

Saint Paul Public Schools  
Nutritional Information

Recipe Description	Portion Size	Cal	Chol	Sodium mg	Total Fat gram	Sat Fat gram	Trans Fat gram	Protein gram	Carb gram	Fiber gram	Iron mg	Calcium mg	Vit A IU	Vit C mg
*Ala carte Chips, Cheetos Flam	1 bag	206	0	360	8	0	0	3	29	0	1	0	0	0
*Ala Carte Fruit by the Foot	1 roll	80	0	50	1	0	0	0	17	0	0	0	0	15
*Ala carte Fruit Snacks; Scoob	1 pouch	80	0	50	0	0	0	0	21	0	0	0	0	60
*Ala carte Fudge Bar	1 bar	120	5	105	2	1	0	3	26	0	0	150	0	0
*Ala carte Granola Bar-Oats/Ho	1 pkg	180	0	160	6	1	0	4	29	2	1	0	0	0
*Ala carte Granola Bar-Peanut	1 pkg	180	0	190	7	1	0	5	30	2	1	0	0	0
*Ala carte Kudo Peanut Butter	1 bar	130	0	75	6	3	0	2	18	1	0	0	0	0
*Ala carte Kudos Chocolate Chi	1 bar	120	0	70	4	2	0	1	20	1	0	0	0	0
*Ala carte Orange Dream Bar	1 bar	100	5	40	2	1	0	1	20	0	0	60	100	0
*Ala carte Rice Crispy Bar	1 bar	380	10	330	8	5	0	3	75	1	7	0	750	12
*Ala carte-Sherbet, Luigi's (a	1 cup	0	0	0	0	0	0	0	0	0	0	0	0	0
*Ala carte-Sherbet, Luigi's (a	1 cup	120	5	35	2	1	0	0	27	0	0	20	0	60
*Ala-Chips, Cheetos; Baked	1 bag	109	0	207	4	0	0	2	17	0	0	0	0	0
*Apple Crisp	1/80 pan	209	18	53	8	5	0	2	34	2	1	14	227	0
*Apple Juice	4 fl. oz	60	0	8	0	0	0	0	15	0	0	8	4	1
*Apple Topping	1/2 cup	112	0	9	0	0	0	0	29	2	1	23	14	0
*Apple Wedges, fresh	6 wedges	71	0	1	0	0	0	0	19	3	0	8	73	6
*Apple, Fresh	1 apple	72	0	1	0	0	0	0	19	3	0	8	75	6
*Applesauce	1/2 cp	90	0	15	0	0	0	0	23	2	0	0	0	0
*Autumn Vegetables	1/2 cup	16	0	22	0	0	0	1	3	1	0	13	2569	18
*Baked Rigatoni	1/2 cup	137	3	321	3	1	0	7	23	3	1	65	415	6
*Banana choc chip brd-wrapped	1/64 pan	205	39	358	7	5	0	4	32	2	1	48	221	2
*Banana choc chip bread	1/64 pan	205	39	357	8	4	0	4	32	2	1	48	221	2
*Banana-petite	EACH	90	0	1	0	0	0	1	23	3	0	5	65	9
*Beans, Baked, vegetarian	1/3 cup	70	0	279	0	0	0	4	14	3	2	51	475	2
*Beans, Mexican Style Pinto	1/2 CUP	182	0	784	7	1	0	7	21	7	2	47	114	1
*Beans, refried	1/4 cup	68	0	185	1	0	0	3	11	3	1	20	0	0
*Beef Barley Soup	6 oz.	133	31	196	7	3	0	9	7	2	1	25	2037	4
*Bread, Apple Cinn.-wrapped	1/64 pan	284	54	325	10	6	0	5	44	2	2	48	331	0
*Bread, Apple Cinnamon	1/96 pan	190	36	217	7	4	0	3	30	1	1	32	221	0
*Bread, Apple/Cherry	1/96 pan	190	36	217	7	4	0	3	30	1	1	32	237	0
*Bread, Lemon Poppy Seed	1/64 pan	202	49	277	7	4	0	5	31	2	1	56	203	0
*Bread, Lemon Poppyseed-wrap	1/64 pan	174	42	240	6	3	0	4	27	2	1	47	175	0
*Bread, Pumpkin	1/64 pan	206	15	261	7	1	0	3	34	2	1	13	2372	1
*Bread, Pumpkin-wrapped	1/64 pan	206	15	261	7	1	0	3	34	2	1	13	2372	1
*Bread, Roman meal	1 slice	90	0	190	1	0	0	4	17	3	1	40	0	0
*Bread, Wheat; Autumn Grain	1 slice	81	0	142	1	0	0	3	15	1	1	0	0	0
*Bread, white; enriched	1 slice	70	0	150	1	0	0	2	15	1	1	40	0	0
*Breakfast Smart Cookie	cookie	227	31	222	11	6	0	3	31	2	1	15	824	0

