

# Marshall County Schools- Child Nutrition Program

## Selected Nutritional Information\* 2015-2016

Item Number	Description	Brand Name	Serving Size	Calories	Fat Grams	Sat Fat	Carbs	Cholesterol	Sodium	Protein	Fiber	Sugar
1004	Beef, Ground	Firervr 7701605	4 oz raw	290	22	9	0	75	65	21	0	0
1006	Beef, Patties	Advance Pierre cn 3842 Est# 2132;	1 patty	130	8	3.5	1	40	85	12	0	0
1007c	Burrito, Beef and Bean Bulk	Butcher Boy 42310001	1 burrito/5 oz.	270	7	2	40	15	520	16	8	1
1011	Chicken, Fajita Meat	Perdue 80300 Est# P-369;	2.58 oz	90	2	0	2	50	580	19	0	0
1011A	Chicken, Diced	Perdue 80921 Est# P-62;	2.86 oz	160	6	1.5	0	75	70	25	0	0
1014	Chicken, Nuggets	Gold Kist CN-6128 Est#P-21;	5 nuggets	219	11	2	13	66	410	17	2	0
1014S	Chicken, Nugget Hot 'N Spicy	Tyson 70374-928	CN=5	260	15	2.5	17	25	390	15	3	1
1015	Chicken Nuggets, BBQ	Pierre 9919 Est# 2132;	4 nuggets	130	3.5	1	9	35	290	16	1	7
1018	Chicken, Patty	Tyson	1 patty/3.4oz	200	10	2	12	12	450	16	1	0
1018S	Chicken, Patty Hot 'N Spicy	Tyson 70312-928	1 patty	230	10	2	15	50	480	21	1	1
1019	Chicken, Patty Unbreaded	Pierre 67033CN Est# P-703;	1 patty/3oz	210	10	3	1	80	320	26	0	1
1019S	Chicken, Patty Hot 'N Spicy Unbreaded	Tyson 70324-928	1 patty	100	3	1	1	40	230	16	0	1
1020	Chicken, Pulled meat	SYSCLS 111429	2 oz	130	1	0.3	0	40	47	18	0	0
1020A	Chicken, Breast Boneless Raw 4 oz.	Sys cls 110134	1 piece	120	1.5	1	0	65	75	26	0	0
1021	Chicken Patty Breaded	AdvPierre 63115CN Est#P-703	1 patty/1.5 oz.	120	8	2	5	50	210	6	0	0

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1024	Corn Dogs, Mini	SysCls	6 mini corn dogs	270	12	3.5	30	40	410	10	5	5
1026	Corn Dogs,Chicken; batter	Foster Farms 95150 Est# P-61378;	1 corn dog	240	8	2.5	30	40	390	9	5	5
1027A	Egg Roll, Chicken	Schwan, Minh 69461 Est# P-5630D;	1 roll/ 3 oz.	160	5	1	20	30	410	10	3	3
1028	Fish, Potato Crunch Breaded	Viking 06533C	1pc/3.6oz	160	6	1	13	50	300	14	0.6	0
1030	Fish, Nuggets	American Pride 53118 Est 041	5 nuggets	312	20	2	20	25	300	12.5	0	0
1035	Ham Sliced To Serve	Sara Lee, Hillshire Farms 5622 Est# 2435;	4 slices	74	2	0.7	1.2	30	646	12.2	0	1
1036	Ham	Morrell 4358 Est.# 17-D;	3 oz	120	7	3	2	45	940	13	0	2
1038	Hot Dogs- Beef	Sara Lee 16719 Est #'s 6911,756A,89A	1 hot dog	170	15	5	3	30	540	6	0	0
1044	Meatballs	Advance Foods CN 3-17-505-0 Est# 2260Y;	5 meatballs	190	14	6	4	35	220	14	1	1
1048	Pepperoni, Sliced CN Label	Hormel 31763	1 oz./20 slices	175	16	8	0	44	588	6	0	0
1049A	Pierogi, Potato Amer Cheese	Mrs. T's 41164-00833	6 pieces	180	5	3	24	50	230	9	3	0
1050	Pork, Rib-B-Q Patty	Advance Fds. CN 44-531-0 Est# 2260T;	1 Patty/2.5 oz.	160	10	3.5	8	30	390	12	1	5
1051	Pork, BBQ, Shredded	Chandler 01000 Est# 2615;	3.1 oz	154.5	7.9	2.6	4.9	53.0	255	15.5	.4	4
1054a	Quesadilla, Cheesiest Con Queso	ConAgra Max 77387-12658 Est# 18338;	4.02 oz/3 Triangles	260	10	2.5	30	10	600	15	4	2
1054b	Quesadilla, Cheese/cheese	Schwan 78372	2/2.20 oz slices	320	12	6	32	40	560	20	3	1
1057	Roast Beef, LS .5oz slices	Hormel 32239	4 oz	140	6	2	0	60	700	22	0	1

