

# Nutritional Information of Foods Offered in Winfield City's Child Nutrition Program

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Winfield City Schools Menu Items	Portion Size	Calories	Fat	Carbohydrates	Protein	Fiber	Point Exchange
Apple Muffin	1 muffin	153	6	22	3	2	3
Apples, Fresh	1 - Apple	72	0	19	0	3	1
Apples, Canned Sliced	1/2 cup	28	0	7.27	0	0.81	0
Apricots in Cup	4 ounces	111	0	28.46	0.79	2.49	2
Apricots	1/2 cup	119	0	30.37	1.1	2.66	2
Bacon	2 slices	100	8	0	5	0	3
Bacon, Turkey	1 ounce	35	1.52	1.01	5.06	0	1
Baked Beans (Vegetarian)	1/2 cup	203	0.62	47.9	6.84	5.88	3
Baked Ham	3 ounces	126	2.3	12.56	14.05	0.134	3
Baked Potato, Plain	medium	168	0.17	38.49	4.56	2.77	3
Baked Sweet Potato	medium	103	0.17	23.61	2.29	3.76	1
Banana, Fresh	1- Banana	90	0.33	23	1	2.63	1
Beef and Bean Burrito	1 burrito	340	7.69	51.12	16.44	5.6	7
Beef Patty, Breaded	3.88 ounce	347	24.12	18.48	14.17	1.96	9
Beef & Vegetable Soup	1 cup	302	15.12	17.93	24.53	5.13	6
Biscuit with Chicken Patty	1 biscuit	320	16	31	12	2	7
Biscuit with Ham Slice	1 biscuit	226	10	24	10	1	5
Biscuit, Plain	1 biscuit	180	8	24	4	1	4
Biscuit with Sausage Patty	1 biscuit	379	27	24	10	1	10
Black-eyed Peas	1/2 cup	69	0.04	18.23	6	4.74	1
Blueberries	1/2 cup	40	0.5	9.43	0.33	2.09	1
Blueberry Muffin	1 muffin	170	6	29	3	2	3
Bread Stick, Whole Wheat	1 breadstick	107	1.2	21.3	4.4	1.1	2
Broccoli, Raw	1/2 cup	21	0.12	4.11	0.9	0.83	0
Broccoli, Steamed with Cheese	1/2 cup	31	1	5	3	3	0
Broccoli, Steamed	1/2 cup	39	0.42	7.53	3.2	2.95	0
Brownie, Whole Grain	1 serving	149	6.5	22	2	2	3
Carrot Sticks	1/2 cup	35	0.09	7.83	0.45	2.05	0
Carrots Steamed	1/2 cup	79	3	12	1	5	1
Cereal, Cinnamon Toast Crunch	1 bowl	110	2	21	2	3	2
Cereal, Cocoa Puffs	1 bowl	90	1	20	1	1	2
Cereal, Corn Flakes	1 bowl	70	0	16	1	1	2
Cereal, Frosted Corn Flakes	1 bowl	110	0	25	1	1	2
Cereal, Golden Grahams	1 bowl	110	1	23	1	1	2
Cereal, Fruity Cheerios	1 bowl	90	1	21	1	1	2
Cereal, Honey Nut Cherrios	1 bowl	110	1.5	22	3	2	2
Cereal, Kix	1 bowl	60	1	14	1	1	1
Cereal, Trix	1 bowl	100	1	21	1	1	2
Cereal, Variety	1 serving	89	1	19	2	1	2
Cheese Bread Sticks	2 sticks	320	14	31	18	1	7
Cheeseburger on Wheat Bun	1 sandwich	306	13.63	25.3	22.44	5.08	6
Cheese, Shredded	1 ounce	110	9	0	7	0	1
Cheese, Sliced	1 slice	53	4	0	3	0	1
Cherries	1/2 cup	36	0.34	8.54	0.71	1.24	0
Chicken and Dumplings	1 cup	301	14.97	20.57	20.5	0.49	7
Chicken Fajita	1 serving	418	23.64	24.57	27.05	3	10

