

**East Stroudsburg Area School District  
School Meals Nutritional Analysis  
2011-2012**

Breakfast Items	Portion size	Calories	Carbohydrates	Dietary Fiber	Protein	Calcium	Iron	Vitamin A	Vitamin C	Total Fat	Saturated	Allergens
			grams	grams	grams	mg	mg	RE	mg	Fat		
Bagel, Blueberry	4 oz (113g)	330	69	2	11	100	1.8	0	0	1.5	0	5, 7
Bagel, Cinnamon Raisin	4 oz (113g)	330	69	3	11	100	4.5	0	0	1	0	5, 7
Bagel, Plain	3 oz (113g)	240	49	2	8	0	20	0	0	1	0	5, 7
Breakfast Bar, Apple Cinnamon	1 bar (71g)	290	48	3	5	20	1.8	0	0	9	2.5	1,2,5,7
Breakfast Bar, Oatmeal Chocolate	1 bar (71g)	290	47	3	5	20	1.8	0	0	9	3	1,2,5,7
Cereal, Berry Berry	3/4 cup (21g)	90	20	1	1	80	3.6	120	4.8	1	0	n/a
Cereal, Cheerios	3/4 cup (19g)	70	14	2	2	60	5.4	90	3.6	1	0	5
Cereal, Cinnamon Toast Crunch	3/4 cup (21g)	120	22	1	1	80	3.6	120	4.8	3	0.5	5, 7
Cereal, Cocos Krispies	1.125 oz (32g)	130	28	< 1	1	40	4.5	150	15	1	0.5	7
Cereal, Cocoa Puffs	3/4 cup (21g)	90	20	1	1	80	3.6	120	4.8	1	0	5
Cereal, Corn Pops	.75 oz (21g)	80	19	2	1	0	1.1	90	3.6	0	0	7
Cereal, Frosted Flakes	3/4 cup (28g)	110	26	0	1	0	3.6	120	4.8	0	0	7
Cereal, Honey Nut Cheerios	3/4 cup (21g)	110	22	2	2	100	3.6	150	6	1.5	0	4, 5
Cereal, Golden Grahams	3/4 cup (21g)	110	23	1	1	80	3.6	120	4.8	1	0	5
Cereal, Lucky Charms	3/4 cup (21g)	100	21	1	2	100	3.6	150	6	1	0	n/a
Cereal, Cheerios, Multi Grain	3/4 cup (21g)	70	15	2	2	60	10.8	90	9	1	0	5
Cereal, Raisin Bran	3/4 cup (35g)	110	27	4	3	0	2.7	90	0	1	0	5
Cereal, Trix	3/4 cup (21g)	80	18	< 1	7	60	2.7	90	3.6	1	0	n/a
Egg, Breakfast Wrap with Cheese	3.1 oz (88g)	190	15	0	9	114	1.4	124	0	10	4	2, 5, 7
Eggs, Cheese and Egg Sandwich	3.8 oz (108g)	230	23	3	15	130	1.8	109	0	9.7	3.8	1, 2, 5, 7
Eggs, Colby Cheese Omelet	2.1 oz (60g)	111	1	0	8	96	0.6	112	0	8.1	1.55	1, 2
Eggs, Scrambled Patty	1.5 oz (43g)	60	1	0	5	20	0.6	78	0	3.7	1.3	2
French Toast Sticks	4 each (106g)	310	42	1	6	20	1.4	0	0	14	2.5	2, 5, 7
Mini Cinis	1 package (65g)	240	40	2	5	20	1.4	0	0	7	2	1, 5
Muffin, Blueberry	2 oz (57g)	140	25	2	3	200	4.5	300	0	4	1	1, 2, 5, 7
Muffin, Chocolate Chip	2 oz (57g)	170	27	2	3	200	4.5	300	0	6	1.5	1, 2, 5, 7
Nutri Grain, Apple Cinnamon	1.3 oz (37 g)	130	24	2	2	200	1.8	225	0	3	0.5	1, 5, 7
Nutri Grain, Blueberry, Low Fat	1.3 oz (37 g)	140	26	< 1	1	200	1.8	225	0	3	0.5	1, 5, 7
Nutri Grain, Raspberry	1.3 oz (37 g)	130	24	2	2	200	1.8	225	0	3	0.5	1, 5, 7
Nutri Grain, Strawberry	1.3 oz (37 g)	130	24	2	2	200	1.8	225	0	3	0.5	1, 5, 7
Pancakes	2 each (100g)	195	38	1	4	110	2	0	0	2.5	0.4	1, 2, 5, 7
Pancakes & Sausage Wrap	1 each	240	21	1	5	20	1.1	0	0	15	5	5, 7
Pizza, W W Bacon Scramble	1 slice (81g)	180	18	3	9	150	0	30	0	8	2.5	1, 2, 5, 7
Pop Tart, cinnamon, whole grain	1.76 oz (50g)	180	37	3	2	100	1.8	150	0	3	1	5, 7
Pop Tart, Strawberry	1.76 oz (50g)	180	37	3	2	100	1.8	150	0	2.5	1	5, 7
Ultimate Breakfast Round	2.2 oz (62g)	270	43	6	5	40	1.8	0	0	8	3	1,2,3,4,5,7
Waffle, Belgian	2 pieces (62 g)	140	28	1	3	80	2	0	0	2	0.5	1, 2, 5, 7
Yogurt, Raspberry	4 oz (113g)	100	20	0	3	100	0	150	0	0.5	0.5	1
Yogurt, Strawberry Banana	4 oz (113g)	100	20	0	3	100	0	150	0	0.5	0.5	1

