

Bleckley County School Nutrition Program
Food Nutritional Values

Bleckley County School Menu Items	Carbs (grams)	Protein (grams)	Fat (grams)	Fiber (grams)	Calories
BREAKFAST					
Apple Cinnamon Muffins, 1.5oz	21	2	4	<1	120
Apple Jelly, 1TBSP				0	
Biscuit, Southern Style Brand	23	4	10		200
Blueberry Mini Loaf, 2.0 oz.	29	3	6	2	170
Blueberry Muffins, 1.8oz	13	2	8		130
Breackfast Bites, Sara Lee, 2.72oz	19	8	9	1	180
Breackfast Pizza Bagel, Cheese Substitute Sausage	30	11	9	1	240
Breakfast Pizza, Tony's	25	19	10	2	230
Buttermilk Pancakes, Krusteaz, 1.25oz	39	6	3	2	210
Cereal Bowl, Apple Cinnamon Cheerios, 3/4 Cup	25	2	1.5	1	120
Cereal Bowl, Apple Jacks, 1.2oz	30	1	0.5	1	130
Cereal Bowl, Cinnamon Toast Crunch, 1 serving	21	2	2	3	110
Cereal Bowl, Cheerios, Whole Grain, 1 cup	22	3	2		110
Cereal Bowl, Cocoa Krispies, 1.12oz	28	1	1		130
Cereal Bowl, Cocoa Puffs, 1 serving	21	1	1	<1	100
Cereal Bowl, Corn Flakes, .75 oz	18	1	0		80
Cereal Bowl, Corn Pops, .75 oz	19	1	0		80
Cereal Bowl, Frosted Flakes, Reduced Sugar, 1 serving	25	1	0	<1	100
Cereal Bowl, Fruit Loops, 1.1oz	28	1	1		120
Cereal Bowl, Golden Grahams, 1 serving	23	1	1	1	110
Cereal Bowl, Honey Smacks, 3/4 cup	24	2	0.5		100
Cereal Bowl, Kix Cereal, .6oz	14	1	0.5		60
Cereal Bowl, Lucky Charms, 1 serving	21	2	1	1	100
Cereal Bowl, Raisin Brand, 1.23oz	27	3	1		110
Cereal Bowl, Rice Krispies, .625oz	16	1	0		70
Cereal Bowl, Special K, 1.1oz	22	7	0		110
Cereal Bowl, Trix Cereal	89	2	3.8		391
Cereal Bowl, Wheaties Whole Grain, 3/4 cup	22	3	0.5		100
Doughnut, Special School Super Bakery (1 fruit exchange)	29	11	4	1	230
French Toast Sticks, Mrs. Butterworth's, 4 sticks	37	5	11	<1	260
Frosted Blueberry Pop-Tarts	75	4	10		410
Frosted Strawberry Pop-Tarts	74	4	10		400
Grape Jelly, 1 TBSP	13	0	0		50
Hash Browns, Classic IQF Individual Portions, 3oz	14	1	0		60
Honey Bun, Special School Super Bakery (1 fruit exchange)	31	15	5	1	270
Old Fashioned Biscuit Gravy Mix, 10g	6	2	0		30
Pancakes 'N Sausage, StateFair	22	6	14		240
Pancake Syrup, 1.5oz	13	0	0		50
PB&J Wafer Sandwich, Cloverdale Foods	29	10	20		318
Premium Banana Nut Mifflins, 1.5oz	18	2	7		140
Sausage, 1.41oz	1	6	8		100
Sausage Patties, 3oz	1	12	28		310
Yogurt, Yoplail, Trix Lowfat, 113g	21	4	1.5		110
Quick Oats, 1/2 cup	31	7	3		170

ENTREES					
Beef Nuggets	18.33	19.12	28.87		404.04
Beef Patties, Frozen, 4oz	0	18	28		331
Beef Steak Fritters, Crispy Steak, 2oz	5.852	7.079	12.33		174
Chicken, Boned, Valley Fresh, 66g	0	13	7		120
Chicken Breast Fillet	17	21	12		260
