

Hazelwood School District
 Child Nutrition Services Department
 Nutrient Analysis of Frequently Used Menu Items

Item	Portion	Calories	Cholesterol Mg	Sodium Mg	Carbohydrates Gram	Protein Gram	Iron Mg	Calcium Mg	Total Fat Gram	Saturated Fat Gram	Fiber Gram
Applesauce Cinnamon	½ Cup	97	0	4	20.4	0	.2	4	2.1	.4	1.2
Apple, Fresh	1	80	0	0	22	0	.1	6.0	.2	0	5.0
Applesauce	1/2 Cup	52	0	2	13.77	0	0	3	.06	.001	1
Au Gratin Potatoes	1/2 Cup	100	5	610	21	2	40	40	1.5	.5	1
Baked Beans	1/2 Cup	159	13	633	36	6	0	74	.62	.16	6
Baked Potato	4oz	161	0	18	36.6	4.3	2	26	.2	.1	3.8
Banana	Each	90	0	1	23.1	1.1	0	5.1	.3	.1	2.6
Beef, Taco Salad	1	395	63.5	566	24	21.66	7.79	127.5	23	8.89	1.4
Beef, Taco Monster	Each	299	63.5	432	16.23	21.86	7.16	179	15.79	7.09	1
Biscuit	Each	180	0	560	21	4	1	20	9	2.5	.5
Bread Bowl	Each	130	0	260	23	5	1.6	1.6	1.5	0	1
Breadstick	Each	111	0	131	18	2	0	20	1.5	0	1
Broccoli,	½ Cup	26	0	10	4.4	2.6	0.56	46.92	.12	.02	2.3
Burger, BBQ	Each	307	31.4	1033	32.4	15.5	2.1	17.2	8.8	3.9	2
Burger, Mini	2 Each	366	37.5	551.6	29.8	16.1	5.08	81	19.6	7.2	2.44
Burrito	Each	294.84	14.47	688.34	41.96	11.34	2.95	138.35	9.07	3.81	2.72
Carrots, Fresh	½ Cup	26	0	44	6.1	.5	.56	16.56	.38	.06	1.3
Carrots, Cooked	½ Cup	52	0	44	6.02	.86	.34	20.44	.08	.02	2.56
Cheeseburger	Each	365	58.4	985	24.4	22.3	2.2	180.2	19.9	10.1	2.2
Cheese Stick	2	340	20.2	1066	33	17.4	2.6	142	17.2	6.2	1.2
Chef Salad	Each	275	63.4	1184	21.1	18.4	2	162	14.0	6.2	.9
Chicken Bacon Wrap	1 Each	412	120	348.50	31	37.21	2.25	198.86	14.55	2.83	4.07
Chicken Croissant	1 Each	443	0	492	29	21.23	3.50	55	28.5	11.77	1.47
Chicken, Grill	1 Each	277.9	47.2	693	25.92	24	2.7	93.97	7.99	2.21	2.43
Chicken Noodle Soup	1 Cup	28.04	23	1447	10.81	7	0	28	2.53	.63	0

Item	Portion	Calories	Cholesterol Mg	Sodium Mg	Carbohydrates Gram	Protein Gram	Iron Mg	Calcium Mg	Total Fat Gram	Saturated Fat Gram	Fiber Gram
Chicken Nuggets	5 Each	280	40	480	16.9	14	0	0	18	4	0
Chicken Parmesan	Each	470	69.5	1094.7	60.7	41.8	2.4	127	5.1	2.5	5.1
Chicken Patty Bun	Each	358	47	575	33	25	1.2	17	15	2.6	3
Chicken, Popcorn	14 pieces	194	43	660	12	15	0	9	8	.008	3
Chicken Sandwich Mini	2 Each	352	25	677	35	14.2	5.04	73.4	17.0	3.6	2.18
Chicken Salad Sub	Each	338.6	84.3	1591	25.8	29.3	5	76.76	17.96	2.90	2.9
Chicken Rings	HS/MS	276	120	444	16	18	10	2.4	16	3	0
Chicken Rings	Elem	230	100	370	13	15	8	2	13	2.5	0
Chicken Strips	HS/MS	334	67	867	21	25	1.3	0	17	4	0
Chicken Strips	Elem	250	50	650	16	19	1.0	0	13	3	0
Chicken Quesadilla	1 Each	348	24	820	32	21	.2	248	17	8.5	3
Chicken Wings	HS/MS	240	107	800	2.5	22.5	2.5	2.5	15	4	0
Chicken Wings	Elem	190	85	640	2	15	2	2	12	3.5	0
Chili	1 Cup	344	47.52	634.06	33.55	23.68	4.98	73.75	13.64	4.88	4.64
Cinnamon Apple Slices	½ Cup	88	0	5	22.3	0	0	16	.41	.06	2
Cole Slaw	47	47	5	14	7	1	1	3	2	0	
Corn Dog	Each	210	40	950	28	11	1	60	6	1.5	3
Corn	½ Cup	76	0	21.89	11.5	2.5	3.46	3	.11	.06	2.89
Corn on the Cob	Each	59	0	29	12	1	3	3	.47	.07	1
Country Beef Steak Sand	Each	505	59.47	488.9	49.4	22	2.6	12.2	23.9	8	1.5
Crackers	2Pkgs	50	0	160	8	2	.4	0	2	0	0
Cream of Broccoli Soup	1 Cup	146	20.16	1174.32	13.8	4.9	.83	90.72	8.3	4.8	1.76
Dinner Roll	1 Each	84	.3	145.9	14.1	2.4	1.8	30.0	2	.5	.8
Dressing, Fat-Free French	1 Each	56	0	340	13.7	.1	0	2.1	.1	0	.9
Dressing, Fat-Free Italian	1 Each	20	1	481	3.7	.4	0	12.8	.4	.1	.3

