

Maricopa Unified School District
Carbohydrates, Fat, Protein Grams and Calories (per serving)
School Year 2013-2014

	Carb grams	Fat grams	Protein grams	Calories
Beef taquitos (3 each)	38	12	16	320
Burger buddies (1 Pkg)	42	20	20	420
Burritos bean and cheese	39	13	13	330
Cheeseburger on bun	24	20	29	364
Cheeseburger macaroni (1/2 cup)	16	15	17	266
Chicken baked (3 oz.)	9	17	20	257
Chicken bites (5 each)	13	14	17	233
Chicken nuggets, ABC shaped with roll	22	8	17	230
Chicken, orange w/rice, eggroll and cookie	58	10	16	412
Chicken popcorn (10 each)	17	14	18	271
Chicken strips (4 each) w/ roll	31	19	25	396
Chicken, sweet and sour w/rice, eggroll and cookie	56	8	13	338
Corn dog	21	15	12	252
Corn dog mini (6 each)	29	20	11	330
Enchilada, cheese	19	12	7	218
Fish nuggets (each)	15	15	16	300
French toast sticks with sausage	33	9	17	287
Fruit and yogurt plate	23	11	15	397
Hamburger on a bun	23	11	22	254
Hot dog on a bun	19	18	11	261
Max Sticks (2 each)	32	14	16	320
Pizza, big daddy, pizza party, cheese 8 cut	54	9	24	470
Pizza, big daddy, pizza party, pepperoni 8 cut	54	9	24	470
Pizza 4x6 pepperoni	36	14	18	340
Pizza, French bread, pepperoni	29	11	18	291
Pizza, personal pan, cheese	43	10	20	340
Pizza, personal pan, pepperoni	42	8	21	395
Pizza, pepperoni wedge	48	13	20	394
Salad, taco	36	25	23	462
Sandwich BBQ beef	45	12	21	350
Sandwich, chicken patty	33	15	21	331
Sandwich, fish	34	15	18	322
Sandwich, grilled cheese	32	11	19	292
Sandwich, rib b que	32	15	17	390
Sandwich, turkey	25	13	21	262
Spaghetti (1/2 cup)	26	11	13	259
Taco, hard shell beef (2 tacos)	29	10	10	229
Taco, soft beef (2 tacos)	32	7	16	258

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Taco, soft chicken (2 tacos)	32	7	16	258
Teriyaki beef dippers	6	9	17	180
Turkey w/gravy and mashed potatoes	18	12	23	272
Baked beans	12	1	3.5	65
Cheese, string (1 each)	1	6	7	80
Cheesy potatoes (1/4 cup)	9	8	2	120
Chili beans (1/4 cup)	11	0	4	61
Chips (baked 0.875 oz.)	19	2	1	100
Coleslaw (1/4 cup)	4	8	1	86
Egg roll	10	1	2	48
Fortune cookie	4	2	1	34
Marinara sauce (1/4 cup)	5	1	1	27
Macaroni and cheese	17	17	13	275
Mozzarella cheese sticks	18	6	10	150
Potato straight cut	18	4	2	110
Potato, hash brown patty (1 each)	15	8	2	140
Potato smiles (4 each)	19	5	2	130
Potato triangles (1 each)	16	8	2	140
Potato, tator tots (1/2 cup)	14	6	2	120
Potato whipped w/ gravy (1/3 cup)	13	4	2	92
Refried beans (1/4 cup)	12	2	4	80
Rice (1/2 cup)	23	0	2	106
Spanish rice (1/4 cup)	12	3	1	57
Sweet potato puffs	23	4	1	130
Syrup (1.5 ounce)	31	1	1	120
Yogurt, Danimals	17	2	5	100
Bread products				
Animal crackers (1pkg.)	21	3	2	120
Biscuit, whole grain	24	6	3	170
Breadsticks (1 each)	20	1.5	4	115
Cinnamon toast crunch cereal bar	30	4	2	160
Chips, tortilla (1.5 ounce)	29	8	3	203
Crackers, saltines (4 crackers)	9	1	1	50
Croutons (1 pkg.)	5	1	1	30
Goldfish crackers,, whole grain (1 pkg.)	14	4	3	100
Hamburger bun	21	2	5	100
Hot dog bun	18	1.5	5	80
Pretzels, mini	12	0	1	50
Tortilla 6" (1 each)	15	3	2	95