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*Broccoli; frozen, boiled	1/2 cp	26	0	10	0	0	0	3	5	3	1	30	1029	37
*Brown Gravy	2 oz.	28	0	306	1	0	0	1	4	0	0	26	0	0
*Brown Rice	1/2 cup	115	0	4	1	0	0	2	24	1	1	12	0	0
*Brownie, Bite-fudgey	160/pan	139	34	62	7	4	0	2	19	1	1	10	201	0
*Bun, Hamburger	1 bun	110	0	170	2	0	0	3	20	1	1	40	0	0
*Butter, pat	1 PAT	36	11	29	4	3	0	0	0	0	0	1	125	0
*Cantaloupe	1/2 cup	30	0	14	0	0	0	1	7	1	0	8	2993	32
*Carrot coins, fresh	1/4 cup	13	0	21	0	0	0	0	3	1	0	10	5127	2
*Carrot coins, frozen, cooked	1/2 cup	27	0	43	1	0	0	0	6	2	0	26	12137	2
*Carrots, baby	1/2 cup	30	0	66	0	0	0	1	7	2	1	27	11722	7
*Carrots, fresh slices	1/2 cup	25	0	42	0	0	0	1	6	2	0	20	10255	4
*Carrots, fresh steamed	1/2 cp	25	0	42	0	0	0	1	6	2	0	20	10255	4
*Catsup and Mustard	2 pkt	8	0	95	0	0	0	0	2	0	0	3	56	1
*Catsup, packets	2pkt	12	0	134	0	0	0	0	3	0	0	2	112	2
*Celery Sticks	4 sticks	3	0	13	0	0	0	0	0	0	0	6	72	1
*Cereal, Cheerios	1 bowl	70	0	126	1	0	0	2	14	2	6	78	549	5
*Cereal, Cin. Tst. Cr. - Red.	1 bowl	110	0	170	3	0	0	2	23	3	8	500	500	6
*Cereal, Frosted Cornflakes	1 bowl	122	0	199	0	0	0	1	29	0	4	0	1107	13
*Cereal, Kix	1 bowl	70	0	126	1	0	0	1	16	2	6	108	572	5
*Cereal, Rice Chex	1 bowl	100	0	250	0	0	0	2	23	0	9	100	500	6
*Cereal, Rice Krispies	1 bowl	70	0	170	0	0	0	1	16	0	5	0	200	2
*Cheese Sauce	1 oz.	25	2	157	1	1	0	0	4	0	0	1	0	0
*Cheese stick, RF Colby Jack	1 oz.	90	20	190	7	4	0	7	0	0	0	200	200	0
*Cheese, American blend	1 slice	37	9	143	3	2	0	2	1	0	0	65	86	0
*Cheese, cheddar, lofat	1 TB	20	5	51	2	1	0	2	0	0	0	51	76	0
*Cheese, pepper jack	1 3/4 oz sl	81	19	140	7	4	0	5	0	0	0	140	253	0
*Cheese, provolone	1 3/4 oz. sl	75	15	186	6	4	0	5	0	0	0	161	187	0
*Cheese, Swiss american	1 slice	46	12	220	3	2	0	3	1	0	0	102	121	0
*Cheesebread	1/24 pan	243	26	400	9	5	0	14	27	2	1	320	222	0
*Cheeseburger no bun-HS	1 svg.	325	83	205	27	12	0	21	1	0	2	95	250	0
*Cheeseburger no bun-MS	1 svg.	220	45	258	15	7	0	19	1	0	2	79	250	0
*Cheeseburger on bun	1 svg.	330	45	427	17	7	0	22	21	1	2	119	250	0
*Cheeseburger on bun-HS only	1 Sand	465	83	495	28	12	0	25	29	1	3	175	250	0
*Cherry Crisp	1/80 pan	217	18	53	8	5	0	3	36	2	1	18	706	1
*Cherry Topping	1/2 cup	139	4	16	2	1	0	1	33	1	0	13	602	1
*Chicken & Edamame	1/2 cup	169	38	620	4	1	0	14	12	1	1	23	361	13
*Chicken and gravy	3/8 cup	150	57	309	10	5	0	12	2	0	1	144	239	1
*Chicken Fajita, meat only	2 oz	109	48	325	4	1	0	14	2	0	1	8	218	0
*Chicken Gravy	2 oz.	40	3	322	1	0	0	1	6	0	0	17	20	0

