

IUSD Middle School Nutritional Information 2017-2018 9/15/2017

Entrée	Calories	Fat (g)	% calories from fat	Saturated fat (g)	Carbohydrate (g)	Fiber (g)	Sodium (mg)	Allergens
Chicken, baked Drum stick Mashed Potatoes 1/2	294	12	36.73	3	25	2.7	934	Wheat, milk, eggs
Beef Teriyaki Rice Bowl 5 pc 1 cup rice 1/2 c veg	472	14	26.69	5	59	3	689	Wheat, soy
Burrito, Bean and Cheese Los Cabos	290	8	24.83	3.6	41	8	480	Wheat, soy, milk
Burrito, Chicken and Cheese Los Cabos	273	8	26.37	2.6	33.4	4.5	475	Wheat, soy, milk
Burritos, Ultra Bean & Cheese Burrito Cabo Primo Big B	298	10	30.20	4.5	39	7	410	Wheat, soy, milk
Cheeseburger All American Integrated	300	10	30.00	4	30	3.14	590	Wheat, milk, soy
Cheeseburger, Bacon and Cheese	453	23	45.70	9	28	3	971	Wheat, milk,
Cheeseburger Pierre Sesame Seed Bun	370	15	36.49	5	40	3	680	Wheat, milk, soy, sesame
Cheeseburger Don Lee	279	10	32.26	4.2	30	2.7	409	Wheat, soy, milk
Cheeseburger Twin Minis, Advance Pierre	320	13	36.56	6	35	4	600	Wheat, milk, soy
Chicken Alfredo	413	12	26.15	5	50	8.5	621	Wheat, milk, soy
Chicken and Fried Rice Bowl	335	7	18.81	1	47	5.5	1295	Soy, Eggs, Wheat
Chicken Chow Mein	411	5	10.95	1	53	9		Wheat, soy, eggs
Chicken Spicy Fajita Wrap	456	20	39.47	9	35	4.5	676	Wheat, Milk
Chicken little Sliders	248	7	25.40	2	30	2	462	Wheat, soy, milk
Chicken Noodle Soup 3/4 Cup	144	3	18.75	1	8	1.4	900	Wheat
Chicken Nuggets 6 pieces Tyson	315	18	51.43	3	20	3	481	Wheat, soy
Chicken Nuggets (6) Potato Wedge 1/2 cup	440	22	45.00	3.5	40	5	628	Wheat, soy
Chicken Patty on WG Bun 70304	410	17	37.32	3	44	6	670	Wheat, soy
Chicken Popcorn 15 pieces Tyson	325	19	52.62	3	20	3.7	412	Wheat, soy
Chicken Popcorn Bowl	481	21.5	40.23	3.8	51	6.5	906	Wheat, milk, soy
Chicken Tenders Hot and Spice 4 each Tyson	346	20	52.02	3	21	4	520	Wheat, soy
Chicken Teriyaki Dippers & 1 C Rice 5 piece	427	8	16.86	2	61	3	933	Wheat, Soy
Chicken Tenders (3) and Waffles (2) Krusteaz	325	14.5	40.15	2.5	31.5	3.5	875	Wheat, eggs, milk, soy
Chili Dog (pork)	323.64	14	38.93	4.92	32	2.89	628	Wheat, milk, soy
Corn Dog, Chicken	240	8	30.00	2.5	30	5	390	Wheat, soy, eggs, gluten
Egg Roll, Chicken and Vegetable Minh	270	9	30.00	2.5	30	5	680	Wheat, soy, egg, milk
Enchilada Bowl Cheese, Beans, Rice	630	21	30.00	10	82	13	1770	Wheat, soy, milk
Fiesta Chicken Bowl	406	11	24.38	5	90	11	819	Milk, Soy, Wheat
Grilled Cheese Whole Wheat	284	10.15	32.17	5.67	30.54	2	580	Wheat, milk, soy
Hamburger All American	275	8.67	28.37	2.95	30	3	438	Wheat, soy, gluten
Hamburger Teriyaki	275	6	19.64	1.4	37	31.5	856	Soy, Wheat

