

2015-16

HARLEM MIDDLE AND HIGH SCHOOLS NUTRITIONALS

NK Recipe	Recipe Description	Portion Size	Cals	g Protn	g Carb
or reference					
	Apple, Ea. 113 ct.	ea.	72	0.4	19.1
	Apple Pack, 2 oz	ea	30	0.0	7.0
	Applesauce	1/2 cup	97	0.5	24.8
741	Bacon, 2 slices	2	80	4.0	0.0
589	Bagel, Plain, White Whole Grain oz	1 ea	140	6.0	29.0
fx 388983	Bagel, Brkfst, Turkey WG	1 ea	180	9.0	23.0
	Banana,	ea.	115	1.4	29.6
628	Bean, Texas Caviar Salad	1/2 cup	106	5.0	20.7
277	Bean, Vegeterian/Tomato Sauce	1/2 cup	110	6.0	20.0
748	Beans, Garbanzo, can	1/2 cup	110	7.0	20.0
486	Biscuit/Gravy	serving	354	4.0	35.5
235	Bosco Stick, Cheese Filled	1 ea	230	12.0	28.0
644	Bosco, Whole Grain, Light Cheese Pizza	1 piece	340	21.0	42.0
645	Bosco, Whole Grain, Lt. Cheese/ pep. Pizza	1 piece	365	23.5	42.5
784	Breadstick, French, WG	1 ea	90	3.0	17.0
799	Breadstick, Pretzel/Cheese WG	1 ea	200	8.0	27.0
258	Broccoli Cuts, Frozen	1/2 cup	26	2.8	4.9
256	Broccoli, Fresh	1/2 Cup	15	1.2	2.9
749	B.B.Q. Sauce, pkt	12 gm	15	0.0	4.0
452	Carrots, Baby, 2 oz	1/2 cup	20	0.5	5.0
	Carrots, Steamed	1/2 cup	35	1.0	8.0
446	Catsup	9 gm pkg	10	0.0	3.0
	Cauliflower, Fresh	1/2 cup	13	1.0	2.7
	Celery Sticks	1/2 cup	7	0.4	1.5
varies	Cereal	serving	80	1.0	19.0
442	Cheese, String	1 oz	60	7.0	1.0
750	Cheese Slice, American RF	.5 oz	35	3.5	1.0
114	Cheeseburger/Bun	1 ea	275	21.5	30.0
792	Chicken Alfredo	1 cup	336	21.0	36.0
178	Chicken Brst, Breaded on Bun/salad drsg :	1 ea	346	18.0	41.0
627	Chicken Brst, Hot 'n' Spicy on bun	1 ea	400	19.0	45.0
626	Chicken Brst, Unbreaded on Bun	1 ea	240	19.0	29.0
694	Chicken Fajitas (2)	2	360	17.0	41.0
764	Chicken Nugget, Tyson/ HS	7	368	22.7	22.7
798	Chicken Nugget, Goldkist/ HS	7	287	19.6	16.8
745	Chicken Slider Sandwich (2)	2 ea	411	22.2	48.2
213	Chicken Tender Strip, Goldkist	5 ea	355	22.9	21.2

