

**Bethlehem Central Lunch Program  
Nutritional Analysis of Popular Items**

New 2/1/2007  
Revised 6/8/2007

<i>Entrée Type Items</i>	Serving Size	Calories	Protein(gr)	Carbs (gr)	Tot Fat (gr)	Sat Fat (gr)	Chol (mg)	Na (mg)
Cheese Lasagna (East Side)	4.15 oz	194	15	22	5	2	107	526
Macaronie and Cheese (LOL)	1 cup	390	21	34	20	8	35	1200
Stuffed Shells (East Side)	4.28 oz	205	16	24	5	2	104	540
Stuffed Shells, Jumbo sized-Glister 160ct	2 oz							
Cheese Quesadilla (East Side)	4.22 oz	390	17	30	24	13	60	1240
Cheese Quesadilla (Schwan's) #88007	4.4 oz	320	18	35	13	5	45	490
Cheese Pizza Quesadilla, Max 48 ct	5 oz							
Fish squares, Brd. 10/6# Slade #40275	4 oz	220	13	18	10	1	60	335
Pre-ckd.Fish fillet, Pollack Viking #06-799	3.2 oz	230	11	20	11	1.5	40	380
Pizza, Bkfst.-Tony's 128ct #63564	2.85 oz	230	10	23	10	4.5	45	480
Pizza Lg Round (Peppys)	5 oz	310	22	34	11	6	30	580
Pizza Indv Round (Peppys)	5.5 oz	300	21	33	11	6	30	590
Pizza Bagel (East Side)	6 oz	388	17	42	11	4	16	746
Pizza 5"Round-Nardone 5RMNY	5" pizza	360	13	36	18	5	15	680
Pizza Wedge (Tonys)	5.05 oz	344	18	35	15	5	22	914
Pizza(4x6)-Tonys pizza 50/50 Blend #63743	5.40oz	390	16	43	16	5	20	850
Pizza French Brd 6" (Red Baron) #78820	4.72oz	260	19	34	6	3	10	530
Pizza French Brd 8" (Red Baron) #78525	5.75 oz	360	20	37	15	6	15	790
Pizza Big Daddy's (Red Barron)	6.5 oz	470	24	55	18	10	40	1210
Pizza 4x6 Smart Whl Grn (Tonys) #78697	4.5 oz	310	19	36	10	4.5	20	510
Pizza 4x6 w/Whl Grn (Tonys) #78816	4.8 oz	280	18	31	9	4	25	600
Pizza Red Baron Frsh Baked	5.8oz	350	23	48	9	4	25	720
Pizza Stfed Crst ( Red Baron)	5.73 oz	392	20	46	14	6	25	1045
Stuffed Crst Pizza (The Max) 72ct	5.75 oz	420	19	52	16	5	16	1070
Pizza Stks (The Max)	1.93 oz	164	8	17	7	2	8	367
Pizza 16 " (Dominos)	6.75 oz	400	18	49	15	7	29	944
Brd Mozz Sticks (Rich Sea Pack)	1 stick	70	3	7	3.5	1.5	<5	240
Uncrustable P B and Grape	4.8 oz	560	21	56	29	6	0	600
Uncrustable P B and Strbry	4.8 oz	560	21	56	29	6	0	600
Beef Frank, (Farmland) 8/1lbs	2.01 oz							
Turkey, Frank (lLongmont) #61887	2.01oz frank	150	7	2	12	4	50	740
Taco Filling	3.17 oz	110	13	5	5.5	2.5	16	490
Tuna fish, cnd.-Ruby 6/case 66.5z can	1/4 cup	41	10	0	0	0	16	227
Beef Crumbles	1.31 oz	49	6	1	2.5	1	10	220
Beef, Ground, 85/15 4/10# chubs USDA	2 oz ckd	140	15	0	8	3	50	40
Beef Patties Flm Brld (Quick to Fix)	2.4 oz	130	14	1	8	3	35	200