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Winfield City Schools Menu Items	Portion Size	Calories	Fat	Carbohydrates	Protein	Fiber	Point Exchange
Chicken Fajita on Flat Bread	1 serving	408	22.14	23.57	27.05	2	10
Chicken Quesadilla	1 serving	310	12	35	19	4	6
Chicken Nuggets	5 nuggets	218	11	13	17	0	5
Chicken, Oven Fried	1 serving	375	20.58	12	33	0	9
Chicken, Roasted	1 serving	110	6	1	11	0	5
Chicken Salad Croissant on Wheat	1 serving	251	12.19	7.39	26.65	0.56	6
Chicken Tenders	3 tenders	331	12.04	24.07	28.59	1.5	7
Chicken, Baked	1 serving	173	9.13	0	21.19	0	4
Chili with Beans	1 cup	376	15.93	28.97	30.36	7.18	8
Chips, Baked Cheetos	1 bag	120	4	25	2	0	3
Chips, Baked Cheetos, Flamin Hot	1 bag	120	5	17	2	0	3
Chips, Baked BBQ	1 bag	140	4	24	2	2	3
Chips, Baked Original	1 bag	130	2	26	2	2	2
Chips, Baked Sour Cream & Onion	1 bag	140	4	24	2	2	3
Chips, Harvest Cheddar Sunships	1 bag	140	6	19	2	2	3
Chips, Baked Nacho Cheese Doritos	1 bag	90	3	16	2	1	2
Chips, Baked Cool Ranch Doritos	1 bag	130	5	19	2	2	3
Chips, Pretzels	1 bag	110	1	23	2	1	2
Chips, Tortilla	2 ounces	280	14	34	4	2	7
Chocolate Graham Crackers	1 serving	120	4	20	2	0	3
Cole Slaw	1/2 cup	42	2.62	4.46	0.62	1.23	1
Cookie, Chocolate Chip	1 cookie	123	5.36	16.86	1	0	3
Cookie, M & M	1 cookie	110	3.5	19	1	0	2
Cookie, Peanut Butter	1 cookie	120	5	17	2	0	3
Cookie, Sugar	1 cookie	120	6	17	2	0	3
Corndog, Turkey low fat	1 corndog	240	8	33	9	5	5
Corn Nuggets	6 pieces	200	8	28	2.99	0.99	4
Corn on Cob	1 ear	59	0.47	14.07	1.96	1.76	1
Corn, Whole Kernel	1/2 cup	127	1.45	29.38	4.13	2.97	2
Cornbread	1 serving	108	2.82	18.03	2.65	1	2
Cornbread, Glendas'	1 serving	112	3.29	18.48	2.71	1.62	2
Cornbread Dressing	1 serving	162	7.09	21.19	3.59	1.2	4
Country Fried Steak	1 serving	225	12	13	17	0	6
Crackers, Animal	1 bag	120	3	20	1	0	2
Crackers, Graham Bears	1 bag	130	4	20	2	0	3
Crackers, Saltines 4 pk.	2 packs	100	2	18	2	0	2
Crackers, Wheat	4 (2 packs)	140	6	20	0	0	3
Cranberry Sauce	1/2 cup	209	0.21	53.77	0.28	1.36	4
Crispitos	2 crispitos	440	14	20	8	2	10
Eggs, Scrambled	1 ounce	34	2.27	0.57	2.83	0	1
English Peas	1/2 cup	92	2.22	13.8	4.82	4.49	1
Fiesta Rice Pilaf	3/4 cup	145	1.03	30.07	2.79	1.96	3
Fish Nuggets	5 nuggets	350	18.33	30	15	0	9
French Toast Sticks	3 sticks	280	10	43	5	1	3
Fries, Crinkle Cut Baked	3 oz.	145	4.83	24.14	2.41	2.41	3
Fruit Juice, Assorted 100% Juice	1 carton	63	0	15	0	0	1