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550	Chicken Tender, WG Tyson	4 ea	344	20.0	21.3
717	Chicken 'n' Spud Bowl	serving	626	21.4	71.5
693	Chicken, Sweet/Sour on WG Rice	serving	308	15.5	49.4
512	Chili	8 oz cup	253	9.1	33.9
687	Chili Mac	8 oz cup	252	15.4	35.8
672	Chili, Vegeterian	8 oz cup	231	13.9	43.8
584	Cinnamon Roll, Iced 2.25 oz	1 ea	207	4.0	36.3
fx 372186	Cookie, Sugar, Whole Grain	1 ea	142	1.9	24.1
fx 200561	Cookie, Brownie Whole Grain	1 ea	150	2.0	28.0
fx 403579	Cookie, Choc Chip, Whole Grain	1 ea	140	2.2	24.0
fx 294158	Cookie, Carnival, Whole Grain	1 ea	170	2.0	28.0
765	Corn Dog, Whole Grain	1 ea	240	11.0	33.0
	Corn, Whole Kernel	1/2 cup	96	3.2	20.3
520	Cream Cheese Cup	1 ea	80	1.0	2.0
	Cucumber Slices	1/8 cup	5	0.2	1.3
gfs 187178	Dressing, Salad. Pkt	12 gm	40	0.0	2.0
gfs 135921	Dressing, Italian	1.5 oz	100	0.0	5.0
gfs 135871	Dressing, Italian, Lite	1.5 oz	80	0.0	5.0
fox 240055	Dressing, Ranch	1.5 oz	240	1.0	2.0
gfs 135641	Dressing, Ranch Fat Free	1.5 oz	25	1.0	4.0
gfs 195707	Dressing, Ranch Lite	1.5 oz	100	0.0	1.0
503	Dressing, Southwestern	1.5 oz	95	0.2	6.3
698	Egg Roll	each	80	0.8	6.5
240	Fish & Cheese/Bun	1 each	368	24.0	43.2
494	French Toast, Cinn Glazed, WG	1 ea	200	7.8	25.0
630	French Toast Sticks (3),	3 ea	208	7.7	26.0
	Fruit,Frozen(Ridgefield), 100%	ea	80	0.0	20.0
532	Garlic Bread/ Texas Toast	1 ea	151	3.0	20.0
	Grapes,fresh	1/2 cup	64	0.7	16.8
281	GRAVY, CHICKEN GFS	2 OZ	40	0.7	6.0
	Green Beans, frz	1/2 cup	26	0.6	15.9
	Green Peppers, Frsh	1/2 cup	15	0.8	3.4
480	Grilled Cheese	1 EA	282	20.1	30.5
795	Grillwurst/Bun	1 EA	283	12.0	22.5
1002	Hamburger / Bun	1 ea	240	18.0	29.0
87	Hot dog/Bun	1 each	233	11.0	25.5
319	Huskie deluxe bacon burger/top	1 each	330	25.2	30.7
gfs 362081	Ice Cream, Fudge bar	1 each	130	5.0	25.0

HARLEM MIDDLE AND HIGH SCHOOLS NUTRITIONALS

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gfs 751294	Ice Cream, Orange Sherbet Tube	1 each	90	0.0	22.0
gfs 587494	Ice Cream, Choc, LT	1 each	100	2.0	19.0

gfs 596302	Ice Cream, Choc Sundae Cup	1 each	100	2.5	18.0
gfs 602382	Ice Cream, Chry/Blue Sorbet	1 each	70	0.0	18.0
gfs 627440	Ice Cream, Ice Crm Sandwich LF	1 each	130	3.0	25.0
gfs 787880	Ice Cream, Choc Crunch Bar	1 each	160	3.0	25.0
fox 201165	Ice Cream, Helados Fruit Bar	1 each	80	0.0	21.0
fox 657001	Ice Cream, Vanilla Yogurt Cup	1 each	90	3.0	18.0
	Juice, Apple Cherry, 100%	4 oz	60	0.0	14.0
	Juice, Apple, 100%	1/2 cup	60	0.0	14.0
	Juice, Grape Juice, 100%	4 oz	75	0.0	19.0
	Juice, Orange Juice, 100%	4 oz	60	1.0	13.0
	Juice, Vegetable/Fruit Blend	4 oz	50	0.0	13.0
	Kiwi Fruit	1 each	49	0.9	11.7
648	Lasagna/Meatless red sauce	1 each	280	16.5	37.8
fx385139	Loaf, Banana	1 ea	180	3.0	30.0
fx385146	Loaf, Choc Chip	1 ea	180	3.0	29.0
365	Mac&Cheese, Land O' Lakes	1/2 cup	193	10.6	21.3
fox 130991	Marinara Sauce	1 pkg	15	0.0	0.0
	Melon,fresh	1/2 cup	29	0.6	7.1
345	Milk, Skim, Prairie Farms	8 oz	80	8.0	12.0
230	Milk, 1% white, Prairie Farms	1 cup	102	8.2	12.1
634	Milk, Skim chocolate, Prairie Farms	1 cup	110	0.0	20.0
	Mixed Fruit Cup, lt syrup	1/2 cup	60	1.0	13.0
	Mixed Vegetables, Frz. Steamed	1/2 cup	80	4.0	16.0
535	Nachos, Turkey w/ chips & cheese	serving	463	20.4	45.3
	Orange, Fresh 113 ct	ea.	45	0.9	11.3
551	Pancake/Sausage Stick, WG	1 ea	200	7.0	17.0
742	Pancakes, WG (2)/ Syrup	3 ea	360	5.0	72.0
	Peach Cup, lt. syrup	1/2 cup	69	0.7	17.7
	Pear Cup, in juice	1/2 cup	60	0.2	14.0
	Pear, medium	1 ea	96	0.6	25.7
	Peas & Carrots, Frz. Steamed	1/2 cup	53	3.2	10.7
	Pineapple Tidbits in natural juice	1/2 cup	70	0.0	17.0
730	Pizza Boat, Cheese	1 each	300	18.0	29.0
800	Pizza, Galaxy Schwan's, 4" round	1 each	290	14.0	32.0
801	Pizza, Galaxy Pepperoni Schwan's, 4" round	1 each	300	15.0	33.0
111	Potato Puffs,	7 ea	171	2.0	19.0

