

Disclaimer: Nutrient values have been determined utilizing approved software comprised of common foods found in the USDA database and standardized recipes. These results should be viewed and used only as a general nutrition guide – and not for medical nutrition therapy. This is a close approximation of the true nutrient content since various factors influence the amounts of nutrients in foods. The reliability of data may fluctuate with changes in portion size, product specifications, substitutions, recipe compliance and manufacturer's ingredients.

Rochester Elementary Entrée's

Recipe Description	Portion Size	Calories	Chol	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit A (IU)	Vit C	Protein (g)	Carb (g)	Fat (g)	Sat Fat (g)
Bosco Stick	2 sticks	429	20	1060	6	5.04	500	600	9.6	28	62	9	4.3
Cereal Fun Lunch	1 Each	185	210	200	2	6.12	60	500	2.4	8	24	5.5	1.5
Cheddar Cheese	1 oz.	114	30	176	0	0.19	204.4	284	0	7.06	0.36	9.4	5.98
Chicken Nuggets	5 each	180	20	450	2	1.8	40	0	0	13	14	8	2
Chicken Patty on a Bun	1 Each	342	55	804	3.07	3.49	70.4	200	0	20.85	40.22	12.21	2.56
Chicken Ranch Wrap	1 each	451	47	1261	3.35	2.47	62.6	2505	10.28	19.38	55.67	16.57	3.25
Chicken Tenders	3 each	220	45	650	1	1.8	20	100	0	14	15	12	2.5
Chili - Beef and Bean	6 oz.	160	18	611	5.23	2.45	52.3	1256	13.82	13.61	14.65	5.23	2.09
French Toast Sticks	1 stick	200	20	190	0	2.16	60	500	0	4	28	8	2
Goldfish Crackers	package	100	0	180	0	0.36	20	0	0	2	14	4	1
Gravy	1 fl. oz.	17	0	135	0	0	0	0	0	0.5	2	1	0.5
Hamburger on Bun	1 Each	294	52	303	1	2.87	51.3	0	0	19.74	26	12.21	3.97
Hamburger with Cheese on Bun	1 Each	344	64	525	1	2.87	127.3	202	0	22.27	27.01	16.26	6.5
Junior Ham & Cheese Sub	1 Each	293	38	1051	1.52	2.39	162.7	299	3.25	15.79	31.15	11.33	4.87
Macaroni and Cheese	2/3 Cup	290	30	980	1	1.08	400	800	0	16	32	11	6
Nachos Fun Lunch	1 each	399	60	681	1.79	1.94	461.6	880	2.27	15.97	22.69	26.9	12.97
Omelet, egg and cheese	omelet	131	181	303	0	0.72	20	250	0	7	2	10	4
Pancake, Whole Grain	2 each	153	7	253	2	0.96	0	0	0	3.33	26.64	4	0.67
Pizza Bagel Fun Lunch	1 Each	359	36	991	2	3.36	513.4	423	3	21.76	42.57	9.53	5.73
Pizza- Cheese	1 Piece	396	30	827	2.45	2.77	422	505	2.4	24.67	43.57	14.04	8.16
Pizza- Pepperoni	1 Piece	404	32	858	2.45	2.83	422.6	507	2.4	25.04	43.63	14.73	8.41
Pizza Sauce	1/2 Cup	40	0	500	2	1.44	0	400	9.6	2	10	0	0
Salad- Chef	1 Each	234	218	547	1.65	1.42	221.7	1924	13.94	17.26	7.88	14.53	6.86
Salad- Chicken Caesar	1 Each	258	39	433	3.37	2.53	75.1	4824	18.25	18.85	29.41	7.55	2.45
Salad- Cobb	1 Each	569	50	983	3.5	2.15	259.8	2493	26.67	19.67	27.2	40.97	10.64
Salad- Taco	1 Each	312	57	598	1.32	1.41	118.5	820	3.72	17.3	20.38	16.98	6.9
Salad, Garden with Cheese	1 Each	225	38	184	5.82	3.1	488	7386	66.96	20.73	8.98	13.22	7.07
Sloppy Joe on Bun	1 Each	326	46	500	2.12	3.47	95.6	542	11.99	19.18	38.01	10.59	3.78
Taco Meat	serving	118	20	495	2	2	43	653	5	13	4	6	2.1
Tortilla Chips	serving	160	0	100	1	0	0	0	0	2	21	7	2

