

MENTOR SCHOOLS NUTRITIONAL DATABASE FOR 2016 - 2017

MENU PLANS ARE DESIGNED TO MEET THE REQUIRED ESSENTIAL NUTRIENTS AND CALORIES WITHOUT EXCEEDING FAT					
	CALORIES	CARBS	FAT	SAT FAT	SODIUM
4X6 Pizza, Cheese	300	34g	11g	4g	470mg
Baked Cheese/Pepperoni Breadsticks (2)	280	35g	9g	4g	490mg
Baked Cheese Filled Breadstick (1)	150	18g	6g	3.5g	290mg
Calzone, Pepperoni and Cheese	340	35g	13g	5g	510mg
Cheese Pepperoni Breadsticks (2)-Elem	280	35g	9g	4g	490mg
Cheese Pizza Round IW	300	32g	12g	6g	510mg
Cheesy Breadstick Pizza	280	30g	11g	6g	460mg
Chicken Patty on Bun	306	31g	9.5g	2g	597mg
Chicken Tenders (4)	193	8g	9g	2g	371mg
Double Stuff Pizza	240	28g	7g	4g	550mg
English Muffin Breakfast Sand w/Egg & Cheese	194	24g	6.5g	2.25g	452mg
French Bread Garlic Cheese Pizza	290	33g	11g	4.5g	600mg
Fr. Toast Sticks (4)	330	47g	12g	2g	420mg
Golden Chicken Nuggets (5)	189	8g	9g	2g	357mg
Grilled Cheese Sandwich w/ 2oz cheese	235	28g	7.75g	3g	538mg
Grilled Chicken Sandwich	244	27g	5.5g	1g	596mg
Hamburger on Bun	292	26g	12.5g	4.3g	500mg
Hot Dog on a Bun - Jennie O Turkey Frank	280	22g	18.5g	7g	540mg
Lasagna Roll-Up	230	27g	7g	4g	400mg
Macaroni and Cheese, 1 cup	290	29g	12g	6g	860mg
Meatball Sub Sandwich	265	33g	10g	3g	917mg
Mexican Taco Salad	323	25g	15g	6g	610mg
Mini Corn Dogs (6)	270	30g	12g	3.75g	420mg
Popcorn Chicken, 12 pieces	163	10g	7g	1g	371mg
Pretzel Cheese Melt on Bun w/1.5 oz cheese	230	31g	6.5g	3.5g	250mg
Quesadilla, Chicken	320	38g	11g	2.5g	770mg
Ravioli 1 cup, canned with Meat	260	30g	8g	3.5g	600mg
Ravioli, 3 Jumbo, Cheese	200	24g	6g	3g	380mg.
Rotini with Meatsauce, 1 cup	377	50g	8g	2.8g	290mg
Sausage Links (2)	240	0g	24g	8g	180mg
Sausage Patties (1)	230	1g	22g	7g	590mg
Stuff Crust Cheese Pizza	330	35g	14g	4.5g	820mg
Stuff Crust Turkey Pepperoni Pizza	290	38g	9g	3g	600mg
Super Nacho's w/meat/cheese/nachos	351	35g	15.5g	3.3g	926mg
Teriyaki Chicken w/brown rice	320	51g	5g	1g	410mg
FRUITS AND JUICES					
Apple, fresh, small	80	22g	0g	0g	0mg
Apple Slices, 1/2 cup, 2 oz bag	72	19g	0g	0g	1mg
Apple juice 4 oz.	60	15g	0g	0g	15mg
Applesauce 1/2 cup	90	22g	0g	0g	15mg
Banana, Fresh/small	105	27g	0g	0g	1mg

