



RIVERSIDE SCHOOL DISTRICT

NUTRITIONAL DATA



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ITEM	PORT. SIZE	CALORIES	PROTEIN	CARBS	FAT
BEEF					
Beef, Hamburger Patty	2.5 oz.	300	15	0	16.7
Beef, Burger, Plain on Bun	Single	410	19	22	17.7
Beef Burger, Cheese on Bun	Single	520	25	23	26.7
Beef, Chili	1/2 cup	180	15	11	9
Beef, Meatloaf, 1 Slice	3/4 in.	195	17	8	10
Beef, Taco (Hard Shell)	2 per serving	299	18	20	16
Nachos w/ Ground Beef	2 oz.	281	18	19	15
BEVERAGES					
Coffee, Regular House Blend	8 oz.	5	0	1	0
Coffee, Decaffeinated	8 oz.	5	0	1	0
Gatorade	20 oz	130	0	35	0
Ice Tea, Diet	16 oz.	6	0	2	0
Juice, Apple	4 oz.	55	0	14	0
Juice, Orange	4 oz.	55	1	14	0
Lemonade	16 oz.	220	0	58	0
Milk, 2%	8 oz.	120	8	12	5
Milk, 1%	8oz.	110	8	13	2.5
Milk, Chocolate, 1%	8 oz.	170	8	13	2.5
Milk, Skim	8 oz.	90	8	13	0
Orange Drink	8 oz.	130	1	32	0
Switch Carbonated Juice	8oz.	135	0	35	0
BREADS					
Bread, Bagel	2.3 oz.	160	6	33	0.5
Bread, Bun, Whole Wheat	1 bun (50g)	138	5	25	2.4
Bread, Cinnamon Rolls	2 oz.	210	4	37	5
Bread, English Muffin	2 oz.	140	5	27	1.5
Bread, Hoagie Roll	1 roll (71 g)	210	6	39	2.5
Bread, Italian Slice	1 slice	93	4	28	1.5
Bread, Kaiser Bun	1 bun (64g)	190	6	35	2.5
Bread, Large Muffin	Large	240	30	3	13
Bread, Multi Grain Bun	1 bun	190	7	34	2
Bread, Pita	1 (6 1/2 " dia)	165	5.46	33.42	0.72
Bread, Roll	2 oz.	175	5	29	4
Bread, Roll, Dinner Split	1 oz.	90	3	16	1
Bread, Hamburg Bun	1 bun (50g)	110	4	22	1
Bread, Small Muffin	2.25 oz	215	3	29	12



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Bread, Stuffing	1/2 Cup	165	4	23	6
Bread, White Slice	2 slices	140	4	28	1
Bread, Whole Wheat Slice	2 slices	120	4	24	1.5
Breadsticks, w/ sauce	4 oz.	198	6	35	3
Donuts, Asst.	1.6 oz.	140	2	13	2
Pop Tart - Whole Grain	1 Pastry	190	2	35	5
Pretzel Roll					
Wrap, Flour 10"	each	142	4	27	2.5
BREAKFAST					
Bacon (3 slices)	3 slices	109	5.78	0.11	9.35
Bacon, Egg & Cheese Sandwich	1 serv.	375	18.78	35	22.85
Egg & Cheese Sandwich	1 serv.	265	13	24	13.5
French Toast Sticks	4	280	5	43	10
Sausage Patty	2oz.	240	9	2	23
Sausage & Egg Biscuit	1 serv.	580	18	45	35
Sausage, Egg & Cheese Bagel	1 serv.	550	26	58	23
Sausage, Egg & Cheese Sandwich	1 serv.	505	21	26	36.5
Scrambled Egg Patty	1.25oz.	45	3	1	3.5
CEREAL (Malt-o-Meal)					
Toasty O's	3/4cup	70	2	14	0
Cinnamon Toasters	3/4cup	130	1	24	3.5
Frosted Flakes	3/4cup	120	2	28	0
Honey Graham Squares	3/4cup	130	1	25	3
Tootie Fruities	3/4cup	130	2	28	1
Frosted Mini Spooners	3/4cup	190	5	45	1
Colossal Crunch Berry	3/4cup	120	1	26	1.5
Marshmallow Mateys	1cup	110	2	25	1
CHEESE					
Cheese Sticks, Mozzarella	8	380	16	28	24
Cheese, American	1 oz.	110	6	1	9
Cheese, Cheddar	1oz.	112	6.97	0.34	9.27
Cheese, Cream	1oz.	100	2	1	10
Cheese, Hot Pepper	1oz.	90	1	0.6	7
Cheese, Mozzarella	1oz.	72	6.88	0.79	4.51
Cheese, Muenster	1oz.	104	6.64	0.32	8.51
Cheese, Provolone	1oz.	99	7.25	0.6	7.54
Cheese, Swiss	1oz.	90	7	0	7
Yogurt, Non-Fat	6 oz.	60	5	10	0
CHICKEN					