**East Stroudsburg Area School District  
School Meals Nutritional Analysis  
2011-2012**

**Entrées**

	<u>Portion size</u>	<u>Calories</u>	<u>Carbohydrates</u> <u>grams</u>	<u>Dietary Fiber</u> <u>grams</u>	<u>Protein</u> <u>grams</u>	<u>Calcium</u> <u>mg</u>	<u>Iron</u> <u>mg</u>	<u>Vitamin A</u> <u>RE</u>	<u>Vitamin C</u> <u>mg</u>	<u>Total Fat</u>	<u>Saturated</u> <u>Fat</u>	<u>Allergens</u>
Bologna and Cheese Sandwich	4.5 oz (128g)	340	24	1	19	240	2.3	60	0	19.5	8	1, 5, 7
Beef a Roni	8.4 oz (235g)	345	37	3	21	80	3.8	150	9	11	3	1, 5, 7
Beef Stew	1 cup (252g)	230	20	3	14	0	0	0	0	10	4	5
Burrito, Beef	1 Burrito (171g)	371	26	0	21	220	2.3	255	2.4	21	11.4	5, 7
Burrito, Egg	1 Burrito (227g)	490	64	5	15	140	4	108	9	19	4.8	1, 2, 5, 7
Cheeseburger on a roll	4.6 oz (130g)	280	25	2	23	110	3.3	60	0	6.5	4.5	1, 5, 7
Cheeseburger on Whole Wheat Roll	4.8 oz (136g)	290	24	4	26	130	3	60	0	6.5	4.5	1, 5, 7
Cheesesteak Sandwich	5.1 oz (142g)	303	26	1	21	104	9.2	40	1	15	7.5	1, 5, 7
	5.9 oz (168g)	413	46	1	24	104	10.8	40	1	15	7.5	1, 5, 7
Cheese Sticks (Mozzarella))	5 sticks (119g)	380	29	2	19	400	1.4	120	0	20	8	1, 5, 7
Chef Salad	9 oz (255g)	273	7	0	27	312	2.1	303	3.6	26.5	12.8	1, 2
Chicken Nuggets	5 nuggets (86g)	190	14	0	15	0	0	0	0	12	0	1,2,5,7
Chicken Fryz	8 ea (104g)	180	14	2	20	40	1.4	30	1.2	3.5	1	5, 7
Chicken Parmesan on W W Roll	5.4 oz (152g)	425	39	4	27	140	2.8	135	4.5	18.8	5	1, 5, 7
Chicken Patty Sandwich	5.2 oz (146g)	330	33	2	20	40	2.5	30	0	14.5	2.5	1, 5, 7
Chicken Patty on Whole Wheat Roll	5.4 oz (152g)	340	32	4	23	60	2.2	30	0	14.5	2.5	1, 5, 7
Chicken, Popcorn	3.77 oz (107g)	288	18	0	14	50	1.8	71	0	18.8	3.8	1, 2, 5, 7
Chicken Tenders	3 each (95 g)	200	12	0	14	20	1.8	30	0	10	2	1, 2, 5, 7
Chicken Wings	5 each (154g)	367	17	0	31	0	1.4	110	0	26	5.6	7
Cheesy Beef Bake	4.5 Oz (127g)	283	28	1	19	160	1.9	150	1.2	11.8	5.5	1, 5, 7
Egg, Ham & Cheese Patty/WWroll	6.8 oz (193g)	254	22	3	18	110	2.2	150	0.1	10.5	4.5	1, 2, 5, 7
Fish Sandwich on Whole Wheat Bun	5.4 oz (152g)	310	37	3	16	50	1.3	30	0.6	10.5	1.5	5, 6, 7
Ham (Turkey) and Cheese Sand	4.6 oz (130g)	277	24	1	18	160	2.3	60	0.7	13.3	6.2	1, 5, 7
Ham (Turkey) and Cheese Wrap	4.1 oz (116g)	262	19	1	16.5	150	1.5	60	0.7	14.8	6.7	1, 5, 7
Ham (Turkey) on Pretzel Bun	5.7 oz (161g)	397	48	1	20	160	3.6	60	1.9	15.3	7.2	1, 5, 7
Hot dog with roll	3.6 oz (101g)	270	22	1	9	20	1.8	30	0	16.5	4.5	5, 7
Italian Dunkers	6.9 oz (195g)	380	62	3	17	40	3.8	75	5	6.25	1.5	1.5
Italian Hoagies	6.8oz (193g)	314	26	1	33	171	2.5	88	1.7	14.5	6.5	1, 5, 7
	7.8oz (220g)	415	46	1	26	171	4.1	88	1.7	14.5	6.5	1, 5, 7
Meatball Sub Sandwich	6.9 oz (194g)	315	32	2	21	90	4.3	75	4.5	11.25	3	1, 5, 7
	7.8 oz (220g)	415	52	2	24	90	5.9	75	4.5	11.25	3	1, 5, 7
Meatloaf with Gravy	5.3 oz (151g)	218	12	1	16.8	44	2	28	2	11.4	4.3	1, 2, 5, 7
Peanut Butter and Jelly Sandwich	2.8 oz (80g)	320	33	3	10	20	1.4	0	0	16	3.5	3, 5, 7
Pierogies	3 each (120g)	190	35	2	6	40	1.8	30	6	2.5	1	1, 2, 5, 7
Pierogies Marinara	11.4 oz (271g)	350	45	6	17	220	3.8	150	11.4	12.5	6	1, 2, 5, 7
Pizza; 4X6; wheat (Nardones)	5.0 oz (142g)	300	28	5	22	400	0.4	150	6	12	7	1, 5, 7
Pizza; 5 inch round (Nardones)	5.9 oz (167g)	380	43	2	23	400	0.7	150	6	11	9	1, 5, 7
Pizza; French Bread (Nardones)	5.5 oz (156g)	320	33	1	21	400	0.7	120	9	11	7	1, 5, 7
Pizza; wheat garlic, white (Nardone)	4.5 oz (128g)	370	29	2	22	400	0	23	0	20	8	1, 5, 7
Pizza; wedge; red; wheat (Kasa)	6.25 oz (177g)	320	49	9	19	350	1.8	60	2.4	11	7	1, 5
Pizza; wedge; white; wheat (Kasa)	6.25 oz (177g)	390	50	3	21	400	1.8	28	2.4	12	7	1, 5
Pork, Roasted with gravy	5.1 oz (145g)	225	4	0	23.8	20	1	0	0.6	11.4	4.1	5, 7

