

Brazosport ISD Child Nutrition 2009-2010 Nutrient Analysis

NOTICE: The data contained within this report is subject to change at anytime. Although an item may not contain an allergen it may be manufactured in a way that allergens could inadvertently be added to the product.

Ingredients and menu items are subject to change or substitution without notice. Brazosport ISD does not guarantee the accuracy of this information.

This information should not be used for menu planning for students with severe food allergies or medical conditions.

Please consult a physician for professional assistance.

Food item- Entrées	Calories	fat-g	fiber-g	carbohydrates-g	sodium-mg	Allergens
Baja Fish Sticks w/Hushpuppie	287	13	2	27	533	Milk, Fish, Soy, Wheat, Gluten
Baked Penne Pasta Marinara	278	11	2	24	284	Egg, Wheat, Gluten
Baked potato -plain	188	0.26	4	43	20	
Baked potato w/ BBQ & Roll (secondary)	461	8	8	80	754	Wheat, Soy, Gluten
Baked potato w/ Cheese	328	11	4	46	558	Milk
Baked potato w/ Taco Meat & Roll (secondary)	496	12	7	72	1252	Wheat, Soy, Gluten
BBQ Beef Sandwich	293	9	2	41	783	Wheat, Soy, Gluten
BBQ Rib Sandwich	342	15	2	36	871	Milk, Wheat, Gluten. Soy
Bean & Cheese Chalupa	233	9	3	21	677	Milk, Wheat, Gluten
Beef tips w/rice	234	3	0.5	31	1024	Wheat, Soy, Gluten
Beefy Nachos	436	19	2	40	1234	Wheat, Soy, Gluten
BOSCO Jalapeno Cheese Stick	230	9	2	30	340	Milk, Wheat, Gluten. Soy
Breaded Country Steak	300	18	2	20	823	Milk, Wheat, Gluten. Soy
Burrito, (elem)	260	8	5	37	550	Milk, Wheat, Gluten. Soy
Burrito, (secondary)	380	14	6	46	770	Milk, Wheat, Gluten. Soy
Calzone, Ham & Cheese	241	9	1	23	1087	Milk, Wheat, Gluten. Soy
Carne Guisada	180	8	1	5	380	Wheat, Soy, Gluten
Cheese enchiladas	408	18	3	43	2129	Milk, Wheat, Gluten, Soy
Cheese, grated 2 oz	186	14	0	4	905	Milk
Cheeseburger on Wheat bun (elem)	340	15	2	29	795	Milk, Wheat, Gluten, Soy
Cheeseburger on White Bun (middle school)	350	15	2	30	815	Milk, Wheat, Gluten, Soy
Cheeseburger on White Bun (secondary)	419	20	1	27	716	Milk, Wheat, Gluten, Soy
Cheesy Flat Bread	340	12	3	44	350	Milk, Wheat, Gluten, Soy
Chicken, BBQ	213	11	0.1	4	1107	Wheat, Gluten
Chicken, BBQ Roasted	175	8	0.0	3	600	Wheat, Soy, Gluten
Chicken ,Brd	162	10	5	5	164	Egg, Milk, Wheat, Gluten, Soy
Chicken drummies	130	6	0	0	300	Wheat, Soy, Gluten
Chicken & dumplings w/breadstick	282	7	1	27	422	Egg, Milk, Wheat, Gluten
Chicken fajita Flatbread	258	9	3	27	872	Milk, Wheat, Gluten, Soy
Chicken fajita w/tortilla	244	10	0	14	1018	Wheat, Soy, Gluten
Chicken nuggets	174	4	1	19	320	Wheat, Soy, Gluten
Chicken nuggets, spicy	175	4	2	20	537	Wheat, Soy, Gluten
Chicken Quesadillas	318	16	1	25	975	Wheat, Gluten
Chicken Rings, (5)	220	10	2	13	620	Egg, Milk, Wheat, Gluten, Soy
Chicken, Roasted	192	10	0	0	68	Gluten, Wheat