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*Chicken in Teriyaki sauce	3/8 cup	95	38	739	3	1	0	12	1	0	1	8	32	0
*Chicken in Thai Peanut Sauce	1/3 cup	167	48	302	7	2	0	16	7	1	1	28	40	0
*Chicken Nuggets, breast; brd	5 nuggets	240	40	550	15	3	0	14	13	1	1	40	0	0
*Chicken Patty Sandwich	4.5 oz.	309	92	758	8	2	0	20	39	1	2	107	56	1
*Chicken Patty, breaded	1 patty	169	92	468	6	2	0	16	11	0	1	27	56	1
*Chicken Rice Soup	3/4 cup	128	27	403	3	1	0	9	14	1	1	166	1559	2
*Chicken Rotini Veg Soup	3/4 cup	114	29	411	3	1	0	11	10	1	1	165	1554	2
*Chicken stew	4 oz.	132	44	439	8	4	0	10	5	1	1	30	4176	5
*Chicken Suqaar	3/8 cup	30	10	31	1	0	0	3	1	0	0	4	646	3
*Chicken, HSThai; Rice Bowl	3/8 cup	280	48	364	8	2	0	19	31	2	1	26	40	0
*Chicken, Rotisserie style	1 svg (3 oz)	160	50	480	10	3	0	14	3	1	1	0	0	0
*Chicken, Szech/Rice Bowl	3/8 cup	364	52	865	14	3	0	22	39	6	3	239	3117	8
*Chili for hot dog	2 oz	36	6	100	1	1	0	2	3	1	1	10	146	2
*Chili Trky Hotdog, 2 oz chili	sandwich	340	63	1059	16	5	0	16	33	2	4	160	292	4
*Chili with beans	6 oz. svg	217	39	603	9	3	0	15	20	5	3	62	885	10
*Chow Mein	1/2 cup	89	33	504	3	1	0	10	4	1	1	17	135	6
*Cilantro	1 tsp	0	0	1	0	0	0	0	0	0	0	1	59	0
*Cinnamon Toast	1 slice	174	15	221	7	4	0	3	25	1	1	4	178	0
*Cole Slaw	1/3 cup	35	5	53	2	0	0	0	3	1	0	16	55	10
*Cookie, Chocolate Chip	1 oz. cookie	140	18	135	7	4	0	2	19	1	1	9	136	0
*Cookie, M & M	1 oz. cookie	150	20	143	7	4	0	2	20	1	1	5	145	0
*Cookie, Sugar	1 oz. cookie	101	19	141	7	4	0	2	9	1	1	5	145	0
*Corn Bread, Green Chili	1/48 PAN	289	33	558	11	5	0	5	46	1	1	66	175	1
*Corn Bread, with honey	1/48 PAN	289	33	556	11	5	0	5	46	1	1	63	172	0
*Corn Dog, lite,Foster Farms	1 corn dog	210	15	740	6	2	0	12	27	1	3	40	0	0
*Corn on the cob	cob	46	5	15	2	1	0	1	7	1	0	2	132	2
*Corn with Peppers (Taco Bar)	1/2 cup	99	0	380	1	0	0	2	21	3	0	25	65	9
*Corn; canned, yellow	1/2 cup	80	0	310	1	0	0	2	17	2	0	20	0	4
*Cous Cous, Herbed Corn	1/2 cup	126	0	319	1	0	0	4	26	2	0	17	22	2
*Cracker, graham goldfish	1 package	120	0	50	5	1	0	1	19	2	1	100	0	0
*Cranberry Sauce	125 oz	64	0	0	0	0	0	0	16	1	0	2	11	3
*Cranberry sauce: canned,swtnd	1 TB	28	0	5	0	0	0	0	7	0	0	1	8	0
*Cucumber slices	1/2 cup	8	0	1	0	0	0	0	2	0	0	8	55	1
*Dinner Roll, wheat GN	1 roll	70	0	80	2	1	0	2	12	1	1	0	0	0
*Dressing, French	1 Tb	35	0	135	1	0	0	0	7	0	1	0	50	0
*Dressing, Italian fat free	1 Tb	10	0	141	0	0	0	0	2	0	0	0	0	0
*Dressing, Ranch-ELEM	1 TB	55	5	125	6	1	0	1	1	0	0	0	0	0
*Dressing, Ranch-SEC	Tb	40	0	130	4	1	0	0	1	0	0	0	0	0
*Egg and Cheese Tortilla	1 wrap	190	190	490	10	4	0	10	16	0	2	98	366	0

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*Egg Roll, Turkey	1 roll	240	120	600	10	3	0	13	25	2	3	45	854	10
*Egg Salad	1/2/cup	300	375	600	26	6	0	11	9	0	1	30	600	0
*Egg Salad on bun	1 sandwich	440	375	890	27	6	0	15	37	1	2	110	600	0
*Eggs, scrambled	1/4 cup	91	194	154	7	2	0	6	1	0	1	39	289	0
*Enchilada Bake	sq	286	37	374	12	6	0	17	31	7	2	264	777	4
*Energy Bar	bar	272	30	186	9	5	0	5	46	3	2	24	80	0
*Energy Bar-wrapped	bar	272	30	186	9	5	0	5	46	3	2	24	80	0
*Fajita Fixings	1 serving	25	5	12	2	1	0	1	2	1	0	26	477	10
*Fajita Veggies	1/4 cup	12	0	1	0	0	0	0	3	1	0	6	70	16
*Fish Filet	1 4 oz. filet	180	35	340	7	1	0	13	16	1	0	0	0	0
*Fish Sandwich	sandwich	340	45	800	9	2	0	19	49	1	2	80	0	0
*Fish Sandwich w/cheese	sandwich	377	54	943	11	4	0	21	50	1	2	145	86	0
*Focaccia Bread-NC made	squares	124	1	163	3	1	0	3	21	2	1	51	12	0
*French Bread, HS sand. bar	1/3 loaf	428	0	939	3	1	0	17	85	9	5	59	1	44
*French Bread, Whole Wheat ult	1 oz. sl	80	0	176	1	0	0	3	16	2	1	11	0	8
*French Bread, WW-2 sl	2 sl (1 oz)	160	0	352	1	0	0	6	32	3	2	22	0	17
*French Toast, Cinnamon Swirl	1 slice	156	99	276	5	1	0	7	23	0	1	43	142	85
*Fried Rice	1/2 cup	185	89	428	5	2	0	7	27	2	1	41	971	7
*Fries, Baked	1/2 cup	172	0	273	6	0	0	2	27	2	0	0	0	6
*Fruit Punch	4 fl. oz.	60	0	1	0	0	0	0	16	0	0	7	7	60
*Fruit Salad	1/2 cup	135	0	260	3	3	0	0	30	0	0	84	39	1
*Fruit stick .7 oz	1 stick	68	0	15	0	0	0	0	16	2	0	0	0	60
*Garlic Bread	2 oz. pc	216	15	418	7	4	0	7	32	3	2	24	178	17
*Granola	1/3 cup	109	0	74	1	1	0	2	24	1	1	10	372	2
*Grape juice, white-fortified	4 fl. oz	64	0	3	0	0	0	0	16	0	0	333	10	60
*Grapes ,fresh	1/2 cup	31	0	1	0	0	0	0	8	0	0	6	46	2
*Green beans, frz	1/2 cup	19	0	6	0	0	0	1	4	2	1	33	376	3
*Green Beans; canned,cooked	1/2 cup	14	0	169	0	0	0	1	3	1	1	18	236	3
*Greens, mixed	1/2 cup	99	0	4108	0	0	0	2	22	2	1	96	6172	40
*Grilled cheese sand, W.W.	1 sand	316	41	968	14	9	0	20	34	4	1	380	1000	0
*GtG-Asian Chicken Wrap	sandwich	148	21	625	3	1	0	10	22	2	2	53	2720	14
*GtG-Asian Noodle Salad	salad	180	18	427	3	1	0	10	25	2	1	14	1502	23
*GtG-Asian Slaw Salad	salad	110	27	541	2	1	0	10	11	3	1	57	2851	35
*GtG-Baja Salad	salad	288	20	564	8	4	0	15	20	6	3	285	6409	21
*GtG-Beef Barley Soup	3/4 cup	112	27	254	5	2	0	9	7	1	1	19	1547	3
*GtG-Buffalo Chicken Salad	salad	206	78	744	7	2	0	25	9	2	2	60	6265	23
*GtG-Buffalo Chicken Wrap	sand	340	101	963	11	2	0	35	23	1	2	32	596	2
*GtG-Chef Salad	salad	120	123	308	6	3	0	11	6	2	2	162	6185	19
*GtG-Chicken Caesar Salad	salad	199	34	415	11	3	0	15	9	2	2	297	5935	18