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ITEM	PORT. SIZE	CALORIES	PROTEIN	CARBS	FAT
Chicken Baked	2 pcs.	318	27	0	23
Chicken Breaded	1 piece	54	3	3	3.5
Chicken Breast Sandwich	Single	230	13	20	15
Chicken Fajita	Single	252	21	28	6.5
Chicken Nuggets (high School)	6 ea.	270	14	15	17
Chicken Nuggets (elem)	5ea	225	11.7	12.5	14.16
Chicken Patty Sandwich	Single	290	14	34	12
Chicken Popcorn	15 ea.	250	14	22	12
Chicken Strips	3 oz.	234	4	10	16
Chicken Sweet & Sour	1 cup	480	24.14	48	22
Chicken Taco (Hard Shell)	2 ea.	264	19	20	12
CHIPS					
Baked, Doritos Nacho	1 3/8 oz	170	3	30	4
Baked, Doritos Cool Ranch	1oz.	130	2	19	5
Baked, Sun Chips, French Onion	1oz.	140	2	18	6
Baked, Sun Chips, Harvest Cheddar	1oz.	140	2	19	6
Baked, Sun Chips, Salsa	1oz.	140	2	19	6
Baked, Cheetos	.78 oz.	120	2	17	4.5
Corn Chips	1oz.	160	2	15	10
Pretzels	1oz.	110	2	23	1
Popcorn, White Cheddar	.58oz.	100	2	9	6
Tortilla Chips	1 oz	138	2	18	7
COOKIES					
Cookie, Choc.Chip-Red Fat,Wh.Gr.	1 oz.	110	1	18	3.5
Cookie, Carnival-Red.Fat,Wh.Gr.	1oz.	110	1	19	3.5
Cookie, Oat.Rais.-Red.Fat,Wh.Gr.	1 oz.	110	2	18	3.5
Cookie, Sugar-Red.Fat,Wh.Gr.	1oz.	110	1	19	3.5
CONDIMENT					
Condiment, BBQ Sauce	1 oz.	45	0	10	0
Condiment, Honey	1 Tbsp.	60	0	17	0
Condiment, Honey Mustard	1 oz.	124	0	5	11
Condiment, Hot Sauce	1 tsp.	1	0.02	0.08	0.002
Condiment, Ketchup	1 Tbsp.	6	0.1	1.55	0.004
Condiment, Lettuce	1/4 cup	2.5	0.25	0.5	0
Condiment, Mayo, Ken's x/h	1 Tbsp.	100	0	0	11
Condiment, Mustard, yellow	1 tsp.	0	0	0	0
Condiment, Onion	1 oz	9	0	2	0
Condiment, Pickles	1 oz	23	0	5	0
Condiment, Pancake Syrup	2oz.	220	0	55	0