Chicken Breast Fillet, Spicy	17	24	6		230
Chicken Breast Patties, Kings Delight	7	7	9		140
Chicken Breast, Ready to Cook Crispy Fillet	11.84	16.25	3.75		148.47
Chicken Leg, Fried-school made	8	20	13	<1	220
Chicken Nugget, CN	11.8	13.25	16.84		247
Chicken Split Breasts, Baked	0	26	15		240
Chicken Tenders, Gold Kist, 2 Tenders (all schools)	25.6	18.4	20.4	0	360
Chicken Wing Sections, Breaded, Hot and Spicy, 3.36oz	17	16	21		320
Chicken Pot Pie, school made	9.76	5.99	7.42	1.29	128
Chili, school made	16.68	16.43	8.67	4.19	208
Country Fried Steak (NO Gravy)	23.35	13.41	21.55	1.91	339
Cut Potato Wedges, Fancy Lineflow, 3oz	20	2	2.5		110
Flamebroiled Super Rib	8.01	12.04	9.42		140.5
Foster Farms, Turkey Corn Dogs, 4oz	27	10	14		270
French Fries, Crinkle Cuts	19	2	3.5		120
French Fries, Crinkle Cut, Baked	29.33	2.55	6.65		160
French Fries, Seasoned	19	2	6		140
French Fries, Sweet Potato	25	2	8		180
Fun Fish Precooked	16	9	7		160
Ham, Chopped, Sugardale, 2oz	5	7	12		160
Ham,Tavern Smoked, 2oz	9	8	2.5		70
Hot Dog in a Wheat Bun	49	5	5	3	270
Lasagna, school made	36.4	21.3	5.7	4.1	278
Pancho Villa Taco Boats	11	1	5		90
PB & J Sandwich-school made	55	12	15	3	395
Pizza, Cheese Stuffed Crust, Max	45	18	15	2	390
Pizza, Pepperoni Stuffed Crust, Max	45	18	16	2	390
Pizza, Tony's Cheese/Cheese Substitute,	45	17	13	2	390
Pizza,Tony's Galaxy Smart,Reduced Fat Pepperoni	45	18	15	2	340
Pizza, Big Daddy's Cheese (BCHS Only)	40	16	16		380
Pizza, Big Daddy's Pepperoni (BCHS Only)	34	18	12		310
Pollock Portions, Fish, Crunchy & Breaded, 3.6oz	28.43	17.16	15.59		318.23
Pollock Sticks, Fish, Crunchy & Breaded, 4oz	28	15	17		330
Shaped Potatoes, McCain Smiles, 3oz	37	19	10	2	320
Simplot, Classice Skin-on Lattice Cut French Fries, 3oz	38	18	11	2	330
Smoked Turkey	16	14	8		190
Smoked Ham	18	14	9		210
Smoked Franks, Bryan, 1 frank	24	2	6		160
Spaghetti & Meat Sauce (school made) 1 cup	22	3	7		160
Sub Sandwich (Ham, Turkey, Cheese) BCMS, BCHS	0.6	9.8	5.1		89
Tater Tots, ABC's, Ore-Ida, 3oz	0.6	10	5.3		90
Tater Tots, Ore-Ida	2	6	16		180
Tater Wedges, Park Premium, 57g	20.07	21.28	11.4	1.62	271
Tuna Salad, (School Made) 1/2 cup	36.45	33.38	14.46	2	418
Turkey Breast, Refrigerated. 2oz	19	2	11		160

Turkey Corn Dog Nuggets	17		6		130
Turkey Franks, Perdue Farms, 1.98oz (no bun)	12	1	5		100
Vegetable Beef Soup, school made	8.75	11.72	6.93	2.17	142
	4.45	14.97	9.6	0.39	169
BREADS	2	7	2.5		60
Angelina's Loco Bread	33	11	22		370
Cinnamon Roll, school made	18.45	1.9	5.75	0.65	131
Club Crackers					
