

NUTRITIONAL INFORMATION

DUZINE SCHOOL Description	Recipe Group Group	Portion Size Size	Calories	Cholesterol mg	Sodium mg	Total Fat mg	Saturated Fat gm	Protein gm	Carbohydrates gm	Dietary Fiber gm	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg
Bagels	BREAD	2.3 oz	160	0	354.18	0.57	0	1.14	33.17	1.14	1.24	0	0	0
Bread, french, loaf	BREAD	1 slice	139	0	298.42	0.99	0	4.97	27.85	0.99	1.79	19.89	0	0
Breadstick	BREAD	2oz	164	0	314.99	0.63	0	5.04	34.02	1.26	2.27	0	0	0
Roll, dinner, ww	BREAD	EACH	130	0	240	1.5	0.5	4	24	36	0.72	20	0	0
Roll, dinner, white	BREAD	EACH	130	0	240	1.5	0.5	4	25	1	0.36	0	0	0
Roll, kaiser, white	BREAD	3.25oz	240	0	440	3	1	8	47	2	2.7	20	0	0
Breaded Mozzarella sticks	DAIRY	2 oz	170	22.68	466.82	7.56	3.78	7.56	13.23	0.94	0	207.89	194.66	0
Breaded Mozzarella sticks	DAIRY	5 each	440	30	741	21	8	7	33	4	2.2	407	404	0.4
Beef Sloppy Joe	ENTREES	SERVING	147	45.28	677.08	6.17	2.26	13.38	9.26	1.03	2.06	33.96	450.7	8.23
Barbecued Chicken	ENTREES	SERVING	295	86	476	13.43	3.73	27.25	15.82	0.49	1.6	27	492	5.09
Calzone, cheese	ENTREES	4oz	214	0	428.57	4.64	1.43	12.14	30.71	0	0	0	0	0
Cheeseburger on a bun	ENTREES	EACH	435	97	686	24.44	11.26	30.19	21.72	0.9	3.39	234.31	268	0
Chicken, nuggets	ENTREES	1 serving	118	54.54	350.66	6.58	1.32	9.87	8.55	1.32	1.32	25	90.13	0.66
Chicken, popcorn	ENTREES	1 serving	156	35.71	512.18	8.93	1.62	11.36	10.55	0.81	1.62	18.67	97.4	0.81
Chicken, tender	ENTREES	1 serving	156	39.06	435.55	9.11	1.95	12.37	10.42	1.3	1.95	30.6	122.4	0.65
Chili Con Carne Without Beans	ENTREES	1 serving	85	33.33	54.39	4.66	1.96	7.6	3.37	0.77	1.28	20.33	446.67	7.69
French Toast Sticks	ENTREES	1 serving	208	26.72	208.33	8.52	1.42	3.79	29.36	0.95	2.56	75.76	473.48	15.91
French Toast Sticks, WW	ENTREES	1 serving	179	0	337.3	6.94	0.99	3.97	26.79	0.99	1.79	99.21	297.62	2.38
Fried Chicken	ENTREES	1 portion	480	90	880	26	6	28	28	0	2.16	0	0	0
Hamburger w/WW bun	ENTREES	1 serving	243	40	621	7.68	2.61	20.62	23.22	3.31	3.67	67.73	514	5.53
Hot Dog on a bun	ENTREES	1 SERVING	223	35	726	9.97	2.33	9.16	23.34	1.16	2.02	126.37	0	0
Lentil Burger	ENTREES	1 PATTY	289	0	11	6.3	0.93	17.52	41.76	18.74	5.04	44.33	22	3.47
Macaroni and Cheese	ENTREES	2/3 CUP	1792	149	2294	86.21	36.2	98.91	153.62	5.8	6.02	2785.33	4547	0.17