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Fruit Juice Bar	1 bar	70	0	17	0	0.1	1
Fruit Fresh, Variety	1 piece	64	0	17	1	3	1
Fruit Roll Up	1 roll up	50	1	11	0	0	1
Gravy, Breakfast (No Sausage)	TBSP	23	1.26	2.6	0.39	0.24	1
Gravy, Brown	TBSP	11	0.77	0.98	0.18	0	0
Gravy, Giblet	2 ounces	35	2.57	2.13	0.84	0.07	1
Gravy, Chicken	2 TBSP.	23	1.5	1.99	0.38	0.1	1
Green Beans	1/2 cup	26	0.99	4	1.04	2.01	0
Ham, Sliced for Breakfast	1 ounce	29	1	0	5	0	2
Hamburger on Whole Wheat Bun	1 burger	254	9.13	25.55	19.5	5.11	5
Hashbrown Patty	1 patty	132	8.1	14.17	1.01	2.02	3
Hotdog on Whole Wheat Bun	1 hotdog	281	17.52	22.21	11.06	3.03	6
Hotdog Chili Sauce	1/4 cup	60	3	6	3	2	1
Hot Pocket	1-Pocket	403	16.89	48.09	12.99	3.89	9
Jelly Packet, Variety	1 packet	51	0	13	0	0	1
Juice, Variety	4 ounces	67	0	15.99	0	0	1
Kiwi	1 medium	46	0.4	11.14	0.87	2.28	0
Ketchup Packet	1 packet	6	0.02	1.51	0	0.02	0
Lasagna with Ground Beef	1 serving	431	15.75	45.12	28.45	5.34	9
Lettuce and Tomato Slices	1 serving	8	0.09	1.63	0.54	0.61	0
Lettuce, Shredded	1/4 cup	3	0	1	0	0	0
Lima Beans	1/2 cup	115	2	19	6	5	2
Mandarin Oranges	1/2 cup	47	0	12.11	0.81	0.92	1
Margarine	1 packet	3	0.3	0	0	0	0
Mashed Potatoes	1/2 cup	76	1.14	14.5	2	1.53	1
Mayonnaise	1 packet	50	6	0	0	0	1
Mayonnaise, Fat Free	1 packet	10	0	2	0	0	0
Meatloaf	1 serving	275	14.21	13.06	23.4	0.49	7
Meatsauce for Italian Dunkers	1 serving	116	5.8	7.56	8.38	1.89	2
Milk, 1% Chocolate-8 oz. carton	1 carton	180	3	30	8	0	4
Milk, 1% Lowfat-8 oz. carton	1 carton	110	2	13	8	0	2
Milk, Orange Crème-8 oz. carton	1 carton	130	1	23	8	0	3
Milk, Skim - 8 oz. carton	1 carton	90	0	13	9	0	2
Milk, Strawberry - 8 oz. carton	1 carton	160	2	29	8	0	3
Muffin, Banana, Whole Grain	1 muffin	170	6	24	3	1	4
Mustard Packet	1 packet	7	0.4	0.53	0	0	0
Nutri Grain Bar	1 bar	140	3	26	1	1	3
Onion, fresh	1/4 cup	9	0	2	0	0	0
Orange, Fresh	1 cup	85	0.22	21.15	1.69	4.32	1
Pancake	2 pancakes	147	2	28	4	1	3
Peaches, Canned, Light Syrup	1/2 cup	71	0.04	19.24	0.59	1.72	1
Peach Cup, Frozen	4 ounces	107	0.15	27.19	0.71	2.04	2
Pears, Fresh	1 pear	96	0.2	25.66	0.63	5.15	1
Pears, canned, light syrup	1/2 cup	69	0.04	18.23	0.23	1.92	1
Peas, Black-eyed	1/2 cup	95	0.79	16.59	5.53	4.74	1
Penne Pasta Salad	3/4 cup	324	7.89	55.94	9.53	8.25	6