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*GtG-Chicken Cilantro Wrap	sand	143	33	253	5	2	0	12	10	1	1	63	864	7
*GtG-Chicken Salad Wrap	sand	208	44	520	8	3	0	16	17	1	1	153	603	8
*GtG-Chipotle Turkey/Ched	sand	195	22	665	8	3	0	13	18	3	2	153	3903	13
*GtG-Creamy chicken pasta sal.	salad	440	40	746	25	4	0	19	33	3	2	26	296	24
*GtG-Dressing, Baja Ranch	Tb	41	0	167	4	1	0	0	1	0	0	1	126	0
*GtG-Dressing, Lofat Caesar	Tb	36	1	125	3	1	0	1	2	0	0	26	19	0
*GtG-Pizza Pasta Salad	salad	405	26	650	9	5	0	23	57	6	4	323	4619	10
*GtG-Salad, Pasta Cr. Chick	salad	435	50	803	28	6	0	19	25	3	2	94	440	27
*GtG-Sm. Turk/Cheese Rollup	sand	260	50	857	16	7	0	12	18	2	1	216	577	3
*GtG-Sub Sandwich-large	sandwich	482	56	1674	11	6	0	29	67	7	4	170	544	34
*GtG-Sub Sandwich-small	sand	241	28	837	6	3	0	15	33	4	2	85	272	17
*GtG-Thai Chicken Salad	salad	228	48	441	11	2	0	19	12	3	2	59	5867	19
*GtG-Three Cheese Wrap	sand	199	35	394	13	8	0	9	12	0	1	230	560	11
*GtG-Tuna Salad Sandwich	sand	247	27	688	13	3	0	16	23	3	1	91	132	2
*GtG-Turkey and Bacon Club	sand	183	27	831	5	1	0	15	21	2	2	23	1794	7
*GtG-Vegetarian Chef Salad	salad	117	215	121	7	2	0	9	6	2	2	109	8378	18
*Ham, Canadian Turkey	2 slices	30	20	300	2	1	0	5	1	0	0	0	0	1
*Ham, sliced deli style	1 oz. slice	30	13	301	1	0	0	5	0	0	0	2	0	0
*Ham, turkey	1 oz slice	36	20	316	1	0	0	5	1	0	1	2	7	3
*Hamburger on bun*	1 sandwich	305	32	398	12	4	0	21	28	1	3	84	0	0
*Hamburger on bun-HS only	1 Sand	410	70	345	24	9	0	22	28	1	3	100	0	0
*Harvest Bar	1/80 pan	228	35	156	11	3	0	2	30	0	1	25	622	1
*Harvest Vegetables	1/2 cup	80	0	105	4	0	0	1	12	3	0	34	5153	13
*Hmong Beef Fried Rice	1 cup	234	161	232	8	3	0	13	25	1	2	33	158	0
*Honey BBQ Sauce	1 oz.	38	0	81	0	0	0	0	10	0	0	4	28	0
*Hot dog, trky on bun-SEC (2)	sand	538	100	1720	27	8	0	23	52	1	5	280	0	2
*Hot dog, turkey ON BUN	1 sandwich	259	50	820	14	4	0	10	22	1	2	140	0	1
*Hot dog, turkey,	2 OZ.	149	50	650	12	4	0	7	2	0	1	100	0	1
*Hot Sauce	Tb	0	0	360	0	0	0	0	0	0	0	1	258	7
*Italian Dunker w/o sauce-Elem	8 svg (K-6)	370	58	697	19	12	0	17	33	3	2	359	562	17
*Italian Dunker w/o sce SEC	6 svg (7-12)	460	67	902	22	13	0	23	44	5	3	477	630	22
*Jelly	1 Tb	50	0	0	0	0	0	0	12	0	0	0	0	0
*Jicama	1/2 cup	23	0	3	0	0	0	1	6	3	0	5	25	12
*Kiwi Fruit, fresh	1/2 fruit	46	0	2	0	0	0	1	11	2	0	26	66	70
*Kohlrabi	1/2 cup	18	0	14	0	0	0	1	4	2	0	0	0	0
*Lasagna	1/24 pan	287	45	467	11	6	0	20	28	3	3	336	746	10
*Lettuce for Taco Salad	1/2 cup	6	0	4	0	0	0	0	1	1	0	9	791	3
*Lettuce leaf	1 leaf	4	0	7	0	0	0	0	1	0	0	9	1777	4
*Lettuce, shredded	1/4 cup	3	0	2	0	0	0	0	1	0	0	4	396	2