PB&J small uncrustable	ENTREES	small	402	0	414.63	20.73	4.27	13.42	41.46	4.88	0.88	24.39	0	0
Pizza bites	ENTREES	7 each	217	7	595	4.9	1.4	8.4	35	2.8	2.52	105	350	2.52
Pizza, french bread, ww	ENTREES	slice	330	30	460	11	7	24	33	3	0.72	400	400	9
Pizza, french bread, white	ENTREES	slice	320	30	470	11	7	21	33	1	0.72	400	400	240
Pizza, stuffed crust	ENTREES	slice	360	30	610	7.5	7	22	41	1	2.7	450	400	6
Pizza, ww, stuff crust	ENTREES	slice	360	30	700	12	6	22	40	4	3.6	400	500	9
Rotini w/Sauce	ENTREES	4oz	182	0	253	2.46	0.11	6.91	34.67	6.38	1.53	25.28	570	4.08
Taco,Bean	ENTREES	1 ea	466	32	1109	16.53	7.6	27.23	51.15	9.09	3.28	567.58	974	8.27
Taco,beef	ENTREES	1 ea	407	52	884	17.86	8.62	27.6	34.42	4.22	2.62	571.41	1339	8.71
Turkey, diced, w/gravy	ENTREES	3/4 CUP	444	93	204	9.53	2.98	47.09	38.6	1.71	6	75.68	46	0.45

Apple Juice	FRUIT	4oz	56	0	2	0	0	0	13.5	*N/A*	0.18	10	*N/A*	30
APPLES,Fresh	FRUIT	EACH	72	0	1	0.23	0.04	0.36	19.06	3.31	0.17	8.28	75	6.35
Applesauce	FRUIT	4oz	81	0	20.25	0	0	0	20.25	1.62	0	323.99	0	0
Applesauce, cnnd,unswtnd	FRUIT	4oz	51	0	5	0.12	0.01	0.21	13.75	1.34	0.28	4.88	35.38	25.86
Apricots, CANNED, DICED,	FRUIT	4oz	72	0	9	0	0	0.9	17.1	0.9	0	0	1574.97	2.15
Apricots, frz	FRUIT	4oz	112	0	1.87	0.11	0.01	0.79	28.46	2.53	1.02	11.25	1905.28	10.22
Apricots, canned,light syrup	FRUIT	4oz	80	0	5.06	0.06	0	0.67	20.86	2.02	0.49	13.91	1672.33	3.42
Banana	FRUIT	EACH	105	0	1	0.39	0.13	1.29	26.95	3.07	0.31	5.9	76	10.27
Blueberries, frz	FRUIT	4oz	58	0	1	0.73	0.06	0.48	13.8	3.06	0.2	9.07	52.16	2.83
Fruit, mixed, cn, fruit and juice	FRUIT	4oz	55	0	6.35	0.08	0.01	0.4	14.19	1.19	0.29	4.76	9.52	3.1
Fruit,mixed,fruit,light syrup	FRUIT	4 oz	62	0	7.2	0.09	0.01	0.45	16.09	1.35	0.33	5.4	10.8	3.52
Grapes,Fresh	FRUIT	1/2 CUP	31	0	0.92	0.16	0.05	0.29	7.89	0.41	0.13	6.44	46	1.84
Melon, cantaloupe, raw	FRUIT	4oz	34	0	16	0.19	0.05	0.84	8.16	0.9	0.21	9	3382	36.7
Melon, honeydew,raw	FRUIT	4oz	36	0	18	0.14	0.04	0.54	9.09	0.8	0.17	6	50	18
Oranges	FRUIT	EACH	86	0	0	0.22	0.04	1.73	21.62	4.42	0.18	73.6	414	97.89
Peaches, cn, lt syrup	FRUIT	4oz	54	0	5	0.03	0	0.45	14.55	1.3	0.36	3	354	2.4
Pears, fresh	FRUIT	EACH	103	0	2	0.21	0.02	0.68	27.52	5.52	0.3	16.02	41	7.48
Pears, canned,light syrup	FRUIT	4 oz	65	0	5.67	0.03	0	0.22	17.2	1.81	0.42	5.67	0	0.79
