



Breads/Grains- Nutrient Analysis
2024-2025

Food Item	Serv. Sz.	Cals	Carb (g)	PRO (g)	FAT (g)	FIBER (g)	Sodium(mg)
Biscuit (Elem)	100	100	15	3	5	1	250
Biscuit (MS & HS)	210	210	28	5	9	2	500
Bread, Dressing (1/2 c)		334	39.8	7.97	15.49	1.96	758
Bread, Sandwich Slice	1 slice	80	15	3	1	1	115
Breadstick (1.125 oz)	1 ct	100	15	3	3	1	140
Bread, Hamburger Bun	1 bun	160	30	7	2	3	200
Bread, Hoagie Bun, 7"	1 bun	210	38	9	2.5	3	250
Bread, Hot Dog Bun	1 bun	160	30	7	2	3	200
Churro, cinnamon		140	23	3	4	1	75
Cinnamon Roll 2.5 oz	4 oz.	210	35	6	5	4	250
Chips, Doritos Walking Taco	1ct, 1.4oz	190	28	3	7	2	280
Corn Chips, Red fat, 1 oz		140	20	2	6	2	170
Crackers,wheat (1.6 oz pk)		170	30	3	6	3	370
Croutons (22 croutons)		30	5	1	1	0	100
Edibowl (Elem)		80	15	2	2.5	1	115
Edibowl (MS, HS)		122	20	3	4	2	336
Fettucine (1/2 c noodles)		110	21	4.03	0.65	1.25	163
Flatbread, round	1 ct	160	27	5	4	2	150
Noodles, Chow Mein	1pk, 0.8oz	100	14	2	4	1	190
Rice, Brown	1/2 cup	80	17	2	0.75	0.5	0
Rice, Mexican		132	28.4	2.17	0.2	0.4	316
Rice, Teriyaki brown		105	22	2	0.75	0.5	235
Roll, Wheat	2 oz.	150	27	5	2	3	230
Roll, Bridgford (2 oz)		150	27	5	2	3	230
Spaghetti (1/2 c noodles)		87	18.6	3.5	0.5	3.15	2
Taco Shells (2 shells)		100	14	1.33	4	1.33	0
Taco Tub		110	14	1	5	0	5
Tortilla rounds (1.45 oz pkg)		200	29	3	7	3	160
Chips, Tortilla Rounds	~10 chips	140	18	2	7	2	75
Tortillas, Corn (1 each)	1 tortilla	37.5	8	0.75	0.38	1.25	3.75
Tortillas, Flour - 6.25"		90	15	2	2.5	2	75
Wrap, Jalap, Cheese, 9"		160	26	5	4.5	4	220