



NUTRIFAX

2009-2010

Middle and High School

A Lunch Includes:

Entrée

Two fruit and/
or vegetable

Bread

Milk



	Calories	Protein (Grams)	Carbohydrates (Grams)	Fat (Grams)	Saturated Fat (Grams)	Trans Fats (Grams)
ENTREES						
Taco w/ Cheese	334	21.4	28	15.5	7.7	0
Cheese Quesadilla	320	14	43	10	2.5	0
Cheese Sticks (6)	420	20	38	20	9	0
w/Marinara Sauce	35	1	6	1	0	0
Chicken Tenders (3)	180	17	12	7	1.5	0
Macaroni & Cheese	389	19.6	40.75	16.6	9	0
Spaghetti w/ Marinara Sauce	150	5	28	1.3	0	0
Spaghetti w/Meat Sauce	236	12	31	6.3	2.3	0
Yogurt, Assorted 4 oz.	90	3	19	0	0	0
Yogurt Biteable	322	12	44	10	3.8	0
Nachos	213	3	27	10.6	1.5	0
w/Chili (1/4 c)	85	6.5	4	5	2	0
& Cheese Sauce (1/4 c) ESE Brand	95	6.2	2.9	7.1	4	0
Teriyaki Chicken Dippers	145	19	8.2	4	1.1	0
Ravioli	251	16	30	8	3.5	0
Hummus Biteable	279	11.8	27.4	12.8	3.8	0
Corn Dog Bites, WG (6)	255	11	31	9	1.3	0
SANDWICHES ON ROLL						
Barbecue Rib, WW	371	18.5	33.6	19.5	6	0
Cheeseburger, WW	336	22	27.7	17	6.5	0
Chicken Fillet, WW	360	19	36	17	4	0
Chicken Teriyaki, WW	294	26.7	28.4	7.6	2.1	0
Spicy Chicken, WW	313	22.9	36.9	9.3	1	0
Fish Fillet, WW	352	21	38	12	1.7	0
Grilled Cheese Uncrustable	260	18	25	10	5	0
Hamburger, WW	301	19.2	26.2	15	5.2	0
Ham & Cheese on WW Croissant	347	19	33	15	8	0.0
Hot Dog, WW	260	15	26	12	3.5	0
Peanut Butter & Jelly Sandwich	306	8.9	36	16	2.7	0
Steak and Cheese Sub	434	24.3	52.8	13.7	6	0
Veggie Burger, WW	220	19	28	4.5	0	0
Veggie Burger w/Cheese, WW	255	22	29.5	6.5	1.3	0
Tuna on WW Croissant	322	16.6	30	14.3	5.5	0
PIZZA						
Cheese Pizza, WW	309	22	28	12	7	0
Pepperoni Pizza, WW	335	24.4	28.5	13.4	7.4	0
Pan Pizza, Round	400	20	48	14	6	0
Stuffed Crust Pizza, WG	360	21	43	12	6	0
Stuffed Crust Pepperoni Pizza, WG	386	23.4	43.6	13.4	6.4	0
Cheese Garlic French Bread Pizza	320	15	36	12	3	0
Big Daddy Cheese Pizza, 1/10 slice	340	20	39	12	4.5	0
Big Daddy Turkey Pepperoni Pizza, 1/10 slice	366	22.4	39.6	13.4	4.9	0
BREAKFAST						
Cinnamon Roll, WG	180	4	31	5	1	0
Bagel	150	5	30	1	0	0
w/ Cream Cheese	61	1	1	6.1	4	0
Cereals, Assorted	108	1	21	2	0	0
Elf Grahams, Original	130	2	21	4	1	0
Muffin, Assorted	163	2.7	26	5.7	1	0
Pop Tarts, Assorted, 2/pkg.	413	5	72	11.6	3.6	0
Cinnamon Cream Cheese Breadstick	180	12	29	5	2	0
Yogurt, Assorted 4 oz.	90	3	19	0	0	0
Breakfast on the Go Box, Assorted	335	3	70	5.3	1.5	0
Pretzel, Wheat, Individually Wrapped	170	4	36	1	0	0
Pretzel, Cheese Filled, Individually Wrapped	180	6	34	3	1.5	0
Pretzel, Cinnamon Raisin, Individually Wrapped	190	6	39	1	0	0
Pancake & Sausage on a Stick	210	9	23	10	3.5	0
Juices, Assorted	66	0	16	0	0	0
MILK						
1% Unflavored	110	8	13	2.5	1.5	0
1% Chocolate	150	8	24	2.5	1.5	0
Skim	90	9	13	0	0	0
Soy Milk, Pearl	110	7	11	3.5	0.5	0