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Condiment, Relish	1 Tbsp.	20	0	5	0
Condiment, Sour Cream	1 Tbsp.	40	1	1	4
Condiment, Soy Sauce	1 oz.	11	1	2	0
Condiment, Tarter Sauce	1 oz.	100	0	4	9
Condiment, Tomato	1 / 1/4 "slice	4	0	1	0
CRACKERS					
Ritz Bits	1.5 oz	220	3	24	13
Saltine Crackers	1 pkg (2)	25	1	4	1
DELI					
Deli, Baked Ham	1oz.	65	10.27	1.15	2.22
Deli, Bologna	1oz.	88	3	0.69	8
Deli, Cooked Ham	1oz.	64	4.79	0	4.83
Deli, Genoa Salami	1oz.	35	2	0.11	3
Deli, Roast Beef	1oz.	35	5	1	2
Deli, Turkey Breast	1oz.	30	14	0	1
Deli, Turkey Ham	1oz.	33	4.56	0.87	1.12
DESSERT					
Cake, Yellow	3 oz.	211	3	31	8
Cake, Chocolate	3 oz.	340	5	51	14
Dessert, Apple Crisp	4 oz.	200	2	32	8
Dessert, Gelatin	1/2 Cup	88	0	21	0.02
Whip Topping	2Tbsp.	25	0	2	1.5
DRESSINGS					
Dressing, Balsamic Vinaigrette	2 Tbsp.	60	0	4.5	4.5
Dressing, Blue Cheese	2 Tbsp.	150	0	1	16
Dressing, Caesar	2 Tbsp.	170	0	1	18
Dressing, French	2 Tbsp.	120	0	6	11
Dressing, Honey Mustard	2 Tbsp.	124	0	5	11
Dressing, Italian	2 Tbsp.	68	0.1	1.3	7.1
Dressing, Italian, Lite	2 Tbsp.	10	0	1.5	0.25
Dressing, Ranch	2 Tbsp.	73	0.02	0.63	8
Dressing, Ranch, Lite	2 Tbsp.	40	0.5	0.75	4.5
Dressing, Sweet & Sour	2 Tbsp.	60	0.14	16	0
FISH					
Fish Sandwich, Lite Pollock	Single	356	13	48	12.5
Fish Nuggets, Pollock	4oz.	247	15	20.2	11
FRUITS					
Fruit, Applesauce	1/2 Cup	82	0	25	0
Fruit, Cocktail (canned)	1/2 Cup	80	1	18	0



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Fruit, Fresh, Apples	1 med	81	0.26	21.045	0.49
Fruit, Fresh, Banana	1 med	108	1.21	27.65	0.56
Fruit, Fresh, Orange	1 med	64	1.44	16.28	0.13
Fruit, Fresh, Pear	1 med	80	1	20	0
Fruit, Peaches, (canned)	1/2 Cup	70	1	17	0
Fruit, Pears, (canned)	1/2 Cup	80	0.5	20	0
Fruit, Pineapple (canned)	1/2 Cup	90	0	25	0
HOAGIES					
Hoagie, Bologna & Cheese	6"	502	18	43	27.5
Hoagie, Ham & Cheese	6"	454	13.5	41.5	21
Hoagie, Hot Wing	6"	426	26.02	46.08	14
Hoagie, Italian	6"	591	32	43	31
Hoagie, Meatball w/ cheese	6"	500	23	62	29
Hoagie, Steak Cheese	Single	322	22	30	13
Hoagie, Tuna	6"	430	15	48	8
Hoagie, Turkey & Cheese	6"	386	21	43	13.5
HOT DOG					
Hot Dog on Bun (Beef)	2 oz.	251	11	22	12
Hot Dog on Bun (Turkey)	2 oz.	204	12	26	10
Hot Dog on Bun Footlong	4oz.	450	20	40	23
Corn Dog, All Meat	4 oz.	350	14	55	6
ICE CREAM					
Ice Cream, Fudgesicle Rd.Fat/NSA	Single	88	3	19	1
Ice Cream, Creamsicle	Single	39	1	10	2
Ice Cream, Cup Chocolate	Single (4 oz)	143	3	19	7
Ice Cream, Cup Vanilla	Single (4 oz)	145	3	17	8
Ice Cream, Sandwich, Choc	Single	200	4	31	6
Ice Cream, Sherbet Cup	Single (4oz)	107	1	22	1
PASTA					
Pasta, Lasagna w/ Ground Beef	3/4 Cup	269	20	28	9
Pasta, Macaroni and Cheese(high)	2/3 Cup	296	20	27	12
Pasta, Macaroni and Cheese(elem)	3/4 Cup	256	17	26	8
Pasta, Spaghetti w/Marinara(high)	1 Cup	361	21.3	41.3	10.66
Pasta, Spaghetti w/Marinara(elem)	3/4 Cup	271	16	31	8
Pasta, Spaghetti w/Meat Sauce(high)	1 Cup	429	28	45	14.66
Pasta, Spaghetti w/Meat Sauce(elem)	3/4 Cup	322	21	34	11
Pierogies, Mrs. T (regular)	3	190	6	3.5	32
Pierogies, Mrs. T (High Protein)	3	180	6	2.5	34
PIZZA					



