

**Nutritional Analysis for Bar Choices at the Secondary Level**

**Updated 12/22/2016**

**Fat, Saturated Fat, Fiber, and Carbohydrates are measured in grams and Sodium in milligrams.**


<b>Taco Bar</b>	<b>Serving Size</b>	<b>Calories</b>	<b>Fat</b>	<b>Sat. Fat</b>	<b>Sodium</b>	<b>Carbs</b>	<b>Sugars</b>	<b>Fiber</b>
Taco Meat (turkey/beef)	1/2 cup	222	10	4	623	6	0	1
Chicken Fajita Meat	1/2 cup	175	9	3	445	3	0	0
6" Flour Tortilla	2 shells	180	6	4	150	30	2	4
5" Corn Hard Shell	2 shells	100	4	2	0	14	0	2
Shredded Cheese	1/4 cup	110	9	6	340	0	0	0
Lettuce, Romaine Ribbons	1/2 oz	5	0	0	0	1	0	1
Onions-diced	2 tbls	11	0	0	3	2	0	0
Tomatoes-diced	1/4 cup	9	0	0	98	1	0	1
Jalapeno Peppers	2oz	10	0	0	560	2	0	2
Sour Cream	2 tbls	30	2	1	35	3	2	0
Bread Basket (1-JR/MS/2-HS)	1 slice	90	1	0	160	17	3	2

<b>Potato Bar</b>	<b>Serving Size</b>	<b>Calories</b>	<b>Fat</b>	<b>Sat. Fat</b>	<b>Sodium</b>	<b>Carbs</b>	<b>Sugars</b>	<b>Fiber</b>
Potato Wedges	6-7 pcs	130	6	2	260	17	0	2
Baked Potato mini	2	180	0	0	10	24	2	4
Broccoli	1/3 cup	13	0	0	9	2	1	1
Onions-diced	2 tbls	11	0	0	3	2	0	0
Sour Cream	2 tbls	30	2	1	35	3	2	0
Chives	1/4 tsp	1	0	0	0	0	0	0
Taco Meat (turkey/beef)	1/4 cup	111	5	2	312	3	0	1
Nacho Cheese	1/4 cup	266	22	10	968	8	6	0
Bacon Bits	1 tbls	21	1	0	105	2	0	0
Bread Basket (MS Only)	1 slice	90	1	0	160	17	3	2
Bread Basket (HS Only)	2 slices	180	2	0	320	34	6	4

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<b>Pasta Bar</b>	<b>Serving Size</b>	<b>Calories</b>	<b>Fat</b>	<b>Sat. Fat</b>	<b>Sodium</b>	<b>Carbs</b>	<b>Sugars</b>	<b>Fiber</b>
Whole Wheat Pasta	1/2 cup	420	3	0	0	82	4	10
Prego Meatless Sauce	1/2 cup	70	2	1	480	13	10	3
Alfredo Sauce	1/2 cup	170	11	6	660	10	5	0
Meatballs	5	189	11	4	270	6	3	1
Chicken Fajita Meat	1/2 cup	175	9	3	445	3	0	0
Garlic Cheese Toast	1 slice	80	4	2	150	11	1	1

<b>Deli Bar</b>	<b>Serving Size</b>	<b>Calories</b>	<b>Fat</b>	<b>Sat. Fat</b>	<b>Sodium</b>	<b>Carbs</b>	<b>Sugars</b>	<b>Fiber</b>
Ham (turkey ham) sliced	2 slices	35	2	1	180	0	0	0
Turkey sliced	2 slices	33	0	0	307	1	0	0
Chicken Strips	2 strips	80	2	0	434	0	0	0
American Cheese Slice	1 slice	50	5	3	225	1	1	0
American Cheese Slice <b>(MS)</b>	1/2 slice	25	2	1	113	0	0	0
Swiss Cheese Slice	1 slice	50	4	3	185	1	0	0
Swiss Cheese Slice <b>(MS)</b>	1/2 slice	25	2	1	93	0	0	0
Pepperjack Cheese Slice	1 slice	80	6	4	130	1	0	0
Pepperjack Cheese Slice <b>(MS)</b>	1/2 slice	40	3	2	65	1	0	0
Lettuce, Romaine Ribbons	1/2 oz	2	0	0	0	0	0	0
Spinach	1/2 oz	2	0	0	12	0	0	0
Tomatoes	2 slices	7	1	0	2	2	1	0
Pickles	1 oz.	0	0	0	360	0	0	0
Banana Peppers	1 oz.	5	0	0	280	1	0	0
Black Olives	2 tbls	30	3	1	150	1	0	0
Cucumber Slices	3 oz	9	0	0	0	2	1	1
Mini Sub Bun	1 bun	160	3	1	270	30	4	4
Tortilla Shell (10")	1 shell	170	4	1	300	30	2	3
Hamburger Bun	1 bun	160	2	0	190	29	4	2
Flatbread	1	140	3	0	260	25	2	3

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<b>Hamburger Bar</b>	<b>Serving Size</b>	<b>Calories</b>	<b>Fat</b>	<b>Sat. Fat</b>	<b>Sodium</b>	<b>Carbs</b>	<b>Sugars</b>	<b>Fiber</b>
Hamburger Patty	1	130	8	3	135	0	0	0
Hamburger Bun	1	160	2	0	190	29	4	2
American Cheese Slice	1 slice	50	5	3	225	1	1	0
American Cheese Slice <b>(MS)</b>	1/2 slice	25	2	1	113	0	0	0
Swiss Cheese Slice	1 slice	50	4	3	185	1	0	0
Swiss Cheese Slice <b>(MS)</b>	1/2 slice	25	2	2	93	0	0	0
Pepperjack Cheese Slice	1 slice	80	6	4	130	1	0	0
Pepperjack Cheese Slice <b>(MS)</b>	1/2 slice	40	3	2	65	0	0	0
Lettuce, Romaine Ribbons	1/2 oz	2	0	0	0	0	0	0
Onions, Diced	2 tbls	11	0	0	3	2	0	0
Tomatoes	1 slice	4	0	0	1	1	1	0
Olives - Green	2 tbls	20	2	0	124	2	0	0
Pickles	1 oz.	0	0	0	360	0	0	0
Mushrooms	1 tbls	2	0	0	41	1	0	0

<b>Yogurt Bar</b>	<b>Serving Size</b>	<b>Calories</b>	<b>Fat</b>	<b>Sat. Fat</b>	<b>Sodium</b>	<b>Carbs</b>	<b>Sugars</b>	<b>Fiber</b>
Yogurt, Strawberry	1 cup	210	2	2	140	40	35	0
Yogurt, Vanilla	1 cup	170	3	2	140	27	20	0
Trix Cereal	1/4 cup	30	0	0	45	7	3	0
Gripz Graham Cereal	1/4 cup	62	2	1	41	10	3	2
Granola Cereal	1/4 cup	72	1	0	31	16	6	1
Dried Cherries	1/4 cup	112	0	0	0	28	20	2
Canned Fruit (pineapple)	1/3 cup	43	0	0	0	11	9	1
Strawberry (raw)	1/3 cup	16	0	0	0	4	2	1
Strawberry (frozen)	1/3 cup	17	0	0	0	4	2	1
Blueberries (raw)	1/4 cup	21	0	0	1	5	2	1
Blueberries (frozen)	1/4 cup	27	0	0	5	6	4	1
Goldfish Graham Crackers	pkg. of 2	120	4	1	55	18	6	1
Bread Basket <b>(HS Only)</b>	2 slices	180	2	0	320	34	6	4
Pretzel	1	70	5	0	65	14	2	1

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