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Chicken Sandwich,Breaded	410	19	2	40	800	Milk, Wheat, Gluten, Soy
Chicken spaghetti	298	13	1	23	674	Egg, Wheat, Gluten
Chicken/Turkey Alfredo Penne Pasta	265	8	1	29	534	Milk, Wheat, Gluten, Soy
Corn Dog, turkey	260	12	2	32	1080	Wheat, Gluten
Fish Nuggets w/ Hush Puppie	328	17	2	26	916	Milk, Wheat, Gluten, Soy
Fish Tacos	300	12	2	33	432	Milk, Fish, Soy, Wheat, Gluten
Grilled Cheese Sandwich	266	10	1	33	722	Milk, Wheat, Gluten, Soy
Hamburger on Wheat Bun (elem)	292	11	2	29	563	Wheat, Soy, Gluten
Hamburger on White Bun (middle school)	302	11	2	30	583	Wheat, Soy, Gluten
Hamburger on White Bun (secondary)	370	17	1	30	485	Wheat, Soy, Gluten
Hot Dog - turkey	270	14	1	25	820	Wheat, Soy, Gluten
Hot Ham & Cheese Sandwich	220	7	1	26	1003	Milk, Wheat, Gluten
Mac & Cheese entree 3/4 cup (elem)	290	11	1	32	980	Egg, Milk, Wheat, Gluten
Mac & cheese entree 1 cup (secondary)	405	16	1	44	870	Egg, Milk, Wheat, Gluten
Grilled Cheese Sandwich	266	10	0	32	722	Milk, Wheat, Gluten
Grilled Chicken Sandwich	306	5	1	30	510	Milk, Wheat, Gluten
Mini Chicken Strips	164	4	1	18	580	Wheat, Soy, Gluten
Mini Corn Dogs	310	17	2	31	790	Egg, Wheat, Gluten, Soy
Mini Spicy Chicken Strips	166	4	1	18	507	Wheat, Soy, Gluten
Mini Twin Cheeseburgers	451	22	2	42	737	Wheat, Soy, Gluten, Milk
Oriental Egg Roll	160	6	2	20	420	Egg, Milk, Soy, Gluten
Pancakes & Little Smokies	273	14	2	28	682	Wheat, Soy, Gluten
Personal Pan Cheese Pizza	340	10	3	43	708	Milk, Wheat, Gluten, Soy
Personal Pan Pepperoni Pizza	350	11	3	43	780	Milk, Wheat, Gluten, Soy
Pita Pocket, Ham & Cheese	246	10	2	21	1033	Wheat, Gluten
Pita Pocket, Pork	316	16	2	18	351	Wheat, Gluten
Pizza, cheese slice (secondary)	421	16	2	44	1113	Milk, Wheat, Gluten, Soy
Pizza, pepperoni slice (secondary)	408	16	2	44	1105	Milk, Wheat, Gluten, Soy
Pizza, French Bread Cheese	323	13	1	33	374	Milk, Wheat, Gluten, Soy
Pizza, French Bread Pepperoni	353	16	1	33	473	Milk, Wheat, Gluten, Soy
Pizza, Whole Grain cheese wedge	270	10	4	32	800	Milk, Wheat, Gluten, Soy
Pizza, Whole Grain pepp wedge	270	10	4	32	860	Milk, Wheat, Gluten, Soy
Popcorn chicken (15)	273	18	2	16	830	Wheat, Gluten, Soy
Popcorn Shrimp	221	12	2	19	704	Shellfish,Wheat, Gluten, Soy
Pork Gordita	364	17	3	25	538	Wheat, Gluten, Soy
Pulled Pork Sandwich	632	11	1	30	956	Milk, Wheat, Gluten
Sausage link on a Bun	360	20	1	28	930	Wheat, Soy, Gluten
Shrimp PoBoy	350	14	3	43	960	Shellfish,Wheat,Gluten, Soy
Spaghetti w/Meat Sauce & Breadst	645	20	9	87	1187	Egg, Wheat, Gluten
Spicy chicken Sandwich	356	8	2	42	708	Wheat, Soy, Gluten
Spicy popcorn chicken	255	17	2	15	825	Wheat, Soy, Gluten
Spicy Chicken Strips (8)	200	10	0	11	310	Egg, Milk, Wheat, Gluten, Soy