**East Stroudsburg Area School District  
School Meals Nutritional Analysis  
2011-2012**

**Entrées**

	<u>Portion size</u>	<u>Calories</u>	<u>Carbohydrates</u> <u>grams</u>	<u>Dietary Fiber</u> <u>grams</u>	<u>Protein</u> <u>grams</u>	<u>Calcium</u> <u>mg</u>	<u>Iron</u> <u>mg</u>	<u>Vitamin A</u> <u>RE</u>	<u>Vitamin C</u> <u>mg</u>	<u>Total Fat</u>	<u>Saturated</u> <u>Fat</u>	<u>Allergens</u>
Ravioli, Beef	9 pieces (255g)	230	42	3	6	0	0	0	3.5	1.5	1	1, 5
Rib B Que Sandwich	5.4 oz (152g)	271	24	3	19	57	1.7	53	0	11	3.3	5, 7
Roast Beef Sandwich	3.5oz (99g)	180	22	1	14	20	2.5	0	0	5	1.5	5, 7
Salami and Cheese Sandwich	4.5 oz (128g)	280	25	1	20	180	2.4	13	3.5	13	5.8	1, 5, 7
Sloppy Joe	4.1 Oz (116g)	188	27	1	14	40	2.1	90	1.2	3.8	0.5	5, 7
Spaghetti and Meatballs	8.4 oz (235g)	345	37	3	21	80	3.8	150	9	11	3	1, 5, 7
Spaghetti and Meat Sauce	1 cup (248 g)	322	34	3	21	43	4	191	5.3	10.7	4.38	1, 5, 7
Taco	1 Taco (171g)	371	26	0	21	220	2.3	255	2.4	21	11.4	5, 7
Taco Salad	5.8oz (163g)	325	20.2	2	22	305.5	4.6	75	4	19.3	7.1	1, 5, 7
Toasted Cheese Sandwich	3.75oz (106g)	360	25	1	16	300	1.8	120	0	25	11	1, 5, 7
Toasted Cheese Sandwich-wrapped	4.24 oz (122g)	324	35	2.8	19	434	1.4	132	0	12.8	6.7	1,5,7
Toasted Ham & Cheese Sandwich	4.8oz (137g)	327	24	1	18	160	2.3	60	0.7	18.8	7.2	1, 5, 7
Tuna Salad Sandwich	6.1 oz (175g)	310	21	3	33	40	2.5	0	0	11.5	1.5	2, 5, 6, 7
Turkey Deli	4.0 oz (113g)	168	23	1	16	20	1.7	0	0.8	2.1	0	5, 7
Turkey Deli with Cheese	4.5 oz (127g)	246	25	1	20	160	1.8	60	0.8	11	5	1, 5, 7
Turkey, Roasted with Gravy	5.6 oz (160g)	176	3.7	0	22.8	20	1.4	0	0	8.4	1.6	5, 7
Turkey Wrap	4.6 oz (130g)	245	19	1	19	163	1.2	115	2.7	12.5	5.5	1, 5, 7
Vegetable Wrap	3.7 oz (104g)	299	19.8	2	15.5	292.5	2.9	175	0.2	21	10.5	1, 5, 7

