

## Amherst County Public Schools 2014-2015 Nutrition Information

Entrees	Calories	Fat	Sat Fat	Protein	Carbs	Sodium	Fiber
	kcal	g	g	g	g	mg	g
Baked Ham	74	3	0.73	12	0.35	781	0
Baked Ham w/Mac & Cheese	198	5	1	10	27	618	2
Baked Potato - Plain	161	0.22	0.07	4	37	17	4
BBQ Chicken	127	7	2	0.13	6	160	0.14
Bean Burrito	340	13	4	16	42	830	4
Beef & Broccoli	148	4	2	18	12	940	1
Catfish	103	5	1	7	7	134	0
Cheeseburger on Bun	341	13	5	30	25	400	4
Chef Salad	152	8	4	13	6	516	2
Chic' Penne	299	6	2	19	44	418	6
Chicken Alfredo	345	8	3.5	30	41	572	3
Chicken Casserole	240	10	2	22	17	364	2
Chicken Cordon Bleu	282	10	3	20	32	824	5
Chicken Fajitas 8", 10"	250, 290	8, 9	3, 3.3	21, 22	21, 28	743, 803	2, 3
Chicken Filet on Bun	371	13	3	29	39	588	5
Chicken Nuggets	263	15	3	16	16	400	3
Chicken Parmesan on Bun	341	13	5	20	38	760	4
Chicken Salad Sandwich	287	10	2	25	34	521	5
Chicken Soft Taco	294	10	5	29	24	805	2
Chicken Tender Wrap 8", 10"	230, 270	7, 8	2, 2.6	15, 16	27, 34	348, 408	3, 4
Chicken Tenders	236	10	2	22	13	369	2
Chili Beans	180	9	4	15	11	204	3
Chuckwagon on Bun	406	20	7	21	40	826	7
Corn Dog	240	8	3	9	30	390	5
Corn Dog Nuggets	270	12	4	10	30	410	5
Country Fried Steak w/gravy	296	18	7	15	20	906	3
Deli Sub	328	8	3	23	44	1151	4
Egg Salad Sandwich	244	8	2	11	30	453	2
Fish & Shrimp	392	17	3	23	38	844	5
Fish Nuggets	240	8	2	14	29	340	4
Flatbread Sandwich, SW	270	9	3	18	28	490	3
Grilled Cheese Sandwich	204	4	0.5	22	25	410	4
Grilled Chicken Sandwich	229	12	7	16	16	982	0.6
Ground Beef and Macaroni	283	11	4	20	26	193	3
Ground Beef Straganoff (1c noodles)	470	18	7	26	50	660	7
Ham & Cheese on Bun	224	6	2	18	25	926	4
Ham & Cheese Sandwich	193	6	2	18	17	963	4
Hamburger on Bun	262	9	3	22	24	238	4
Hawaiian Ckn Wrap	318	10	3	24	38	386	4
Hot Dog on Bun	220	10	3	12	22	790	3
Hot Italian Wrap	304	14	5	23	21	1055	4
Hot Open Face Turkey Sandwich	262	7	2	22	29	1260	3
Hot Turkey and Gravy	132	5	2	18	4	1020	0
Lasagna	269	9	5	20	28	406	2
Mac and Cheese Entrée	296	12	7	20	27	896	2
Meatball Sub	288	12	4	21	27	422	3
Meatloaf	195	10	4	17	8	122	1
Oven Roasted Chicken	150	10	3	14	0	300	0
Pancakes, Egg & Sausage	443	29	10	19	28	815	2
Peanut Butter and Jelly (2.8oz), (5 oz)	320, 600	17, 33	3.5, 7	10, 20	32, 57	320, 590	3, 7
Pizza, Cheese	290	11	4	15	34	540	4
Pizza Crunchers	390	19	8	19	40	810	5

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Pizza, Pepperoni	300	11	5	15	36	640	4
Popcorn Chicken	251	14	3	15	15	371	1
Rib-e-que on Bun	359	12	4	19	47	818	4
Salisbury Steak w/Gravy	153	8	3	8	8	582	1
Spaghetti w/Meat Sauce	322	11	4	21	34	312	3
Steak and Cheese Gordita	281	12	4	24	23	683	2
Steak and Cheese Sub	391	12	5	29	45	923	4
Stromboli	221	6	3	18	21	636	1
Taco Bake	264	6	3	13	38	960	5
Taco Salad	296	16	6	18	20	590	3
Teriyaki Chicken	146	3	1	15	14	414	0
Texas BBQ on Bun	245	6	2	17	32	315	4
Tuna Salad Sandwich	304	7	1	24	34	806	2
Turkey and Cheese Wrap	232	8	3	20	21	847	2
Turkey Bacon Club	342	13	4	30	25	1520	3
Turkey and Cheese Sub	342	8	3	25	44	1127	4
<b>Sides (1/2 cup serving)</b>							
Baked Apples	69	2	0.5	0.02	13	21	1
Baked Beans 2/3 c.	166	0.66	0.11	7	38	155	6
Banana Peppers	10	0	0	0	2	310	0
Biscuit	170	7	4.5	4	23	380	3
Black Beans	120	0.32	0.08	7.5	23	140	8
Breadstick	110	1.2	0.2	4	21	217	3
Broccoli	15	0.16	0.02	1	3.5	15	1
Broccoli & Carrots	27	0.15	0.02	1	6	51	2
Broccoli & Cauliflower	14	0.16	0.03	1	3	16	1
Brown Rice	108	0.88	0.18	2.5	22	5	2
Cabbage	18	0.05	0	1	4	6	1
California Blend Vegetables	24	0.27	0.05	1.6	5	28	2.5
Carrots	18	0.14	0.02	0.5	4	140	1.2
Cauliflower Medley	81	4	3	8	4	181	2
Cheddar Chs (shredded) 2 oz	158	10	6	15	1	406	0
Cole Slaw	66	3	0.5	1	9	154	1
Corn	78	1	0.1	2.5	18	16	2
Corn Muffin	230	7	1.5	4	36	180	1
Cucumber Slices	12	2	0	0.6	2.4	2	1
Dinner Roll 1.5 oz, 2 oz	140, 130	2.5, 0.5	0, 0	4, 4	24, 26	190, 190	5, 2
Dressing	165	6	1	4	22	327	1
Green Beans	14	0.03	0.02	1	3	140	2
Jalapeno Peppers	5	0	0	0	1	450	0
Lima Beans	94	0.27	0.06	6	18	140	5
Mashed Potatoes	204	11	7	4	23	344	2
Mixed Greens	15	0.19	0.01	2	2	19	2
Mixed Vegetables	118	0.27	0.06	5	24	64	8
Olives, Black	25	1.5	0	0	1	230	0.4
Orange Glazed Carrots	72	3	0.6	0.6	12	201	1
Oven Fries	90	3	0.5	1	16	186	1
Peppers & Onions	33	0.17	0.03	1	8	2	1
Pickle. Dill	4	0	0	0	1	290	1
Pinto Beans	137	1	0.19	8	24	140	7
Potato Salad (purchased)	230	15	3	4	27	580	3
Refried Beans	114	1.5	0.5	7	19	140	6
Roasted Baby Potatoes	90	1.5	0	3	15	160	0