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496	Potato, Au Gratin	1/2 cup	158	5.4	30.3
48	Potato, Fries, Natural Crsp	3 oz	140	2.0	18.0
203	Potato, Fry Spiral, McCain	3 oz	150	2.0	18.0
fx365184	Potato, Wedge, Savory Seasoned	3 oz	150	2.0	18.0

fx361071	Potato, Fries, Low Sodium	3 oz	150	2.0	25.0
495	Potato, Mashed	1/2 cup	67	1.5	12.7
fx 365474	Potato, Sweet, Coins	3 oz	130	2.0	21.0
fx 364205	Potato, Sweet, Cross Cut	3 oz	150	2.0	23.0
fox 365468	Potato, Redstone Canyon Cubes	3 oz	110	2.0	17.0
89	Pretzel, j&j, 2.5 oz	1 each	190	8.0	41.0
gfs 665230	Pretzel, WG Cheese Filled	1 each	190	7.0	26.0
666	Rice, Brown	1/2 cup	108	2.5	22.3
152	Rib Dippers	5 ea	200	17.5	7.5
279	Roll, Dinner, WG	1 ea	90	4.0	18.0
797	Salad, BLT	1 ea	527	24.4	33.7
615	Salad, Chicken Fajita, Lt Drsg (1.5 oz),	1 each	290	18.8	34.3
563	Salad, Chicken Strip, Lt Drsg (1.5 oz), Roll	1 each	535	27.0	59.0
554	Salad, Chef's, Ham & Turkey, Lt Drsg (1.5 oz), roll	1 each	463	27.6	33.8
212	Salad, Chef's, VEGGIE, Lt Drsg (1.5 oz). & Roll	1 each	506	27.1	35.6
139	SALAD, TOSSED (1 oz salad drsg)	1 cup	72	1.7	9.0
690	Salsa, low sodium	4 oz	45	1.8	8.7
785	Sandwich, B.B. Q. Rib, Beef / WG Bun	1 ea	370	19.0	46.0
511	Sandwich, B.B. Q. Rib, Pork / WG Bun	1 ea	370	19.0	46.0
491	Sandwich, Egg, Sausage/Biscuit	1 ea	404	13.5	25.5
552	Sandwich, Egg/Cheese/Biscuit	1 ea	284	9.5	25.5
500097	Sandwich, Egg Salad, WG	1 each	244	10.7	30.1
493	Sandwich, Sausage/Cheese/Biscuit	1 ea	334	10.4	24.5
470	Sandwich, ham & cheese, WG	1 each	270	21.4	27.0
237	Sandwich, ham & cheese, hot / WG bun	1 each	266	20.8	30.6
513	Sandwich, Meatball	1 EA	472	27.9	54.8
304	Sandwich, Peanut Butter & Jelly, WG	1 ea	380	14.1	45.6
712	Sandwich, Pulled B.B. Q. Pork/ WG Bun	1 EA	574	25.6	43.9
376	Sandwich, Sub	1 EACH	303	23.4	37.8
794	Sandwich, Sub / DELI -HHS ONLY	1 EACH	355	28.7	43.2
659	Sandwich, Sloppy Taco/ Cheese (turkey)	1 each	326	24.5	35.5
718	Sandwich, Tuna. WG	1 each	284	19.9	31.9
309	Sandwich, Turkey. WG	1 each	250	22.0	27.0
576	Sandwich, Turkey & Cheese WG	1 each	247	20.6	27.5

