

**Nutritional Analysis for Entrées at the Secondary Level**

**Updated 8/23/2016**

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

<b>Item</b>	<b>Serving Size</b>	<b>Calories</b>	<b>Fat Grams</b>	<b>Sat. Fat</b>	<b>Sodium</b>	<b>Carbs</b>	<b>Sugars</b>	<b>Fiber</b>
Asian Chicken w/White Rice	1 serving	405	18	3	632	39	8	3
BBQ Twin Pork Sliders	2 sliders	270	8	2	692	32	12	4
Bean Wrap	1 wrap	375	17	9	849	41	2	6
Beef and Cheddar Sandwich <b>(HS Only)</b>	1 sandwich	310	12	5	775	29	4	2
Beef and Cheddar Sandwich <b>(MS Only)</b>	1 sandwich	270	9	3	708	29	4	2
Bosco Cheese Breadstick*	2 breadsticks	420	14	6	540	52	4	4
Boxed Lunch - Ham <b>(HS)</b>	1 lunch	644	29	6	1567	73	23	5
Boxed Lunch - Turkey <b>(HS)</b>	1 lunch	618	25	5	1646	73	22	5
Breakfast Burrito	1 burrito	416	20	9	1042	32	3	3
Calzone, Pepperoni	1	340	13	5	510	35	5	3
Cheeseburger on Bun <b>(HS Only)</b>	1	340	15	6	550	30	5	2
Cheeseburger on Bun <b>(MS Only)</b>	1	315	12	4	438	29	2	1
Chicken Caesar Sandwich	1 sandwich	345	12	2	961	31	4	5
Chicken Noodle Rice Soup *	2/3 cup	107	3	1	547	7	1	1
Chicken Parmesan on Bun	1 serving	477	18	5	964	48	8	7
Chicken Parmesan w/noodles	1 serving	527	18	5	774	60	6	10
Chicken Patty (Grilled) on Bun	1 serving	290	9	2	520	31	4	2
Chicken Patty on Bun	1 serving	400	15	3	650	44	5	5
Chicken Patty on Bun w/Cheese <b>(HS)</b>	1 serving	450	20	5	875	45	6	5
Chicken Patty on Bun w/Cheese <b>(MS)</b>	1 serving	425	20	4	763	44	5	5
Chicken Pizzadilla	serv/5oz	320	11	3	770	38	5	4
Chicken Quesadilla <b>(MS Only)</b>	1	478	26	14	903	33	2	3
Chicken Salad on Croissant	1 serving	449	23	6	663	39	11	2
Chicken Wrap	1 wrap	363	14	7	923	32	2	3
Chili w/Meat *	2/3 cup	166	6	2	454	11	4	3
Corn Dogs, Mini	6	270	12	4	420	30	6	5
Cottage Cheese & Banana Bread	1 serving	260	3	1	514	42	23	1
Egg Salad on Bread	1 sandwich	207	14	3	277	7	5	0
Egg/Saus/Cheese on Eng. Muffin	1	400	27	10	810	26	2	3
Fish Patty on Bun	1	370	15	2	650	42	4	2

