

Nutrition Analysis for Elementary Lunch Entrees

Provided by Allen ISD Student Nutrition Dept.

Baked Potato w/ Toppings

Portion Size: 1 each (w/margarine, cheese, sc, bacon bits)

Calories	445	Carbohydrates	58.71
Protein	16.36	Total Fat	16.14

BBQ Chicken Sandwich

Portion Size 1 each

Calories	317	Carbohydrates	38.5 G
Protein	23.4 G	Total Fat	8.1 G

BBQ Turkey Sandwich

Portion Size 1 each

Calories	232	Carbohydrates	35.34 G
Protein	18.19 G	Total Fat	3 G

BBQ Rib Sandwich

Portion Size 1 each

Calories	337	Carbohydrates	42 G
Protein	15.74 G	Total Fat	11.9 G

Bean Burrito

Portion Size 1 each

Calories	390	Carbohydrates	57 G
Protein	15 G	Total Fat	11 G

Soft Beef Taco

Portion Size: 1 each

Calories	371	Carbohydrates	39.12 G
Protein	18.56 G	Total Fat	15.87 G

Steak Fingers

Portion Size: 4 each

Calories	352	Carbohydrates	15.6 G
Protein	17.2 G	Total Fat	21.6 G
Protein	20.06	Total Fat	15.5 G

Cheeseburger

Portion Size: 1 each

Calories	361	Carbohydrates	27 G
Protein	23.31G	Total Fat	18.5 G

Cheese Stick w/ Marinara Sauce

Portion Size: 2 cheese sticks, 1/4 c. sauce

Calories	353	Carbohydrates	33.3 G
Protein	20 G	Total Fat	15.5 G

Chef Salad with Egg

Portion Size: Includes 2 cracker packages

Calories	229	Carbohydrates	22.85 G
Protein	13 G	Total Fat	9.59 G

Chef Salad with Ham

Portion Size: Includes 2 cracker packages

Calories	204	Carbohydrates	24.54 G
Protein	13.46 G	Total Fat	6.16 G

Chef Salad with Turkey

Portion Size: Includes 2 cracker packages

Calories	248	Carbohydrates	24.43 G
Protein	26 G	Total Fat	4.3 G

Chef Salad with Popcorn Chicken

Portion Size: Includes 2 cracker packages

Calories	298	Carbohydrates	33.3 G
Protein	17 G	Total Fat	10.5 G

Chicken Enchilladas

Portion Size: 2 each

Calories	208	Carbohydrates	27 G
Protein	11.92 G	Total Fat	6 G

Chicken Sandwich

Portion Size: 1 each

Calories	403	Carbohydrates	37.5 G
Protein	19.7 G	Total Fat	19.9 G

Chicken Parmesan

Portion Size: 1 breaded chicken patty, 1/2 c. pasta

Calories	455	Carbohydrates	34.48 G
Protein	28 G	Total Fat	21.8 G

Chicken Tenders

Portion Size: 3 tenders

Calories	251	Carbohydrates	13 G
Protein	17.43 G	Total Fat	14.16 G

Chicken Fajita

Portion Size: 1 each

Calories	220	Carbohydrates	19.5 G
Protein	16.3G	Total Fat	8.8 G

Chicken Tortilla Soup

Portion Size: 1 serving

Calories	194	Carbohydrates	24.7 G
Protein	13.88 G	Total Fat	4.15 G
		Sat. Fat	1.8 G