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1060	Sausage, Patties	Pierre 3850 Est# 2132;	1 patty	250	6	2	1	20	240	6	0	0
1062	Steak, Hoagie	AdvancePierre Steak Eze 6140 Est 19692	1 steak	280	20	8	0	75	70	22	0	0
1064	Steak, Salisbury	Advance Fds CN 16-530-0 Est# 2260Y	1 steak/3 oz.	200	14	6	4	45	350	14	1	1
1067	Turkey Roasts, Raw Boneless	Perdue 20031E Est# P-369;	3.35 oz	109	3.4	.8	1.7	38	611	18	0	1
1516	Pizza, French Bread Cheese	Nardone 60 WUM Est# 5137A;	1 slice	310	11	6	33	30	380	23	3	4
1518	Pizza, French Bread, Pepperoni	Schwans 78357	1 slice	310	12	4.5	34	25	680	17	3	4
1520	Pizza, Stuffed Crust Cheese	ConAgra Max 12716	1 slice/4.8 oz	290	8	2.5	38	10	600	16	3	5
1521	Pizza, Stuffed Crust Pepperoni	Gilardi 201148	1 slice/4.5oz	300	11	5	35	30	650	17	4	4
1526	Pizza, Pepperoni 4*6	Schwan Tony's 78674	1 slice	290	11	4	33	15	620	15	4	14
1534	Pizza, Deep Dish 5" Cheese	Tonys 72580	1 slice	300	9	2.5	36	10	430	17	3	10
1536	Pizza, Deep Dish 5" Pepperoni	Tonys 72581	1 slice	310	10	3	35	15	470	17	3	9
1538	Pizza, Pepperoni, Wedge	Nardone 96 SWWEDP2 Est#5137A	1 slice/4.95 oz.	300	11	3	30	25	410	22	4	7
1542	Pizza, 4"x6", cheese:	Schwan Tony 78673	1 slice	290	11	4	34	15	540	15	4	15
2000	Cereal, Apple Jacks, Bowl Pack	Kelloggs - Apple Jacks, Reduced sugar 78787	1 bowl	110	1	.5	24	0	160	2	3	8
2001A	Cereal, Chex, Rice Bowl Pack	Gen Mills - Rice Chex 31921-6	1 bowl	100	0.5	0	24	0	250	2	4	2
2002	Cereal, Cheerios, bowl pack	General Mills - Multi-grain Cheerios 32263 6	1 bowl	100	1	0	23	0	115	2	2	6