Colonial Premium Wheat Bread, 26g	2	8	10		130
Dressing & Gravy, school made, 1/2 cup	26.68	7.23	11.91	1.29	244
Flour Tortillas					
Pasta, Lasagna Sheets, 3.74oz					
Pocket Pita 6" White	24	4	3.5		140
Premium Saltine Crakers	4	1	1.5		30
Macaroni, 1/2 cup	13	3	0.5		70
Mini Twist Pretzels	33	5	5		200
Rice	41	8	1.5		210
Rice, Parboiled Long Grain Milled, Delta Star, 47g	21	4	1		110
Roll, School Made Yeast Roll	9	1	1.5		50
Rotini, Gilster-Mary Lee, 2/3 cup	46	8	0.5		220
Tortillas, Press Flour, 47g	24	3	0		110
Wheat Hot Dog Buns, Sara Lee, 12oz	37	4	0		170
Whole Grain Wheat Cracker, Kellogg/Keebler, .25oz	79.9	7.69	0.6		358
Whole Grain White, Soft&Smooth, Sara Lee, 57g	29.58	4.74	4.35	1.87	175
	42	7	0.5		210
FRUIT and VEGETABLE SIDES	25	3	3		140
Applesauce, Cloverdale Farms, 3oz	21	4	1		110
Applesauce, Harvest Value, 126g	5	0	1.5		35
Apples, Canned & Sliced & in Water, 1/2 cup	28	6	2		150
Apples,Sliced, Port Royal					
Apple Sticks, Battered					
Baby Limas, Frozen	12	0	0		49
Baked Beans, school made, 1/2 cup	21.22	3.39	0.45	3.3	91
Beets, Pickled & Sliced	22	0	0		90
Bell Pepper, Green Dices, McCormick, 3/28oz	12	0	0		50
Blackeye Peas, 1/4 cup	17.2	0.4	0.1		67
Breaded OnionO's, Farm Rich	104	4	19		600
Breen Beans, Majestic, 120 g	23	6	0		120
Broccoli, Chopped, steamed	4	0	0		20
Broccoli, Chopped and Cheese Sauce (1/2 cup)	69	17	3		320
Carrots, canned, USDA Grade A	11.25	7.03	3.56	0	95
Carrots, frozen, USDA Grade A	23	9	0		90
Cauliflower, Frozen, 85g	54	6	19		410
Cherries,Pitted, Red Tart, 1/2 cup	5	<1	0		25
Cob Corn, 1 ear	4	2	0		25
Corn, Baby Cut, 1/2 cup cooked w/seasonings	6	0	0.2		28
Diced White Potatoes, 2/3 cup	6	0	0		26
Dressing & Gravy, school made, 1/2 cup	26.68	7.23	11.91	1.29	244
Green Beans, (seasoned) 1/2 cup	3	2	0		20
Kidney Beans, Fancy Light Red, 130g	9	1	0		45
Lemon Juice, 1 tsp	19	3	1		90
Mandarin Oranges	14.76	2.08	2.58	1.59	80

Mixed Vegetables	14	1	0		80
Okra, Frozen & Cut, 3/4 cup (steamed)	3.23	0.82	0.07	1.29	15
Okra, Frozen Fried, 1/2 cup	34.1	6.8	15.6		300
Peach Halves in Light Syrup, 1/2 cup	18	9	0		110
Pears, Diced, Port Royal, 140g	0	0	0		5
Peas & Carrots, Frozen	20	1	0		80
Pineapple, Crushed, 1/2 cup	9	1	0		45
Pineapple Tidbits, International, 140g	5	1	0		25
Pimientos	17	1	0		70
Pickle, Hamburger, Dill Chips, 1oz	21	<1	<1		84
Potatoes, Creamed (seasoned) 1/2 cup	9	3	0		50
Raisins, Seedless	17	1	0		70
Rice, Steamed, school made and seasoned	13.92	1.17	1.33	0.24	74
Ripe Olives, Port Royal, Sliced, 15g	17	<1	0		70
Tomatoes, Crushed, Furmano's	0	0	0		0
