

NUTRIFAX

Nutrient Source: NutriKIDS						
WG: Whole Grains						
	CALORIES	PROTEIN (GRAMS)	CARBOHYDRATES (GRAMS)	FAT (GRAMS)	SATURATED FAT (GRAMS)	TRANS FATS (GRAMS)
ENTREES						
Baked Chicken Tenders	200	13	10	12	3	0
Baked Chicken	170	14	5	10	2	0
Baked Potato	142	3.5	32	0.17	0	0
w/Taco Meat	56	6.5	2.3	2.3	0.9	0
w/Cheese Sauce	93	6	5.5	5.4	3	0
Beef & Bean Burrito	370	14	41	16	4.5	0
Beef Teriyaki	150	12	6	8	3.5	0
Cheese Sticks, WG	300	16	32	12	6	0
w/Marinara Sauce	35	1	6	1	0	0
Egg Roll, Pork	300	15	27	15	5	0
Macaroni & Cheese	274	15.3	29	11.9	6.4	0
Spaghetti	103	4	20.3	0.6	0.1	0
w/Meat Sauce	163	16.2	10.3	6.9	2.7	0
w/Marinara	35	1	6	1	0	0
Taco, Soft Beef	277	17.4	24	9.9	5	0
Taco Meat	55	6.3	2.2	2.2	0.9	0
Cheese Sauce	96	6.2	5.7	5.7	3.2	0
w/Corn Tortilla Rounds	112	1.6	15.2	4.8	0.8	0
Tangerine Chicken	200	13	27	4	1	0
over Brown Rice, WG	90	2	19	0.75	0	0
Turkey Breast, Presliced	80	17	0	1.5	0.5	0
Maple Mini Pancakes	200	4	34	5	1	0
w/Turkey Sausage Patties	154	16	0	10	2	0
w/Canadian Turkey Bacon	105	16.5	3	2.3	0	0
PREPACKAGED SALAD W/O DRESSING						
Rainbow Chicken Salad	183	16.5	23.5	3.3	1	0
Garden Salad w/Cheese	296	18	24.2	12.6	8.2	0
Garden Salad w/Egg	151	8.3	17.3	4.75	1.5	0
Oriental Chicken Salad	296	23.1	38.2	6.70	1.9	0.75
Chicken Caesar Salad	429	23.2	38.6	20.9	5.5	0
Fruit Salad w/Yogurt & Cheese Stick	326	11.0	55.6	6.80	3.6	0
Pretzel, WG	140	5	30	0.50	0	0
SALAD DRESSING						
Asian Sesame	180	0	8	16	2.5	0
Caesar	210	1	2	21	3.5	0
Ranch, Lite	80	0	4	7	1	0

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SANDWICHES ON WHOLE GRAIN ROLLS						
Canadian Turkey Bacon, Egg & Cheese Croissant	346	17.5	28.6	17.8	7.9	0
Cheeseburger	303	21.2	25.2	13.5	6.2	0
Chicken Fillet, Baked	360	18	36.0	17	4.5	0
Fish Fillet	360	20	37.0	14	2.5	0
Goldfish Hot Cheese Sandwich	190	11	22.0	7.5	5.0	0
Grilled Cheese, WG	301	20	27.0	12.5	7.0	0
Hamburger	258	18.2	24.7	10.5	3.9	0
Hot Dog, Turkey	260	12	26.0	12.5	2.0	0
Hot Turkey Ham & Cheese on Croissant	327	17.6	28.3	15.3	8.3	0
Peanut Butter & Jelly Sandwich	290	10	33.0	15	2.5	0
Spicy Chicken	330	30	40.0	6.5	1.5	0
Turkey Cold Cut Combo Cheese Sandwich	265	17	30.0	8.5	3.0	0
PIZZA ON WHOLE GRAIN CRUST						
Cheese Pizza	300	22.0	28	11.0	6.0	0
Pepperoni Pizza	340	23.6	28	14.7	7.3	0
Pan Pizza, Round	310	17.0	35	12.0	6.0	0
Pan Pizza w/Pepperoni	350	18.6	35	15.7	3.0	0
Wedge Cheese Pizza	310	20.0	29	13.0	7.0	0
Wedge Pepperoni Pizza	350	21.6	29	16.7	8.3	0
BITEABLES						
Hummus Biteable (hummus, cheese stick, carrots, loco bread, WG)	309	12.7	34.4	14.5	3.5	0
Hummus Biteable (hummus, edamame, carrots, loco bread, WG)	291	12.2	38.3	11.4	0.4	0
Peanut Butter and Jelly Biteable (PBJ sandwich, cheese stick, Goldfish crackers, WG)	470	18	47.8	24.5	6.5	0
Peanut Butter and Jelly Biteable (PBJ sandwich, edamame, Goldfish crackers, WG)	453	17.5	51.7	21.4	3.4	0
Yogurt Biteable (yogurt, cheese stick, fresh fruit)	212	9.9	30.4	6.1	3.5	0
Yogurt Biteable (yogurt, edamame, fresh fruit)	195	9.35	34.3	3.0	0.3	0
MILK						
1% Unflavored	110	8	13	2.5	1.5	0
Skim	90	8	13	0	0	0
Skim Chocolate	120	8	20	0	0	0
Soy Milk, Pearl	110	7	11	3.5	0.5	0