

A La Carte Items Secondary 2017-2018

NISD Child Nutrition Department

Not all items will be offered each day. Please check with the cafeteria manager to confirm items are available.



Generated on: 8/17/2017 5:23:08 PM

| | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calc (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|----------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| A La Carte Middle/High 2017/2018 | | | | | | | | | | | | | | | |
| Cheese, Cheddar Mild | 1 oz | 80 | 20 | 220 | 0.00 | 0.00 | 200.0 | 300 | 0.0 | 0 | 7.0 | 1.0 | 6.0 | 3.50 | 0.00 |
| Crackers Graham Crackers | 1 package | 120 | 0 | 135 | 1.00 | 1.08 | 110.0 | 200 | 1.2 | 6 | 2.0 | 19.0 | 4.0 | 1.00 | 0.00 |
| Cereal Bar Apple | 1 each | 160 | 0 | 130 | 3.00 | 1.08 | 0.0 | 70 | 0.0 | 13 | 2.0 | 30.0 | 3.5 | 1.00 | 0.00 |
| Cereal Bar Straw | 1 each | 172 | 0 | 145 | 2.15 | 0.77 | 0.0 | 0 | 0.0 | 16 | 2.15 | 26.88 | 4.3 | 1.61 | 0.00 |
| Cracker Chex Straw | 1 package | 120 | 0 | 55 | 2.00 | 0.72 | 0.0 | 30 | 0.0 | 6 | 2.0 | 23.0 | 3.0 | 1.00 | 0.00 |
| Crackers Cheese Plain | 1 pkg | 100 | 0 | 150 | 1.00 | 0.72 | 100.0 | 500 | 0.0 | 0 | 2.0 | 14.0 | 3.5 | 1.00 | 0.00 |
| Dill Pickle Fries (TGI FRIDAYS) | 1 portion | 110 | 0 | 170 | 1.00 | 0.72 | 100.0 | 200 | 0.0 | 1 | 2.0 | 19.0 | 3.5 | 0.50 | 0.00 |
| Funyuns | 1 portion | 100 | 0 | 125 | 0.00 | 1.00 | 4.0 | 0 | 0.0 | *N/A* | 2.0 | 14.0 | 3.5 | 0.50 | 0.00 |
| Fantastix | 1 package | 130 | 0 | 200 | 2.00 | 0.72 | 0.0 | 500 | 0.0 | 0 | 2.0 | 19.0 | 5.0 | 1.00 | 0.00 |
| Baked Cheetos Hot | 1 package | 120 | 0 | 200 | 1.00 | 0.72 | 100.0 | 0 | 6.0 | 1 | 2.0 | 17.0 | 4.5 | 0.50 | 0.00 |
| Baked Cheetos Regular | 1 package | 120 | 0 | 200 | 1.00 | 0.36 | 0.0 | 0 | 0.0 | 1 | 2.0 | 17.0 | 4.5 | 1.00 | 0.00 |
| Kettle Plain | 1 package | 180 | 0 | 190 | 2.00 | 1.00 | 10.0 | 10 | 6.0 | 1 | 3.0 | 27.0 | 7.0 | 1.00 | 0.00 |
| Kettle Salt/Vinegar | 1 package | 180 | 0 | 180 | 2.00 | 1.00 | 14.0 | 10 | 0.0 | 3 | 3.0 | 28.0 | 7.0 | 1.00 | 0.00 |
| BBQ Baked | 1 package | 110 | 0 | 140 | 1.00 | 0.00 | 7.0 | 0 | 1.2 | 3 | 2.0 | 19.0 | 3.0 | 0.00 | 0.00 |
| Sour Cream Baked | 1 package | 110 | 0 | 150 | 1.00 | 0.00 | 16.0 | 10 | 0.0 | 2 | 2.0 | 19.0 | 3.0 | 0.00 | 0.00 |