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2004	Cereal, Cinnamon Toast Crunch, bowl pack	General Mills -Cinnamon Toast Crunch 11815 4	1 bowl	110	3	0.5	22	0	160	1	2	8
2014	Cereal, Fruit Loops, bowl pack	Kelloggs - Froot Loops 78788	1 bowl	110	1	.5	24	0	170	2	3	8
2019	Cereal, Rice Krispies, Bowl Pack	Kellogg's - Rice Krispies 38000-78789	1 bowl	100	1	0	23	0	170	2	0	1
2030	Cereal, Frosted Mini Wheats, Original, Bowl Pack	Kellogg's Frst Mini Wht 380000-4996	1 bowl 28 g	100	0	0	24	0	0	3	3	6
2030A	Cereal, Frosted Mini Wheats-Chocolate, Bowl Pack	Kellogg's Frst Mini Wht Choc 38000-45861	1 bowl 28 g	100	1	0	23	0	105	3	3	6
2036	Breakfast Kit Pop - Tart Brown Sugar	ES Food 61234 Pop - Tart Brown Sugar	1 Kit	340	5.5	2.0	70	0	340	3	4	33
2036A	Breakfast Kit Bar-Cinnamon Toast Crunch	Breakfast Break 61235 CTC Bar	1 kit	330	7.5	0.5	65	0	240	5	5	27
2201	Bagel, Cinnamon Raisin IW	Lenders 0486	1 bagel	170	1.5	0	33	0	150	7	5	8
2201A	Bagel, Plain Sliced IW	Lenders	1 bagel	140	1		29	0	180	6	4	5
2203	Bars, Cereal WG Cocoa Puffs	General Mills 45577	1 bar	150	3	0.5	30	0	110	3	11	9
2203A	Bars, Cereal Team Cheerios	General Mills 100-16000-31914-8	1 bar	150	3	0.5	30	0	90	2	12	9
2203B	Bars, Cereal Trix	General Mills 100-16000-31915-5	1 bar	150	3	0.5	30	0	105	2	10	9
2203C	Bars, Cereal Cinnamon Toast Crunch Red Sugar	General Mills 100-16000-45576-1	1 bar	150	3	0.5	30	0	115	3	12	8
2204	Breakfast ,Bagel IW	Schwan's Tony's 78363 Est#P17237	1 bagel	160	4	1.5	22	10	400	10	2	5
2204A	Breakfast Bar, Cranberry/Orange	Redi-Bake 40450	1 bar	140	4	1.5	24	0	105	2	3	10

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2204B	Breakfast Bar, Oatmeal Spice	Redi-Bake 40451	1 bar	140	4	1	24	0	120	2	3	10
2204C	Breakfast Bar, Maple Brown Sugar	Redi-Bake 40452	1 bar	140	4	1	24	0	115	2	3	10
2205	Breakfast Bar, Ban/Choc	Redi-Bake 40402	1 bar	280	8	3	48	15	220	5	3	23
2206	Breakfast Bar, Chocolate Chip	Redi-Bake 40401	1 bar	290	9	3	47	20	240	5	3	22
2207	Breakfast Bar, Oatmeal Raisin	Redi-Bake 40400	1 bar	290	9	3	48	20	190	5	3	22
2207A	Breakfast breads Banana IW	Super Bakery 6071	1 slice	280	10	2	44	0	220	5	2	25
2207B	Breakfast breads Zucchini IW	Super Bakery 6072	1 slice	270	10	2	43	0	220	5	2	25
2207C	Breakfast bread Pumpkin IW	Super Bakery 6073	1 slice	270	10	2	43	0	220	6	2	24
2208	Breakfast, Pizza Sausage	Nardone 80 WSA 100 EST#5137A	1 slice/3.25oz	210	10	2	21	15	320	10	2	5
2208B	Breakfast, Pizza Bacon Scramble	Nardone 80WBCA1 Est#5137A	1 slice	190	8	2	20	45	300	10	2	4
2209	Breakfast, Pizza, Red Sauce	Tasty Brands 55302	1 slice	150	6	2	17	35	310	7	2	3
2213	Churro, Apple WG IW	Tiopepe 41117	1churro	150	4	1	27	0	60	3	1	9
2213A	Churro, Raspberry Bulk	TioPePep 41112	1churro	160	4	1.0	28	0	60	3	1	9
2215	Danish, Apple, IW	Hadley Farms 1052IW	1 / 1.5oz.	110	4	1	18	5	135	3	2	4
2228	Elfin Loaf, Banana	Super Bakery 6056	1 loaf/2 oz.	180	6	1	30	10	170	3	2	17
2230	Elfin Loaf,Blueberry	Super Bakery 6055	1 loaf/2 oz.	170	6	1	29	10	180	3	2	16
2241D	Muffin, Blueberry	Super Bakery 9050	1	180	6	1	27	0	135	3	1	14

