



Meat/Meat Alternates - Nutrient Analysis
2024-2025

Food Item	Cals	Carb (g)	PRO (g)	FAT (g)	FIBER (g)	Sodium(mg)
BBQ Nachos (2 oz pork, 3 oz cheese, 1.4 oz chips)	505	45.4	20.5	27	4	1006
Beef, Cutlet, breaded	242	18	17	12	3.2	410
Beef, Philly Steak (3 oz with bun, no pepper/onion)	353	41	22	11	4	827
Beef, Taco meat (2.4 oz)	150	4	12	9	1	290
Beef, Teriyaki bowl (with 1/2 cup rice)	261	25.5	16.5	10	2	562
Burrito, Bean & Cheese (MS, Elem)	296	41	15	9	8.81	499
Burrito, Bean, cheese chile relleno (HS)	405	53	17	14	7.69	750
Burrito, Beef, chile colorado (HS)	378	41	21	15	6	670
Carnitas, pork, 2 oz (no tortilla)	149	1	16	6	0	57
Cheese, American, shredded (1 oz)	70	2	7	4.5	0	470
Cheese, Cheddar portions (1 oz)	90	0	7	7	0	200
Cheese, Mozzarella shredded	90	1	7	6	0	180
Cheese, Mozzarella string (1 oz)	60	1	8	2.5	0	210
Cheese, Parmesan, shredded (1 oz)	110	<1	10	7	0	350
Cheese, PepperJack (1 oz)	110	1	6	9	0	210
Cheeseburger	375	40	21.5	14.25	4	795
Chicken Alfredo with 1/2 cup spaghetti	302	33.6	25.5	9.5	3.15	654
Chicken Breast Chunks (5 pc) HS	285	21	25	10.65	0	478
Chicken Breast Filet (HS) (no bun)	200	11	21	8	3	270
Chicken Breast Filet, spicy (HS) (no bun)	218	16	21	8	2	400
Chicken Breast Sticks, Breaded Homestyle (8 ea)	251	16	15	15	2	377
Chicken Breast Sticks, Hot & Spicy (8 each)	216	13	14	12	2	370
Chicken Caesar Wrap (no dressing)	267	28.3	19.33	9.39	5	545
Chicken Drumstick, Breaded (1)	220	6	19	13	1	530
Chicken Fajita Strips (3 oz) no tortilla	130	2	16	7	0	330
Chicken Nugget (Tyson)	210	13	13	12	2	320
Chicken Popcorn (10 ea) Rich Chicks (HS/MS)	250	12	15	16	1.8	482
Chicken Popcorn (12 ea) Tyson (Elem)	220	14	13	13	2	330
Chicken Tenders (Tyson)	260	16	15	15	3	390
Chicken Tenders (spicy) Tyson	260	17	15	15	3	390
Chicken, Mandarin Orange (4 oz)	200	27	13	4	0	400
Chicken, patty, breaded (Tyson)	270	16	16	15	3	400
Chicken, patty, grilled (Tyson)	170	1	17	11	0	240
Chicken, patty, spicy (Tyson)	270	17	15	15	3	400
Chili Cheese Potato (with 2 oz chili, 1/2 oz cheese)	353	53	18	6	7	491
Chili Sauce, hot dog (2 oz)	105	3	10	6	0.6	330
Corn Dog, Chicken, mini, Tyson (6 each)	310	26	14	16	3	490
Corn Dog, Turkey	280	31	9	13	2	660