Item	Portion	Calories	Cholesterol Mg	Sodium MG	Carbohydrates Gram	Protein Gram	Iron Mg	Calcium Mg	Total Fat Gram	Saturated Fat Gram	Fiber Gram
Dressing, Fat-Free Ranch	1 Each	51	3	322	11.3	.1	0	21.3	.8	.1	0
Dressing, Lite French	1 Each	66	0	228	8.3	.2	0	3.1	3.8	.3	.3
Lite, Italian	1 Each	32	3	582	1.9	.2	0	3.8	2.7	.2	0
Dressing, Lite Ranch	1 Each	93	9	397	6.9	.4	0	53.2	7.4	.6	.4
Fish Sandwich	Each	290	30	510	39	12	2	31	10.5	1	1
Fish Nuggets	4 Each	226	30	570	21.3	13.33	2	0	9	1.3	1.3
French Fries	2.5 oz	142	0	189	22.11	2	0	5	5.36	.89	2
French Toast Sticks	4 Each	280	4	400	43	7.14	1.8	40	10	2	1
Egg Roll	4.2 oz	250	102	600	25	14	3	45	10	4	2
Fruit Cocktail	½ Cup	69	0	7.5	18.065	0	0	7	.083	.01	1
Gravy	¼ Cup	29	1	271	5.76	0	0	9	.35	.08	0
Green Beans	½ Cup	64	0	712	14.38	2	2	78	.03	.06	4
Grilled Cheese	Each	333	54	1061	23.91	18	1	449	19.22	11.17	1
Hot Ham & Cheese	Each	362	57	1184	37	19	2	186	12.52	6.45	2
Ham & Cheese Sub	Each	452	57	1082	48	23.82	4	573	12.82	6.31	2
Ham & Cheese Toasted	Each	312	57	1104	26	18.82	2	186	12.16	6.54	2
Hash Browns	Each	100	0	260	13	1	0	0	5	.05	1
Hot Dog	Each	239	50	788	22.77	8 g	3	99	12.48	3	0
Hazelwood Helper	1 Cup	511	90.54	643.4	30.56	38	3.11	536	25.57	6.7	1.2
Hazelwood Hero	Each	413	95.6	1143	20.6	23.36	2.34	236	19.3	11.7	2.6
Jello Fruited	½ Cup	103	0	33	95.41	1	0	8	.19	.02	0
Juice Variety	Each	59	0	5	14.35	0	0	8	.2	.03	0
Mac & Cheese	½ Cup	203	21.65	270	22.23	9.50	1.14	194.88	8.07	3.11	1.06
Milk Lowfat	½ Pint	102	10	124	11.66	8	0	300	2.59	1.61	0
Milk, Lowfat, Choc	½ Pint	158	8	153	26.1	8	0	287	2.5	1.54	1
Milk, Lowfat, Vanilla	½ Pint	170	10	125	27	8	0	300	3	2	0