Beef Patties, 20-22%, 5/# Devault		3.2 oz raw	230	16	0	18	8	65	65
Meatballs (Maid Rite)		1 oz	210	17	9	12	5	45	660
Pepperoni, sliced 25# - Pizzano		1 oz							
<b>Entrée Type Items Cont</b>		<b>Serving Size</b>	<b>Calories</b>	<b>Protein(gr)</b>	<b>Carbs (gr)</b>	<b>Tot Fat (gr)</b>	<b>Sat Fat (gr)</b>	<b>Chol (mg)</b>	<b>Na (mg)</b>
Cked Beef Patties(Maid Rite)		3 oz	154	16	1	10	4	56	200
Bf Burger Chrbrld(Maid Rite)		2 oz	368	32	1	25	10	108	484
Pork Mtballs (Maid Rite)		.5 oz	220	18	<1	15	5	63	781
Pork Patty, Rib Shaped (Pierre)	#1860	3.2 oz(1patty)							
Pork Susge Patty (Maid Rite)		1 oz	322	11	<1	34	11	62	462
Pork Susge Link (Maid Rite)		1 oz	322	11	<1	34	11	62	462
Pork Pizza Topping (Rosina)		1/2 cup	120	9	3	9	3	15	700
Pork Taco Filling	USDA	3 TBSP	120	8	1	8	3	30	300
Chicken breast patty (Tyson)	#3822	3 oz	110	14	3	4.5	1.5	50	530
Chicken Brd. 8 oven (USDA) 30#	#3929	2 oz	162	13	5	10	3	49	164
Chicken Brd. 8 oven (GoldKist) 40#	#21310	4 oz	210	19	0	15	4.5	75	105
Chicken Brd. 8 oven (Pierce) 10.75#	#81340	3 oz.	130	10	4	8	2.5	50	280
Chicken Diced 1/2" (Tyson) 10#	#9086	2.96oz	160	22	0	7	2	75	75
Chicken Wings (Tyson)	#9324	6 pcs.	400	38	0	28	8	120	580
Chicken Nuggets (Tyson)	#4714	5 pcs.	230	12	10	16	3.5	25	480
Chicken Popcorn (Tyson)	#2940	12 pcs	220	10	15	13	3	30	240
Chicken Pattie (Tyson)	#4718	3.40 oz	230	15	11	14	3	40	490
Chicken Tender (Tyson)	#3859	3 pieces	240	14	15	14	3	40	650
Cheese, American Processed	USDA	2 oz	212	12	0	17.8	11.2	27	812
Cheese, Mozzarella	USDA	2 oz	160	16	2	10	6	30	340
Nacho cheese sauce, Gehl's 4/140 oz		1 oz	110	7	1	9	6	30	180
Turkey Sausage patty, Ember Farms		1.47 oz	77	8	0	5	1	35	252
<b>Baked Goods</b>									
Bagel, Cinnamon-Raisin, frz. 75ct		3 oz							
Bagel, Plain pre-sliced, frz. 75ct		3 oz							
Bagelers, Plain 76 ct		2.5 oz							
Cookie dough, choc chip 240ct Rich	#39642	1.5 oz	180	2	23	9	3.5	5	170
Cookie dough, choc chip 128ct Otis		2 oz	220	3	38	2	0	10	135
Blueberry muffin, 72ct Muffintown		2 oz	200	3	38	4	1	10	200
Corn muffin, 72 ct, Super bakery		2.2 oz	160	2	38	3.5	1	10	190
Snack Loaf (Blbry) (Mfn Twn)		2 oz	180-190	2	25-26	8	1.5	20-30	210-220
Trail Mix-Fruit and Nut		1/3 cup	198	2	32	7.2	0.6	0	0
Smore (Lamb Waston)		1 turnover	190	3	28	7	2.5	0	180
Funnel Cake (J and J)		1 cake	290	5	44	90	10	2.5	360
Graham Crax-Keebler 200ct		2crax/pack	60	1	11	1.5	0	0	85
Pretzel, Parbkd, 100ct		3.5 oz							