Pineapple Chunks in juice	FRUIT	4oz	60	0	1	0.08	0.01	0.42	15.7	0.8	0.28	14	38	9.5
Pineapple Chunks:canned,lt syr	FRUIT	4 oz	66	0	1.26	0.15	0.01	0.45	16.95	1.01	0.49	17.64	47.88	9.45
Pineapple, cn, tidbits	FRUIT	4oz	52	0	0.78	0.12	0.01	0.35	13.24	0.78	0.38	14.06	37.5	7.34
Strawberries, frozen	FRUIT	4 oz	122	0	3.82	0.17	0.01	0.68	33.05	2.42	0.75	14.02	30.6	52.78
Watermelon, raw	FRUIT	4oz	30	0	1	0.15	0.02	0.61	7.55	0.4	0.24	7	569	8.1
Macaroni, cooked	GRAIN	4 oz	179	0	1.13	1.05	0.2	6.58	34.99	2.04	1.45	7.94	0	0
Rice, Brown, cooked (B537)	GRAIN	4oz	110	0	5.1	0.9	0.18	2.57	22.85	1.84	7.53	102.04	0	0
Rice, brown, UB	GRAIN	4oz	300	0	0	2.65	0	7.06	61.73	3.53	1.27	0	0	0
Rice, Spanish	GRAIN	4oz	79	0	154.02	0.96	0.17	1.81	15.73	0.8	0.89	16.09	305.74	7.7
Rice, white	GRAIN	4oz	93	0	335.1	0.22	0	2.21	20.28	0.44	0.79	0	0	0
Tortilla Chips	GRAIN	1 serving	260	0	220	12	2	4	38	2	0.27	58.66	29.12	0
Pepperoni, sliced	MEAT	1 oz	130	25	530	13	5	5	0	0	0.36	0	0	0
Sausage, breakfast	MEAT	2 oz	239	37.8	415.79	22.68	7.56	6.3	0	0	0.45	0	0	0
Milk,1% Chocolate	MILK	HALF PINT	158	8	153	2.5	1.54	8.1	26.1	1.25	0.68	290	490	2.25
Milk,1% Lowfat	MILK	HALF PINT	102	12	107	2.37	1.54	8.22	12.18	0	0.07	305	478	0
Milk,Skim	MILK	HALF PINT	83	5	103	0.2	0.14	8.26	12.15	0	0.07	298.9	500	0
Pasta Salad	SALADS	3/8 CUP	141	0	165	7	0.98	3.27	16.83	2.03	0.98	16.91	1309	9.97
Ranch Dressing	SALADS	2 TBSP	35	5	181	1.88	0.52	1.05	3.5	0.1	0.1	35	26	0.5
Salad, tossed	SALADS	1/2 CUP	30	0	22.15	0.27	0.04	1.45	6.53	2.18	0.57	27.64	3287.06	15.69
Bologna/cheese sand, ww	SANDWICH	sandwich	370	62	1435	18.9	7.58	20.53	33.29	4.34	1.79	1041.1	414	7.99

Chicken Parmesan Sandwich	SANDWICH	sandwich	569	55	1487	16.57	5.6	34.49	68.82	4.37	3.83	236.07	714	4.08
Chicken Salad Sandwich	SANDWICH	sandwich	379	87	658	13.31	2.6	32.9	34.41	5.05	2.85	109.41	542	6.53
Egg Salad Sandwich	SANDWICH	sandwich	305	261	680	13.69	2.8	14.1	34.58	4.58	2.37	119.76	564	3.26
Grilled Cheese Sandwich WW	SANDWICH	sandwich	425	54	1372	27.6	12.59	18.63	29.25	4.05	1.56	393	901	0
Ham and Cheese Bagel	SANDWICH	sandwich	451	67	1578	14.05	6.94	26.69	53.87	2.31	7.01	253.42	275	13.92
Ham and Cheese Sandwich WW	SANDWICH	sandwich	327	67	1556	14.42	6.53	22.5	30.03	4.39	2.23	246.07	417	13.66