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Pinto Beans, Canned	1/2 cup	143	1.35	25.35	8.08	7.61	3
Pizza, Galaxy	1 serving	460	22	43	21	2	11
Pizza, Papa John's Cheese	1 slice	290	17	21	14	1	7
Pizza, Papa John's Pepperoni	1 slice	330	21	21	14	1	8
Pizza, Pepperoni	1 slice	320	13	36	16	2	7
Pizza, Stuffed Crust	1 slice	370	14	44	19	3	8
Pork Roast	3 ounces	216	12.3	0.06	24.89	0.03	5
Potatoes, Roasted Baby Bakers	3 ounces	90	2	15	3	0	2
Potato Wedges, Baked	3 ounces	137	0.28	30.77	4.18	2.13	2
Pretzels, Soft	1 pretzel	70	0	16	2	1	1
Refried Beans	1/2 cup	209	7.75	22.94	12.94	5.26	4
Rice Krispie Treat-als-carte	1 package	150	4	28	1	0	3
Roll Dough, Whole Wheat	1 roll	140	2.5	24	6	4.75	2
Salsa	1 ounce	10	0	1.96	0	0	0
Sandwich, BBQ Pork on Wheat Bun	1 sandwich	302	10.1	30	22.38	4	6
Sandwich, Breaded Chicken on Wheat Bun	1 sandwich	308	10.12	33.1	23.26	5.04	6
Sandwich, Fish on Whole Wehat Bun	1 sandwich	330	10	43	19	4	8
Sandwich, Grilled Cheese on Wheat Bread	1 sandwich	397	20.81	34.75	18.1	2.4	9
Sandwich, Grilled Chicken on Whole Wheat Bun	1 sandwich	261	9.3	25.3	20	4	5
Sandwich, Ham and Cheese on Whole Wheat Bun	1 sandwich	321	15.18	24.45	22.96	4	7
Sandwich, Spicy Chicken on Whole Wheat Bun	1 sandwich	300	11	32	22	4	6
Sandwich, Turkey and Cheese on Wheat Bun	1 sandwich	226	6.93	25.52	17.25	4	4
Sandwich, Turkey and Cheese on on Wheat Flat Bread	1 sandwich	275	12.35	21.45	19.95	2	6
Sandwich, Breaded Steak on Whole Wheat Bun	1 sandwich	477	26.12	42.48	20.17	5.96	11
Satsumas	1 medium	47	0.27	11.74	0.71	1.58	1
Sauce, Honey Mustard	1 package	40	0.5	8	0	0	1
Sauce, Sweet and Sour	1 ounce	19	0.03	4.59	0.24	0.09	0
Sauce, Taco (Packet)	1 packet	0	0	0	0	0	0
Sauce, Tarter	2 packets	120	12	2	0	0	3
Sauerkraut	1/4 cup	7	0	2	0	1	0
Sausage Pancake on a stick	1 serving	210	10	23	9	1	5
Sausage Patty	1 patty	180	16.5	0	6	0	5
Sausage Link	1 link	180	18	0	5	0	5
Scramble Eggs	1/4 cup	78	5	1	7	0	2
Scrambler, Early Riser	1 serving	351	24	17	15	1	9
Sloppy Joe on Whole Wheat Bun	1 sandwich	344	13.07	33.64	24.5	4.83	7
Slushy, 100% Fruit Juice	8 ounce	120	0	28	1	0	2
Snack, Fruit by the Foot	1 snack	80	2	16	1	0	1

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Soup, Potato and Cheese	1 cup	282	20.04	9.54	15.56	0.41	6
Soup, Taco	1 cup	354	11.76	26.56	24.9	6.24	7
Soup, Tomato	1 cup	82	2.49	14.28	2.2	2.29	1
Sour Cream - packet - 1 ounce	1 packet	61	5.94	1.21	1	0	2
Sour Cream, Fat Free - packet -1 oz.	1 packet	25	0	4	2	0	
Spaghetti and Meat Sauce	1 cup	430	15.18	48.83	25.25	7.76	9
Strawberry Cup, Frozen	4 ounces	109	0.15	29.39	0.6	2.15	2
Stuffed Baked Potato	1 serving	328	9.44	36.78	24.31	3.81	6
Sweet Potato, Baked	1 medium	103	0.17	23.61	2.29	3.76	1
Sweet Potato Fries	3 ounce	130	5	19	1	3	3
Syrup, individual cup	1 packet	84	0	20	0	0	2
Tangerine, Fresh	1 medium	47	0.27	11.74	0.71	1.58	1
Tarter Sauce	1 packet	62	4	8	0	0	2
Tater Tots	3 ounce	162	7.33	23.6	1.74	2.13	3
Toast, Whole Wheat	1 serving	104	5	13	3	2	2
Taco Meat and Cheese	1 serving	207	13.45	2.17	18.34	0.19	5
Tomatoes, diced or sliced	1/4 cup	9	0	2	0	1	0
Tony's Breakfast Pizza	1 slice	230	10	25	9	2	5
Tony's Breakfast Bagel	1 slice	180	7	19	9	1	4
Tossed Salad, No Dressing	1 cup	14	0.2	2.87	0.91	1.39	3
Turkey Breast	3 ounce	134	5.98	0	18.64	0	3
Turkey and Dressing Supreme	1/2 cup	265	6.78	45.31	8.01	3.28	3
Turkey Roast	1 serving	132	4.92	2.65	18.16	0.02	3
Waffle Sticks	2 sticks	140	2	28	3	1	3
Watermelon Chunks, Fresh	1 wedge	86	0.43	21.59	1.74	1.14	1

Updated 12/15/2010

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