	Calories	Protein (Grams)	Carbohydrates (Grams)	Fat (Grams)	Saturated Fat (Grams)	Trans Fats (Grams)
PREPACKAGED SALAD W/O DRESSING						
Southwestern Chef Salad	228	18.0	27.6	5	<1	0
Cheese Chef Salad - Monday	218	16.8	10	12.3	8	0
Taco Salad	376	29.4	15	22.2	12	0
Chicken Caesar Salad	231	24.1	13.2	8.8	3.1	0
Fruit Salad w/Sun Butter - Wednesday	502	14.0	56	24.5	3.8	0
Oriental Chicken Salad	260	21.4	32.2	5.4	1.5	0.4
Cheese Salad - Thursday	263	16.7	22.6	12.2	8	0
Fruit Salad w/String Cheese- Friday	316	12.0	48	8.4	3.8	0
SALAD DRESSING						
Caesar's, 1.5 oz	210	1	2	21	3.5	0
Ranch, Lite, 1 oz	80	0	4	7	1	0
Asian Sesame, 1.5 oz.	180	0	8	16	2.5	0
Ranch Dressing (dip, small salads)	54	0	<1	5.4	<1	0
DELI LINE						
Bologna, Turkey (1 Slice)	35	1.5	0.5	3	1	0
Cheese, American (1 Slice)	35	3	1.5	2	1.25	0
Ham, Pork (1 Slice)	28	4	0.5	1	0.5	0
Ham, Turkey (1 Slice)	23	3.3	0.7	0.7	0.2	0
Tuna Salad	103	11.5	1	5.3	1	0
Turkey (1 Slice)	12	2.5	0.5	0	0	0
Spicy Chicken Wrap	384	21.8	37	16.6	8.25	0
Steak Roll	240	8	49	1	0	0
Loco Bread	140	5	25	2.5	0.5	0
Wrap, Assorted	243	6.3	40.7	6	2.1	0
Hamburger Roll, WW	130	7	24	2	0	0
BREAD/ROLLS/RICE						
Croissant, WW	220	5	29	9	4.5	0
Pretzel (2.5 oz)	180	6	38	1	0	0
Stuffing	90	3	17	0.75	0	0
Muffins, Assorted	163	2.7	26	5.7	1	0
Brown Rice	86	2	17.8	0.5	0	0
Southwestern Rice	108	3.1	20	1.8	0.4	0
FRUIT						
Natural Frozen Fruit Bar	60	0	14.5	0	0	0
Fruit Sherbet	120	0	27	1.5	1	0
Fruit, Assorted, Fresh	83	<1	21.5	<1	0	0
Fruit, Assorted, Canned	68	<1	17.5	0	0	0
Fruit Crisp	189	2.2	37	4.3	1.7	1
Raisins	129	1.3	34	0	0	0
Tropical Fruit Salad	65	<1	15	0	0	0
Warm Cinnamon Apples	54	0.3	14	0	0	0
POTATOES/VEGETABLES						
Beans, Vegetarian	110	7	21	0	0	0
Corn Cobbette	90	2	19	0.5	0	0
Potatoes						
French Fries	130	1.4	16	3.7	0.4	0
Whipped Potatoes	90	2	18	1	0	0
w/Gravy	24	0.5	1.9	1.4	0.2	0
Potato Rounds	170	2	19	10	2.5	0
Potato Wedges, Seasoned	120	2	19	3.5	0.5	2
Refried Beans	130	9	22	2	0	0
Soup, Minestrone	78	2.9	13.7	1	0.5	0
Vegetables (Variety)	20	1	4	<1	0	0
A LA CARTE SNACKS						
Ice Cream,						
Crumbled Cookie Cone	170	3	31	3.5	1.5	0
Van/Choc. Cup	100	2	15	3.5	2	0
Chocolate Éclair	140	2	22	4.5	1.5	0
Strawberry Éclair	130	1	23	3.5	1	0
Ice Cream Sandwich	160	3	30	3	1	0
Snickers Ice Cream Bar	180	3	18	11	6	0
Popcorn, Lowfat	80	1	13	2.5	0.5	0
Cookie, Chocolate Chip	150	2	25	5	1.5	0

WW - Whole Wheat
WG - Whole Grain

Food and Nutrition Services
Fairfax County Public Schools
www.fcps.edu

Nutrient Source:
NutriKIDS