Meatball Parmesan Hero	SANDWICH	sandwich	508	42	1290	20.05	8.59	26.09	59.03	4.06	4.48	280.97	496	2.47
PB & Grape Jelly,WW, uncrustable 2.8	SANDWICH	small	319	0	329.13	16.46	3.39	10.65	32.91	3.87	0.7	19.36	0	0
Pb+j, ww	SANDWICH	sandwich	565	0	715	29.87	5.36	18.33	59.92	7.23	2.66	110.53	0	0
Pb+j, white	SANDWICH	sandwich	558	0	615	29.51	5.72	16.15	57.23	4.43	3.09	106.03	0	0
Roast beef sand, ww	SANDWICH	sandwich	216	30	718	4.06	1.01	18.33	30.19	4.39	3.01	86.1	142	0.79
Salami/cheese sand, ww	SANDWICH	sandwich	442	77	1692	25.61	10.87	25	31	4.39	2.51	250.61	414	0.79
Tuna Salad Sandwich,WW	SANDWICH	sandwich	295	37	928	9.08	1.34	21.01	34.83	4.54	2.25	97.38	84	0.64
Turkey Salad Sandwich	SANDWICH	sandwich	301	45	1500	7.89	1	22.28	38.23	5.51	3.06	103.06	522	11.7
Turkey sand, ww	SANDWICH	sandwich	204	25	466	4.05	1	16	29.19	4.39	2.38	96.1	161	4.04
Baked sweet potatoes	VEGETABLE	1/2 CUP	100	0	28.98	0.22	0.05	0.9	23.99	2.13	0.71	18.41	6332.36	7.46
Beans, Green, frozen, (A070)	VEGETABLE	4oz	28	0	8.82	0.16	0.04	1.49	6.4	2.94	15.62	485.29	552.94	305.88
Beans, vegetarian	VEGETABLE	4oz	97	0	388.01	0.44	0	5.29	19.4	3.53	3.18	70.55	661.39	2.12
Broccoli Spears	VEGETABLE	4oz	29	0	22.98	0	0	2.29	4.59	2.29	0.37	21.47	583.32	39.94
Carrot Sticks	VEGETABLE	1/2 cup	13	0	21	0.07	0.01	0.28	2.92	0.85	0.09	10.07	5127	1.8
Carrots, baby, raw	VEGETABLE	1/2 cup	35	0	78	0.13	0.02	0.64	8.24	2.9	0.89	32	13790	2.6
Carrots, canned, cooked	VEGETABLE	1/2 cup	18	0	176.66	0.14	0.03	0.47	4.04	1.1	0.47	18.25	8154.1	18.25
Carrots, frozen, boiled	VEGETABLE	1/2 CUP	27	0	43.07	0.5	0.09	0.42	5.62	2.41	0.39	25.55	12357.44	1.68
Celery Sticks	VEGETABLE	1/2 CUP	24	0	118.84	0.25	0.06	1.03	4.41	2.38	0.3	59.42	667	4.61
Chinese Style Vegetables	VEGETABLE	4oz	70	0	124.52	4.41	0.62	1.54	7.09	2.45	0.6	35.84	4603.77	19.05
Corn, canned, yellow	VEGETABLE	1/2 Cup	66	0	244.36	0.76	0.14	2.16	15.42	1.56	0.59	4.1	36.9	0.57
Corn, frozen, yellow	VEGETABLE	1/2 cup	66	0	0.82	0.55	0.08	2.09	15.83	1.97	0.39	2.46	163.18	2.87
Cucumber, peeled, raw	VEGETABLE	1 oz	3	0	0.57	0.05	0	0.17	0.61	0.2	0.06	3.97	20.41	0.91
French fries/crinkle cut	VEGETABLE	4 oz	107	0	306.67	0	0	2.67	24	1.33	0.48	0	0	6.4
Fries, wedge cut, country	VEGETABLE	4oz	129	0	23.52	5.29	0.59	2.35	17.64	2.35	0.42	0	0	4.23