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Mac N Cheese Rose & Shore	410	14	30.73	6	46	6	660	Wheat, milk, soy, eggs
Max Sticks	310	13	37.74	4.5	34	4	750	Wheat, milk, soy
Meatball Sandwich (Beef) Central Kitchen large	479	20	37.58	5	48	6	1230	Milk, Soy, Wheat
Meatloaf w/ Mashed Potatoes	224	8	32.14	3	22.6	<1	1024	Wheat, milk, soy
Pick Up Stix House Chicken and Brown Rice	400	11	24.75	2	58	3	370	Wheat, soy, egg, gluten***
Pick Up Stix House Tofu and Brown Rice	340	6	15.88	1	56	5	390	Wheat, soy, egg, gluten***
Pick Up Stix Teriyaki Chicken and rice	320	4	11.25	1	55	3	350	Soy, Wheat***
Pick Up Stix Orange Chicken and Rice	390	11	25.38	2.5	54	3	250	Egg, Soy, Wheat****
Pizza Galaxy Cheese 78366	300	13	39.00	6	32	3	510	Wheat, milk, soy
Pizza Papa John Cheese WW	380	11	26.05	4	49	4	780	Wheat, milk
Pizza Papa John Pepperoni pork WW	380	11	26.05	4	48	4	880	Wheat, milk
Raviolis, Beef Chef Boyardee 8 pies	261	9.00	31.03	4	30	3	723	Wheat, milk, soy
Raviolis, Cheese 4 with sauce	328	8.00	21.95	3.6	42	4.3	1091	Wheat, Milk, Eggs
Salad Caesar Central Kitchen - NO Dressing	362	14.00	34.81	4	40	7	1371	Wheat, Milk, Soy
Salad Spring Central Kitchen - NO Dressing	583	27.00	41.68	6	73	9	1272	Milk, Wheat
Salad BBQ Chicken - with dressing No roll No Chips	472	15.00	28.60	7	55	7.5	1265	Milk, Soy
Sandwich World Tuna Salad Sub 6"	359	12.00	30.08	1.55	40	4	700	Fish, Soy, Egg, Wheat
Sandwich World - Asian Chicken Salad (NO GRAIN)	236	9.00	34.32	0.8	15	2.8	404	Soy
Sandwich World - Caesar Salad (NO GRAIN)	197	7.00	31.98	3	10.6	2.3	769	Soy, Milk
Sandwich World - Chef's Salad (NO GRAIN)	169	5.00	26.63	1.3	20.6	2.6	656	Egg, Soy
Sandwich World - Fiesta Salad (NO GRAIN)	192	8.00	37.50	2.2	15	3	839	Milk
Sandwich World - Garden Salad (NA GRAIN)	253	11.50	40.91	6	22.6	2	869	Milk, Egg (with dressing)
Sandwich World Chicken Salad Triangle	408	16.00	35.29	4	37	5	813	Wheat, Egg, Soy, milk garbanzo bean
Sandwich World Deli Combo 6" Pork Ham	284	8.00	25.35	1.9	35.5	4	1125.5	Wheat Pork Ham
Sandwich World Ham and Cheese	283	8.00	25.44	2.8	33	4	1077	Wheat, Milk
Sandwich World Salami Triangle	282	9.00	28.72	2.3	34	4	1039	Wheat, Soy
Sandwich World Turkey Cheese Triangle	296	7.00	21.28	2.6	32	4	723	Wheat, Milk, Soy
Sandwich World Vegetarian Submarine	208	2.30	9.95	0.04	38.7	5	318	Wheat, Cheese
Sandwich World Tuna Triangle	361	14.00	34.90	3.8	35	5	711	Fish, Egg, Wheat, Soy, garbanzo bean
Sandwich World Tuna Sub	359	12.00	30.08	1.6	40	5	700	Fish, Wheat, Soy, Egg
Sandwich World Vegetarian Submarine	209	2.20	9.47	0	39	5	318	Wheat, milk
Sandwich World Turkey Cheese Sub	310	8.00	23.23	2.7	35	4	719	Wheat, Milk
Sandwich World Turkey Sub	325	7.00	19.38	1	39	4	1384	Wheat
Sandwich World Chicken Salad Sub	420	15.00	32.14	1.8	41	6	835	Wheat, Egg, Soy, milk garbanzo bean

