



Nutritional Analysis Middle School Menu



2008-2009	Calories	Fat	Protein	Carbohydrate	Fiber
Main Event Entrées		grams	grams	grams	grams
Chicken & Cheese Quesadilla	645	18	43	77	6.5
Sloppy Joe on Bun	349	12	22	39	1.8
Turkey & Stuffing w/ Gravy	467	10.5	25	68	3.3
BBQ Pulled Pork on Bun	388	18	18	39	1
Chicken Nuggets & Whole Wheat Roll	312	11	24	29	5
Tuna Melt w/ Cheese	373	16	26	33	1
Big Tiger Burger w/ Cheese	656	40	37	36	4.7
Crispy Chicken Salad w/ Breadstick	488	22	30	42	2.5
Big Daddy's Pizza	400	13	23	47	3
Cheese Pizza	447	17	26	41	3.5
Pepperoni Pizza	386	13	21	40	3
Penne w/ Meatballs	550	14	29	74	5.6
Nachos w/ Cheese & Meat w/ Wheat Roll	566	28	22	56	5
Ham BBQ on Bun	313	6	17	47	1
French Bread Pizza	309	14	18	27	0.9
General Tso's Chicken w/ Rice	639	19	29	88	0.11
Chicken Fryz w/ Whole Wheat Roll	240	10.8	17	20	1
Turkey & Cheese Hoagie	593	13.5	28	87	3.6
Chicken Patty on Bun	330	9	21	43	4
MTO WRAP					
Ham & Cheese on Garlic Herb Wrap	521	20	26	54	5
Ham & Cheese on Plain Wrap	411	17	24	37	3
Ham & Cheese on Tomato Basil Wrap	511	20	27	52	3
Turkey & Cheese on Garlic Herb Wrap	522	18	29	57	6
Turkey & Cheese on Plain Wrap	412	15	27	40	4
Turkey & Cheese on Tomato Basil Wrap	512	18	30	55	4
Cheese Lasagna w/ Breadstick	345	7	21	46	3
Chicken Fajita	299	12	28	21	3.4
Soft Pretzel w/ Cheese & Yogurt	360	8.5	11	63	4
The Pittsburgh Sandwich	877	56	41	54	3.8
BBQ Ribby on Bun	444	18	23	49	1
Meatball Hoagie	577	28	29	48	4
Chicken & Cheese Mashed Potato Bowl	704	27	32	75	4
Hot Dog on Bun	440	17	22	54	2
Pepperoni Casserole w/ Breadstick	686	28	29	74	6
Chicken & Cheese Nacho Grande	486	22	21	54	5
Turkey & Cheese Wrap	611	17	26	87	6
Taco Pizza	390	18	19	38	3
Roaring Roast Beef on Bun	397	19	28	30	1
Chicken Tenders w/ Whole Wheat Roll	451	18	24	51	1
Toasted Cheese w/ Tomato Soup	674	42	30	47	3
Buffalo Chicken Wrap	620	28	28	65	3
French Toast Sticks w/ Sausage & Syrup	486	16	17	67	1
Rotini w/ Meatballs	641	18	30	89	8
Beef Soft Taco	459	19	29	42	3.3
Ham & Cheese on Pretzel Bun	508	16	22	65	2
Aloha Pineapple Chicken w// Rice	617	17	25	93	0.2
Hot Turkey Sandwich w/ Gravy	456	6	25	74	3
Buffalo Chicken Salad w/ Breadstick	539	23	32	52	2.6
Macaroni & Cheese w/ Whole Wheat Roll	560	8.8	18	101	5
Chicken & Cheese Burrito	455	18	32	41	3.7
Cheese Steak Hoagie	537	27	30	40	2
Pizza Bagel	551	16	30	66	5.4
Turkey ala King w/ Biscuit	356	15	19	37	1

Popcorn Chicken w/ Whole Wheat Roll	304	8.5	23	35	1
Italian Hoagie	704	24	34	88	3.3
Waffles w/ Sausage & Syrup	479	20	13	58	0.5
Chicken Parmesan w/ Pasta	604	19	32	75	10
All American					
Rotini w/ Meatsauce	572	21	33	60	5.9
Rotini w/ Cheesesauce	330	10	8.5	51	2
Cheeseburger on Bun	438	25	23	31	2
Chicken Patty on Bun	330	9	21	43	4
Cheese Pizza	447	17	26	41	3.5
Pepperoni Pizza	386	13	21	40	3
Pepperoni Roll	524	24	24	47	4.4
BBQ Ribby on Bun	444	18	23	49	1
Toasted Cheese Sandwich	582	41	28	20	1
Grab & Go					
Spicy Chicken Sandwich	370	8	29	48	2
Chicken Tenders w/ Curly Fries	690	28	26	86	3.7
Deli Express					
Ham & Cheese on Wheat Bread	238	7	19	30	1
Turkey & Cheese on Wheat Bread	268	8	23	32	1
PBJ Sandwich	802	33	24	118	7
Sides					
Broccoli, Steamed	30	0	2	4	2
Carrots, Steamed	54	1	0.85	11	4.8
Golden Corn	133	1	4	32	4
Glazed Carrots	122	4.8	0.9	20	4.8
Green Beans	38	0.2	2	9	4
Mashed Potatoes	120	0	2	26	2
Mixed Vegetables	118	0.3	5	24	8
Oven Fries	63	3	0.7	8	0.7
Pierogies	180	2.5	6	34	1
Redskin Potatoes	189	4	6	40	5
Rice	340	0	8	74	0
Side Salad					
Steak Fries	167	4	3	28	2
Sweet Peas	125	0.4	8	23	9
Sweet Peas and Carrots	77	0.7	5	16	5
Sweet Potatoes	103	0.2	2	24	4
Sweet Potatoes with Brown Sugar	89	0.9	1.2	21	2
Tater Tots	243	11	3	36	3
Tomato Soup	90	1	2	19	2
Tossed Salad	40	0.9	3	7	2
Veggie Sticks with Ranch	50	2	1.4	7	1
Whole Wheat Roll	60	0.8	2.5	11	1
Fresh Veggies					
Baby Carrots	15	0	0	4	1
Celery Sticks	11	0.12	0.5	2.2	1
Broccoli	15	0	1.25	3	1.1
Cauliflower	12	0	1	2.5	1.25
Cucumbers	8	0	0.34	1.9	0.26
Peppers	15	0	1	3.5	1.3
Fruits					
Apple Juice	60	0	0	15	0
Grape Juice	65	0	0.5	17	0
Orange Juice	55	0	1	14	0
Apples	72	0.2	0.4	19	3.3
Apple Sauce	194	0.46	0.5	51	3
Apples with Cinnamon (warm)	57	0.5	0.4	15	5
Bananas	101	0.4	1.2	26	3

Mandarin Oranges	71	0	0	18	1.4
Mixed Fruit	245	0.5	4	61	5
Peaches	136	0	1	37	3
Pears	143	0	0.5	38	4
Pineapples	131	0.3	1	34	2
Milk					
1% Chocolate	160	2.5	8	27	0
1% Strawberry	160	2.5	8	27	0
1% White	100	2.5	8	12	0
Skim	80	0	8	12	0
Condiments					
BBQ Sauce	38	0.5	0	9	0
Ketchup	6	0	0	1.5	0
Mustard	28	0	0	0	0
Mayonnaise	90	10	0	0	0
Pickles	0	0	0	0	0
Relish	10	0	0	3	0
Salad Dressing, Italian, Lite (2 oz)	78	5	1.2	8	1.9
Salad Dressing, Ranch, Lite (2 oz)	80	7	1	2	0