| Doritos Ranch | 1 package | 130 | 0 | 150 | 2.00 | 0.36 | 20.0 | 5 | 0.0 | 0 | 2.0 | 20.0 | 5.0 | 0.50 | 0.00 |
| Doritos Nacho | 1 package | 130 | 0 | 200 | 2.00 | 0.36 | 20.0 | 100 | 0.0 | 0 | 2.0 | 20.0 | 5.0 | 1.00 | 0.00 |
| Doritos Flamas | 1 package | 130 | 0 | 200 | 2.00 | 0.00 | 28.0 | 0 | 0.0 | 0 | 2.0 | 20.0 | 5.0 | 0.50 | 0.00 |
| Tostitos | 1 package | 200 | 0 | 160 | 3.00 | 0.36 | 20.0 | 0 | 0.0 | 0 | 3.0 | 29.0 | 7.0 | 1.00 | 0.00 |
| Popcorn White Cheddar | 1 bag | 70 | 0 | 100 | 2.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 2.0 | 9.0 | 2.5 | 0.00 | 0.00 |
| Sunflower Seeds | 1 package | 190 | 0 | 130 | 3.00 | 1.44 | 0.0 | 0 | 0.6 | 1 | 7.0 | 7.0 | 16.0 | 2.00 | 0.00 |
| Rice Krispies Treat | 1 Bar | 160 | 0 | 140 | 0.00 | 1.80 | 0.0 | 55 | 0.0 | 11 | 2.0 | 30.0 | 4.0 | 1.00 | 0.00 |
| Chocolate Rice Krispies Treat | 1 Bar | 190 | 0 | 150 | 0.00 | 1.80 | 0.0 | 70 | 0.0 | 14 | 2.0 | 34.0 | 5.0 | 2.00 | 0.00 |
| Toast Pastry Strawberry | 1 package | 180 | 0 | 180 | 3.00 | 1.80 | 0.0 | 500 | 0.0 | 15 | 2.0 | 38.0 | 2.5 | 1.00 | 0.00 |
| Toast Pastry Fudge | 1 package | 180 | 0 | 190 | 3.00 | 1.80 | 100.0 | 500 | 0.0 | 16 | 3.0 | 38.0 | 3.0 | 1.00 | 0.00 |
| Brownie | 1 each | 189 | 2 | 199 | 2.00 | 1.62 | 0.0 | 99 | 0.0 | 20 | 2.0 | 34.0 | 5.0 | 1.00 | 0.00 |
| Cookie Carnival | 1.5 oz | 160 | 0 | 125 | 1.00 | 0.72 | 20.0 | 100 | 0.0 | 14 | 2.0 | 27.0 | 6.0 | 1.50 | 0.00 |
| Cookie Choc Chip | 1.5 oz | 160 | 0 | 125 | 1.00 | 0.72 | 20.0 | 100 | 0.0 | 14 | 2.0 | 27.0 | 6.0 | 1.50 | 0.00 |
| Cookie Double Chocolate | 1.5 oz | 190 | 0 | 140 | 2.00 | 1.44 | 0.0 | 0 | 0.0 | 13 | 3.0 | 30.0 | 7.0 | 2.00 | 0.00 |
| Cookie Sugar | 1.5 oz | 160 | 0 | 150 | 1.00 | 0.72 | 0.0 | 100 | 0.0 | 14 | 2.0 | 27.0 | 6.0 | 1.50 | 0.00 |
| Cookie White Chocolate | 1.5 oz | 175 | 0 | 110 | 1.50 | 0.72 | 0.0 | 70 | 0.0 | 14 | 2.0 | 27.0 | 6.0 | 1.50 | 0.00 |
| Cupcake Chocolate | 1 ea | 140 | 20 | 200 | 6.00 | 0.72 | 100.0 | 40 | 0.0 | 8 | 2.0 | 26.0 | 3.0 | 1.00 | 0.00 |
| Cupcake Vanilla | 1 ea | 140 | 20 | 170 | 6.00 | 0.72 | 100.0 | 35 | 0.0 | 7 | 2.0 | 27.0 | 2.5 | 0.50 | 0.00 |
| Fruit Snacks | pkg | 130 | 0 | 55 | 9.00 | 0.00 | 0.0 | 0 | 60.0 | 15 | 0.0 | 38.0 | 0.0 | 0.00 | 0.00 |
| Craisins | pkg | 110 | 0 | 0 | 3.00 | 0.00 | 0.0 | 120 | 0.0 | 24 | 0.0 | 28.0 | 0.0 | 0.00 | 0.00 |