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Sandwich World Deli Combo 6" Pork Ham	285	8.00	25.26	1.9	35.5	4	1125	Wheat
Sandwich World Ham and Cheese	291	8.00	24.74	8	35	4	1141	Wheat, milk
Sandwich World Ham sub	274	6.00	19.71	1	35	4	1220	Wheat
Spaghetti and Meatball bowl	416	15.00	32.45	6	45	3	512	Milk, Soy, What
Spaghetti with Meat Sauce 1 cup pasta	302	6	17.88	2	45	8		Wheat, milk, soy, egg
Sub Sandwich CK Ham/Turkey	275	7.7	25.20	2.6	33	4		Wheat, milk, soy
Sub Sandwich CK Turkey	276	7	22.83	2	24	4		Wheat, milk, soy
Sub Sandwich CK Roast Beef	277	7	22.74	2.5	33	4		Wheat, milk, soy
Taco Stick Beef Integrated	345	13	33.91	8.35	32	3.85		Wheat, milk, soy
Texas Garlic Cheese Toast	356	17	42.98	8	31	2	447	Wheat, milk, Soy
Teriyaki Beef Burger	275	6	19.64	1.4	37	2.7	856	Eggs, Wheat, Soy
Turkey Bacon Wrap	340	10	26.47	2	35	5	883	Wheat, milk
Turkey and Mashed Potatoes 5.2 oz	235	7.19	27.54	2.1	25	1.9		Milk, soy
Uncrustables 4.9 oz WW	590	33	50.34	7	55	5		Wheat, soy, peanuts
Waffles(2) and Turkey Sausage(2)	260	11	38.08	2	28	1		Wheat, milk, soy, egg
Phily Cheese Steak Sub	313	10	28.75	3.5	36	4	555.7	Milk, Soy, Wheat
Fajita Bowl	579	16	24.87	3	78	15	963	Soy, Wheat, Milk
Ravioli Bake	339	8	21.24	3.6	43	5	1102	Egg, Milk, Soy, Wheat
Wrap Chicken Spicy Fajita Central Kitchen	456	20	39.47	9	35	4.5	676	Wheat, Milk
Wrap Turkey Bacon Central Kitchen	340	10	26.47	2	35	5	883	Wheat, milk
Vegetarian Burger on bun Don Lee	354	12	30.51	3	44	5	511	Eggs, Milk, Soy Wheat
Fruit	Calories	Fat (g)	% calories from fat	Saturated fat (g)	Carbohydrate (g)	Fiber (g)		Allergens
Apple Sauce 4.5 oz unsweetened cup	51	0	0.00	0	14	1	2	
Apple Slices 2 oz 1/2 cup	30	0	0.00	0	8	1	1	
Apple small	50	0.1	0.00	0	14	2.5	1	
Banana Petite about 6 inches	90	0.3	0.00	0.1	23	2.6	1	
Canned Fruit	64	0	0.00	0	16	1	6	
Canned Pineapple 1/2 Cup	108	0.1	0.00	0	28	1	2	
Fresh Fruit general rule of thumb for small fruit	60	0	0.00	0	15	3	1	
Frozen Fruit Cup Peaches	80	0	0.00	0	19	1	0	
Frozen Fruit Cup Strawberry	80	0	0.00	0	19	2	0	
Juice 4 oz	60	0	0.00	0	15	0	10	
Lunch Bunch Grapes 2.25 oz	45	0	0.00	0	11	1	8	

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Mixed Fruit 1/2 Cup	65	0	0.00	0	16	1	6	
Orange slices 160 gm	100	0.5	0.00	0	25	7	3	
Peaches, canned diced or sliced 1/2 cup 124g	76	0.2	0.00	0	19	1	5	
Pears, canned diced 1/2 cup	60	0	0.00	0	15	2	2	
Pears, small	60	0.1	0.00	0	17	3.5	1	
Raisins 1 box 37.7 grams	110	0	0.00	0	30	1	4	
SideKicks 100% Fruit Juice 4.4 oz	80	0	0.00	0	0	0	45	
Tangerine small	40	0.2	0.00	0	10	1	1.5	
Vegetables	Calories	Fat (g)	% calories from fat	Saturated fat (g)	Carbohydrate (g)	Fiber (g)		Allergens
Corn 1/2 Cup	60	0.7	10.50	0	14	0.7	7.6	
Baby Carrots	23	0	0.00	0	5.4	1.33		
Edamame	43	2	41.86	0.3	3	0.4		soy
cucumbers	9	0.1	10.00	0	1.5	0.5		
sugar snap peas	18	0	0.00	0	2.5	1	3	
Tomatoes 1/2 Cup	13	0.1	6.92	0.02	3	0.9	3.8	
Potato Wedges	120	4	30.00	0.5	20	2	140	
Side Salad 1 cup	8	0.1	11.25	0	1.5	0.9	3.7	
Milk	Calories	Fat (g)	% calories from fat	Saturated fat (g)	Carbohydrate (g)	Fiber (g)		Allergens
Non-Fat White	90	0	0.00	0	12	0		Milk
Non-Fat Chocolate	130	0	0.00	0	26	0		Milk
1% Percent White	120	2.5	18.75	1.5	13	0		Milk