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Nutritional Information

Recipe Description	Portion Size	Cal	Chol	Sodium mg	Total Fat gram	Sat Fat gram	Trans Fat gram	Protein gram	Carb gram	Fiber gram	Iron mg	Calcium mg	Vit A IU	Vit C mg
*Lettuce/Cabbage mix-shredded	1/2 cup	7	0	5	0	0	0	0	2	1	0	12	127	7
*Macaroni and Cheese	1/2 cup	288	40	563	14	8	0	14	26	1	1	260	405	0
*Macaroni and Cheese-HS & MS	cup	274	5	562	5	2	0	8	49	2	2	10	0	0
*Mandarin oranges	1/2 cup	46	0	6	0	0	0	1	12	1	0	14	1061	43
*Marinara Sauce, 1 oz	1 oz	16	0	127	1	0	0	0	3	0	0	9	173	3
*Marinara Sauce, 1/3 cup	1/3 cup	42	0	330	2	0	0	1	7	1	1	24	449	7
*Marinara Sauce-1/2 cup	1/2 cup	70	0	550	3	0	0	2	11	2	1	40	750	12
*Marinara Sauce-3/4 cup	3/4 cup	97	0	761	3	0	0	3	15	3	1	55	1037	17
*Mashed Potatoes	1/2 cup	114	0	37	0	0	0	3	24	1	0	31	0	38
*Mashed Potatoes-Garlic	1/2 cup	162	2	281	3	0	0	4	24	1	0	47	24	38
*Meatballs	2	113	23	300	6	2	0	11	3	0	2	40	0	0
*Meatloaf	3.5 oz. sl.	233	110	445	13	5	0	20	8	0	2	67	122	1
*Meatsauce, cp	cup	227	56	796	12	4	0	18	14	4	4	58	2576	14
*Meatsauce-1/2 cup	1/2 cup	110	28	367	6	2	0	9	6	2	2	23	1282	6
*Meatsauce-1/3 cup	1/3 cup	73	19	245	4	1	0	6	4	1	1	15	855	4
*Meatsauce-3/4 cup	3/4 cup	165	42	551	8	3	0	13	10	3	3	34	1923	10
*Mexican Rice	1/2 cup	145	1	429	1	0	0	3	30	2	1	20	157	2
*Milk, 1% Schroeders	8 fl. oz	110	15	125	3	0	0	8	13	0	0	300	500	2
*Milk, average of 1%, skim, ch	8 fl. oz	110	8	143	1	0	0	8	18	0	0	300	500	2
*Milk, Choc. skim-Schroeder	8 fl. oz.	130	5	230	0	0	0	8	23	0	0	300	500	0
*Milk, red. lactose	8 fl. oz.	80	4	125	0	0	0	8	13	0	0	500	500	0
*Milk, strawberry; skim	8 fl. oz.	130	5	130	0	0	0	8	23	0	0	300	500	0
*Milk, weighted average	8 fl. oz.	114	8	119	2	1	0	8	17	0	0	282	470	1
*Milk,Skim	8 fl. oz.	80	4	125	0	0	0	8	13	0	0	300	500	2
*Miracle whip packet	1 packet	30	4	105	3	0	0	0	2	0	0	0	0	0
*Mixed fruit	1/2 cup	80	0	5	0	0	0	1	18	1	0	0	200	1
*Mixed Fruit, cup	3/8 cup	51	0	4	1	0	0	1	13	1	6	6	100	3
*Mixed Vegetables	1/2 cup	28	0	21	0	0	0	1	6	2	0	11	2234	5
*Mozzarella, shredded	1/4 cup	72	18	175	5	3	0	7	1	0	0	222	136	0
*Munchies, multi grain	1 bag	130	0	250	4	1	0	2	20	1	2	0	500	6
*Mushrooms, canned	1 Tb	6	0	100	0	0	0	1	1	0	0	0	0	0
*Mustard: individual PC	1packet	3	0	56	0	0	0	0	0	0	0	4	0	0
*Nacho St. Paul with meat	1 entree	229	13	500	10	4	0	4	31	3	1	102	947	5
*Nacho St. Paul with beans	1 entree	364	13	870	11	4	0	10	53	9	3	142	947	5
*Noodles, Chow Mein	Tb	15	0	12	1	0	0	0	2	0	0	1	0	0
*Olives, black	Tb	10	0	73	1	0	0	0	1	0	0	7	34	0
*Omelet	1 omelet	130	187	266	11	3	0	7	1	0	1	57	425	0
*Onion, diced	3 tsp	1	0	0	0	0	0	0	0	0	0	1	0	0
*Onion, slice	1 slice	4	0	0	0	0	0	0	1	0	0	2	0	1