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Pizza Dough	3 oz	237	7.2	45.6	2.7
Pizza Square/ Wedge (Elementary)	single	301	18	32	11
Pizza Square w/Pepperoni (Elem)	Single	310	19	32	13
Pizza, Stromboli	7"	220	16	21	7
Pizza, Wedge, Ch & Pep (Sr. Hi)	Single (4.51 oz)	642	31	57	31
Pizza, Wedge, Cheese (Sr. Hi)	Single (4.27 oz)	625	29	57	31
POTATOES					
Potato, Baked	Medium	160	4	36.5	0.2
Potato, Canned diced	2/3 Cup	70	2	14	0
Potato, Curly Fries-Baked	2.5 oz.	150	2	18	8
Potato, Fries, Oven baked	2.5 oz.	142	2	22	5
Potato, Hashbrowns-Baked	1/2 cup	170	2	21	8
Potato, Home Fries	3 oz.	142	2	22	8
Potato, Instant mashed	1/2 Cup	60	1	13	0
Potato, Instant Mashed w/Gravy	1/2cup	130	3	23	2
Potato, Stars-Baked	3 oz.	115	1	13	6
SANDWICHS					
Sandwich, BBQ, Ham	4 oz.	327	21	30	13
Sandwich, Grilled Cheese	Single	229	16.01	16	11.62
Sandwich, Ham & Chse Grilled	Single	239	17	24	7
Sandwich, PB & J	Single	373	11	49	16
Sandwich, Pizzaburger	2 - 1/2's	313	20.54	30.69	11.66
Sandwich, Rib-B-Que /Bun	Single	340	18	31	15.5
Sandwich, Roast Beef	Single	340	18	31	14
Sandwich, Shredded Pork	Single	460	29	60	11
Sandwich, Sloppy Joe/ Bun	Single	345	20.95	35.93	12.77
Turkey & Cheese Sandwich	Single	297	22	27	10
SAUCES					
Sauce, Alfredo	1/2 cup	100	2	2	9
Sauce, Cranberry	100 grams	151	0	38.9	0
Sauce, Nacho	2 oz.	80	2	6	5
Sauce, Salsa, canned	2 Tbsp.	10	0	3	0
Sauce, Sweet & Sour	2 oz.	81	0.32	16.36	1.57
Sauce, Tomato (Meat)	1/2 cup	80	2	7	4
Sauce, Tomato (Meatless)	1/2 cup	71	1.76	10.28	2.6
SOUPS					
Soup, Broccoli Cheese	1 Cup	180	5	13	12
Soup, Chicken Noodle	1 Cup	87	7	10	3
Soup, Potato Cheese	1 Cup	190	5	21	10