Green Beans: canned,cooked	VEGETABLE	4 oz	14	0	169.43	0.07	0.01	0.81	3.04	1.28	0.61	17.55	235.58	2.9
Home Fries	VEGETABLE	4oz	83	0	14	0.15	0.02	2.84	17.97	1.76	0.75	2.04	606	12.82
Lettuce & Tomato	VEGETABLE	1 lf,2 slc	9	0	4	0.1	0.01	0.49	2.01	0.66	0.17	6.7	409	5.5
Lettuce, iceberg	VEGETABLE	4 oz	16	0	10	16	0.02	1.02	3.37	1.36	0.46	20.41	569.26	3.18
Lettuce, romaine	VEGETABLE	4 oz	19	0	9.07	0.34	0.04	1.39	3.73	2.38	1.1	37.42	9876.97	27.22
Mexicali Corn	VEGETABLE	4oz	98	0	306.97	3.09	0.58	2.55	17.95	2.09	0.95	9.3	474.41	18.14
Mixed Vegetables,frozen,boiled	VEGETABLE	1/2 CUP	59	0	31.85	0.14	0.03	2.6	11.91	4	0.75	22.75	3892.07	2.91
Oven Brown Potatoes	VEGETABLE	4oz	87	0	264	4.69	0.72	0.9	10.15	1.89	0.54	16.67	2070	7.4

Peas and Carrots, frozen,boiled	VEGETABLE	1/2 CUP	38	0	109	0.34	0.06	2.47	8.1	2.48	0.75	18.4	7611.2	6.48
Peas, frozen,boiled	VEGETABLE	1/2 CUP	62	0	115	0.22	0.04	4.12	11.41	4.4	1.22	19.2	1680	7.92
Potato Puffs, frozen,cooked	VEGETABLE	1/2 Cup	122	0	614	5.52	1.16	1.31	17.76	1.6	0.41	8.96	3.2	4.03
Potato, patty, hash brown	VEGETABLE	EACH	107	0	222.22	5.33	0.89	0.89	14.22	2.67	0	0	0	2.13
Potatoes, mashed	VEGETABLE	4 oz	415	0	158.76	2.51	0.7	10.49	87.6	7.94	2.15	70.31	0	196.18
Refried beans	VEGETABLE	SERVING	122	0	390	1.5	0	7	19	6	1.8	20	0	2.4
Sauerkraut	VEGETABLE	2 oz	3	0	93.7	0.02	0	0.13	0.61	0.41	0.21	4.25	2.55	2.08
Soup, tomato, Cb	VEGETABLE	1 serving	180	0	1420	0	0	4	40	2	1.44	0	800	12
Tomatoes,red, raw	VEGETABLE	2 slice	7	0	2	0.08	0.01	0.35	1.57	0.48	0.11	4	333.2	5.08
Vegetable Oriental Blend	VEGETABLE	4oz	33	0	22.22	0	0	1.11	5.56	2.22	0.4	22.22	333.33	13.33
Vegetable, mixed, frozen	VEGETABLE	4oz	31	0	37.48	0	0	1.32	6.17	1.32	0	0	0	0
Vegetable, parisian mix, frozen	VEGETABLE	4oz	19	0	19.4	0	0	1.41	4	0	0.48	24.69	4597.97	26.46
Winter Blend	VEGETABLE	4oz	29	0	29.41	0	0	2.35	4.71	2.35	0	23.53	352.94	35.29
Ice Cream, choc marsh cone, Perry's	ALA CARTE	EACH	210	20	115	8	6	3	30	0	0	60	0	0
Ice Cream, cotton candy, Perry's	ALA CARTE	EACH	100	10	25	3	2	1	16	0	0	60	0	0
Ice Cream, fudge bar, Perry's	ALA CARTE	EACH	90	5	60	1.5	1	3	20	0	0	80	0	0
Ice Cream, ital ice, sour cherry, Rosati	ALA CARTE	EACH	98	0	15	0	0	0	24.5	0	0	0	0	0