Saint Paul Public Schools  
Nutritional Information

Recipe Description	Portion Size	Cal	Chol	Sodium mg	Total Fat gram	Sat Fat gram	Trans Fat gram	Protein gram	Carb gram	Fiber gram	Iron mg	Calcium mg	Vit A IU	Vit C mg
*Orange Juice	4 fl. oz.	60	0	1	0	0	0	1	15	0	0	150	12	60
*Orange wedges, fresh	6 wedges	62	0	0	0	0	0	1	15	3	0	52	295	70
*Orange, fresh	1 Orange	62	0	0	0	0	0	1	15	3	0	52	295	70
*Pancakes	3 pancakes	218	0	683	4	0	0	6	42	2	2	151	71	0
*Parfait, Fruit and Yogurt-Ch	1 serving	209	7	78	2	1	0	5	45	0	0	157	301	1
*Parfait, Fruit and Yogurt-Str	1 serving	188	5	71	1	1	0	5	41	1	0	160	27	25
*Parmesan cheese	1 Tb	21	4	85	1	1	0	2	0	0	0	63	32	0
*Pasta (Pasta Plus)	3/4 cup	118	0	16	1	0	0	6	22	2	1	13	0	0
*Pasta (Whole Grain)	3/4 cup	116	0	1	1	0	0	4	24	3	0	1	0	0
*Pasta Salad	1/2 cup	232	0	395	12	1	0	6	26	3	2	29	3240	14
*Pasta w/meatsauce HS	1 svg	306	28	820	7	2	0	16	45	3	4	61	441	9
*Pea pod	1 pod	1	0	0	0	0	0	0	0	0	0	1	37	2
*Peach, cup	3/8 cup	54	0	5	0	0	0	1	15	1	0	4	175	2
*Peaches, canned; lite syrup	1/2 cup	70	0	10	0	0	0	0	17	0	0	0	300	1
*Peanut Butter & Jelly Bar	1 bar	318	1	271	20	4	0	10	29	2	2	16	2	0
*Peanut butter & jelly sand	1 each	320	0	150	17	3	0	11	36	2	0	0	0	0
*Peanut Butter, smooth	1 oz	167	0	130	14	3	0	7	6	2	1	12	0	0
*Peanuts	1 Tb	83	0	115	7	1	0	3	3	1	0	8	0	0
*Pears, cup	3/8 cup	57	0	5	1	0	0	1	15	2	0	5	2	1
*Pears,diced ,light syrup	1/2 cup	80	0	15	0	0	0	0	19	1	0	0	0	0
*Peas	1/2 cp	42	0	4	0	0	0	3	7	2	2	47	1049	18
*Peas, scallions, cilantro	1 serving	6	0	2	0	0	0	0	1	0	0	9	171	3
*Peas, Sugar Snap	1/2 cup	44	0	32	1	0	0	0	7	2	2	38	273	56
*Pepper, Green, Sweet	1/2 cup	15	0	2	0	0	0	1	4	2	0	5	275	60
*Pepper, jalapeno; canned	1 Tb	2	0	142	0	0	0	0	0	0	0	2	145	1
*Pepper, Red, Sweet	1/2 cup	19	0	1	0	0	0	1	5	2	0	5	2325	142
*Pepperoni, beef	1 oz. (18 sl)	138	29	463	12	4	0	6	0	0	0	6	0	0
*Pickle slices	2 slices	1	0	92	0	0	0	0	0	0	0	0	0	0
*Pineapple cup	3/8 cup	94	0	3	1	0	0	1	20	1	10	10	5	5
*Pineapple salsa	1 oz. serv	37	0	1	0	0	0	0	10	0	0	8	36	6
*Pineapple Tidbits	1/2 cp.	70	0	10	0	0	0	1	17	1	1	20	100	9
*Pita Bread	1 pita bread	170	0	400	2	0	0	5	34	2	2	60	0	0
*Pizza, Elem. Cheese	slice	330	32	757	12	7	0	18	39	4	3	415	544	5
*Pizza, Elem. Hawaiian	slice	344	37	825	12	7	0	19	41	4	3	417	556	6
*Pizza, Elem. Pepperoni	slice	354	38	839	14	8	0	19	39	4	3	416	545	5
*Pizza, Elem. Veggie	slice	333	32	757	12	7	0	18	40	4	3	417	567	10
*Pizza, HS Cheese, round crust	slice	293	36	696	10	6	0	19	31	2	1	457	690	6
*Pizza, HS Hawaiian round crus	slice	322	46	848	11	6	0	21	35	2	1	461	710	8
*Pizza, HS pepper-round crst	slice	348	48	881	15	7	0	21	31	2	1	459	690	6