Item	Portion	Calories	Cholesterol Mg	Sodium MG	Carbohydrates Gram	Protein Gram	Iron Mg	Calcium Mg	Total Fat Gram	Saturated Fat Gram	Fiber Gram
Milk, Lowfat, Strawberry	½ Pint	170	10	125	26	8	0	301	3	2	0
Milk, Skim	½ Pint	86	5	127	11	8	0	301	.44	.29	0
Mixed Veg	½ Cup	123	0	4	30.29	1	0	8	.23	.03	2
Mandarin Oranges	½ Cup	36	0	3	9.11	0	0	4	.08	.01	0
Nacho & Cheese	Each	194	20	735	27	12	0	432	20	8	4
Orange, Fresh	Each	62	0	0	15.39	1	0	52	.16	.02	3
Pancake on a Stick	Each	240	25	340	21	6	1.08	20	16	5	1
Peach Cup	Each	106	0	7	27	0	0	3	0	0	2
Peanut Butter & Jelly	Each	406	1	440	51.87	12	2	71	18.36	3.76	3
Pears	½ Cup	72	0	6	19.04	.24	.35	6	.04	0	2
Pear, Fresh	Each	96	0	2	66	.63	0	15	.20	.01	3
Peas	½ Cup	62	0	58	11.41	4.12	1.26	19	.22	.04	4.4
Pineapple	½ Cup	66	0	1	16.95	.45	.49	18	.15	.01	1.0
Pizza, Wedge, Pepperoni	Each	290	25	590	36	19	2.7	250	8	3.0	4
Pizza, Wedge, Cheese	Each	290	25	520	36	19	1.8	300	8	3.0	4
Pizza, French Bread, Pepp	Each	280	24	440	31	19	2.78	205	8	3.0	2
Pizza, Breakfast	Each	200	20	370	26	11	2	200	8	4	1
Pizza, Fiestada	Each	410	25	1110	38	17	3	273	21	12	3
Pizza, 4x6, Cheese	Each	390	15	700	50	18	3.7	279	12	2.5	3
Pizza, 4x6, Pepp	Each	400	20	800	49	19	3.8	250	14	3.5	3
Pizza, Bosco	Each	380	35	830	40	22	3	300	15	8	2
Plum	Each	69.46	0	0	17.24	1.06	.26	9.06	.42	.02	2.11
Potato, Oven French Fries	3 oz	120	0	18	19	2	.4	0	4	1	2
Potato Smiles	4	180	0	440	24	0	0	0	8	1	3
PotatoMashed	½ Cup	144	2.92	100	22.7	6.86	.28	190	2.92	.56	1.30

Item	Portion	Calories	Cholesterol Mg	Sodium MG	Carbohydrates Gram	Protein Gram	Iron Mg	Calcium Mg	Total Fat Gram	Saturated Fat Gram	Fiber Gram
Potato Salad	½ Cup	180	5	800	25	3	.2	0	8	2	3
Potato, Tator Tots	7pieces	117	0	187	15.75	1.75	.28	0	5.25	1.75	1.75
Potato, Wedge	½ Cup	94	0	38	19.38	2.06	.54	12	1.68	.42	1.6
Pretzel cheese	Each	620	40	810	88	22	0	312	12.57	7.24	2.15
Ravioli Bake	Each	350	45	1027	33.32	18.9	2.49	119.8	15.24	7.25	1.2
Rice	½ Cup	97	0	2	20.58	15	1.43	15	.29	.06	.7
Rueben	Each	487	104	1282	33.7	22.4	5.56	282.7	28.62	63	3.6
Sausage	1 patty	70	19	148	1	8.5	.7	29	3	1.2	1
Sausage Biscuit	Each	335	167	720	29.07	14	2	89	17.77	5.34	1
Salad, Small	Each	56	8.1	121.19	2.75	4.64	.41	142.1	3.1	.15	1.08
Shape Up	Each	90	0	25	22	0	0	0	.0	.0	0
Sherbet	Each	120	5	25	26	27	0	0	1.5	1	0
Shrimp, popcorn	21 pieces	220		700	19	10	2	30	12	2	1
Sloppy Joe	Each	335	58	931	27.62	21	1	26	15.21	5.44	1
Strawberry Cup	4.5 oz	122	0	4	33.05	.68	.75	.14	.17	.01	2.4
Stuffing	½ Cup	120	0	660	23	4	1.09	0	1	0	2.9
Spaghetti & Meat Sauce	1 Cup	312	56	263	31.1	21	1	19	13.78	5.27	1
Teriyaki Beef & Rice	Each	297	40	1872	42.58	18.30	16.43	22	5.29	2.06	.7
Tuna Salad Sub	Each	355	58.46	412	24.29	31.55	2.19	47	13.8	2.28	2.08
Tomato Soup	1 Cup	103	0	943	19.4	2.5	.42	53	2.4	1.1	.5
Toasted Ravioli	HS/MS	384	48	852	47	14	4.2	120	19.2	4.8	
Toasted Ravioli	Elem	320	40	710	39	12	3.5	100	16	4	4
Turkey	2oz	88	30	386	1.74	12	0	2	3.28	1.08	0
Turkey Club	Each	349	57.61	867	25.3	25.69	3.15	57.8	14.1	4	1.26
Turkey Fritter	Each	412	15.5	993	39.85	20.26	2.86	82.49	18.14	4.73	1.17
Turkey Sub	Each	264	43	1064	26.81	19	2	69	8.58	2.03	1
Turkey Wrap	Each	196	25.83	1120	27.5	17.68	1.26	101.21	4.46	.499	4.42
Uncrustable	Each	210	0	260	25	7	.6	24	9	2	2

The nutrition information provided is based on standard portion guidelines and product specifications; however, variations may occur due to seasonal influences, product availability, minor differences in product assembly on a kitchen by kitchen basis and other factors. Substitutions of ingredients may alter nutritional values.