**Vegetables**

Broccoli	1/2 cup (44g)	13	2	1	1	10	0.2	75	15	0	0	n/a
Broccoli and Cauliflower	1/2 cup	14	2	1.3	1.3	5	0.1	38	20	0	0	n/a
Carrot Coins, frozen	1/2 cup (64g)	23	5	2	< 1	20	0	550	2.4	0	0	n/a
Carrots, fresh	1/2 cup (78g)	30	7	2	1	20	0.4	1650	6	0	0	n/a
Cauliflower	1/2 cup (64g)	15	2	1.5	1.5	0	0	0	24	0	0	n/a
Celery Sticks, fresh	3 oz (85g)	12	3	2	1	40	0.2	135	3	0	0	n/a
Celery & Carrots, fresh	1/2 cup	21	4	2	1	30	0.3	890	4.5	0	0	n/a
Corn, Frozen	1/2 cup (68g)	60	14	1.5	2	5	0.3	375	4.5	0	0	n/a
Baked Beans	1/2 cup (127g)	119	24	5.1	6.5	70	4.1	30	4	2.4	1	n/a
Green Beans	1/2 cup	20	4	2	1	20	0.3	54	2.4	0	0	n/a
Beets, sliced	1/2 cup (120g)	40	8	1	1	0	0	0	0	0	0	n/a
Fresh, Lettuce and Tomatoes	1/2 cup	4	0.8	0	< 1	2.5	0.2	55	1.9	0	0	n/a
Fresh, Tossed salad	1/2 cup	4	0.8	0	< 1	2.5	0.2	55	1.9	0	0	n/a
Italian Vegetable Mix	1/2 cup	63	4	1.5	< 1	15	0	280	4.5	0	0	n/a
Mixed Vegetables	1/2 cup (91g)	59	12	4	2.6	20	0.7	1170	3	0	0	n/a
Peas	1/2 cup	60	12	3	4	20	1.2	160	6.8	0	0	n/a
Peas and Carrots	1/2 cup	42	9	2.5	2	20	0.8	355	4.6	0	0	n/a
Pierogies, Potato and Cheddar	3 each (114g)	170	33	1	5	40	1.4	0	6	2.5	1	1, 2, 5, 7
Potato, Curly Fries	3 oz (84g)	160	20	2	2	0	1.1	0	6	8	3.5	7