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Soup, Tomato, w Milk	3/4 Cup	195	3	29	5
Soup, Vegetable	3/4 Cup	149	2.6	10	2
Soup, Wedding	1/2 Cup	65	3	8	2
SALAD BAR					
Salad Bar, Bacon Bits	1 Tbsp.	25	3	0	2
Salad Bar, Beets	1/4 cup	17	0.49	4.05	0.04
Salad Bar, Broccoli	1/4 cup	6	0.62	1.15	0.1
Salad Bar, Cauliflower	1/4 cup	6.25	0.5	1.3	0.1
Salad Bar, Cheese Crumbles	1/4 cup	61	9	4.92	0.42
Salad Bar, Chopped Onion	1/4 cup	15	0.92	6.9	0.125
Salad Bar, Cole Slaw	1/4 Cup	33	1	5	2
Salad Bar, Cottage Cheese	1/4 cup	40.5	7	1.53	0.58
Salad Bar, Croutons	1/4 cup	28.5	0.84	5.22	0.47
Salad Bar, Diced Cucumber	1/4 cup	3	0.175	0.72	0
Salad Bar, Diced Pepper	1/4 cup	10	0.33	2.4	0.1
Salad Bar, Diced Tomatoes	1/4 cup	9.25	0.25	1	0
Salad Bar, Dried Cranberries	1/4 cup	32.5	0	8	0
Salad Bar, Eggs Dices	1/4 cup	13	1.06	0.09	0.9
Salad Bar, Garbanzo Beans	1/4 cup	71.25	2.97	13.57	0.68
Salad Bar, Ham	2 oz.	216	8.68	10.65	15.33
Salad Bar, Ham Cubes	1/4 cup	30.5	4.48	1.82	0.59
Salad Bar, Lettuce	1 Cup	6	0.55	1.15	0.1
Salad Bar, Mushrooms	1/4 cup	4	0.25	0.36	0.03
Salad Bar, Olives	1/4 cup	4	0	0.3	0.1
Salad Bar, Pasta Salad	3/8 cup	141	3.27	16.83	7
Salad Bar, Peas	1/4 cup	29.25	1.96	5.24	0.15
Salad Bar, Potato Salad	2/3 cup	102	1.45	17.9	2.9
Salad Bar, Radishes	1/4 cup	5.5	0.155	1.04	0.155
Salad Bar, Shredded Carrot	1/4 cup	11.75	0.56	5.57	0.1
Salad Bar, Three Bean, canned	1/2 Cup	90	2	17	1
Salad Bar, Tossed (Mix)	1 Cup	18	1	3	0.01
Salad Bar, Tuna	2 oz.	105	9.09	5.33	5.25
Salad Bar, Yellow Pepper	1/4 cup	14	0.52	3.28	0.11
SALADS - PRE PACKAGED					
Chef Salad	9X9 Cont.	210	20	9	9
Crispy Chicken Salad	9X9 Cont.	460	26	27	28
Grilled Chicken Salad	9X9 Cont.	225	26	7	10
Large Tossed Salad	9X9 Cont.	116	13	15	2
Small Tossed Salad	6X6 Cont.	33	3	7	0



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Taco Salad	9X9 Cont.	350	10	10	30
SNACKS					
Animal Crackers	1oz.	130	2	22	3.5
Fruit by the Foot	ea.	80	0	16	1.5
Nutri-Grain Bars	ea	130	2	24	3
Rice Krispy Treats	1oz.	150	1	28	3.5
Scooby Graham Stix	1oz.	120	2	20	4
Snack Mix	1oz.	110	2	18	4
Soft Pretzel	ea	180	6	38	1
TUNA					
Tuna, canned in water	1/4 Cup	60	13	0	0.5
TURKEY					
Turkey Breast w Dressing	3 oz. meat	258	15	20	13
Turkey Burger on Bun	4 oz.	310	25	26	19.5
Turkey, Roasted	3 oz meat	100	10	1	1
VEGETABLE					
Vegetable, Beets, Canned Diced	1/2 Cup	40	1	8	0
Vegetable, Broccoli	1/2 Cup	21	2.37	4	0
Vegetable, Carrots	1/2 Cup	26	2	12	1
Vegetable, Corn, Buttered	1/2 Cup	90	2	16	2
Vegetable, Corn, canned	1/2 Cup	66	1	6	1
Vegetable, Green Beans	1/2 Cup	13	1	3	0.1
Vegetable, Mixed	1/2 Cup	52	3	10	0.2
Vegetable, Peas	1/2 Cup	62	4	11	0
Vegetable, Peas and Carrots	1/2 Cup	77	5	16	1
Vegetable, Raw (Celery, Caulif, Carrot, Broccoli)	approx 2 each	18	0	4	0
Vegetable, Sauerkraut	1/2 cup	14	0	3	0
Vegetable, Gardenburger, on bun	3.4 oz.	350	14	55	6
WRAPS					
Chicken Wrap	Single	300	25	35	8
Chicken Wrap, Buffalo	Single	358	24.02	34.08	14
Turkey, Wrap	Single	437	18	12	18
Turkey Bacon Wrap	Single	510	22.26	51.22	24