)	60	10.5	3.5	Same	Same	Same	Same	Same	Same
Black Eyed Peas (1/4 cup)	59	11.7	3.6	Same	Same	Same	Same	Same	Same
Broccoli Florettes (1/4 cup)	5	0.67	0	Same	Same	Same	Same	Same	Same
Broccoli Salad (1/4 cup)	50	4.8	0.4	Same	Same	Same	Same	Same	Same
Calico Bean Bake (1/4 cup)	65	14.5	3.5	Same	Same	Same	Same	Same	Same
Cherry Tomato (4 each)	12	2.68	0.6	Same	Same	Same	Same	Same	Same
Churro (10")	130	13	2	Same	Same	Same	Same	Same	Same
Corn (1/4 cup)	50	11.9	1.6	Same	Same	Same	Same	Same	Same
Corn Salad (1/4 cup)	70	8.88	1.33	Same	Same	Same	Same	Same	Same
Garbanzo Beans (1/4 cup)	65	9.5	2.5	Same	Same	Same	Same	Same	Same
Green Beans (1/4 cup)	11	1.88	0.38	Same	Same	Same	Same	Same	Same
Green Peas (61126, 1/4 cup)	26	4.5	1.9	Same	Same	Same	Same	Same	Same
Green Pepper (1 Tb)	2	0.43	0.08	Same	Same	Same	Same	Same	Same
Jicama Sticks (1/4 cup)	13	2.5	0	Same	Same	Same	Same	Same	Same
Kidney Beans (1/4 cup)	52	9.3	3.3	Same	Same	Same	Same	Same	Same

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	Calories	Carbs	Protein	Calories	Carbs	Protein	Calories	Carbs	Protein
Lemon Garbanzo Bean Salad (1/4 cup)	84	9.6	2.5	Same	Same	Same	Same	Same	Same
Roasted Broccoli (1/4 cup)	4	0.52	0	Same	Same	Same	Same	Same	Same
Shredded Lettuce Salad	0	0.01	0	Same	Same	Same	Same	Same	Same
Slaw - for Fish Taco/Wrap (1/4 cup)	14	3.26	0.67	Same	Same	Same	Same	Same	Same
Spinach Salad	6	0.46	0.32	Same	Same	Same	Same	Same	Same
Sugar Snap Peas (1/4 cup)	6.5	1.25	0.5	Same	Same	Same	Same	Same	Same
Tator Tots (4 oz)	187	22.68	2.67	Same	Same	Same	Same	Same	Same
Tri-tator (2 each)	180	18	4	Same	Same	Same	Same	Same	Same
BREADS									
Cinnamon Roll, WG (2.5 oz)	190	34	5	Same	Same	Same	Same	Same	Same
Cinnamon Roll, WG (Petite, 1 each)	100	17	2	Same	Same	Same	Same	Same	Same
Whole Grain Dinner Roll	100	18	3	Same	Same	Same	Same	Same	Same
Garlic Toast (BB, 1 each)	80	11	2	Same	Same	Same	Same	Same	Same
Whole Grain Bread Stick (BB)	90	14	2	Same	Same	Same	Same	Same	Same
STARCHES									
Breakfast Potatoes (24086, 1/2 cup)	122	22.45	2.81	Same	Same	Same	Same	Same	Same
Brown Rice (25368, 1/2 cup)	85	18	2	Same	Same	Same	Same	Same	Same
Cheese Fries									
French Fries, KK (RH 60816, 4oz)	227	34.67	2.67	Same	Same	Same	Same	Same	Same
Lime Cilantro Slaw	130	28.23	2.59	Same	Same	Same	Same	Same	Same
Lo Mein (3/4 cup)	193	37.76	6.87	Same	Same	Same	Same	Same	Same
Mashed Potatoes (1/2 cup)	79	14.6	1.4	Same	Same	Same	Same	Same	Same
Oven Fries (4 oz)	227	34.67	2.67	Same	Same	Same	Same	Same	Same
Refried Beans (26348, 1/4 cup)	64	8	3.5	Same	Same	Same	Same	Same	Same
Refried Beans (USDA, 1/4 cup)	59	9.79	3.46	Same	Same	Same	Same	Same	Same
Sweet Potato Fries (31836, 4oz)	200	29.35	1.33	Same	Same	Same	Same	Same	Same
Tator Tots (60926, 4oz)	187	22.68	2.67	Same	Same	Same	Same	Same	Same
White Rice (1/2 cup)	125	26.23	2.7	Same	Same	Same	Same	Same	Same
SAUCES / GRAVY / SOUPS									

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	Calories	Carbs	Protein	Calories	Carbs	Protein	Calories	Carbs	Protein
Maple Syrup (1 oz bulk)	102	25.5	0	Same	Same	Same	Same	Same	Same
Marinara Sauce (Homemade 1/4 c.)	25	4.65	1.12	Same	Same	Same	Same	Same	Same
Orange Sauce									
Salsa (F6922, 1 Tbsp)	5	1	0	Same	Same	Same	Same	Same	Same
Sweet & Sour Sauce (1 Tbsp)	29	7	0	Same	Same	Same	Same	Same	Same
Syrup (31492, 1 oz)	102	25.5	0	Same	Same	Same	Same	Same	Same
Tomato Soup (made w/Water, 3/4 cup)	60	14.25	1.5	Same	Same	Same	Same	Same	Same

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