Ham & Cheese on Wheat

Portion Size: 1 sandwich

Calories	266	Carbohydrates	27.65 G
Protein	15.43 G	Total Fat	11.40 G

Turkey Corn Dog

Portion Size: 1 each

Calories	270	Carbohydrates	22 G
Protein	10 G	Total Fat	14 G

Turkey Pot Pie

Portion Size: 1 serving

Calories	270	Carbohydrates	21 G
Protein	29 G	Total Fat	21 G

Turkey Wrap

Portion Size: 1 wrap

Calories	316	Carbohydrates	42 G
Protein	15.4 G	Total Fat	9.4 G

Crispito

Serving Size: 2 each

Calories	400	Carbohydrates	41.8 G
Protein	16.3 G	Total Fat	16.3 G

Egg Roll w/ Steamed Rice

Serving Size: 1 serving

Calories	290	Carbohydrates	42.8G
Protein	10.8 G	Total Fat	7.7 G

French Toast & Sausage

Serving Size: 1 serving

Calories	329	Carbohydrates	34 G
Protein	14 G	Total Fat	15 G

Grilled Cheese Sandwich on Wheat

Serving Size: 1 sandwich

Calories	299	Carbohydrates	26.7G
Protein	11.2G	Total Fat	17.7 G

Hamburger

Portion Size: 1 each

Calories	311	Carbohydrates	26 G
Protein	20.6 G	Total Fat	14 G

Hot Dog on a Bun

Portion Size: 1 each

Calories	240	Carbohydrates	23 G
Protein	10 G	Total Fat	12.5 G

Turkey and Cheese Sub

Portion Size: 6" sub sandwich

Calories	327	Carbohydrates	34.6 G
Protein	27.8 G	Total Fat	7.06 G

Cheese Lasagna

Portion Size: 1 serving

Calories	300	Carbohydrates	21.78 G
Protein	23.12 G	Total Fat	12.13 G

Mac'n Beef

Portion Size: 3/4 cup

Calories	209	Carbohydrates	22.44 G
Protein	16.81 G	Total Fat	6.24 G

Deli Combo Sub

Portion Size: 6" sub sandwich

Calories	283	Carbohydrates	33.2 G
Protein	15.3 G	Total Fat	9.66 G

PB& J Uncrustable

Portion Size: 1 each

Calories	320	Carbohydrates	32 G
Protein	11 G	Total Fat	17 G

Pizza, Cheese

Calories	300	Carbohydrates	34 G
Protein	18 G	Total Fat	10 G

Pizza, Pepperoni

Calories	320	Carbohydrates	35 G
Protein	19 G	Total Fat	12 G

Popcorn Chicken Wrap

Portion Size: 1 each

Calories	389	Carbohydrates	43.9 G
Protein	19.5 G	Total Fat	15 G

Popcorn Chicken

Portion Size: 15 each

Calories	264	Carbohydrates	20.14
Protein	18.88	Total Fat	11.33

Nachos w/ Meat & Cheese

Portion Size: 1 serving

Calories	434	Carbohydrates	37
Protein	15	Total Fat	16

Quesadilla, Cheese

Portion Size: 1 each

Calories	291	Carbohydrates	31.7 G
Protein	16.3 G	Total Fat	11.8 G

Beef Ravioli

Portion Size: 1 cup

Calories	273	Carbohydrates	33.3 G
Protein	15.18 G	Total Fat	8.1 G

Shrimp Poppers

Portion Size: 21 poppers

Calories	238	Carbohydrates	19.4 G
Protein	10.8 G	Total Fat	13 G

Scrambled Egg w/ Sausage

Portion Size: sausage patty, egg

Calories	146	Carbohydrates	1.67 G
Protein	13.6 G	Total Fat	9 G

Sloppy Joe Sandwich

Portion Size: 1 sandwich

Calories	293	Carbohydrates	34.9 G
Protein	21.3 G	Total Fat	8.7 G

Spaghetti w/ Meat Sauce

Portion Size: 1 cup spaghetti & 1/2 cup sauce

Calories	540	Carbohydrates	71 G
Protein	26 G	Total Fat	15.7 G

Turkey & Cheese on Wheat

Portion Size: 1 each

Calories	284	Carbohydrates	28.46 G
Protein	27.22 G	Total Fat	6.85 G

Turkey & Gravy over Rice/Potatoes

Portion Size: 1 serving

Calories	269	Carbohydrates	26.24 G
Protein	2 G	Total Fat	7.7 G

Yogurt Combo

Portion Size: 1 yogurt & 1 Quaker package

Calories	270	Carbohydrates	51 G
Protein	9 G	Total Fat	4.5 G