Salad, Tossed-NO dressing, 1/2 cup	2.1	0.17	0.05		9.57
Salad Spanish Olives, 15g	21.18	2.3	1.15	2.3	105
Sliced Carrots, Nifda, 120g	77	3.4	0.3		295
Strawberries, Sliced, 1/2 cup, Frozen USDA	<1	0	2.5		25
Tomatoes, Peeled & in Juice, 121g	4	1	0		20
Tropical Fruit Salad, Prot Royal, 1/2 cup	3.89	1.24	0.22	1.54	19
Turnip Greens, Chopped, 4.59oz	1	0	1.5		15
Vegetable Medley Cup, raw vegetables-NO dressing	6	<1	0		30
Vegetable Sticks, Battered, 91g	33.05	0.68	0.17	2.4	122
Mixed Vegetables, 2/3 cup	4	1	0		25
Whole White Potatoes	20	1	0		80
X-Treme Fruit Bites, Atomic Apple	5	1	0		30
X-Treme Fruit Bites, Citrus Cyclone	4.7	0.59	0.14	1.41	21
Yellow Squash, Breaded, 3/4 cup	24	3	6		160
Yellow Squash, Sliced, 2/3 Cup	10	2	0		50
	20	2	0		90
DESSERTS	18	0.1	0		70
Apple Fruit Turnover	18	0.1	0		70
Brownie, school made	27.69	2.79	8.04	1.1	187
Burrry 3 inch Sweet Dessert Shells	18	2	0		80
Cake, Yellow, Chocolate Glaze, School Made	2	<1	0		15
Cinnamon Roll, school made	18.45	1.9	5.75	0.65	131
Cookie, Monster, (school made)					
Frozen Funnel Cake, 83g					
Gelatin, Cherry, 21g	51	4.2	9.2		303
Gelatin, Lime, 21g	17	1	7		130
Gelatin, Lemon, 21g	38.87	3.21	8.36	0.62	240
Gelatin, Orange, 21g	15.86	3.53	7.1	1.37	135
Gelatin, Strawberry, 21g	40	5	16		320
Gelatins, Sour, Diamond Crystal,	18	1	0		80
Goody Man, White Birthday Cupcake, 1.75oz	18	1	0		80
Minute Maid Jucie Bars, Cherry/Grape/Green Apple, 2.25oz	18	1	0		80
On top Non-Dairy Dessert Topping, 2 TBSP	18	1	0		80
Peanut Butter Bar	18.13	2.8	7.92	0.74	149
Pudding-on-a-stick Choc/Vanilla Swirl, Frostar, 1.75oz	18	1	0		80
Sherbet, Luigi'a Grape, 4oz	17	1	0		70
Sherbet, Luigi'a Lime, 4oz	0.37	2	4.5		190

Sherbet, Luigi'a Orange, 4oz	15	0	0		60
Sherbet, Luigi'a Raspberry, 4oz	2	0	2		25
Spiced Fruit, schoool made	11.13	0.56	0.71	1.05	49
Sugar Cookie, school made	19.85	1.63	4.48	0.33	125
SALAD DRESSINGS	27	0	1.5		120
French Style/Low Cal. Dressing, Poco Pac, 12g	27	0	1.5		120
Honey French Salad Dressing	27	0	1.5		120
Honey Mustard Salad Dressing	27	0	1.5		120
Italian Dressing, Creamy, 28g					
Italian Reduced Calorie Salad Dressing					
Ranch Dressing, Naturally Fresh, 2 TBSP	3	0	1.3		22
Ranch Lite Salad Dressing	5	0	11		120
Ranch Salad Dressing, School Made, Lite, 1 oz	9	0	10		130
Thousand Island Salad Dressing	2	0	0		60
	7	0	5		70
CONDIMENTS, SEASONINGS, & SAUCES	2	1	7		80
BBQ Western Sauce, 2 TBS	2	1	8		80
Chili Mix, 28g	1.68	0.64	3.54	0	42
Chili Powder, 3.53oz	4	0	12		120
Fajita Marinade & Seasoning, McCormick, 3.53oz					
Gravy, White Pepper 2 oz.					
