

# Stockdale Christian School

## Nutrition Information Master List

Main Item	Portion Size	Cals (kcal)	Sodm (mg)	Fiber (g)	Sugar (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Burrito- Bean/Cheese	1	390	750	8	2	17	50	13	6
Cheeseburger	1	370	640	3	5	21	30	17.5	7.5
Cheesy Breadsticks	2	250	440	1	3	12	32	9	4
Chicken Burger	1	340	650	3	4	22	38	11.5	2
Chicken Pasta Alfredo	1c	330	510	2	3	17	46	9	4
Chicken Strips	2	280	710	1	1	21	16	14	2.5
Chili Beans	1c	340	410	3	0	26	20	17	5
Corndog-Chicken	1	240	390	5	5	9	30	8	2.5
Fish Shapes	4	260	610	1	1	16	21	13	2
Hamburger	1	310	440	3	4	18	28	13.5	5
Hot Dog-Chicken	1	240	620	1	3	12	21	11.5	3.5
Hot Pocket-Ham/Cheese	1	250	610	1	4	9	36	7	3.5
Macaroni & Cheese	1c	250	570	2	6	9	47	3	1.5
Nachos	1oz	193	435	2	1	3	23	10	3
Orange Chicken	1/2c	230	320	0	8	16	19	8	2
Pancakes	1pkg	210	270	2	11	4	38	6	0.5
Pizza-Cheese	1 slc	250	440	1	3	12	32	9	4
Pizza-Pepperoni	1slc	280	560	23	3	14	32	11	5
Quesadilla-Cheese	1	255	220	2	0	12	26	12.5	6.5
Ravioli-Cheese	1c	190	477	3	4	9	42	5	2.5
Rotini Pasta w/grd Turkey	1c	350	450	3	5	21	50	21	7
Sloppy Joes w/grd Turkey	1	345	610	2	9	21	32	18	5
Spaghetti w/grd Turkey	1c	300	350	2	4	20	46	17	5
Taco-grd Turkey	1	280	200	1	7	27	16	24	9
Taquitos-Chicken	3	280	45	3	1	10	60	13	1.5
Turkey Sub w/provolone	1	326	563	4	6	27	42	11	5
Uncrustable -PB&J	1	320	320	3	13	10	32	17	3.5
Side Item	Portion Size	Cals (kcal)	Sodm (mg)	Fiber (g)	Sugar (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Baked Beans	1/2c	140	310	5	12	6	29	2	0
Breadstick	1	140	370	1	0	5	26	2	0
Chili Beans	1/2c	110	330	3	0	7	20	5	0.5
Cornbread	1	150	100	1	11	4	15	5	2
Garlic Bread	1/2 slc	92	150	1	1	2	10	1	0
Refried Beans	1/2c	110	410	7	1	7	21	9	1
Rice Brown/white	1/2c	140	0	3	1	3	30	1	0
Sausage Links	2	100	170	0	0	7	1	7	3

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<b>Fruit/Vegetables</b>	<b>Portion Size</b>	<b>Cals (kcal)</b>	<b>Sodm (mg)</b>	<b>Fiber (g)</b>	<b>Sugar (g)</b>	<b>Protn (g)</b>	<b>Carb (g)</b>	<b>T-Fat (g)</b>	<b>S-Fat (g)</b>
Apple Slices	2oz	34	0	2	6	0	8	0	0
Applesauce	1/2c	50	0	1	11	0	13	0	0
Banana	1 med	100	2	6	14	1	51	0	0
Blueberries	1/2c	42	1	1	5	1	14	0	0
Broccoli	1/2c	30	29	0	0	1	0	3	0
Calif Veg Blend	1/2c	25	30	2	2	2	4	0	0
Carrots	1/2c	25	42	1.5	3	1.5	6	0	0
Coleslaw	1/2c	140	190	2	11	1	14	3	0
Corn	1/2c	112	2	2	2.5	2	15	4	0.5
Fruit Salad	1/2C	75	12	2	11	1	32	0	0
Garden Salad	1/2c	98	177	1	2	0	2	2	0
Grapes	1/2c	62	2	1	15	1	16	0	0
Green Beans	1/2c	20	30	2	2	1	4	0	0
Melon	1c	48	2	1	10	1	12	0	0
Orange		45	5	3	17	2	21	0	0
Peaches	1/2c	60	10	1	13	1	14	0	0
Pears	1/2c	60	10	2	12	0	14	0	0
Peas	1/2c	35	52	2	3	9	6	5	0
Pineapple	1/2c	60	10	1	13	1	15	0	0
Potato Fries	3oz	140	360	1	0	1	23	6	1
Strawberries	1c	49	2	3	7	1	12	0	0
Sweet Potato Fries	3oz	120	115	1	1	2	23	3	0
Tater Tots	3oz	150	330	1	0	18	18	8	2
<b>Misc Items</b>	<b>Portion Size</b>	<b>Cals (kcal)</b>	<b>Sodm (mg)</b>	<b>Fiber (g)</b>	<b>Sugar (g)</b>	<b>Protn (g)</b>	<b>Carb (g)</b>	<b>T-Fat (g)</b>	<b>S-Fat (g)</b>
Brownie	1	170	120	1	10	1	28	1.5	0
Choc Chip Cookie	1	200	140	1	16	2	25	11	4
Choc Pudding	1/2c	150	130	0.7	17	1	28	3	2.5
Hummus	1oz	50	114	0	0	3	4	3	0
Maple Syrup	1.5oz	120	23	0	7.5	0	30	0	0
Milk 1%	8oz	130	160	0	16	11	16	2.5	1.5
Ranch Dip	2oz	110	140	0	1	0	1	11	2
Sugar Cookie	1	120	95	0	1	1	18	5	1.5
Vanilla Pudding	1/2c	140	220	0	17	1	28	3	3

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Snack Bar Items	Portion Size	Cals (kcal)	Sodm (mg)	Fiber (g)	Sugar (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Bagel-Blueberry	1	245	430	4	6	10	48	1.5	0
Baked Chips	28g	130	150	2	2	2	26	2	0
Beef Jerky	1oz	90	630	1	4	10	6	3	1.5
Cheese-its	21g	100	150	1	0	2	14	3.5	1
Chex Mix	26g	110	135	2	4	2	20	2.5	0.5
Chocolate Milk 2%	10oz	260	187	2	30	10	32	0	7
Cream Cheese	1oz	97	91	0	0	2	1.5	10	5
Fresh Fruit	1	34	0	2	6	0	8	0	0
Fruit Juice-Capri Sun	6oz	80	25	0	21	0	21	0	0
Fruit Roll	14g	45	55	2	4	0	11	1	0
Graham Snacks	28g	120	115	1	8	2	21	3.5	1
Oatmeal Brownie	1	150	115	3	8	2	24	5	1
Pancakes	1pkg	210	270	2	11	4	38	6	0.5
PB&J Uncrustable	1	320	320	3	13	10	32	17	3.5
Rice Krispy	22g	90	105	0	8	0	17	2	0.5
Soft Pretzel	1	170	55	3	0	6	30	3	0
String Cheese	1oz	86	150	0	0	7	1	5.5	3.5
Sunflower Seeds	28g	170	140	2	1	5	5	15	1.5

**The data contained within this report should not be used for and does not provide planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice.**

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