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

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A La Carte Items Secondary 2017-2018

NISD Child Nutrition Department



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| | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|-----------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| A La Carte Middle/High 2017/2018 | | | | | | | | | | | | | | | |
| Krave S'mores | pkg | 110 | 0 | 95 | 3.00 | 3.60 | 0.0 | 750 | 12.0 | 9 | 2.0 | 21.0 | 3.0 | 0.50 | 0.00 |
| Pudding Cup Choc | 1 cup | 90 | 0 | 150 | 1.00 | 0.00 | 100.0 | 0 | 0.0 | 14 | 2.0 | 21.0 | 0.0 | 0.00 | 0.00 |
| Pudding Cup Vanilla | 1 cup | 80 | 0 | 140 | 0.00 | 0.00 | 100.0 | 0 | 0.0 | 13 | 1.0 | 19.0 | 0.0 | 0.00 | 0.00 |
| Ice Cream Fudge Bar | 1 Bar | 130 | 0 | 65 | 1.00 | 0.72 | 150.0 | 100 | 0.0 | 21 | 4.0 | 26.0 | 1.5 | 1.00 | 0.00 |
| Ice Cream Sandwich | 1 Sandwich | 120 | 5 | 105 | 2.00 | 0.00 | 200.0 | 100 | 0.0 | 12 | 3.0 | 26.0 | 1.5 | 1.00 | 0.00 |
| Ice Cream Sundae Bar | 1 Bar | 160 | 5 | 45 | 0.00 | 0.36 | 200.0 | 100 | 0.0 | 16 | 3.0 | 25.0 | 5.0 | 1.50 | 0.00 |
| Ice Cream Strawberry Sundae Bar | 1 Bar | 150 | 0 | 65 | 1.00 | 0.00 | 200.0 | 100 | 0.0 | 14 | 2.0 | 24.0 | 5.0 | 1.50 | 0.00 |
| Ice Cream Dream Bar | 1 portion | 100 | 5 | 25 | 0.00 | 0.00 | 60.0 | 100 | 0.0 | 16 | 1.0 | 19.0 | 1.5 | 1.00 | 0.00 |
| Ice Cream Strawberry Fruit Bar | 1 portion | 130 | 0 | 30 | 2.00 | 0.00 | 0.0 | 0 | 18.0 | 23 | 0.0 | 32.0 | 0.0 | 0.00 | 0.00 |
| Ice Cream Pineapple Fruit Bar | 1 portion | 120 | 0 | 10 | 1.00 | 0.36 | 0.0 | 750 | 2.4 | 24 | 0.0 | 31.0 | 0.0 | 0.00 | 0.00 |
| Sherbet Cup J&J | 1 cup | 110 | 5 | 20 | 0.00 | 0.36 | 20.0 | 95 | 60.0 | 19 | 1.0 | 23.0 | 1.5 | 1.00 | 0.00 |
| Frozen Fruit Juice J&J | 1 ea | 60 | 0 | 10 | 3.00 | 0.00 | 60.0 | 0 | 60.0 | 11 | 0.0 | 15.0 | 0.0 | 0.00 | 0.00 |
| Fruit Cup Frozen Berry Lemon | 1 Cup | 70 | 0 | 5 | 3.00 | 0.00 | 80.0 | 200 | 60.0 | 16 | 0.0 | 19.0 | 0.0 | 0.00 | 0.00 |
| Fruit Cup Frozen Cherry Lemon | 1 Cup | 70 | 0 | 5 | 3.00 | 0.36 | 80.0 | 200 | 60.0 | 16 | 0.0 | 19.0 | 0.0 | 0.00 | 0.00 |
| Fruit Cup Frozen Cherry | 1 Cup | 70 | 0 | 10 | 3.00 | 0.00 | 80.0 | 500 | 120.0 | 16 | 0.0 | 19.0 | 0.0 | 0.00 | 0.00 |
| Fruit Cup Frozen Mango Strawberry | 1 Cup | 70 | 0 | 5 | 3.00 | 0.36 | 80.0 | 1500 | 60.0 | 15 | 0.0 | 18.0 | 0.0 | 0.00 | 0.00 |
| Fruit Cup Frozen Orange Pineapple | 1 Cup | 70 | 0 | 5 | 3.00 | 0.36 | 80.0 | 750 | 60.0 | 16 | 0.0 | 20.0 | 0.0 | 0.00 | 0.00 |
| Fruit Cup Frozen Pineapple Cherry | 1 Cup | 70 | 0 | 10 | 3.00 | 0.00 | 80.0 | 500 | 120.0 | 16 | 0.0 | 19.0 | 0.0 | 0.00 | 0.00 |