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Steak fingers (4)	297	18	2	19	741	Egg, Wheat, Gluten
Steak Sandwich	450	20	3	48	1093	Egg, Milk, Wheat,Gluten, Soy
Teriyaki Meatballs w/rice (elem)	312	8	1	46	846	Milk, Wheat, Gluten, Soy
Teriyaki Meatballs w/rice (secondary)	333	9	1	48	930	Milk, Wheat, Gluten, Soy
Turkey roast/gravy	181	3	0	18	971	Milk, Wheat, Gluten, Soy
Turkey, ham, cheese, and cracker kit	265	11	1	20	1426	Milk, Wheat, Gluten
Specialty Salads w/crackers	Calories	fat-g	fiber-g	carbohydrates-g	sodium-mg	Allergens
Chef Salad, ham, cheese, egg	301	15	2	24	1212	Egg
Popcorn chicken Salad	392	21	3	34	1235	Wheat, Gluten, Soy
Spicy popcorn chicken Salad	353	17	4	36	933	Wheat, Soy, Gluten
Soup	Calories	fat-g	fiber-g	carbohydrates-g	sodium-mg	Allergens
Baked Potato Soup w/cheese	378	18	1	40	1611	Milk, Wheat, Gluten, Soy
Chicken Noodle Soup	40	1	1	5	576	Egg, Wheat, Gluten, Soy
Gumbo w/crackers	284	4	1	42	976	Wheat, Gluten
Taco soup	393	16	8	45	1515	Wheat, Gluten, Soy
Tortilla soup	408	19	4	36		Wheat, Gluten, Soy
Food item- Vegetables	Calories	fat-g	fiber-g	carbohydrates-g	sodium-mg	Allergens
Vegetables 1/2 cup serving						
Baby Carrots	15	0	1	4	24	
Baked Beans	80	1	3	16	62	
Baked Sweet Potato	60	0	2	14	24	
Black Eyed Peas	95	0	5	17	386	
Broccoli	30	0.4	3	5	10	
Fresh Broccoli & Carrots	6	0.0	1	1	8	
Fresh Broccoli 1/4 cup w/ dip	53	6	0	1	177	
Broccoli w/cheese sauce	45	1	3	8	151	Milk, Wheat, Gluten, Soy
Broccoli w parmeasan cheese	34	1	3	6	64	Milk
Carrots	27	0	2	6	43	
Carrot Crisp	20	0	1	5	16	
Celery Sticks 1/4 cup	5	0.1	1	1	119	
Corn	82	1	2	19	327	
Corn on Cob	59	0.5	2	14	2	
Fresh Vegetables , Marinated	39	2	0	6	441	
Fries, oven baked	140	5	2	23	380	Soy
Green beans	16	0.1	2	4	198	
Green Peas	68	0.4	4	12	285	
Hashbrown Strip	110	4.0	1.5	17	320	Soy, Wheat, Gluten
Jalapenos	13	0.3	1	3	510	

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Mashed potatoes	78	1	1.3	16	368	Milk
Mixed Vegetables	73	0.6	5	15	266	
Pickle slices	5	0.0	0	1	480	
Pickle, whole dill	8	0.1	1	2	569	
Pinto Beans	159	0.6	7	29	575	
Ranch style beans	130	3	6	20	540	Soy
Refried Beans	160	4	6	24	568	
Salsa	22	0	1	4	268	
Spianch	14	0	2	2	583	
Snow Peas	8	0	1	2	3	
Tator Tots	120	5	2	18	303	Wheat, Gluten, Soy
Vegetable soup 6 oz	90	1.5	1	15	880	
Zucchini Squash	8	0.0	0	2	3	
Salads	Calories	fat-g	fiber-g	carbohydrates-g	sodium-mg	Allergens
Burger Salad 1/4 cup	6	0.1	0.1	1	124	
Fiesta Salad	7	0.1	1	1	3	
Garden Salad	11	0.1	0.9	2	7	
Spring Mix Salad	26	0.5	0.8	5	53	
Romaine Green Salad	9	0.1	0.8	2	8	
Breads	Calories	fat-g	fiber-g	carbohydrates-g	sodium-mg	Allergens
Baked chips, doritos reduced fat	130	5	2	19	220	Milk, Gluten, Soy
Cheesy Garlic Bread Sticks	80	2.5	0	11	200	Milk, Wheat, Gluten, Soy
Clodhoppers	135	4.5	1.5	22	80	Wheat, Gluten
Cornbread Stuffing	120	1	1	23	660	Milk, Wheat, Gluten, Soy
Choc Bear Crackers	106	3	1.61	19	96	Wheat, Gluten, Soy
Garlic Toast, mini	100	6	0.5	9.5	175	Milk, Wheat, Gluten, Soy
Honey Wheat Roll	120	1.5	2	23	200	Milk, Wheat, Gluten, Soy
Mac & cheese 1/2 cup	203	8	1	22	651	Milk, Wheat, Gluten, Soy
Oatmeal	121	1	2.22	25	4	Wheat, Gluten
Rice, Brown	340	3	4	70	97	
Rice, Chicken Flavored	75	0	0	17	610	Milk, Wheat, Gluten, Soy
Rice, Spanish	100	1	0	22	415	Milk, Wheat, Gluten, Soy
Rice, white	108	0	0.38	24	50	
Rice, Wild	94	0	0.5	21	293	Wheat, Gluten, Soy
Saltine crackers (8)	50	1	0	9	180	Wheat, Gluten
Tropical Graham Crackers	115	3	1.34	20	94	Wheat, Gluten, Soy
Vanilla Sports Bites	114	3	1.29	20	94.37	Wheat, Gluten, Soy
White Roll	110	2	1	19	200	Milk, Wheat, Gluten, Soy
Whole Grain Breadstick	120	0.5	1	24	230	Wheat, Gluten, Soy