**East Stroudsburg Area School District  
School Meals Nutritional Analysis  
2011-2012**

	<u>Portion size</u>	<u>Calories</u>	<u>Carbohydrates</u> <u>grams</u>	<u>Dietary Fiber</u> <u>grams</u>	<u>Protein</u> <u>grams</u>	<u>Calcium</u> <u>mg</u>	<u>Iron</u> <u>mg</u>	<u>Vitamin A</u> <u>RE</u>	<u>Vitamin C</u> <u>mg</u>	<u>Total Fat</u>	<u>Saturated</u> <u>Fat</u>	<u>Allergens</u>
<b>Vegetables</b>												
Potato, Hashbrown	3 oz (85g)	59	13	1	2	10	0.4	0	9	0	0	n/a
Potato, Jiffy Crisp	3 oz (85g)	160	20	6	2	20	0.7	0	2.4	8	2	5, 7
Potato Pancakes	2 cup-4 pieces ( 74g)	150	17	2	1	0	0.4	0	4.8	9	1.5	n/a
Potato Smiles	2 cup-5 pieces (84g)	170	24	2	2	0	0	0	0	6.5	3.5	7
Potato (Tator) Tots	3 oz (85g)	160	19	2	2	0	0	0	0	7	2	n/a
Potato FF 1/2 " Crinkle	1/2 cup (72g)	110	17	2	2	0	0.4	0	4.8	4	0	7
Potato, Wedge	3 oz (85 g)	130	17	2	2	0	0.4	0	2.4	6	1	5, 7
Three Bean Salad	1/2 cup (125g)	75	17	1.5	1.5	0	0.7	60	2.4	0	0	n/a
Tomatoes, Canned	1/2 cup(121g)	25	5	1	1	40	0.7	225	9	0	0	n/a
Sweet Potato Crinkle Fries	17 pieces (86g)	180	22	4	0	40	1.4	2700	12	10	1.5	5,7
Sweet Potato Fries	1/2 cup (97g)	160	24	4	2	40	0.7	1951	4.8	7	1	7
Sweet Potatoes, canned	1/2 cup (160g)	120	30	2	0	0	0	3300	4.8	0	0	n/a
Whipped Potatoes	1/2 cup	75	15	1.5	1.5	15	0.3	0	3.6	1	0	1, 7

**Fruits & Juices**

Apple Sauce	1/2 cup (105g)	75	19	1.5	0	0	0	0	24	0	0	n/a
Apples, Slices	1/2 cup (120g)	50	12	2	0	0	0	0	24	0	0	n/a
Cranberry Sauce	1/4 cup (70g)	110	27	< 1	0	3	0.1	8	1.4	0	0	n/a
Fresh Fruit, Apple, medium	1 each (138g)	72	19	3	< 1	8	0.2	23	6	0	0	n/a
Fresh Fruit, Banana, petite	1 each (81g)	72	19	2	1	0	0	0	7.2	0	0	n/a
Fresh Fruit, Grapes	1/2 cup (75g)	52	14	< 1	< 1	20	0.5	33	16	0	0	n/a
Fresh Fruit, Oranges	1 each (130g)	62	15	3	1	50	0.2	90	70	0	0	n/a
Fresh Fruit, Pears, medium	1 each (166g)	100	26	6	1	20	0	0	6	0	0	n/a
Fresh Fruit, Plums	2 each (4.5 oz)	70	17	1	1	0	0	135	12	0	0	n/a
Fruit Juice, 100%, Apple	4 oz	57	15	0	0	11	0.2	0	60	0	0	n/a
Fruit Juice, 100%, Grape	4 oz	77	19	0	0	10	0.6	0	60	0	0	n/a
Fruit Juice, 100%, Orange	4 oz	55	14	0	0	10	0.2	56	63	0	0	n/a
Fruit Juice, 100%, Punch	4 oz	66	17	0	0	14	0.3	0	9.7	0	0	n/a
Fruit Juice, 100%, Apple	10 oz	140	34	0	1	20	0	0	72	0	0	n/a
Fruit Juice, 100% Punch	10 oz	140	34	0	2	20	0	0	72	0	0	n/a
Fruit Juice, 100%, Orange	10 oz	140	33	0	2	20	0	0	72	0	0	n/a
Juice Blend, 50%, Fruit Punch	6 oz	81	20	0	0	0	0	0	60	0	0	n/a
Juice Blend, 50%, Green Apple	6 oz	84	21	0	0	0	0	0	60	0	0	n/a
Juice Blend, 50%, Hawaiian Blue	6 oz	81	20	0	0	0	0	0	60	0	0	n/a
Juice Blend, 50%, Kiwi Strawberry	6 oz	84	21	0	0	0	0	0	60	0	0	n/a
Mix Fruit, light syrup	1/2 cup (124 g)	60	17	2	1	0	0	90	1.2	0	0	n/a
Peach Slices, light syrup	1/2 cup (113g)	80	20	1	0	0	0	120	27	0	0	n/a
Pears	1/2 cup (130g)	80	20	2	1	0	0.4	0	1.2	0	0	n/a
Pineapple, variety	1/2 cup (140g)	70	17	1	0	0	0.7	0	6	0	0	n/a