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Garlic Cheese Bread	1 slice	300	13	6	570	29	3	3
Ham Wrap <b>(HS Only)</b>	1 wrap	368	18	6	1152	35	5	3
Ham Wrap <b>(MS Only)</b>	1 wrap	342	16	4	1039	34	4	3
Hamburger on Bun	1	326	14	5	444	29	4	3
Honey Rib on Bun	1pc	360	12	4	860	42	14	4
Hot Dog on Bun 2 per serv	2 pc	440	22	6	900	42	6	4
Hummus and Heartzel Pretzels	1	323	14	0	888	43	4	10
Kickin Bacon Mac and Cheese*	2/3 cup	321	15	8	693	34	4	3
Lasagna Rollup with Sauce	1 piece	242	7	4	479	29	7	3
Macaroni w/Cheese*	2/3 cup	539	32	16	1456	40	10	4
Macaroni w/Meat Sauce*	2/3 cup	236	7	2	765	26	7	4
Meatballs on Hoagie w/cheese	serving	388	15	6	800	39	9	7
Philly Beef Sandwich <b>(MS Only)</b>	1 sandwich	366	14	6	812	34	6	4
Pizza Bagel, Pepperoni	1 pizza	330	13	6	760	32	5	1
Pizza, Max Cheese Round	1 pizza	340	10	4	700	43	5	3
Pizza, Max Pepperoni 5" Round	1 pizza	320	12	4	650	39	5	5
Pizza, Stuffed Crust Cheese	1 slice	330	14	5	820	35	4	3
Pizza, Stuffed Pepperoni	1 slice	330	14	5	870	35	4	3
Popcorn Chicken	15 pieces	314	18	3	464	19	1	3
Pork Choppette	1 patty	270	16	5	390	18	1	2
Pork Sliders	2 sliders	270	8	2	692	32	12	4
Pulled Pork Sandwich	1 sandwich	213	5	1	500	28	3	3
Sloppy Joe on Bun	1 sandwich	321	7	2	717	42	14	3
Spicy Chicken on Bun w/swiss cheese <b>(HS)</b>	1 sandwich	480	21	6	775	47	5	5
Spicy Chicken on Bun w/swiss cheese <b>(MS)</b>	1 sandwich	455	19	4	683	46	5	5
Taco in a Bag with Baked Scoops	serving	432	25	14	791	24	0	3
Thai Chili Chicken Rice Bowl	1/3 cup	182	3	1	457	28	11	1
Teriyaki Chicken Rice Bowl	1/3 cup	206	3	1	535	27	14	1
TX Cinnamon Toast w/scrambled eggs*	serving	260	9	2	440	34	10	3
Tuna on Bread	1 sandwich	143	5	1	269	6	3	0
Turkey Gravy*	serving	140	9	2	1048	8	1	0
Turkey Slices with Roll	1	255	4	1	1025	26	3	2
Turkey Wrap <b>(HS Only)</b>	1 wrap	351	15	5	1259	35	5	3
Turkey Wrap <b>(MS Only)</b>	1 wrap	325	13	3	1146	35	4	3
Veggie Burger	1 sandwich	330	8	1	730	44	6	5

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Veggie Wrap w/String Cheese	1 wrap	550	31	16	1180	40	5	5
Wet Burrito*	serving	618	33	19	1557	51	8	6
White Chicken Chili*	2/3 cup	179	4	1	330	21	3	5

<b>Additional Item</b>	<b>Serving Size</b>	<b>Calories</b>	<b>Fat Grams</b>	<b>Sat. Fat</b>	<b>Sodium</b>	<b>Carbs</b>	<b>Sugars</b>	<b>Fiber</b>
*Bacon Crumbles	1 Tbsp	25	2	1	110	0	0	0
*Baked Scoops	1 bag	110	3	0	125	19	0	2
*Bosco	1	210	7	3	270	26	2	2
*Brown Cilantro Lime Rice	1/3 cup	20	0	0	2	4	0	0
*Cabbage Slaw	2 2/3 tbsp	74	4	0	287	9	7	1
*Garlic Bread	1	80	4	2	150	11	1	1
*Mashed Potatoes	1/2 cup	90	2	0	414	17	0	1
*Pancake Syrup	1.5 oz	120	0	0	0	31	19	0
*Prego Meatless Sauce	1/2 cup	70	2	1	480	13	10	2
*Tomato Soup	1/2 cup	54	0	0	229	10	7	0
*Torilla Chips (5)	5 chips	15	1	0	7	2	0	0
*Whole Grain Honey Bread	1 slice	90	1	0	160	17	3	2
*Whole Grain Roll	1 roll	100	2	0	125	19	3	2

## HUDSONVILLE SACK LUNCH

<u>Item</u>	<u>Serving Size</u>	<u>Calories</u>	<u>Fat Grams</u>	<u>Sat. Fat</u>	<u>Sodium</u>	<u>Carbs</u>	<u>Sugars</u>	<u>Fiber</u>
Turkey/Cheese on Bun-MS	1 sandwich	238	7	2	572	29	4	2
Turkey/Cheese on Bun-HS	1 sandwich	245	8	3	595	29	5	2
Rice Krispie Treat (w/g)	1 bar	160	4	1	140	30	11	0
Apple, fresh	1 apple	95	0	0	2	25	19	4
Baby Carrots	6 carrots	21	0	0	47	5	3	2
Milk, Chocolate	1 carton	130	0	0	180	24	22	0
Milk, White Low Fat	1 carton	100	3	2	120	11	11	0
Mustard	packet	3	0	0	55	0	0	0
Mayo	packet	50	6	1	40	0	0	0

\*Entrée is grouped with additional item.

**\*\*Notice:** The data contained within this report should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.