Saltine crackers, 500ct Sysco label	2crax/pack								
<b>Sandwich Meat</b>									
Turkey Ham (Oak Valley)	1 oz	31	5	0	1	0	22	203	
Deli Turkey (Oak Valley)	1 oz	25	4	0	1	0	7	220	
Turkey breast, ckd. Patuxent 2/8#	1 oz								
Ham, boiled, 10% (Hormel)	13#	2 oz	50	9	1	1.5	0.5	25	640
Salami	2 oz	230	11	0	20	7	65	960	
<b>Egg Based Products</b>									
Egg roll, Chicken (Minh)	#69049	3.00 oz	160	7	19	7	1.5	5	460
Glzd Frch Toast(Sunny Frsh)		3.25 oz	240	9	34	8	1.5	135	350
Cby Chez Omlt (Sunny Fsh)		2.1 oz	110	8	1	8	3.5	195	215
Brkfst Wrap (Sunny Fresh)		3.1 oz	190	10	16	10	4	190	490
Grld Egg Patty (Sunny Frsh)		1.25 oz	45	3	1	3.5	1	115	120
Scrbld Egg (Sunny Fresh)		1 oz	45	3	1	3	1	110	125
Scrbld Egg patty(Sunny Fresh) Gin	#24902	1.75 oz							
Bacon/ Chez Eggstravagaza (Sunny Fresh)		2 oz	120	8	2	9	3.5	190	340
Frz. Whole eggs, Sunnyfresh 6/cs		1 egg or 3 T	68	5	0	5	1.4	194	57
Pancakes, frz. Mrs. Butterworth's	144ct	3 pancakes	220	6	42	3.5	0.5	25	590
French Toast, 7/16", Good Source	144ct	1.5 oz	83.2	3.22	14.12	1.48	0.22	<1	140.6
French Toast sticks, Farm Rich	180ct	1 stick							
<b>Condiments</b>									
		<b>Serving Size</b>	<b>Calories</b>	<b>Protein(gr)</b>	<b>Carbs (gr)</b>	<b>Tot Fat (gr)</b>	<b>Sat Fat (gr)</b>	<b>Chol (mg)</b>	<b>Na (mg)</b>
Mayonnaise - Admiration		1.5 oz	110	0	0	11	2	10	76
Crmy Honey Mstrd (Cains)		2 TBSP	150	1	5	14	2	5	170
Crmy French (Cains)		2 TBSP	110	0	5	10	1.5	0	370
LF Caesar (Cains)		Pckt	100	1	8	8	1.5	10	680
Lite Ranch (Nutri-Gold)		2 TBSP	80	1	2	7	1	5	340
Lite Italian (Cains)		Pckt	70	0	7	5	1	0	590
Branding Iron BBQ Sauce		2 Tbsp	40	0	10	0	0	0	320
Catsup, SyscoRel		2 TBSP							
<b>Bread and Rolls (Weston)</b>									
White Pullman		2 Slices	120	4	23	1.5	0	0	250
Wheat Pullman		2 Slices	120	4	23	1.5	0	0	250
Light Wheat		2 Slices	80	5	19	0.5	0	0	160
Italian Bread		1 Slice	90	3	17	1	0	0	190
Rye Bread		1 Slice	90	3	15	1.5	0	0	230
Pumpernickle Bread		1 Slice	90	3	15	1.5	0	0	210
Pita bread 7" pocket, Kontos		1 pocket							
Dinner Roll		1 Roll	90	3	18	1	0	0	170
Hamburger Roll		1 Roll	120	4	24	1.5	0	0	220
Hot Dog Roll		1 Roll	110	4	22	1.5	0	0	200
6" Mini Sub Roll		1 Roll	160	5	31	2	0.5	0	310

English Muffins	1 Muffin	130	4	25	1	0	0	220
Breadsticks, Frz. Pillsbury 170ct	1.5 oz	120	4	20	2.5	0	0	220
10" Pressed Flour Tortillas, Mex Orig	1 Each	200	5	33	5	1	0	370
12" Tortilla wrap, Herb flavor, Tyson	1 each	300	8	48	9	1.5	0	640
Taco shell, Mission 200ct	3 shells	150	2	21	1.5	0	0	0
<b>Beverages and Milk</b>								
Fat Free Milk	1/2 Pint	90	9	13	0	0	<5	130
Whole Milk	1/2 Pint	150	8	12	8	5	35	120
2% Milk	1/2 Pint	120	8	12	5	3	20	125
Strawberry Milk	1/2 Pint	170	7	35	0	0	5	210
Chocolate Milk	1/2 Pint	180	8	32	3	2	10	160
Gatorade	12 oz	90	0	22	0	0	0	160
Orange Juice	4 oz container	56	0	13	0	0	0	1
<b>Cereals</b>								
Malt-O-Meal Frosted flakes 96ct	Single Serve							
Malt-O-Meal Honey nut tasty O's	Single Serve							
Malt-O-Meal Tootie fruities	Single Serve							
Malt-O-Meal Honey graham squares	Single Serve							
<b>Snack Foods</b>								
	<b>Serving Size</b>	<b>Calories</b>	<b>Protein(gr)</b>	<b>Carbs (gr)</b>	<b>Tot Fat (gr)</b>	<b>Sat Fat (gr)</b>	<b>Chol (mg)</b>	<b>Na (mg)</b>
Chortles, 100ct	1 oz							
Heartzels	1 oz	110	3	1	0	0	0	240
Baked Doritos	1 oz	120	2	21	3.5	1	0	220
Lays Potato Chip	1 oz /bag	150	2	15	10	3	0	180
Wise Pop Corn	1/2 oz bag	80	1	7	5	1	0	190
Rold Gold Pretzel	1/2 oz bag	50	0.5	11	0.5	0	0	290
Rold Gold Pretzel	1 1/2 oz bag	170	3	34	1.5	0	0	890
Goldfish crackers, Pepperidge Farms 60ct	1 oz							
Frito	1 1/4 oz bag	200	2	19	13	2	0	200
Baked Sour Cream & Onion	1 1/8 oz bag	140	3	24	3	0.5	0	240
Cheetos Baked	1 oz /bag	130	2	19	5	1	0	240
Pudding Snack Pack Choc	3.5 oz	140	2	22	5	1.5	0	140
Pudding Snack Pack Vanilla	3.5 oz	130	1	21	4.5	1.5	0	135
Pop tarts, single pk. Straw 80 ct-Kellogg's	1.3 oz							
<b>Vegetables</b>								
Beans, Black, Canned - Ranch Style	1/2 cup	110	7	20	0	0	0	600
Beans, Baked, Canned-Hanover	1/4 cup							
Beans, Vegetarian, Canned	1/2 cup	130	7	26	0	0	0	470
Beans, Green, Canned USDA	1/2 cup	20	<1	5	0	0	0	320