Food Item	Cals	Carb (g)	PRO (g)	FAT (g)	FIBER (g)	Sodium(mg)
Crispito, chicken/chili (1 each)	240	20	8	14	1	340
Egg Roll, Turkey & Veggie (small-3 oz)	160	20	10	5	3	400
Enchilada, Four Cheese (2 each)	267	19	15	14	2	357
Fish Bites (pollock) 8 each	240	23	15	9	2	360
Fish Strips (3 pc)	180	15	13	8	1	350
Frito Chili pie (with 1/2 c fritos, 1/2 oz cheese)	248	24	14	10	4	655
Hamburger, plain (with bun)	370	32	20	7	4	540
Hot Dog, plain (with bun)	300	32	11	14	3	830
Hummus, classic (1/2 cup)	100	16	8	0	4	400
Italian Combo (3 cheese sticks + 6 breaded ravioli)	334	45	18	9.5	4.3	521
Italian Stuffed Shells (2 shells with 2 oz marinara)	250	33.5	15.84	6.22	2.896	710
Lasagna (with 3.5 oz sauce, 1/2 oz cheese)	359	33.5	26	12	2.64	483
Macaroni n' Cheese (3 oz)	141.5	15.5	7.5	5.5	1	324
Meatball Sub (4 meatballs on hoagie bun)	292	40	19	7	4	570
Mini Smokies (3 smokies)	120	1.8	4.2	10.8	0	300
Nachos, Combo (beef, cheese, 1 pkg. tostito scoop)	285	27	13	14	2.5	670
Pepperoni Mini Calzones (3 pieces)	350	35	24	13	5	480
Pizza Munchable (no fruit, no veggie)	380	36	20	17	4	710
Pizza, Sticks (2 ea)	290	26	22	12	2	480
Pizza, BBQ White Chicken (HS)	320	36	19	11	3	590
Pizza, Cheese (wedge)	310	30	22	12	3	360
Pizza, Cheese bites (4 ea)	280	28	16	12	4	540
Pizza, Cheese, lite, 1/8 pizza, Dominos	260	29	20	7	3	540
Pizza, Cheese, round (S A Piazza)	360	34	20	17	3	510
Pizza, Cheese, round (Nardone)	330	33	21	12	3	600
Pizza, Cheese, Schwans, (HS)	340	36	18	14	4	420
Pizza, Cheesy Garlic Flatbread (2 sticks)	320	39	15	12	2	610
Pizza, Chicken, 1/8 pizza, Dominos	250	28	19	8	3	610
Pizza, French Bread, HS ONLY (pepperoni)	300	33	18	12	0	560
Pizza, Meatlovers (HS)	350	29	21	16	4	700
Pizza, Pepperoni Cheesy Bottom Slice	400	37	19	16	1	600
Pizza, Pepperoni, round (S A Piazza)	360	34	20	16	3	570
Pizza, Pepperoni, round (Nardone)	332	32	21	14	2	728
Pizza, Pepperoni, Stuffed Crust, (HS/MS)(Nardone)	328	30	19	15	3	609
Pizza, Pepperoni, wedge	331	28	31	15	3	547
Pizza, Sausage, 1/8 pizza, Dominos	300	29	19	12	3	640
Pizza, Turkey pepperoni, 1/8 pizza, Dominos	250	29	20	8	3	640
Pizza, Veggie, 1/8 pizza, Dominos	270	30	20	8	3	580
Potato, Baked, 70ct. size (1 T.marg. & 2oz cheese)	484	54.4	18.5	20	5.9	1050
Salad, Chef - Turkey (no crackers or dressing)	146	10	13	6.08	2.3	480
Salad, Chef - Turkey Ham (no crackers or dressing)	151.5	21	15	13	6	337
Salad, Crispy Chicken (no crackers or dressing)	242	22	17	11.5	6	640
Salad, Taco, beef (Elem/MS)	255	18	14	13	2	615
Salad, Taco, beef (HS)	305	19	17	16.25	2.3	525

Food Item	Cals	Carb (g)	PRO (g)	FAT (g)	FIBER (g)	Sodium(mg)
Salad, Tortellini antipasto (5 oz)	263	26	11	13	1.6	429
Salad, Tuna (1/2 cup)	298	5	30	19	0	772
Sandwich, Breaded Chicken (with bun)	331	47	21	10	5	666
Sandwich, Chicken, spicy (with bun)	344	48	21	10	4	506
Sandwich, Chicken,grilled (with bun)	255	32	21	6	3	582
Sandwich, Fish Hoagie	350	45	20	12	3	460
Sandwich, Grilled Cheese	280	32	20	15	2	660
Sandwich, Pulled pork (with bun)	350	34	23	14	3	720
Sandwich, Rib-B-Q (plain on hoagie bun)	330	41	21	9	4	617
Sandwich, Sub (elem)	280	33.5	20.5	9	3	1005
Sandwich, Sunbutter & Grape Jelly	310	33	9	15	4	300
Sandwich, Turkey/cheese (on hoagie bun) HS/MS	340	42	25	8	4	850
Soup, Turkey noodle (8 oz)	240	21	21	8	0.6	660
Spaghetti w/ Meat Sauce	257	27.6	17.5	9.5	4	302
Spaghetti w/ Meatballs (4 ea)	238	28.6	15.98	7.72	4.8	718
Steak Fingers, Beef Fritter (4 each)	320	19	16	20	4	330
Stew, Beef (8 oz)	168	13	9	9	3	781
Stir-Fry, Turkey	214	13	22	8	1.65	727
Sunbutter Munchable	487.5	68.5	11.5	19.5	5.83	444.5
Tacos, beef (with 2 taco shells)	250	18	13	13	2	290
Tamales, Beef (2) with chili/cheese	435	54	26	26.5	5.6	1270
Tamales, Ceese & Green Chile (1, 5.1oz)	340	30	16	8	3	710
Turkey & Pepperjack cheese on ciabatta	330	31	23	13.5	3	660
Turkey breast (2.82 oz)	80	0	17	1.5	0	390
Western Burger (burger,bun, cheese, 1 onion ring)	415	45.6	22	15.85	4.6	835
Wrap, Deli Turkey/ Cheese (1 wrap)	300	30	22	10.5	4	800
Wrap, Popcorn Chicken (1 wrap)	340	35	18.5	15.5	5	805