| Fruit Cup Frozen Strawberry | 1 Cup | 70 | 0 | 5 | 3.00 | 0.00 | 80.0 | 500 | 60.0 | 16 | 0.0 | 19.0 | 0.0 | 0.00 | 0.00 |
| Juice Juicy OJ/Tan | carton | 110 | 0 | 15 | 0.00 | 0.00 | 0.0 | 0 | 60.0 | 26 | 0.0 | 27.0 | 0.0 | 0.00 | 0.00 |
| Juicy Juice Apple | carton | 100 | 0 | 15 | 0.00 | 0.00 | 0.0 | 0 | 60.0 | 22 | 0.0 | 24.0 | 0.0 | 0.00 | 0.00 |
| Juicy Juice Berry | carton | 100 | 0 | 15 | 0.00 | 0.00 | 0.0 | 0 | 60.0 | 22 | 0.0 | 24.0 | 0.0 | 0.00 | 0.00 |
| Juicy Juice Fruit Punch | carton | 100 | 0 | 15 | 0.00 | 0.00 | 0.0 | 110 | 60.0 | 22 | 0.0 | 24.0 | 0.0 | 0.00 | 0.00 |
| Drink Naked Berry Blast | Container | 160 | 0 | 10 | 0.00 | 0.36 | 20.0 | 160 | 0.0 | 32 | 2.0 | 37.0 | 0.0 | 0.00 | 0.00 |
| Drink Naked Blue Machine | Container | 210 | 0 | 15 | 4.00 | 0.36 | 20.0 | 160 | 72.0 | 36 | 1.0 | 50.0 | 0.0 | 0.00 | 0.00 |
| Drink Naked Green Machine | Container | 170 | 0 | 20 | 0.00 | 0.72 | 20.0 | 3000 | 30.0 | 35 | 2.0 | 42.0 | 0.0 | 0.00 | 0.00 |
| Drink Naked Mango | Container | 180 | 0 | 10 | 0.00 | 0.36 | 20.0 | 7500 | 6.0 | 35 | 1.0 | 43.0 | 0.0 | 0.00 | 0.00 |
| Drink Naked Straw/Ban | Container | 160 | 0 | 5 | 0.00 | 0.72 | 20.0 | 145 | 60.0 | 29 | 2.0 | 38.0 | 0.0 | 0.00 | 0.00 |
| Juice Minute Maid mixed berry | 10 oz | 150 | 0 | 25 | 0.00 | 0.00 | 0.0 | 0 | 60.0 | *N/A* | 0.0 | 36.0 | 0.0 | 0.00 | 0.00 |
| Juice Minute Maid fruit punch | 10 oz | 140 | 0 | 25 | 0.00 | 0.00 | 20.0 | 0 | 60.0 | *N/A* | 0.0 | 36.0 | 0.0 | 0.00 | 0.00 |
| Juice Minute Maid Grape | 10 oz | 150 | 0 | 25 | 0.00 | 0.00 | 0.0 | 0 | 60.0 | *N/A* | 0.0 | 39.0 | 0.0 | 0.00 | 0.00 |
| Juice Minute Maid Orange Juice | 10 oz | 140 | 0 | 20 | 0.00 | 0.00 | 0.0 | 0 | 60.0 | *N/A* | 0.0 | 33.0 | 0.0 | 0.00 | 0.00 |
| Snapple Fruit Punch | 1 can | 170 | 0 | 30 | 0.00 | 1.08 | 150.0 | 750 | 60.0 | 40 | 0.0 | 42.0 | 0.0 | 0.00 | 0.00 |
| Snapple Grape | 1 can | 170 | 0 | 30 | 0.00 | 1.08 | 150.0 | 750 | 60.0 | 41 | 0.0 | 42.0 | 0.0 | 0.00 | 0.00 |
| Snapple Green Apple | 1 can | 170 | 0 | 30 | 0.00 | 1.08 | 150.0 | 750 | 60.0 | 39 | 0.0 | 41.0 | 0.0 | 0.00 | 0.00 |
| Snapple Mango Orange | 1 can | 180 | 0 | 30 | 0.00 | 0.72 | 150.0 | 750 | 60.0 | 38 | 0.0 | 43.0 | 0.0 | 0.00 | 0.00 |
| Vitamin Water Zero | 1 bottle | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 36.0 | *N/A* | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| Diet Drinks | 1 can | 0 | 0 | 28 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| Tea, Plain & Diet | 1 can | 0 | 0 | 55 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| Gatorade G2 | 1 bottle | 30 | 0 | 160 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 7 | 0.0 | 7.0 | 0.0 | 0.00 | 0.00 |

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