

Nutritional Information on School Lunches 2018-2019

Note: Bernies attempts to provide nutritionh information that is as accurate as possible.

It is based upon standard portion product guidelines, and variations of serving sizes

and/or ingredient content may occur. Nutritional information is provided by

manufacturers and USDA and subject to change periodically.

(Revised August 2018)

Product Description	Serving Size	Calories	Saturated	Trans	Protein	Carbs	Sodium	Dietary
			Fat	Fat				
			g	g	g	g	mg	Fiber
								g
<u>ENTRÉE'S</u>								
Baked Potato	8 oz	80	0.02	0	2.1	18.5	5	1.3
Chicken Quarter	4 oz	240	5	0	18	0	95	0
Chicken Tenders	4 pc	240	2.5	0	18	16	750	0
Chicken Nuggets	8 pc	250	4	0	15	10	410	2
Corn Dog	4 oz	270	4	0	10	27	740	1
French Toast Sticks	4 pc	160	1	0	7	23	255	1
Scrambled Eggs	4 oz	120	1.5	0	11	3	380	0
Chicken Broccoli Stir Fry								
Chicken	2oz	60	0.5	0	10	0	75	0
Broccoli	3oz	30	0	0	3	5	15	2
Sauce	1tsp	10	0	0	0	2	275	0
Chicken Quesadillas								
Flour Tortilla	3/4	150	1.2	0	3.75	25	350	2
Fajita Chicken	2 oz	60	1	0	12	0	338	0
Cheese-Cheddar	1 oz	110	5	0	7	0	170	0
Frito Chili Pie								
Corn Chips	1 oz	160	1.5	0	2	16	160	1
Chili	4 oz	135	1.5	0	8.5	18	500	9
Cheese-Cheddar	1 oz	110	5	0	7	0	170	0
Hamburger, Hot Dog Chicken Sandwich								
Hamburger Bun	1	120	0	0	4	25	230	3
Hamburger Patty	3.2 oz	254	7.5	1.2	17	0	67	0
Hamburger Patty (VEGGIE)	3.5 oz	160	1	0	17	14	580	6
Hot Dog Bun	1	90	0	0	3	18	190	2
Hot Dog	1	180	7	0	6	1	510	0
Hot Dog (VEGGIE)	1	50	0	0	7	4	430	0
Chicken Patty	3 oz	190	2	0	12	18	680	1
Chicken Patty (VEGGIE)	2.5 oz	170	1	0	9	20	320	3
Italian Hogie								
Hoagie Bun	2.5 oz	190	1.5	0	7	38	380	1
Turkey-sliced	2 oz	50	0	0	10	1	540	0
Salami-sliced	1/4 oz	28	1	0	1.5	0	118	0
Mac & Cheese								
Pasta	2 oz	210	0	0	7	42	0	2
Cheese Sauce	2 oz	80	1.5	2	1	7	470	0
Milk -White 1%	2 oz	10	0.15	0	0.85	1.2	11	0
Nachos								
Tortilla Chips	1 oz	140	2	0	2	17	150	1
Taco Meat	2 oz	150	4	0.6	8.5	0	35	0
Cheese Sauce	2 oz	80	1.5	2	1	7	470	0
Pizza								
Pizza Dough	1 slice	180	0	0	6	30	300	1
Pizza Sauce	.5 oz	10	0	0	1	2	125	1
Cheese-Mozzerella	1 oz	90	4	0	6	2	190	0
Salad - Chef								
Lettuce	3 oz	25	0	0	1	5	20	2
Egg	1/2 pc	40	0.75	0	3	0.5	35	0
Cheese-Cheddar	0.5	55	2.5	0	3.5	0	85	0
Turkey-sliced	1 oz	25	0	0	5	0.5	270	0
Ham-sliced	1 oz	35	0.5	0	4.5	0.5	250	0
Tomato	1 oz	7	0	0	0.25	1	5	0.25
			Saturated	Trans				Dietary