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Whole Grain Gold Fish	120	4	1	17	204	Milk, Wheat, Gluten, Soy
Whole Grain Sunchips	140	6	2	19	150	Milk, Wheat, Gluten, Soy
Desserts/ Extras	Calories	fat-g	fiber-g	carbohydrates-g	sodium-mg	Allergens
Baked chips, cheetos	110	5	0	0	210	Milk, Wheat, Gluten, Soy
Brownies	156	5	1	26	112	Egg, Milk, Wheat, Gluten, Soy
Chocolate Chip Cookie 1oz	110	3.5	1	19	70	Egg, Wheat, Gluten, Soy
Fortune Cookie	18	0	0	4	23	Egg, Wheat, Gluten, Soy
Sugar Cookie 1oz	110	3	1	19	95	Egg, Milk, Wheat, Gluten, Soy
Fruit - canned 1/2 cup	Calories	fat-g	fiber-g	carbohydrates-g	sodium-mg	Allergens
Apples, sliced	50	0	2	12	1	
Applesauce	90	0	1	23	2	
Cherries	36	0.34	1.2	8.5	1	
Frozen Fruit Sherbet	120	1.5	0	27	35	
Fruit and Jello Parfait	103	0	1	26	79	
Fruit Smoothie, Cherry	220	0	2	55	105	
Mandarin Oranges	70	0.0	1	17	0	
Minute Maid Frozen Juice Bar	60	0	0	15	10	
Peaches	93	0	2	24	7	
Pear	72	0.04	2	19	6	
Pineapples	33	0.1	0.5	8	1	
Strawberries, frozen	94	0.2	2	25	3	
Fruit - Fresh, whole	Calories	fat-g	fiber-g	carbohydrates-g	sodium-mg	Allergens
Apple	72	0.23	3	19	1	
Banana	101	0.38	3	26	1	
Banana, small	72	0.27	2.11	18.5	3	
Orange	31	0	2	8	0	
Pear	96	0.2	5	26	2	
Strawberries	23	0.2	1	6	1	
Watermelon	24	0.1	0.3	6	1	
Juice 4 oz	Calories	fat-g	fiber-g	carbohydrates-g	sodium-mg	Allergens
Apple juice	60	0	0	14	0	
Grape juice	80	0	0	20	5	
Orange juice	60	0	0	13	0	