**East Stroudsburg Area School District  
School Meals Nutritional Analysis  
2011-2012**

	<u>Portion size</u>	<u>Calories</u>	<u>Carbohydrates</u> <u>grams</u>	<u>Dietary Fiber</u> <u>grams</u>	<u>Protein</u> <u>grams</u>	<u>Calcium</u> <u>mg</u>	<u>Iron</u> <u>mg</u>	<u>Vitamin A</u> <u>RE</u>	<u>Vitamin C</u> <u>mg</u>	<u>Total Fat</u>	<u>Saturated</u> <u>Fat</u>	<u>Allergens</u>
<b>Grains &amp; Breads</b>												
Bread Stick	1 oz (30g)	70	14	2	2	0	1.1	0	0	2.5	0	5, 7, 8
Dinner Roll	1 roll (41g)	110	20	1	4	20	1.4	0	0	1	0	5, 7
Italian Bread, slice	1 slice (31 g)	80	15	< 1	3	20	0.7	0	0	1	0	5, 7, 8
Hamburger Roll	1 roll (45g)	110	22	1	4	20	1.4	0	0	1.5	0	5, 7
Hamburger Roll, Whole Wheat	1 roll (51g)	120	21	3	7	40	1.1	0	0	1.5	0	5, 7
Hoagie Roll, 8 inch	1 roll (71g)	210	42	1	7	20	2.7	0	0	1.5	0	5, 7
Hot Dog Roll	1 roll (45g)	110	22	1	4	20	1.1	0	0	1.5	0	5, 7
Hot Dog Roll, wheat	1 roll (345g)	100	20	2	4	60	1.5	0	0	1	0	5, 7
Hamburger Roll, Wheat	1 roll (51g)	120	21	3	7	40	1.1	0	0	1.5	0	5, 7
Kaiser Roll	1 roll (38g)	100	21	< 1	3	20	1.4	0	0	1	0	5, 7
Pretzel Bun	1 prtz roll (77 g)	230	45	1	6	20	2.7	0	1.2	3.5	1	5, 7
School King, Rye	2 slices (44g)	110	21	2	4	40	1.4	0	0	1.5	0	5, 7
School King, Wheat Bread	2 slices (44g)	110	21	2	4	20	1.4	0	0	2	0	5, 7
School King, White Bread	2 slices (44g)	110	21	1	4	20	1.4	0	0	1.5	0	5, 7
Steak Roll, 6 inch	1 roll (57g)	160	32	1	5	0	1.8	0	0	1	0	5, 7
Elbow macaroni	1/2 cup (28 g)	105	21	1	3.5	0	1	0	0	0.5	0	5
Linguine (10" Spaghetti)	1/2 cup (28g)	105	21	1	3	0	1	0	0	0.5	0	5
Seasoned Egg Noodles	1/2 cup (28g)	110	20	1	4	10	1	0	0	1.5	0.5	2, 5
Rice	1/2 cup (31 g)	98	22	2	2	10	0.5	0	0	1	0	1
Soft Pretzel	2.5 oz	180	38	1	6	0	0.3	0	0	1	0	5, 7
Taco Shells	3 each (32g)	150	21	2	2	20	0	5	0	6	2	5, 7
Tortilla Shells	2 each (64g)	190	31	2	5	20	1.1	0	0	6	1	5, 7

**Condiments**

Barbecue Sauce	2 Tbsp(34g)	45	11	0	0	0	0	0	0	0	0	n/a
Dressing, Blue Cheese	1 pack (43 g)	220	2	0	1	20	0	0	0	23	4	1, 2, 7
Dressing, Creamy Caesar	1.5 oz (43g)	210	2	0	1	0	0	0	0	21	3.5	1, 2, 7
Dressing, French	2 Tbsp	120	5	0	0	0	0	525	0	11	1.5	7
Dressing, French, red calorie	2 Tbsp	50	9	0	0	0	0	0	0	1	0	7
Dressing, Italian, red calorie	1 pack (30g)	30	5	0	0	0	0.4	0	0	1	0	7
Dressing, Ranch	1.5 oz (4.3g)	240	3	0	0	0	0	0	0	25	11	1, 2, 7
Gravy, Brown	2 oz (6.6g)	25	4	0	1	0	0	0	0	1	0	1, 5, 7
Ketchup	2 tsp (9g)	10	2	0	0	0	0	0	0	0	0	n/a
Jelly, Grape	1 pack (14g)	35	9	0	0	0	0	0	0	0	0	n/a
Margarine	1 Tbsp (14g)	100	0	0	0	0	0	0	0	11	2	1, 7
Mayonnaise	1 pack (12g)	90	0	0	0	0	0	0	0	10	1.5	2, 7
Mayonnaise. Lite	1 Tbsp (15g)	50	2	0	0	0	0	0	0	4.5	0.5	2, 7
Mustard	1 pack (6g)	4	0	0	0	0	0	0	0	0	0	n/a