Product Description	Serving Size	Calories	Fat g	Fat g	Protein g	Carbs g	Sodium mg	Fiber g
Salad - Chicken Caesar								
Romaine	4 oz	17	0.03	0	1.2	3.29	8	2.1
Chicken	2 oz	60	1	0	12	0	38	0
Cheese-Parmesan	2 tsp	20	1	0	2	0	75	0
Shepherd's Pie								
Ground Beef	3 oz	195	6	1	13	0	53	0
Mashed Potatoes	2 oz	55	0	0	1	11	12.5	1
Mixed Vegetable	1 oz	20	0	0	1	4	15	1
Spaghetti w/ Meatballs & Meatball Hoagie								
Pasta	2 oz	210	0	0	7	42	0	2
Spaghetti Sauce	4.5 oz	70	0	0	2	12	620	2
Meatballs	6	230	6	0	13	6	270	2
Hoagie Bun	2.5 oz	190	1.5	0	7	38	380	1
Cheese-Mozzerella	1 oz	90	4.5	0	6	2	190	0
Turkey or Ham Hogie/Wrap								
Hogie Bun	2.5 oz	190	1.5	0	7	38	380	1
Flour Tortilla	1	210	1.5	0	5	34	460	2
Turkey-sliced	2 oz	50	0	0	10	1	540	0
Ham-sliced	2 oz	70	1	0	9	1	500	0
Cheese-American	.5 oz	60	2.5	0	4	1	360	0

SIDE ITEMS

Apple	1 small	130	0	0	1	34	0	5
Banana	1 med	110	0	0	1	30	0	3
Biscuit	2.2 oz	180	2	4	4	24	580	1
Breadstick	1	120	0	0	4	23	260	1
Broccoli	3 oz	22	0	0	3	4	20	3
Carrot Coins	3 oz	30	0	0	1	7	60	2
Carrots-fresh	2 oz	20	0.01	0	0.35	5	40	1.5
Celery-fresh	2 oz	8	0	0	0	2	57	1
Cucumber - fresh	4 oz	10	0	0	1	2	0	1
Corn	3oz	80	0	0	3	18	0	3
Egg Roll	2 mini	90	1	0	5	29	215	2
Fiesta Rice	4 oz	160	0	0	4	33	640	1
Fruit-Applesauce	4 oz	50	0	0	0	12	10	2
Fruit-Peaches	4 oz	45	0	0	0	11	5	0
Fruit-Pineapple	4 oz	60	0	0	1	14	10	2
Granola Bar	.84 oz	100	1.5	0	1	17	70	1
Green Beans	3 oz	25	0	0	1	4	10	2
Ice Cream-Chocolate	4 oz	140	4	0	2	18	50	0
Ice Cream-Vanilla	4 oz	130	4	0	2	15	60	0
Jello	4.5 oz	70	0	0	1	17	85	0
Juice Bar	3 oz	50	0	0	0	14	10	3
Mashed Potatoes	4 oz	110	0	0	2	22	25	2
Mixed Vegetable	3 oz	60	0.5	0	3	11	50	3
Orange	1 med	80	0	0	1	19	0	3
Pudding-Chocolate	4.5 oz	130	0.5	1.5	1	22	190	0
Pudding-Vanilla	4.5 oz	130	0.5	1	0	26	170	0
Sherbet	4 oz	120	1	0	0	27	35	0
Side Salad	5 oz	65	1	0	1	1	0	1
Tater Tots	3 oz	150	1.5	0	1	17	220	2
Turkey Bacon	2 slices	50	1	0	5	0	240	0
Yellow Rice	4 oz	100	0	0	2	22	250	0
Yogurt Strawberry	4 oz	80	0	0	4	15	65	0
Yogurt Vanilla	4 oz	80	0	0	4	16	60	0

Product Description	Serving Size	Calories	Saturated Fat g	Trans Fat g	Protein g	Carbs g	Sodium mg	Dietary Fiber g
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DRINKS

Juice-Apple	4 oz	60	0	0	0	15	5	0
Juice-Orange	4 oz	60	0	0	1	14	15	0
Milk -White 1%	8 oz	100	1.5	0	8	12	44	0
Milk-Chocolate	8 oz	150	1.5	0	9	22	200	0

CONDIMENTS

BBQ Sauce	2 Tbl	70	0	0	1	16	530	0
Cheese-American	.5 oz	60	2.5	0	4	1	360	0
Cheese-Parmesan	2 tsp	20	1	0	2	0	75	0
Dressing-Italian	2 Tbl	110	2	0	0	3	330	0
Dressing-Ranch	2 Tbl	150	2.5	0	0	2	340	0
Dressing-Caesar	2 Tbl	150	3	0	1	1	390	0
Honey Mustard	2 Tbl	60	0	0	0	12	160	0
Ketchup	1 Tbl	15	0	0	0	4	160	0
Mayonaise	1 Tbl	100	2	0	0	0	75	0
Mustard	1 tsp	0	0	0	0	0	55	0
Salsa	1 oz	15	0	0	0	3	220	1
Sour Cream	1 Tbl	30	1.75	0	0.5	0.5	7.5	0
Syrup-sugar free	1.1 oz	15	0	0	0	4	40	0