Saint Paul Public Schools  
Nutritional Information

Recipe Description	Portion Size	Cal	Chol	Sodium mg	Total Fat gram	Sat Fat gram	Trans Fat gram	Protein gram	Carb gram	Fiber gram	Iron mg	Calcium mg	Vit A IU	Vit C mg
*Pizza, HS sausag-round crst	slice	331	43	793	14	7	0	20	31	2	1	465	690	6
*Pizza, HS Veggie, round crust	slice	295	36	696	10	6	0	19	32	2	1	458	708	11
*Pizza, MS. Cheese	slice	407	45	939	15	9	0	24	44	5	3	578	681	5
*Pizza, MS; Hawaiian	slice	423	50	1015	16	9	0	25	47	5	3	580	693	6
*Pizza, MS; Pepperoni	slice	435	52	1032	18	10	0	25	44	5	3	579	681	5
*Pizza, MS; Sausage	slice	454	54	1059	20	10	0	26	45	5	3	588	681	5
*Pizza, MS; Veggie	slice	410	45	939	15	9	0	24	45	5	3	580	707	11
*Potato Fixings	1 serving	39	10	20	3	2	0	1	2	0	0	41	112	1
*Potato Triangle	2 oz.	100	0	300	5	2	0	1	13	1	0	0	0	6
*Potato, baked-med	1 potato	161	0	17	0	0	0	4	37	4	2	26	17	17
*Potatoes, roasted w/rosemary	1/2 cup	129	0	143	3	0	0	3	23	3	1	18	5	26
*Pretzels	.75 oz	107	0	385	1	0	0	3	22	1	1	5	0	0
*Pudding	1/4 cup	37	0	28	1	0	0	0	6	0	0	16	0	0
*Raisins, indiv. box	1.4 oz. bx	119	0	4	0	0	0	1	31	1	1	20	2	1
*Ranch dressing, red. cal	1 Tb	35	5	75	4	1	0	0	1	0	0	0	0	0
*Ravioli	cup	270	30	720	8	4	0	15	33	3	3	0	300	1
*RELISH: individual PC	1 packet	10	0	62	0	0	0	0	3	0	0	0	64	0
*Ribique - no bun	1 ribique	332	50	638	23	9	0	17	15	1	2	38	1616	0
*Ribique Sandwich	sand	442	50	838	24	9	0	20	35	2	3	58	1616	0
*Rice Bowl Toppings	svg	19	0	23	0	0	0	1	4	2	0	20	6257	9
*Rotini Hot Dish-Elem	1/2 cup	176	34	433	7	3	0	13	15	3	2	73	1395	7
*Rotini Hot Dish-SEC	3/4 cup	267	51	658	11	4	0	20	23	4	3	121	2099	10
*Sage Dressing	1/4 cup	143	17	519	7	4	0	3	17	1	1	30	212	0
*Salad greens	1/2 cup	9	0	15	0	0	0	1	2	1	1	27	3400	12
*Salad, Cheese Chef	salad	233	53	387	18	11	0	14	5	2	1	373	2961	4
*Salad, Chicken Chef	salad	267	81	559	17	9	0	25	6	2	1	253	932	3
*Salad, Entree-asst.	salad	183	130	317	11	6	0	16	6	3	3	255	11693	38
*Salad, Entree-chicken	salad	116	39	109	4	1	0	14	6	3	3	125	10944	37
*Salad, Vegetarian egg/chees	salad	245	237	418	15	8	0	15	13	5	5	283	18312	40
*Salami, turkey	1 slice	19	13	126	1	0	0	2	0	0	0	8	0	0
*Salsa	Tb	30	0	300	0	0	0	0	6	0	1	40	400	2
*Sand. Eng Muff-egg/cheese	1 sandwich	264	156	608	12	4	0	13	26	1	2	324	399	0
*Sand. Eng Muff-ty ham/cheese	1 sandwich	215	33	690	8	4	0	13	25	1	2	175	250	1
*Sand. Grilled smoked turkey	1 sandwich	288	55	1023	12	6	0	15	31	1	2	178	292	4
*Sandwich, BBQ Chicken	1 sandwich	278	48	411	5	1	0	18	38	1	2	92	68	0
*Sandwich, Buffalo Chicken	1 sandwich	295	48	735	8	2	0	19	36	2	3	88	2870	0
*Sandwich, Cheese	1 sandwich	250	25	600	10	6	0	9	31	1	1	230	500	0
*Sandwich, Hoagie	1 sandwich	218	43	859	8	4	0	13	21	1	2	95	250	0
*Sandwich, Hoagie-sum	1 sandwich	221	29	872	6	2	0	13	29	1	2	182	121	0