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Grains	Calories	Fat (g)	% calories from fat	Saturated fat (g)	Carbohydrate (g)	Fiber (g)		Allergens
Dinner Roll, Shannon's 1 oz	80	2	2	0	15	1	110	Wheat, milk, soy
Crackers, mini saltine Zesta 0.39 oz	50	1.5	2	0	7	0	60	Wheat, milk, soy
Croutons 0.65 oz Cal Tropics	80	2		0	13	1	135	Wheat, Milk
Crackers WG 1 Grain 150 / .8 oz bags 1Grain	90	2.5	2	0	14	1	180	Milk, Wheat, Soy
Tortilla Chips yellow round 2 oz	270	10	33.33	2	38	4	110	Soy
Cornbread muffin	233	8	30.90	1.4	37	2	322	Eggs, soy, wheat
Extras	Calories	Fat (g)	% calories from fat	Saturated fat (g)	Carbohydrate (g)	Fiber (g)		Allergens
Holiday Cookies Heart, Egg, Star, Tree, Shamrock, Turkey	160	8	45.00	2	21	1	95	Wheat, milk, soy, egg
Chocolate Chip Cookie Linda's Reduced Fat 1 oz	120	4.5	33.75	1	19	1	105	Wheat, milk, egg
Ranch Dressing	70	8	102.86	1	0	0		Milk, soy, egg
Tortilla Chips yellow round 2 oz	270	10	33.33	2	38	4	110	Soy
Dinner Roll 1 oz	80	2	22.50	0	15	1	110	Wheat, milk, soy
Breakfast	Calories	Fat (g)	% calories from fat	Saturated fat (g)	Carbohydrate (g)	Fiber (g)		Allergens
Bagel and Cream Cheese	294	6	18.37	3	50	3		Wheat, milk
Bagel-fuls	180	5	25.00	3	28	3		Wheat, milk
Biscuit Sausage (beef) sandwich	230	11	43.04	5	26	1		Wheat, milk, soy
Blueberry muffin	239	9	33.89	2	36	3		Wheat, soy, eggs
Breakfast bun	250	8	28.80	2	37	5		Wheat, milk, soy
Cinnamon roll - CK Bakery	403	8	17.87	4	76	4	202	Wheat, milk, soy
CinnaBites - CK Bakery	380	4	9.47	4	69	4	194	Wheat, milk, soy
Crumb Cake	443	13	26.41	7.5	77	3	437	Wheat, eggs, milk
Max Sticks and Marinara sauce	325	13	36.00	4.5	37	4		Wheat, milk, soy
Mozzarella string cheese	80	5	56.25	3.5	1	0		Milk
Muffin Cornbread 3 oz	233	8	30.90	1.4	37	2	322	Eggs, soy, wheat
Muffin Strawberry Banana	270	9	30.00	1	45	2	270	Wheat, soy, milk, eggs
Pop tart, Whole Grain Brown Sugar Cinnamon	200	6	27.00	2	34	5		Wheat, soy
Pop tart, Whole Grain Strawberry	190	5	23.68	1.5	35	5		Wheat, soy
Protein Pack, mini bagel, cream cheese egg	213	11	46.48	4.75	20	0.74		Wheat, milk, egg
Uncrustables 2.6 oz WG	320	17	45	3.50	32	3	320	Wheat, peanuts
Waffles(2) and Turkey Sausage(2)	260	11	38.08	2	28	1		Wheat, milk, soy, egg

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Waffles, Cinnamon Smuckers	240	9	33.75	2.5	25	2		Wheat, milk, soy, egg
Whole Grain French Toast	230	2	7.83	2	32	3		Wheat, soy, egg
Yogurt Parfait	286	6.5	20.45	1.9	52	4	191	Wheat, milk, soy

Although this information is deemed reliable, it may not be accurate. We cannot guarantee cross contamination from different allergens.

A entrée may be sold a la carte if it is less than 400 Kcals and less than 40% fat. An entrée must also consist of at least two groups (Meat/Meat Alternative, Fruit/Vegetable, Grain/Bread).

****** - Pick Up Stix - The recipe and ingredients do contain peanuts or sesame; cross contamination may occur with items such as peanuts and sesame seeds.**