Ice Cream, LF choc eclair, Perry's	ALA CARTE	EACH	140	0	41.15	6	1.5	2	21	0	0	60	0	0
Ice Cream, LF choc sand, Perry's	ALA CARTE	EACH	160	0	90	4	2	3	29	0	0	60	0	0
Ice Cream, LF cookie+crm, GH	ALA CARTE	EACH	90	5	55	1.5	1	2	18	0	0	100	0	0
Ice Cream, LF Creamsicle, GH	ALA CARTE	EACH	110	5	40	2	1	1	21	0	0	60	0	0
Ice Cream, LF Ice Cream bar, Perry's	ALA CARTE	EACH	160	15	35	12	9	2	14	0	0	60	0	0
Ice Cream, LF straw eclair, Perry's	ALA CARTE	EACH	140	0	35	5	1.5	2	21	0	0	60	0	0
Ice Cream, LF toasted almond, Perry's	ALA CARTE	EACH	140	0	55	6	1.5	2	21	0	0	60	0	0
Ice Cream, lime buddy, Perry's	ALA CARTE	EACH	100	10	25	3	2	1	16	0	0	40	0	0
Ice Cream, pop ups, GH	ALA CARTE	EACH	80	5	20	1	1	1	18	0	0	20	0	0
Ice Cream, straw yogurt bar, Perry's	ALA CARTE	EACH	80	5	40	1.5	1	2	15	0	0	80	0	0
Ice Cream, sundae cone, GH	ALA CARTE	EACH	260	15	80	15	9	4	29	0	0	60	0	0
Ice Cream. LF vanilla sand, Perry's	ALA CARTE	EACH	160	10	95	4	2	3	28	0	0	60	0	0
Shape up, cherry	ALA CARTE	EACH	80	0	15	0	0	0	21	0	0	60	0	60
BBQ Sauce	MISC	1oz	40	0	283.5	0.08	0	0	8.91	0	0.29	0	81	0.97
Butter spread, cup	MISC	EACH	25	0	30	3	0.5	0	0	0	0	0	0	0
Ketchup	MISC	1oz	27	0	315.81	0.09	0.01	0.49	7.13	0.09	0.14	5.1	264.5	4.28
Crackers	MISC	4 EACH	51	0	134	1.06	0.24	1.14	8.92	0.35	0.62	2.52	0	0
Cream Cheese	MISC	1 oz	104	28.35	80.32	9.45	6.61	0.94	2.83	0	0	37.8	377.99	0
Croutons	MISC	1/2 oz	61	0	202.5	2.03	0	2.03	10.12	0	0.73	0	0	0
Italian Salad Dressing	MISC	1/2 oz	73	0	201	7.56	1.09	0	1.06	0	0	0.45	0	0
Jelly	MISC	1 TBSP	56	0	6	0	0	0.03	14.69	0.21	0.04	1.47	1	0.19

Jelly cup, strawberry, pc	MISC	EACH	35	0	0	0	0	0	9.11	0	0	0	0	0
Ketchup, pc, Hunts	MISC	EACH	5	0	80	0	0	0	2	0	0	0	0	0
mayonnaise, pc	MISC	12 gm	90	5	65	10	1.5	0	0	0	0	0	0	0
Mustard, individual PC	MISC	1 Pkt 5g	3	0	57	0.2	0.01	0.22	0.27	0.17	0.08	2.9	4	0.08
Relish, individual PC	MISC	1 packet	10	0	62	0.04	0	0.03	2.68	0.08	0.07	0.23	93	0.08
Salsa, comd	MISC	1 OZ	10	0	122	0.06	0.01	0.43	1.98	0.4	0.64	3.4	156	1.13
Sauce, cheddar, lite	MISC	2 oz	50	0	480	1.5	0.5	1	7	0	0	40	3000	0
Sauce, marinara, stan	MISC	2 oz	41	0	249.48	1.81	0	0.91	4.54	1.36	0.33	9.07	566.99	4.08
Sauce, spaghetti, Frmn	MISC	2 oz	23	0	204.49	0.46	0	0.93	4.18	0.93	0.5	9.29	232.37	1.12
Syrup, pancake	MISC	1.5 oz	105	0	7.5	0	0	0	22.5	0	0	0	0	0