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NK Recipe	Recipe Description	Portion Size	Cals	g Protn	g Carb
740	Sausage Links, LT Jones (2)	2 ea	100	7.0	NA
508	Scrambled Eggs	3 oz	135	9.0	3.0
562	Scrambled Eggs/Bacon & Cheese	3 oz	180	12.0	1.5
	Sour Cream Cup	1 ea	60	1.0	2.0
367	Southwestern Chicken Bowl	1 ea	581	19.0	45.8
607	Spaghetti, Meat Sauce and Barilla Pasta	portion	367	23.3	43.5

	Strawberries, fresh	1/2 cup	23	0.5	5.5
	String Cheese	1 ea	80	7.0	1.0
700	Stuffing, Bread	serving	182	4.5	36.4
	Syrup	1.5 OZ	120	0.0	31.0
559	Tacos (2), turkey WG soft shell	serving	433	24.3	40.4
782	Taco Ole w/ chips	serving	463	20.8	49.1
736	TACO MAX Snax, WG	4 ea	319	19.9	38.6
	TURKEY AND GRAVY	4 oz	120		2.0
699	Turkey/Gravy (Jennie O)	5 oz	150	18.7	2.5
	Uncrustable, Peanut Butter, 2.8 oz	1	320	10.0	32.0
	Vegetable, Oriental Blnd, Frz	1/2 cup	25	1.0	5.0
743	Waffles, WG. w syrup	2 ea	320	5.0	63.0
	Watermelon chunks	1/2 cup	23	0.5	5.7
711	WRAP, TURKEY WG	1 EA	339	26.2	35.3
208	WRAP, CRISPY CHICKEN WG	1 EA	461	24.6	47.3
209	WRAP, DICED CHICKEN WG	1 EA	334	23.5	35.4
193	WRAP, HAM&CHEESE WG	1 EA	327	25.0	35.5
722	WRAP, BLT & CHEESE, WG	1 EA	381	24.5	35.1
204	WRAP, VEGETERIAN	1 EA	303	20.6	35.1
	Yogurt, Upstate Farms	4 oz	90	3.0	20.0
	Yogurt, Trix Flavors	4 oz	98	3.0	19.0
781	Yogurt & Fruit Parfait (with granola)	1 EA	184	5.5	37.8
755	Yogurt, Cheese & Frt/Veggie Lunch	1 EA	369	16.8	56

g Tot.-Fat	g Sat. Fat	g sodium
0.2	0.0	1
0.0	0.0	0
0.3	0.0	11
7.0	2.5	290
1.0	0.0	180
6.0	2.0	470
0.4	0.0	1
0.1	0.1	530
0.0	0.0	140
1.0	0.5	350
20.0	8.5	736
7.0	4.0	310
10.0	4.0	630
11.3	4.4	760
1.0	0.0	190
7.0	2.0	230
0.1	0.0	10
0.2	0.0	14.5
0.0	0.0	85
0.0	0.0	16
0.0	0.0	40
0.0	0.0	105
0.1	0.0	15
0.1	0.0	40
1.0	0.0	120
6.0	4.0	210
2.0	1.3	210
8.5	3.8	720
11.5	5.7	775
13.5	2.5	610
16.5	3.5	640
5.5	2.0	550
13.5	8.0	885
21.0	3.5	560
15.4	2.0	541.8
15.1	2.0	851
19.5	3.2	604
g Tot.-Fat	g Sat. Fat	g sodium