Herb Roasting Glaze, McCormick, .56oz	3	0	1		10
Honey Mustard Dipping Sauce	0	0	0		0
Hot Dog Chili Sauce with Beef, 28g	2	0	6		70
Ketchup, 17g	9	3	1.5		60
Ketchup, Furmano's Fancy Tomato, 1 Tbsp	5.83	0	1.94	0	44
Ketchup, Heinz, .32oz	3	0	0		15
Ketchup, Hunt's Portion Control, .3oz	14	7	7		150
Mustard, 5.5g	6	<1	2.5		50
Original Brown Gravy Mix	2	0	0		10
Picante Sauce Mild, 30g	5	0	0		20
Sweet & Sour Sauce, Grand Gourmet, 1oz	7	1	11		130
Taco Meat Seasoning Mix, Foothill Farms Select, 5g	0	0	0		0
Taco Sauce, Poco Pac, 9g	10	0	0		45
Tarter Sauce, 2tbsp	8	0	6		90
Tomato Paste, Port Royal, 33g	10	0	0		40
	0	0	0		5
SANDWICHES	<1	7	9		110
	3	1	1.5		30
CHIPS and SNACKS	4	0	0		15
Apple G-Force Bar, 57g	5	0	0		20
Cinnamon Bun Stick, Superstix, 2.1 oz					
Doritos, Cooler Ranch, 1oz					
Doritos, Nacho Cheesier, 1oz					
Doughnut, Super Bakery, 2.2oz					
Fortune Cookie	34.7	3	5.3		197
Glazed Pro Balls, 1.3 oz	34	4	2.5		170
Goldfish, Cheddar, Individual Bag	?	2	7		140
Goldfish, Pretzel, Individual Bag	?	2	7		140
Honey Bun, Super Bakery, 2.5 oz	30	5	11		250
Munchies Kid's Mix, Frito Lay	7	1	0		35

Rold Gold Pretzels,Frito Lay	17	3	6		140
Sunchips					
Sunchips Original, Frito Lay	17	1.5	2	<1	90
White Round Tortilla Chips	24	5	10		270
		2	4		130
BEVERAGES		2	1		110
Gatorade, Cool Blue, 230g	18	2	6		140
Gatorade, Fierce Grape, 230g		3	6		140
Gatorade, Fierce Melon, 230g	17	2	7		140
Gatorade, Frost Riptide Rush, 230g					
Gatorade, Fruit Punch, 230g					
Gatorade, Lemon-Lime, 230g	14	0	0		50
Gatorade, Orange, 230g	14	0	0		50
Juice Punch All Flavors (BCES, BCMS, BCHS ONLY)	52	36	0.8		359
Mr. J Apple Juice	14	0	0		50
Mr. J Friut Blend Juice	14	0	0		50
Mr. J Grape Juice	14	0	0		50
Mr. J Orange Jucie	15	1.4	0		60
Mr. J Orange/Pineapple Juice	32	0	0	0	130
	14	0	0		50
OTHER	14	0.13	0		60
Cabendish Soybean Oil, 3oz	14	0.21	0		60
Clodhoppers Cocoa, 1.27oz	16	1	0		60
Double Acting Baking Powder, Glister-Mary Lee	19.43	0.34	0		80.98
Strawberry Glaze					
White Distilled Vinegar					
	24	0	0		100
SOUPS	4	0	0		16
Cream Of Mushroom Soup, 1/2cup	3	1	1.5		30
Cream Of Chicken Soup, 1/2cup	10	0	0		35
Heinz Tomato Soup, 4.34oz	28	2	5		160
Soup Base Beef Flavor					
Select Chicken Base					
Major Products, Selected Chicken Base	17	2	0		80
	12	2	0		60
CHEESES	2	0	0		10
Cottage Cheese, 115g	0	0	0		10
Low Moisture Wole Milk Mozzarella, 28g	1	<1	0		10
Mozzarella Cheese Sticks	1	<1	0		10
Pasteurized Process American Cheese, 28g					
Shredded Cheddar Cheese, 1/4 cup					
Yellow American Cheese Loaf, 1oz	<1	5	9		100
	3	4	6		90
	3	0	0		15
	<1	6	7		90
	6	14	1.5		90
	3	1	0.5		10