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Scalloped Potatoes	150	3	0.7	6	25	661	0.5
Shredded lettuce & tomato	12	0.16	0.02	0.7	2.5	4	1
Squash Medley	181	0.28	0.06	0.8	3.8	1	1
Steamed Broccoli	26	0.11	0.02	3	5	10	3
String Cheese	60	3	2	7	1	170	0
Sweet Peas	60	1	0.05	4	10	140	4
Sweet Potatoes	216	4	1	2	44	56	4
Tater Tots	150	6	1	2	20	230	2
Tomato Soup 1 c.	180	3	1	4	34	820	2
Tossed/Garden Salad	12	0.16	0.02	0.7	3	4	1
Salsa	44	0.24	0.04	2	8	140	2
<b>Fruit</b>							
Apple Slices, Fresh	29	0.1	0.02	0	8	1	1
Applesauce	51	0.06	0.01	0.21	14	2	2
Apricots (2 halves)	62	0.13	0	1	16	3	2
Diced Peaches	53	0.13	0	0.5	14	6	1
Diced Pears	58	0.12	0	0.37	15	2	2
Dried Fruit Mix (1/4 c.)	176	0.3	0.02	1	46	3	4
Fresh Fruit	74	0.27	0.06	1	19	1	3
Mixed Fruit	69	0.1	0.01	0.5	18	8	2
Peach Cups (frozen)	80	0	0	1	19	0	1
Raisins	114	0.17	0.02	1	30	4	1
Strawberries, Sliced	122	0.17	0.01	1	33	4	2
Strawberry Cups (frozen)	90	0	0	1	22	0	2
<b>Breakfast</b>							
Apple Juice	57	0	0	0	14	5	0.25
Biscuit	170	7	5	4	23	380	3
Breakfast Pizza	210	8	2	10	27	480	3
Cereal	97	1	0.3	1	22	96	1
Chicken Biscuit	266	12	6	12	30	672	4
Chicken Patty	96	5	1	8	7	292	1
Cocoa Krispy Cereal Bar	152	4	1	2	27	140	3
Egg and Cheese Biscuit	280	15	8	12	24	590	3
English Muffin	70	0.5	0.1	3	14	124	1
Fold N' Go Taco	140	5	1.5	8	16	310	2
French Toast	220	8	1.5	9	30	330	3
Frudels	210	6	1.5	5	36	280	2
Graham Crackers	90	2.5	0.5	1	16	95	1
Mini Cinnis	240	7	2	5	40	300	2
Mini Loaf	180	7	1.5	3	29	170	2
Nutri-Grain Bars	165	4	0.7	2	31	35	3
Orange Juice	56	0.07	0.01	1	13	1	0
Pancake and Sausage wrap	210	10	4	9	23	470	1
Pancakes	230	7	1	5	40	270	3
Sausage Biscuit	245	12	6	10	24	618	3
Sausage Patty	75	5	2	6	1	137	0.5
Waffles	210	6	1	4	38	180	3
Yogurt, Trix	100	0.5	0.5	3	20	50	0
Yogurt Parfait	362	6	2	15	64	211	4
<b>Milk</b>							
White	102	2	1.5	8	12	107	0

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Chocolate	120	0	0	8	20	180	0
Strawberry	110	0	0	8	19	125	0
Vanilla	110	0	0	8	19	125	0
<b>Desserts</b>							
Apple Crisp	200	8	2	2	32	113	2
Cookie	155	5	2	2.5	24	90	1
<b>Ice Cream</b>							
Red. Fat Strawberry Cup	80	1	0.5	2	16	45	0
Red. Fat Van/Choc Cup	80	1	0.5	2	15	60	0
Red. Fat Cotton Candy Cup	80	1	0.5	2	15	50	0
Red. Fat Cotton Candy P-Up	80	1	0.5	2	15	50	0
Ice Cream Sandwich	160	4	1	4	28	150	0