20.0	3.3	520
28.7	5.8	1048
4.9	0.7	364
10.2	1.9	1127
6.2	2.0	427
1.8	0.3	678
5.0	1.5	179
4.6	1.5	148
4.5	1.5	115
4.4	1.6	122
6.0	1.5	125
7.0	1.5	670
0.5	0.0	0
8.0	4.5	120
0.0	0.0	1
3.8	0.6	103
9.0	0.5	470
6.0	1.0	490
25.0	4.0	360
0.0	0.0	340
10.0	1.5	270
7.2	0.9	159
6.1	0.9	306
11.8	3.7	800
8.0	2.0	283
9.0	2.0	282
0.0	0.0	45
7.0	1.0	255
0.2	0.0	2
1.0	0.0	130
0.3	0.0	0
0.0	0.0	2
9.1	6.0	1100
5.0	5.0	464
6.5	2.5	270
10.5	3.0	824
12.5	5.3	887
1.5	1.0	95
g Tot.-Fat	g Sat. Fat	g sodium
1.0	0.0	15
2.0	1.0	35

2.5	1.5	65
0.0	0.0	5
2.5	1.0	105
5.0	1.5	75
0.0	0.0	13
1.5	1.0	80
0.0	0.0	15
0.0	0.0	15
0.0	0.0	0
0.0	0.0	15
0.0	0.0	20
0.4	0.0	0
8.1	4.2	530
6.0	1.0	170
7.0	1.5	170
7.3	4.0	653
0.0	0.0	165
0.1	0.0	14
0.2	0.1	102
2.4	1.5	107
0.0	0.0	180
0.0	0.0	5
0.0	0.0	60
22.9	7.8	798
0.1	0.0	0
10.0	2.5	310
6.0	1.0	415
0.1	0.0	6
0.0	0.0	5
0.2	0.0	2
0.0	0.0	91
0.0	0.0	10
13.0	6.4	570
12.0	3.5	570
12.0	4.0	650
10.0	2.5	341
g Tot.-Fat	g Sat. Fat	g sodium
1.8	0.0	599
7.0	1.5	260
8.0	1.5	390
7.0	2.0	300

5.0	0.5	170
0.8	0.0	242
4.5	0.5	110
6.0	0.5	180
4.0	1.0	340
0.0	0.0	160
6.0	2.0	230
0.9	0.2	5
10.0	4.4	550
1.0	5.0	170
33.0	8.9	1253
19.2	4.4	1270
23.0	4.0	1141
24.9	6.3	1296
29.2	10.4	1522
3.6	0.5	374
0.3	0.0	140
13.5	5.0	980
14.5	5.0	1020
27.0	11.7	650
15.0	7.8	560
8.7	2.1	453
21.0	10.2	650
8.5	2.9	843.8
8.5	4.5	1011
16.0	5.8	974
17.3	3.3	404
10.2	2.8	1351
8.2	3.3	895
8.3	3.3	1030
10.0	3.2	689.2
7.8	1.3	703
5.5	1.5	590
5.5	2.5	442
g Tot.-Fat	g Sat. Fat	g sodium
7.0	3.0	170
9.0	3.0	375
13.5	4.5	540
5.0	3.5	55
35.8	7.4	787
11.9	3.2	315.5

0.2	0.0	1
6.0	4.0	210
2.3	0.0	954
0.0	0.0	25
18.7	9.4	743.2
19.9	5.0	1060
10.6	3.3	798
6.0	2.0	
7.5	2.5	575
17.0	3.5	320
0.0	0.0	5
6.0	1.0	505
0.1	0.0	1
10.2	3.6	736
19.3	5.1	745
9.1	3.2	611
10.0	6.3	1066
15.0	6.3	1066
8.7	3.9	767
0.0	0.0	75
1.0	0.0	48
2.2	0.0	106
10.9	4.5	863