

NAS Menu Nutrient Analysis

Item	Portion Size	Calories	Carbohydrate (g)	Protein (g)	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)
Breakfast Entrees								
Banana Chocolate Chunk Bar	1 pkg	280	48	5	8	3	15	220
Chocolate Chip Bar	1 pkg	290	47	5	9	3	20	240
Strawberry Poptart	1 pastry	180	37	2	2.5	1	0	180
Cinnamon Poptart	1 pastry	180	37	2	3	1	0	190
Fudge Poptart	1 pastry	190	38	3	3	1	0	200
Strawberry PB&J Sandwich	1 pkg	320	32	10	17	3.5	0	320
Grape PB&J Sandwich	1 pkg	320	32	10	17	3.5	0	320
Whole Grain Bagel	1 pkg	140	28	6	1	0	0	160
Cinnamon Mini Pull Apart Roll	1 pkg	240	39	5	7	1.5	0	270
Turkey Sausage Pizza	1 slice	210	26	9	7	2	15	480
Mini Cinnamon French Toast	1 pkg	220	37	4	7	1	0	200
Chocolate Chip Muffin	1 pkg	170	28	2	6	1	20	130
Blueberry Muffin	1 pkg	160	26	3	5	0.5	20	95
Whole Grain Dunking Donut Stick	1 pkg	180	28	3	6	1.5	0	170
Cinnamon Toast Crunch Cereal	1 pkg	110	22	1	3	0.5	0	160
Froot Loops Cereal	1 pkg	80	18	1	1	0	0	110
Lucky Charms Cereal	1 pkg	110	23	2	1	0	0	180
Cocoa Puffs Cereal	1 pkg	110	25	2	1.5	0	0	120
Whole Grain Rice Krispy Treat	1 pkg	160	30	2	4	1	0	140
Whole Grain Flatbread	1 slice	170	20	5	5	1	0	290
Egg Patty	1 patty	50	1	3	4.5	1	75	85
Egg & Cheese Slider	1 pkg	160	20	8	5	1.5	30	290
Strawberry Yogurt	1 serv	80	15	4	0.5	0	5	60
Raspberry Rainbow Yogurt	1 serv	80	15	4	0.5	0	5	60
Pancake Wrap	1 serv	240	18	7	15	4.5	25	360

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Lunch Entrees								
American Cheese	2 slices	100	1	5	9	5	25	450
Chicken Nuggets	5 pcs	240	16	13	14	2.5	20	470
Hamburger	1	110	1	14	5	2	35	270
Pepperoni Calzone	1 pc	340	35	20	13	5	30	510
Three Cheese Calzone	1 pc	250	33	19	5	2	10	430
CornDog	1 serv	240	30	9	8	2.5	40	390
BBQ Pork Sandwich	1	240	12	18	13	4	75	710
Sausage Patty	1	70	0	7	5	1.5	25	260
Sloppy Joe Sandwich	3.63 oz	150	10	13	6	2	45	420
Taco Filling	3.17 oz	110	5	13	5	2	35	290
Stuffed Crust Cheese Pizza	1 pc	360	38	17	16	8	40	580
Stuffed Crust Pepperoni Pizza	1 pc	370	38	17	16	7	45	630
Tony's Whole Grain 4x6 Pizza	1 pc	300	34	16	11	4	15	470
Tony's Whole Grain 4x6 Sausage Pizza	1 pc	290	33	16	10	4.5	25	470
Fiestada Pizza	1 pc	340	39	17	14	6	25	850
Taco Max Snax Whole Grain	3 pc	260	30	14	9	2.5	10	510
Fish Wedge	1 pc	180	14	14	8	1.5	40	280
Chicken Strips	3 pc	260	16	15	15	2.5	25	390
Popcorn Chicken	11 pc	230	14	14	13	2.5	20	350
Breaded Chicken Patty	1 pc	270	16	16	15	2.5	25	400
Chicken Grill	1 pc	170	1	17	11	2.5	60	240
Chicken Fajita Meat	3 oz	130	2	16	7	2	80	330
Cheese Quesadilla	1 pc	320	39	15	12	3	10	710
Cheese Stuffed Breadsticks	1 pc	210	21	14	8	4	20	320
Chili	5.83 oz	150	15	13	5	1.5	30	230