Rochester Elementary Fruit and Vegetable Side Dishes

Recipe Description	Portion Size	Calories	cholester	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit A (IU)	Vit C	Protein (g)	Carb (g)	Fat (g)	Sat Fat (g)
Apple	1 each	72	0	1	3.31	0.17	8.3	75	6.35	0.36	19.06	0.23	0.03
Applesauce	1/2 Cup	86	0	7	2	0.9	0	0	0	0	21	0	0
Broccoli	1/2 Cup	12	0	12	0.92	0.26	16.7	221	31.67	1	2.36	0.13	0.01
California Blend Vegetables	1/2 Cup	15	0	13	1	0	10	375	10.2	1	2.5	0	0
Carrots, seasoned	1/2 Cup	52	0	62	3.04	0.42	33.3	13052	2.31	0.72	7.28	2.6	0.36
Coleslaw	1/2 Cup	123	18	181	2.3	0.98	98.4	1986	34.05	2.09	10.2	8.39	1.87
Corn, seasoned	1/2 Cup	92	0	2	1.99	0.36	3.5	179	5.29	2.5	17.19	2.81	0.4
Cucumber slices	1/2 Cup	8	0	1	0.26	0.15	8.3	55	1.46	0.34	1.89	0.06	0.02
Fruit Goop	1/2 Cup	165	0	122	1.53	0.49	64.6	40	19.09	0.56	41.16	0.02	0
Green Beans, seasoned	1/2 Cup	50	0	2	2.05	0.68	33	428	10.1	1.41	5.93	2.35	0.35
Lettuce	1/2 Cup	3	0	2	0.22	0.07	3.2	90	0.5	0.16	0.53	0.03	0
Mandarin Oranges	1/2 Cup	70	0	20	0	0.36	20	100	18	1	17	0	0
Mashed Potato	1/2 Cup	76	0	345	1	0.18	10	0	3.6	2	15	1	0
Mixed Fruit	1/2 Cup	80	0	5	1	0	0	200	1.2	1	18	0	0
Orange	1 each	62	0	0	3.14	0.13	52.4	295	69.69	1.23	15.39	0.16	0.01
Peaches	1/2 Cup	68	0	6	2	0.36	0	300	3	1	18	0	0
Pears	1/2 Cup	80	0	7	2	0.36	0	0	1.2	0	20	0	0
Peas & Carrots, seasoned	1/2 Cup	64	0	66	2.85	0.92	22.7	7916	9.34	2.84	9.32	2.57	0.38
Pineapple Chunks	1/2 Cup	75	0	1	1	0.35	17.4	47	11.83	0.52	19.55	0.1	0.01
Pizza Sauce	1/2 Cup	40	0	500	2	1.44	0	400	9.6	2	10	0	0
Potato Starz	1/2 Cup	140	0	257	1.56	0.56	0	0	1.87	1.56	15.56	7.78	0.78
Southwest Black Beans	1/2 Cup	157	0	247	3.51	1.69	29	406	18.81	5.08	16.58	1.64	0.26
Tator Tots	1/2 Cup	140	0	310	2	0.36	0	0	1.2	2	17	7	1
Tropical Fruit Salad	1/2 Cup	80	0	15	2	0	0	300	21	1	20	0	0

Rochester Elementary Bread Items

Recipe Description	Portion Size	Calories	cholester	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit A (IU)	Vit C	Protein (g)	Carb (g)	Fat (g)	Sat Fat (g)
Biscuit	1 each	100	295	295	0	0.54	0	0	0	1.5	15	4	1
Crackers	4 crackers	160	0	760	0	2.88	0	0	0	0	32	4	0
Roll	1 each	68	0	125	0.5	0.63	5	0	0	2	14	1	0.5

Rochester Elementary Condiments

Recipe Description	Portion Size	Calories	cholester	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit A (IU)	Vit C	Protein (g)	Carb (g)	Fat (g)	Sat Fat (g)
Butter - Promise Spread	1 each	25	0	35	0	0	0	150	0	0	0	2.5	0.5
Ketchup	1 oz.	27	0	316	0.09	0.14	5.1	265	4.28	0.49	7.13	0.09	0.01
Mustard	1 oz.	0	0	340	0	0	0	0	0	0	0	0	0
Ranch Dressing - Light	1 tbsp.	35	5	185	0	0	0	0	0	0	3.5	2.25	0.25
Salsa	1 oz	10	0	122	0.4	0.64	3.4	156	1.13	0.43	1.98	0.06	0.01
Sour Cream - Low Fat	1 oz.	31	9	31	0	0	35.9	179	0	0.9	2.69	1.79	1.79