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Food item - Milk 8oz	Calories	fat-g	fiber-g	carbohydrates-g	sodium-mg	Allergens
1% White	100	2.5	0	12	125	Milk
1% Chocolate	170	2.5	0	29	180	Milk
1% Vanilla	180	2.5	0	32	120	Milk
1% Rootbeer	170	2.5	0	29	170	Milk
Nonfat strawberry	160	0	0	28	125	Milk
Food item- Condiments	Calories	fat-g	fiber-g	carbohydrates-g	sodium-mg	Allergens
Condiments & other						
Bacon bits 1 TBSP	30	1	> 1	2	115	Wheat, Gluten, Soy
Cheese sauce 1oz	36	1	0	6	238	Wheat, Gluten, Soy
Chili 1oz	25	1	1	4	150	Soy, Gluten
Ranch dressing-light	60	4	0	7	37	Milk, Soy, Gluten
Mustard pc 1 T	0	0	0	0	55	
Salad dressing pc	35	3	0	1	60	Soy, Gluten
Sweet n' sour 1 oz	10	0	0	2	45	Soy, Gluten
Tarter sauce pc	44	4	0	1	157	Soy, Gluten
Taco sauce pc	5	0	0	1	120	Soy, Gluten
Gravy, brown 1 T	20	0	0	4	340	Soy, Gluten
Gravy, cream 1 T	30	0	0	8	324	Soy, Gluten
Ketchup pc 2oz	15	0	0	4	100	Soy, Gluten
Breakfast Items	Calories	fat-g	fiber-g	carbohydrates-g	sodium-mg	Allergens
Apple Cinnamon Muffin	230	1	1	53	150	Egg, Milk, Wheat, Gluten, Soy
Apple Pastry	170	2	2	40	35	Egg, Milk, Wheat, Gluten, Soy
Bagel stuffed w/ cream cheese	190	6	3	31	230	Egg, Milk, Wheat, Gluten, Soy
Banana Muffin	234	1	0	54	144	Egg, Milk, Wheat, Gluten, Soy
Belgian Waffles	140	2	1	28	370	Egg, Milk, Wheat, Gluten, Soy
Biscuit	180	8	0	24	31	Wheat, Gluten, Soy
Biscuit & Chicken Patty	266	11	1	34	798	Wheat, Gluten, Soy
Blueberry Muffin	216	1	0	52	135	Egg, Milk, Wheat, Gluten, Soy
Bosco Cheese Stick	216	7	1	26	310	Egg, Milk, Wheat, Gluten, Soy
Breakfast Burrito	240	9	3	31	630	Wheat, Gluten, Soy
Breakfast Pizza	320	12	3	40	630	Milk, Wheat, Gluten, Soy
Breakfast Taco Wrap	190	9	1	17	500	Egg, Milk, Wheat, Gluten, Soy
Cereal, Cinnamon Toast Crunch	110	2	3	21	160	Wheat, Gluten, Soy
Cereal, Cocoa Puffs	100	1	1	21	135	Wheat, Gluten, Soy
Cereal, Froot Loops	80	0.5	1	18	100	Wheat, Gluten, Soy
Cereal, Frosted Flakes	110	0	0	26	135	Wheat, Gluten, Soy
Cereal, Frosted Flakes 2ct(Long, Ogg)	220	0	1	50	320	Wheat, Gluten, Soy

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Cereal, Honey Nut Cheerios	110	1.5	2	22	190	Wheat, Gluten, Soy
Cereal, Lucky Charms	100	1	1	21	190	Wheat, Gluten, Soy
Cereal, Trix	100	1	1	21	140	Wheat, Gluten, Soy
Cereal, Toasty O's 2ct (Long, Ogg)	220	0	1	50	320	Wheat, Gluten, Soy
Cinnamon Swirls	200	7	2	31	100	Egg, Milk, Wheat, Gluten, Soy
Donut	230	13	1	24	150	Egg, Milk, Wheat, Gluten, Soy
Egg, Cheese & Biscuit Sandwich	248	12	1	30	810	Egg, Milk, Wheat, Gluten, Soy
Ham & Cheese Kolache	205	7	1	24	395	Egg, Milk, Wheat, Gluten, Soy
French Toast	220	7	0	31	330	Egg, Wheat, Gluten, Soy
French Toast Sticks (4)	260	11	1	37	330	Egg, Wheat, Gluten, Soy
Honey Bun	302	17	1	33	150	Egg, Milk, Wheat, Gluten, Soy
Original Breakfast Stick	230	12	1	23	430	Egg, Milk, Wheat, Gluten, Soy
Pancakes, Mini Maple	200	1	2	34	370	Egg, Milk, Wheat, Gluten, Soy
Pancakes & Sausage link	228	8.5	1.33	29	629	Egg, Milk, Wheat, Gluten, Soy
Pancakes sausage on a stick	170	6	3	21	430	Egg, Milk, Wheat, Gluten, Soy
Poptarts, Apple Strudel	400	11	1	70	330	Wheat, Gluten, Soy
Poptarts, Strawberry	410	12	0	74	360	Wheat, Gluten, Soy
Sausage Roll	156	7	1	15	382	Egg, Milk, Wheat, Gluten, Soy
Scramble Eggs	119	8	0	3	149	Egg
Strawberry Waffle Grahams	109	3	1.24	19	92	Wheat, Gluten, Soy
Toast	118	6	>1	13	244	Wheat, Gluten
Whole Wheat Concha	320	12	4	48	370	Egg, Wheat, Gluten, Soy