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2245	Pancake On A Stick	Foster Farms 95127 Est#P6137B (maple)	1	240	15	4.5	18	25	360	7	2	4
2246	Pretzel Stick, Cinnamon Filled	J&Jsnacks 34153	1	150	2.5	1.0	30	5	115	4	3	8
2248	Pretzel Stick, Strawberry Cream Cheese	J&Jsnacks 34173	1	150	4.5	2.5	24	10	135	4	2	3
2249A	Frudel Cherry	General Mills 18000-27851	1	210	6	1.5	37	0	290	5	2	11
2249B	Frudel Apple	General Mills 18000-27852	1	210	6	1.5	36	0	280	5	2	11
2251A	Rolls, Cinnamon 2 oeg	General Mills 133686000	1 roll	240	8	2	40	0	300	5	2	15
2251B	Rolls, Sweet 1oeg	Hadley Farms 1370 IW	1 roll	130	4	1	22	0	130	3	2	7
2252	Waffles, Chocolate Chip	Smuckers 51500-33662	1 bag/2.4oz	250	7	2	43	25	290	5	4	20
2254	Waffles, Cinnamon	Smuckers 51500-33660	1 bag	240	7	1.5	41	30	310	5	4	19
3029	Rice, Fried Vegetable WG	Minh 69074	2.95oz Serving	135	1.8	0.3	27.5	0	225	3	1.5	2
3226	Beans, Refried	Casasol 5882311	1/2	110	0.5	0	20	0	330	7	3	1
3507	Potato, Crinkle Cut	Ore IDA OIF00055A	2.54oz.	110	2.5	0	17	0	20	2	2	0
3511	Potato, Pearls (Mashed)	Basic American Excel 76468	4.16 oz	70	1	0	15	0	340	1	1	1
3512	Potato, Tater Tot	McCain, Ore-Ida OIF00215;	2.52 oz	130	6	1	16	0	310	2	2	0
3520	Potato, Wedges	McCain OIF 00024A	2.69 oz	90	2.5	0	15	0	30	2	2	0
3522	Potato,Smiles	McCain	4 pieces=1/2 cup	130	4.5	0.5	20	0	180	2	2	0
3524	Potato, Sweet Fries- Criss cut	Lamb Weston	2.21oz	110	4	0	17	0	135	2	2	4

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5003	Breadsticks Whole Wheat	AdvancePierre 133918	1 stick/1.2oz.	80	1	0	17	0	170	3	1	3
5004	Dough, Roll	Rich's 13918	1 roll	170	3	0.5	28	0	135	7	3.4	3
5005A	Croissant, Sliced	Hadley Farms 139	1 croissant	190	8	3.5	26	5	270	5	2	3
5006	Dough Pizza 12*16	Richs 11108	1 - 12 cut	126	1.5	0	24	0	184	5	2	2
5007	Bun, WG Gourmet Pretzel Roll	JJSnack 7051	1 bun	160	2.5	1	29	0	0	5	3	2
5008	Macaroni, Elbow	Dakota 6738792009	1 c	210	1.5	0	41	0	0	7	4	2
5010	Macaroni, Rotini	Dakota 67387920201	1 c	210	1.5	0	41	0	0	7	4	2
5011A	Macroni, Penne	Dakota 6738792010	1 c	210	1.5	0	41	0	0	7	4	2
5012	Nacho Chips	Mission	13 chips	140	7	3	17	0	150	2	2	0
5017	Noodles, Egg	Dakota	1 c	210	2.5	0	39	55	15	5	4	2
5020	Wrap, Wheat Tortilla Soft 8"	Fthrsam 01119	1 wrap	130	4	1	22	0	270	4	3	0
5021	Wrap, Wheat Tortilla Soft 6"	FatherSam 01102	1 wrap	80	1.5	.5	15	0	180	3	1	0
5022	Spaghetti	Dakota	2 oz.	210	1.5	0	41	0	0	7	4	2
5565	Cream Cheese, Strawberry	Phil 2.10007E+11	1 oz	70	4.5	3	2	5	115	2	0	6
5584	Yogurt- Banana/Strawberry	Yoplait 70470-17726-7	1	100	0.5	0.5	20	<5	50	3	0	14
5585	Yogurt--Raspberry	Yoplait 70470-17725	1	100	0.5	0.5	20	<5	50	3	0	14
5586	Yogurt- Cherry	Yoplait 70470-31077	1	100	0.5	0.5	20	<5	50	3	0	14