**East Stroudsburg Area School District  
School Meals Nutritional Analysis  
2011-2012**

	<u>Portion size</u>	<u>Calories</u>	<u>Carbohydrates</u> <u>grams</u>	<u>Dietary Fiber</u> <u>grams</u>	<u>Protein</u> <u>grams</u>	<u>Calcium</u> <u>mg</u>	<u>Iron</u> <u>mg</u>	<u>Vitamin A</u> <u>RE</u>	<u>Vitamin C</u> <u>mg</u>	<u>Total Fat</u>	<u>Saturated</u> <u>Fat</u>	<u>Allergens</u>
<b>Condiments</b>												
Pickles, Bread and Butter	1 oz (28g)	25	6	0	0	0	0	0	0	0	0	n/a
Pickles, Kosher Dill	1 oz (28g)	0	0	0	0	0	0	0	0	0	0	n/a
Relish	1 pack (9g)	10	3	0	0	0	0	0	0	0	0	n/a
Syrup, Pancake	1.5 oz	120	29	0	0	0	0	0	0	0	0	1
Tartar Sauce	1 oz	110	7	0	0	0	0	0	0	9	1.5	2, 7

**Side Items &  
A la carte &  
Beverages**

Beverages, Iced Tea	12 oz	120	33	0	0	0	0	0	0	0	0	n/a
Beverages, Iced Tea, no calorie	12 oz	0	0	0	0	0	0	0	0	0	0	n/a
Beverages, Iced Tea & Lemonade	20 oz	130	34	0	0	0	0	0	0	0	0	n/a
Beverages, Lemonade, sugar free	12 oz	5	< 1	0	0	0	0	0	0	0	0	n/a
Beverages, Sunny D	6.75 oz	80	18	0	0	0	0	0	48	0	0	n/a
Bevarages, Water, flavored	20 oz	0	0	0	0	0	0	0	0	0	0	n/a
Bevarages, Water, plain	20 oz	0	0	0	0	0	0	0	0	0	0	n/a
Cheese Sauce	2 oz (13g)	60	7	0	1	30	0	0	0	3	1	1, 7
Cheese Sauce, Nacho	1/4 cup (62g)	60	4	0	1	20	0	0	0	4	1	1, 7
Chips, Cheetos	1 oz (28.3g)	160	15	< 1	2	0	0.4	0	0	10	2	1
Chips, Lays, Barbecue	1 oz (28.3g)	150	15	1	2	0	0.3	0	6	10	1	5
Chips, Lays, Classic, Plain	1 oz (28.3g)	150	15	1	2	0	0.3	0	6	10	1	n/a
Chips, Doritos, Cool Ranch	1 oz (28.3g)	150	18	2	2	0	0.4	0	0	8	1	1
Chips, Doritos, Nacho	1 oz (28.3g)	150	17	1	2	20	0	0	0	8	1.5	1, 5
Chips, Ruffles, Cheddar & Sour Cr	1 oz (28.3g)	160	14	1	2	0	0.4	0	4.8	11	1.5	1
Chips, Sun Chips, Fr. Onion	1 oz (28.3g)	140	18	3	2	0	0.4	0	0	6	1	1, 5
Chips, Sun Chips, Garden Salsa	1 oz (28.3g)	140	19	3	2	0	0.4	0	0	6	1	1, 5
Chips, Sun Chips, Harvest Ched	1 oz (28.3g)	140	19	3	2	0	0.4	0	0	6	1	1, 5
Chips, Sun Chips, Original	1 oz (28.3g)	140	19	3	2	0	0.4	0	0	6	1	5
Cookie, Chocolate chip	1 oz	120	17	1	1	0	0.7	33	0	6	3	1, 5, 7
Cookies, Fortune	1 each (30g)	110	26	0	2	0	0	0	0	0	0	1, 5, 7
Cookie, Sugar	1 oz	120	18	0	1	0	0.4	60	0	5	2.5	1, 5, 7
Gelatin, Strawberry	3.5 oz (99g)	100	25	0	0	0	0	0	0	0	0	n/a
Granola Bar, Chocolate Chip	1 bar (24g)	100	18	1	1	80	0	0	0	3	1.5	1, 3, 5, 7
Granola Bar, Peanut Butter	1 bar (24g)	100	19	1	1	80	0.4	0	0	2.5	1	1, 3, 5, 7
Fruit by the Foot	1 each (21 g)	80	17	0	0	0	0	0	15	1	0	n/a
Fruit Gushers	1 each (25 g)	90	20	0	0	0	0	0	15	1	0	n/a
Fruit Roll Up	1 each (14g)	50	11	0	0	0	0	0	15	1	0	n/a
Luigi Sour Cherry	3.1 oz	100	25	3	0	60	0	0	60	0	0	n/a
Ice Cream, Cookie & Cream Bar	1 bar (50g)	90	18	2	2	10	4	60	0	1.5	1	1, 5, 7
Ice Cream, Creamsicle,	1 bar (66g)	110	18	0	1	60	0	30	10	3.5	2.5	1, 7