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Craisins, 1 package	110	28g	0g	0g	0mg
Grape Juice 4 oz.	60	15g	0g	0g	5mg
Mixed Fruit Cup	55	14g	0g	0g	5mg
Orange, fresh/small	62	15g	0g	0g	0mg
Orange juice 4 oz.	50	13g	0g	0g	15mg
Peach cup 1/2 cup	50	12g	0g	0g	5mg
Pears 1/2 cup	62	16g	0g	0g	5mg
Pineapple, 1/2 cup	70	17g	0g	0g	10mg
SideKicks Frozen Fruit Juice	80	20g	0g	0g	45mg
Wango Mango Juice	50	13g	0g	0g	30mg
VEGETABLES					
Baked potato	128	29g	0.2g	0g	13mg
Broccoli, 1/2 Cup	25	4g	1.9g	0g	20mg
California Blend , 1/2 Cup	33	5g	0g	0g	38mg
Carrots, Glazed 1/2 Cup	35	6g	0g	0g	45mg
Carrot Snack Pack	11.5	3g	0g	0g	195mg
Corn, 4 oz.	67	16g	1g	0g	1mg
Cucumber Slices Marinated, 1/2 cup	28	6g	0.2g	0g	2mg
Green Beans, 1/2 Cup	16	3g	0g	0g	140mg
Hummus, 2 oz	140	16g	8g	1g	320mg
Mashed Potatoes, 1/2 cup low sodium prepared	64	13g	<1g	0g	24mg
Mixed Vegetables 1/2 cup (Peas/Carrots)	50	9g	0g	0g	80mg
Pasta Salad with Broccoli 1/2 cup	90	9g	2.8g	.5g	180mg
Pickle Slices, 1/8 cup	4	0g	0g	0g	260mg
Potato Rounds, Baked 3 oz.	144	17g	7g	2g	312mg
Potatoes, Redskins halves/4 oz.	127	24g	3g	0g	229mg
Potato Salad, 1/2 cup	210	25g	12g	0g	380mg
Potato Spudster, 5 pieces	150	23g	6g	2g	380mg
Potato Triangle Hash Brown (2)	200	24g	10g	4g	460mg
Peas, 1/2 cup	70	12g	0g	0g	100mg
Riveria Blend (Green,Wax Beans w/Carrots)1/2 C	18	2.5g	0g	0g	8mg
Romaine Salad (w/o dressing) 1 cup	10	2g	0g	0g	7mg
Salsa, Low Sodium 1/4 cup	20	4g	0g	0g	70mg
Sweet Potato Rounds, 10 tots, 1/2 c.	120	19g	4g	0.5g	100mg

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BREADS, GRAINS, SNACKS	CALORIES	CARBS	FAT	SAT FAT	SODIUM
Bagel, Whole Grain 2oz indiv wrapped	140	29g	1g	0g	180mg
Bar, Choc Chip Oatmeal Whole Grain	270	44g	8g	3g	180mg
Bread, Banana or Zucchini 3.4 oz IW	280	15g	10g	2g	220mg
Breakfast Sandwich on Pretzel Roll/Egg/Cheese	250	31g	8g	3.25g	229mg
Cereal bar/whole grain/various flavors	150	30g	3g	1g	110mg
Cinnemania crackers	230	36g	8g	3g	210mg
Crackers, Teddy Grahams, .75 oz	90	16g	3g	0g	100mg
Cheetos, Cracker Trax	100	13g	4g	0g	135mg
Goldfish Grahams, 2 ct	120	18g	4g	1g	55mg
Goldfish Crackers, Cheddar .75 oz	100	15g	3g	1g	170mg
Goldfish Crackers, Kickin Ranch .75 oz	100	14g	3g	1g	190mg
Graham Crackers, 3 ct to package	90	18g	2.5g	0g	130mg
Mini Pancakes, Pillsbury Whole Grain 1 serv	230	40g	7g	1g	270mg
Mini Waffles, Whole Grain, Pillsbury 1 serv	210	38g	6g	1g	170mg
Pasta, Whole Grain with Marinara Sauce 1/2 cup	116	26g	0g	0g	142mg
Poptart, Whole grain 1 ct.	180	37g	2.5g	1g	190mg
Pudding, 4 oz.	90	20g	0g	0g	140mg
Rice, Brown 1/2 cup prepared	170	37g	1g	0g	0mg
Waffles, indiv wrapped	250	43g	7g	1.5g	280mg
DAIRY					
Milk, nonfat/chocolate	120	23g	0g	0g	240mg
Milk 1% Plain	100	12g	2.5g	1.5g	120mg
American Cheese, Sliced 1/2 oz	40	1g	2g	1.25g	105mg
Mozzarella String cheese	60	1g	2.5g	2g	210mg
Yogurt, 4 oz different flavors, Bordon	110	22g	2g	1g	55mg
ICE CREAM					
WG Ice Cream Crunch Bars	140	22g	3.5g	1g	60mg
Cookies and Cream Bar	100	19g	1.5g	1g	70mg
Dixie Cups, various flavors	80	16g	2g	.5g	50mg
Fudgesicle	90	19g	0g	0g	80mg
Creamsicle	70	14g	1g	.5g	31mg
Low Fat Ice Cream Sandwich	130	25g	2g	1g	120mg
Rainbow Polar Pop	70	13g	1g	.5g	20mg
SideKicks 100% Frozen Juice Cup	80	20g	0g	0g	45mg
Strawberry Juice on a Stick	60	16g	0g	0g	5mg
BREADS/ROLLS-values incl.in meals/all whole grain items					
Whole Grain Crackers, 2 in package	25	5g	0g	0g	80mg
Whole Grain English Muffin	109	22g	1g	0g	227mg
Whole Grain Breadstick, 1 oz	130	14g	2g	0g	130mg
Whole Grain Hamburger Bun 1.5 oz all schools	130	24g	1.5g	0g	250mg
Whole Grain Hamburger Bun 2 oz HS	140	26g	1.5g	0g	280mg