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5589	Yogurt Vanilla Parfait Pro	Dannon	4oz	100	.75	0.5	19.5		52	3.5		14
6004	Bars, Nutri Grain Apple Cinnamon	Kellogg's 38000-59779	1 bar	160	4	0	30	0	130	2	3	14
6010	Bars, Nutri Grain Strawberry	Kellogg's 38000-59772	1 bar	160	4	0.5	29	0	150	2	3	14
6034	Cheese, Nacho	Sys rel33319	1/4 c	70	5	1	4	0	450	1	0	1
6035B	Cookies, Grahams, Chocolate	Kellogg's 40239	1 pack	120	4	1	20	0	125	2	2	7
6035C	Cookies, Grahams, Orginal	Kellogg's 40213	1 pack	120	4	1	21	0	105	2	1	8
6035D	Cookies, Cinnamon	Kellogg's 40221	1 pack	120	4	1	21	0	105	2	1	8
6046	Crackers, Cheddar	Kellogg's Sunshine 79263	1 pack	100	3.5	1	14	<5	150	2	1	0
6046b	Crackers, Snack Mix Choc&Carmel	General Mills 14501	1 bag	120	4	1	21	21	65	2	2	7
6054a	Doritos, Nacho Flavor	Doritos 31748	1 bag/1oz	130	5	1	19	0	220	2	2	0
6054B	Doritos, Cool Ranch	Doritos 36096	1bag/ 1 oz	130	5	1	19	0	160	2	2	1
6057	Dressing, Bernard Ranch	Bernard Foods	2 tbsp.	100	5	1.5	2	5	190	1	0	1
6103	Gravy, Brown Low Sodium	Trio BG 11250795	1/8 cup	13	0.3	0	2.5	0	70	0.5	0	0
6104	Gravy, Mix Poultry Low Sodium	Trio PG 38482	1/8 cup	20	0.5	0	3	0	65	0	0	0
6106	Gravy, Turkey	Pioneer 92076	1/8 cup	7.5	0	0	1	0	100	0	0	0
6128	Snack, Rice Cereal Marshmlw Square	Super Bakery	1	160	3.5	1.5	30	0	60	2	0	15
6160	Soup, Tomato	Cambell's 00016	1 cup	90	0	0	20	0	480	2	1	12



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8000	Juice, Apple	Ardmore 41381	4 oz	60	0	0	14	0	15	0	0	13
8002	Juice, Grape	Ardmore 41382	4 oz	80	0	0	18	0	15	1	0	18
8004	Juice, Orange	Ardmore 41380	4 oz	50	0	0	13	0	15	1	0	11
8009A	Juice, Berry 6.75 oz	Juicy Juice 28000877+	6.75 oz	100	0	0	24	0	15	0	0	23
8020	Juice Bars, Orange	J&J Snack Fds 23050200	1-2oz bar	40	0	0	10	0	5	0	2	7
8024	Sherbet, Lime	J&J Snacks, Luigi 38442	4 oz.	110	1.5	1	23	5	20	0	0	19
8026	Sherbet, Orange	J&J Snacks, Luigi 38440	4 oz.	110	1.5	1	23	5	20	1	0	19
8028	Sherbet, Raspberry	J&J Snacks, Luigi 38441	4 oz.	110	1.5	1	23	5	20	0	0	19
D269	Chicken, Fajita Strips		3.40 oz	122	4	2	2	74	606	18	0	1
D273	Chicken, Strips Unseasoned		2.50 oz	84	4	2	0	46	176	12	0	0
D416	Meatballs		CN=5 (2.80 oz)	162	10		5	38	234	13	1	1

*Wednesday, September 30, 2015*

*\*Disclaimer- Marshall County Board of Education strives to keep the information up to date and accurate : however, nutrition information is always subject to change. This document is an ongoing work in progress and products and continually added.*