Saint Paul Public Schools  
Nutritional Information

Recipe Description	Portion Size	Cal	Chol	Sodium mg	Total Fat gram	Sat Fat gram	Trans Fat gram	Protein gram	Carb gram	Fiber gram	Iron mg	Calcium mg	Vit A IU	Vit C mg
*Sandwich, TurkHam/Swiss	1 sandwich	288	43	989	9	4	0	16	35	1	2	175	250	0
*Sauce, Sweet Sour	Tb	25	0	46	0	0	0	0	6	0	0	0	0	0
*Sausage and biscuit	1 biscuit	392	56	669	22	8	0	16	33	1	2	44	29	0
*Scallions	Tb	2	0	1	0	0	0	0	0	0	0	5	62	1
*Seasoned Steak Fries	1/2 cup	103	0	116	2	0	0	3	19	2	1	18	2	12
*Sesame Chicken w/pineappl	3/8 cup	170	38	1496	4	1	0	13	4	0	1	36	69	2
*Sloppy Joe on bun	1 sandwich	331	46	1048	10	3	0	19	40	3	3	111	233	4
*Sloppy Joe-no bun	1/3 cup	191	46	758	8	3	0	15	12	2	2	31	233	4
*Smoked Turkey & Cheese Hoagie	1 sandwich	236	53	1028	9	4	0	16	22	1	2	95	250	0
*Snack, Saltine Cracker	1 pkg	80	0	270	2	0	0	2	13	1	1	0	0	1
*Snack-Dolphin & Friends Crckr	1 bag	110	0	220	5	2	0	2	16	1	1	0	0	0
*Snack-Scooby Gr. Crckr Stick	1 pkg	120	0	115	4	1	0	2	20	1	1	100	0	0
*Soup, Cheese, wisconsin	3/4 cup	221	38	1011	17	9	0	12	6	0	1	346	1332	1
*Soup, Tomato	3/4 cup	102	2	623	1	0	0	5	20	2	0	107	520	4
*Sour Cream, lite	Tb	19	5	10	2	1	0	1	1	0	0	20	46	0
*Southwest Lasagna	squares	355	62	632	13	8	0	17	32	3	2	349	830	3
*Soy Sauce	Tb	10	0	1029	0	0	0	1	2	0	0	3	0	0
*Spaghetti pasta plus	cup	212	0	13	2	0	0	6	38	2	2	8	0	0
*Spanish Rice	1/2 cup	142	6	642	3	1	0	3	27	2	1	31	416	9
*Squash, butternut	1/4 cup	21	0	2	0	0	0	0	5	0	0	21	5717	8
*Sriracha Hot Sauce	Tb	15	0	300	0	0	0	0	3	0	0	0	0	0
*Steak Fries	1/2 cup	76	0	9	0	0	0	3	18	2	1	16	0	11
*Stir Fry Veggies	1/2 cup	81	0	634	3	0	0	1	12	1	0	9	360	3
*Strawberries in Sauce -1/2 cp	1/2 cup	91	0	2	0	0	0	0	24	2	1	18	51	47
*Strawberries in Sauce 1/4 cp	1/4 cup	48	0	1	0	0	0	0	13	1	0	10	27	25
*Strawberry cup	1 container	122	0	4	0	0	0	1	33	2	1	14	31	53
*Strawberry garnish (3)	3 berries	14	0	0	0	0	0	0	3	1	0	7	5	25
*String cheese	1 oz	80	15	200	6	4	0	6	1	0	0	200	200	0
*Sub Sandwich	1 sandwich	259	38	1007	6	3	0	17	34	4	2	85	272	17
*Sun Chips	1 bag	140	0	120	6	1	0	2	18	2	0	0	0	0
*Sweet Potato Casserole	1/2 cup	167	0	15	0	0	0	1	41	5	1	15	120	12
*Sweet Potato Fries	1/2 cup	180	0	200	8	1	0	2	25	3	0	20	8000	1
*Sweet Potato Pie	1/96 pan	119	17	162	3	1	0	2	20	1	0	49	46	3
*Taco (meat & tortilla)	1 taco	120	0	310	4	2	0	3	20	1	1	60	0	0
*Taco fixins: lett, tom, chees	1 serving	3	0	2	0	0	0	0	1	0	0	5	427	2
*Taco Meat	1/4 cup	142	43	476	9	3	0	12	2	1	2	17	316	1
*Taco Salad -lett, cheese, tom	salad	38	8	85	2	2	0	3	1	0	0	88	338	2
*Taco-hard shell	shell	62	0	52	3	1	0	1	8	1	0	13	2	0
*Tangelo, fresh	1 medium	50	0	0	1	0	0	1	15	3	0	40	0	30

Saint Paul Public Schools  
Nutritional Information

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*Tangerine, fresh	1 medium	45	0	2	0	0	0	1	11	2	0	31	572	22
*Tater Tot Hotdish	3/4 cup	211	36	460	11	3	0	11	15	2	1	19	1083	3
*Tater Tots	1/2 cp	160	0	330	8	2	0	2	19	2	1	0	0	9
*Teriyaki Sauce	1 oz.	44	0	914	0	0	0	1	1	0	0	7	1	0
*Thai Peanut Noodle fixings	1 svg	85	0	117	7	1	0	3	4	1	0	13	121	2
*Thai Peanut Noodles	1/2 cup	222	0	445	6	1	0	10	35	3	1	22	0	0
*Toast-SEC	1 slice	151	15	221	7	4	0	3	19	1	1	2	177	0
*Tomato slice	1 slice	3	0	1	0	0	0	0	1	0	0	2	125	2
*Tomato Soup	3/4 cup	120	3	583	0	0	0	7	22	1	1	190	621	36
*Tomato, grape	1/2 cup	16	0	7	0	0	0	1	3	1	6	37	23207	4
*Tomatoes, fresh ripe diced	tsp	1	0	0	0	0	0	0	0	0	0	0	31	0
*Tortilla	1 tortilla	120	0	310	4	2	0	3	20	1	1	60	0	0
*Tortilla chips	1 oz.	132	0	162	5	1	0	2	20	2	1	51	0	0
*Tuna Salad	1 1/2 cup	315	54	780	24	5	0	24	11	2	1	120	150	4
*Turkey, sliced deli style	1 slice	15	6	144	0	0	0	2	1	0	0	1	5	1
*Vegetable Rice	1/2 cup	132	0	379	4	1	0	2	22	1	2	28	3197	3
*Veggies, fresh assorted	1/2 cup	19	0	10	0	0	0	1	4	1	1	19	5710	8
*Waffles, cinn toast	2 slices	195	13	337	7	2	0	3	31	1	4	67	1011	0
*Watermelon	1 wedge	24	0	1	0	0	0	0	6	0	0	6	455	6
*Wild Rice Blend	1/2 cup	143	1	533	1	0	0	4	29	1	1	16	1	0
*Wrap Sandwich, H.S.-Turkey	sand	381	38	1407	18	8	0	17	35	3	1	410	1251	5
*Wrap Sandwich, H.S.-Veggie	sand	524	25	1172	32	9	0	18	40	5	3	410	1251	5
*Wrap Sandwich, Turkey Ham SEC	sand	390	46	1426	20	8	0	17	35	3	1	414	1934	8
*Yogurt, Upstate Farms	4 oz.	100	0	75	0	0	0	3	22	0	0	300	0	1
*Zucchini sticks	1/2 cup	9	0	6	0	0	0	1	2	1	0	8	113	10