Carrots, Frozen	1/2 cup	26	0	6	0	0	0	43
Corn, Coblette	1/4 cup/1cobb	35	1	8	0	0	0	10
Corn, Canned - Nugget	1/2 cup	90	2	20	0.5	0	0	270
Peas, Canned	1/4 cup	35	1	5	0.2	0	0	93
Salsa, 6/#10	USDA 1/4 cup	10	0	2	0	0	0	190
Spaghetti Sauce Meatless, Pomodoro	1/2 cup	45	2	7	2	0	0	720
Peas, Canned	1/2 cup	30	1	6	0	0	0	240
								138
								8
								213
								320
								230
								130
								0
<b>Starchy Type Foods</b>	<b>Serving Size</b>	<b>Calories</b>	<b>Protein(gr)</b>	<b>Carbs (gr)</b>	<b>Tot Fat (gr)</b>	<b>Sat Fat (gr)</b>	<b>Chol (mg)</b>	<b>Na (mg)</b>
Rice, White Enriched	1/2 cup	100	2	21	0.2	0.1	0	3
Rice, Brown Uncle Ben's	25# bag 1/2 cup							
Tortellini-Cheese (Tabatchnick)	18 tortellini	320	17	46	7	4	40	410
Potatoes, Smiles/Cosmic (McCains)	3 oz	160	2	24	6	1.5	0	390
Potatoes, Spirals (Redstone McCains)	3 oz	150	2	18	8	1.5	0	390
Potatoes Mashed Instant	USDA 1/2 cup	80	2	18	0	0	0	15
Potatoes, Oven Fries (McClain)	1/4 cup	56	0	8	2.2	0.3	0	8
Potatoes, Oven, Rounds	1/4 cup	65	0	8	3.7	1.5	0	213
Potatoes, Cavendish Fries	about 3oz	150	2	24	5	1	0	320
Potatoes, Crinkle cut 1/2" (McClain)	SNO63 about 3oz	120	2	18	4.5	1	0	35
Potatoes, Puffs/Tater Tots (McCain)	about 3oz							
Potatoes, Scalloped - Idaho	about 3oz							
Potatoes, Sweet, canned	1/4 cup							
Infinity Fries 3/8" cut (Simplot)	about 3oz	150	2	24	6	0.5	0	230
Hash Brown Patty-Mccain	2 1/4 oz Patty	140	1	15	8	1.5	0	130
Macaroni, Spaghetti, Rotini	USDA 1/2 cup	99	3	19	0.5	0.1	0	0
Ovations (McCains) (about 17 per 3 oz)	3 oz	140	2	23	5	0	0	380
<b>Fruits</b>								
Apple, Fresh	1 2-3/4"apple	81	0	21	0.5	0.1	0	0
Applesauce, Canned	1/2 cup	90	0	23	0	0	0	15
Apricots, Canned	1/2 cup	80	<1	19	0	0	0	10



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