**East Stroudsburg Area School District  
School Meals Nutritional Analysis  
2011-2012**

**Side Items &  
A la carte &  
Beverages**

	<u>Portion size</u>	<u>Calories</u>	<u>Carbohydrates</u> <u>grams</u>	<u>Dietary Fiber</u> <u>grams</u>	<u>Protein</u> <u>grams</u>	<u>Calcium</u> <u>mg</u>	<u>Iron</u> <u>mg</u>	<u>Vitamin A</u> <u>RE</u>	<u>Vitamin C</u> <u>mg</u>	<u>Total Fat</u>	<u>Saturated</u> <u>Fat</u>	<u>Allergens</u>
Ice Cream, Firecracker	1 bar	35	8	0	0	0	0	0	20	0	0	n/a
Ice Cream, Sandwich	1 bar (52g)	130	26	2	2	80	0.7	90	0	2	1	1, 5, 7
Icy Juicy (juice bar)	2.3 oz	60	15	0	0	60	0	0	60	0	0	n/a
Oatmeal to Go	1 bar (40g)	140	29	3	3	100	3.6	150	0	2.5	0.5	2,3,4,5,7
Popcorn, White Cheddar	1 bag (17.7g)	100	9	1	2	20	0	0	0	6	1.5	1
Pretzels, Tiny Twists	1 bag (28.3oz)	110	23	1	2	0	1.1	0	0	1	0	5
Pudding, Chocolate	3.5 oz (93g)	100	23	< 1	1	20	0.7	0	0	1	0.5	1
Pudding, Vanilla	3.5 oz (93g)	90	21	0	< 1	20	0	0	0	1	0.5	1
Rice Krispe Snacks	.5 oz (11g)	45	9	0	0	0	0	0	0	1.1	0.25	1,7
Rice Snacks, Caramel Corn	1 bag (26g)	100	23	1	1	0	0	0	0	0.5	0	1, 7
Rice Snacks, Cheddar Cheese	1 bag (19g)	80	13	1	1	0	0	0	0	0.5	0	1, 7
Sherbert, Lime	4 oz	120	27	0	0	20	0.4	0	60	1.5	1	1
Sherbert, Orange	4 oz	120	27	0	0	20	0.4	0	60	1.5	1	1
Sherbert, Raspberry	4 oz	120	27	0	0	20	0.4	0	60	1.5	1	1
Smart Cookies	1.1 oz (31g)	130	22	< 1	2	100	1.8	150	6	3.5	1.5	1, 5, 7
Soups: Chicken Mega Noodle	1/2 cup	70	10	1	3	0	0.4	120	0	2	0	1, 2, 5, 7
Soups: Tomato	1/2 cup	90	19	2	2	0	0.4	150	4.8	1	0.5	5, 7
Yogurt, Blueberry	8 oz (227g)	190	40	0	6	600	0	0	1.2	0	0	1
Yogurt, Cherry Vanilla	8 oz (227g)	180	39	0	6	600	0	0	1.2	0	0	1
Yogurt, Peach	8 oz (227g)	180	38	0	6	600	0	0	2.4	0	0	1
Yogurt, Strawberry	8 oz (227g)	180	38	0	6	600	0	0	2.4	0	0	1
Yogurt, Strawberry Banana	8 oz (227g)	180	39	0	6	600	0	0	2.4	0	0	1

**Milk**

1 % White	8 oz (236ml)	110	12	0	8	300	0	150	2.4	2.5	1.5	1
2 % White	8 oz (236ml)	130	12	0	8	300	0	150	2.4	5	3	1
1 % chocolate	8 oz (236ml)	150	24	0	8	300	0.4	150	1.2	2.5	1.5	1
Fat Free	8 oz (236ml)	90	12	0	8	300	0	150	2.4	0	0	1
Lactaid	8 oz (236ml)	80	13	0	8	500	0	150	0	0	0	1

**Allergen Legend**

<u>Description</u>	<u>Code</u>
Dairy (milk, whey, etc)	1
Egg	2
Peanut	3
Tree Nuts	4
Wheat (gluten, etc)	5
Seafood (fish and Shell, etc)	6
Soy (soy flour, nuts, oil, etc)	7
Sesame Seeds	8

Allergens listed are in the items itself.  
Foods prepared in ESASD kitchens may be exposed to any of the above listed allergens