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Canned/frozen and fresh fruits (1/2 cup serving)				
applesauce	23	0	0	90
Applesauce cup	24	0	0	100
Apple slices	9	0	1	35
Mandarin oranges	19	0	0	80
Mixed fruit	18	0	1	80
Peaches	17	0	1	70
Pears	14	0	0	80
Pineapple	17	0	1	66
Raisins (1 box)	29	0	1	120
Apples (1 small)	17	0	0	62
Apple wedges (3 slices)	7	0	0	27
Banana (1 petite)	19	0	1	72
blueberries	11	0	0.5	41
Cantaloupe	7	0	1	28
Grapes	8	1	1	31
Honeydew melon	8	1	0	30
Kiwi (1 medium)	11	1	1	46
Nectarine	14	1	1.3	60
Orange (1 medium)	16	1	1	62
Peach (1 medium)	10	1	0.6	38
Pear	26	1	1	96
Plum	8	1	1	30
Strawberries	6	0	0.5	46
watermelon	6	1	1	24
Canned, frozen and fresh vegetables (1/4 Cup serving)				
Broccoli steamed	2	1	1.5	13
Broccoli fresh	4	1	2	16
Carrots, baby (1.5 oz bag)	3.5	1	1	15
Carrot sticks	4	1	1	18
Carrots, glazed	11	1	1	46
Corn	9	1	1	36
Corn cobbette	9	1	1	38
Cauliflower	2.5	1	1	13
Celery sticks	2	1	1	11
Cucumbers	2	1	0	34
Green beans	2	1	1	10
Green bell peppers	2	1	1	9
Mixed vegetables	6	1	1	30
mushrooms	1.5	1	1	8
onions	7	1	1	32

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Peas	6	1	2	31
Radishes	2	1	1	9
Salad mix	1	1	1	5
Salad spring mix	1	1	1	5
Shredded lettuce	1	0	1	4
spinach	1	1	1	6
Tomatoes	1.5	1	1	6
Zucchini	2	1	1	9
Milk and Juice				
Chocolate milk, fat free (8 oz)	24	0	8	130
White milk, fat free (8oz.)	12	2.5	8	100
Apple juice	15	0	1	60
Grape juice	14	0	0	60
Orange juice	15	0	0	60
Cookies and deserts				
Cookies, grandma soft baked (1 pkg.)	23	6	2	150
Cookies, oreo (1 pkg.)	14	4	1	100
Breakfast Items				
Bagler, cinnamon	32	4	6	180
Bagler, cream cheese	28	5	7	180
Cereal, cheerios	14	1	2	70
Cereal, cinnamon toast crunch	22	3	1	120
Cereal, cocoa puffs	20	1	1	90
Cereal, kix	15	1	1	60
Cereal,lucky charms	23	1	2	110
Cereal, trix	18	1	1	80
Chicken biscuit	30	11	10	260
Eggs, scrambled	2	6	7	91
French toast sticks (4 each)	33	5	10	230
Fruit filled frudels	36	6	5	210
Muffins, assorted	47	8	3.5	270
Pancakes, mini	34	6	4	200
Poptarts, strawberry whole grain (1 each)	35	5	2	190
Poptarts, brown sugar, whole grain (1 each)	34	6	3	200
Sausage and cheese biscuit	25	15	17	300
Sausage and pancake on a stick	23	11	9	218
Sausage turkey patty	0	4.5	6	60
Waffle, blueberry	37	9	5	241

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Waffle, cinnamon	33	9	5	230
Waffle sticks, Belgian whole grain (2 each)	28	2	3	140
Yogurt Danimals	17	2	5	100
Miscellaneous				
Bacon bits, (1tbsp)	1	1	3	21
Barbque sauce	12	0	0	50
Cheese, cheddar	1	9	7	110
Dill pickles sliced	3	1	1	14
Jalapeno-peppers (2 tbsp)	1	0	0	5
Ketchup (2 Tbsp)	8	0	0	30
Ranch dressing, low fat (1 ounce)	2	1	1	17
Salsa (1 ounce)	2	0	0	10
Syrup(1.5 oz)	31	1	1	120