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Hot Dog	1 pc	170	1	6	16	5	45	580
Fruit								
Apple, Gala	1 small	89	21	<1	0	0	0	2
Applesauce Flavored all flavors	4 oz	70	16	0	0	0	0	0
Banana	1 petite	72	19	1	0	0	0	1
Strawberry Cups	4.5 oz	90	22	1	0	0	0	0
Blueberries	4oz	40	10	0	0	0	0	0
Peach Cups	4.4 oz	80	19	1	0	0	0	0
Diced Peaches	4 oz	60	14	0	0	0	0	5
Diced Pear Cups	4 oz	70	19	0	0	0	0	5
Applesauce	4 oz	90	22	0	0	0	0	10
Dried Cranberries	1.16 oz							
Vegetables and Beans								
Baked Beans	4 oz	110	20	7	1	0	0	140
Broccoli	4 oz	25	5	3	0	0	0	20
Corn	4 oz	70	16	2	1	0	0	0
Carrots	4 oz	25	6	0	1	0	25	45
Peas	4 oz	60	11	4	0	0	0	60
Green Beans Low Sodium	4 oz	20	4	1	0	0	0	140
Mashed Potatoes	7 oz	70	14	2	1	0	0	340
Baby Carrots	4.5 oz	50	12	1	0	0	0	90
Celery Sticks	3 oz	14	2.5	<1	0	0	0	68
Hash Brown Patty	2 pcs	260	29	4	13	3.5	0	490
Tator Puffs Reduced Sodium	2.52 oz	90	14	1	3.5	0	0	170
Seasoned Fries	2.45 oz	110	17	2	3.5	1	0	230

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Breads and Starches								
Hamburger Bun 3.5"	1	100	19	4	1.5	0	0	95
Hot Dog Bun	1	100	19	4	1.5	0	0	95
Dinner Roll	1	80	13	3	1	0	0	90
Hamburger Bun 4"	1	130	25	5	2	0	0	125
Sub Bun	1	150	28	6	2	0.5	0	180
Macaroni	2 oz	210	42	7	1	0	0	0
Ala Carte Sides								
Cheese Cup	1	190	15	10	10	6	60	560
Marinara Cup	1	20	4	1	0	0	0	100
Nacho Chips	1	200	28	3	9	1.5	0	300
Harvest Cheddar Snack Mix	1	110	15	2	4	0	0	200
Doritos Sweet & Spicy Baked Chips	1	130	20	2	5	0.5	0	200
Smartfood White Cheddar Popcorn	0.5 oz	70	9	2	2.5	0	0	110
Baked Lays Original	.88 oz	100	20	2	1.5	0	0	115
Sour Cream & Onion Baked Lays	.88 oz	100	18	2	2.5	0	0	140
Cool Ranch Doritos Reduced Fat	1 oz	130	20	2	5	0.5	0	150
BBQ Baked Lays	.88 oz	110	19	2	2.5	0	0	170
Rice Krispy Treat Whole Grain	1.41 oz	160	30	2	4	1	0	140
Fruit Snacks	1 Bag	90	31	1	0	0	0	15
Healthy Chocolate Chip Cookie	1	100	18	1	3	1	10	110
Healthy M&M Cookie	1	110	19	2	3	1	15	115
Beverages								
Milk 1%	1 cup	100	13	8	2	1.5	12	107
Milk Fat Free Chocolate	1 cup	130	24	8	0	0	0	180
Milk Fat Free Strawberry	1 cup	140	24	8	0	0	0	120

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Orange Juice	4 oz	60	14	0	0	0	0	0
Apple Juice	4 oz	50	13	0	0	0	0	10
Grape Juice	4 oz	80	19	0	0	0	0	10
Item	Portion Size	Calories	Carbohydrate (g)	Protein (g)	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)
Condiments and Sauces								
BBQ Sauce	1 cup	50	11	0	0.5	0	0	240
Mustard Sauce	1 cup	140	6	0	13	2	10	210
Maple Syrup	1 cup	120	31	0	0	0	0	0
Ketchup	1 oz	30	7	0	0	0	0	75
Mayo Packets	1	50	10	0	4.5	0.5	10	70
Mustard Packets	1	0	0	0	0	0	0	65
Ranch Packets	1.5 oz	200	2	0	22	3.5	10	320
Honey French Packets	1.5 oz	190	13	0	15	2.5	0	290
Ranch Dip Cups	1 oz	140	1	0	14	2	5	220
Ranch Dressing	12 gr	30	2	0	2.5	0	5	55
Margarine	1 T.	100	0	0	11	4.5	0	110
Tartar Sauce Packet	12 gr	45	3	0	3.5	0.5	5	100
Peanut Butter Cup	1.1 oz	200	8	7	17	4	0	150