

**Schools of Eastern Carver County
Nutritional Information – Chanhasen & Chaska High School**

NOTICE: The data contained in this report should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice.

	Portion Size	Calories	Total Fat grams	Saturated Fat grams	Protein grams	Carbohydrate grams	Fiber grams
Alfredo Sauce with Chicken	1 serving	168	7	2	17	5	0
Apple Crisp	1 piece	147	4.3	.7	1.9	26.5	2
Beans, Baked	½ cup	150	1	0	6	29	8
Beans, Refried	½ cup	120	1.5	0	7	19	3
Bread, French Pizza	1 piece	320	11	2.5	16	36	2
Bread, French, Sliced	1 slice	70	1.5	0	2	13	0
Breadstick, Multigrain	1 each	110	1	0	4	22	3
Broccoli, Fresh	½ cup	15	0	0	1	3	1
Bun, Hamburger, Wheat	1 bun	160	2.5	0	5	29	2
Burrito, Build Your Own	1 each	536	16	7	33	64	7
Cheese Sauce, Nacho	¼ cup	70	5	1.5	1	4	0
Cheese Stick, Mozzarella	1 stick	80	6	3.5	7	0	0
Chicken Breast, Filet, Breaded	1 patty	260	10	2	25	16	1
Chicken, Teriyaki Bites	5 pieces	181	5	1	24	10	2
Chicken Fajita w/tortilla	1 fajita	220	6	1.5	19	23	0
Chicken, Grilled on Bun	1 sandwich	270	7	1.5	19	32	2
Chicken, Mandarin Orange	1 serving	210	8	1	13	20	0
Chicken Nuggets, Breaded	5 pieces	200	10	1.5	15	13	0
Chicken Tenderloin, Breaded	3 strips	420	21	3.75	30	25.5	1.5
Chicken , Popcorn, Breaded	10 pieces	250	12	2.5	18	18	0
Chicken, Sweet & Sour	1 serving	277	12	2.5	18	25	0
Chicken, Spicy, on Bun	1 sandwich	380	11.5	1.5	19	50	3
Chili, with Beans	5.8 oz	153	5	2	13	13	4
Churro, Cinnamon	1 churro	170	8	2	2	23	2
Cookie, Fortune	1 cookie	37	.33	0	.7	7.7	0
Corn Chips	1 oz	160	10	1.5	2	15	1
Egg Roll, Spicy, Pork	1 egg roll	58	3	.9	1.5	6.25	.5
Fish Taco w/6"tortilla	1 fish taco	290	12.5	2	15	32	1
French Toast Sticks	4 sticks	400	16	2	8	56	0
Gordita	1 gordita	399	10	3	23	54	4
Gravy, chicken	¼ cup	35	1	.5	1	6	0
Green Beans	½ cup	27	0	0	1.6	6	2.5

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Haystackers with meat, rice, and corn chips	1 serving	149	7	3	16	5	2.5
Hoagie, Meatball	1 sandwich	447	19	6	26	40	1
Hot Dog, Beef with Bun	1 hot dog & bun	340	19.5	7	14	26	0
Hot Dog, Footlong	1 hot dog	210	18	7	10	2	0
Hot Dog, Low Sodium, Beef & Pork	1 hot dog	180	16	6	7	2	0
Italian Dunkers, Cheese Bread & Meat Sauce	1 serving	506	28.7	10	27	33	2
Lasagna, Beef & Cottage Cheese	1 serving	328	11	5	23	31	3.5
Lasagna, Cheese & Meat	1 serving	425	18.75	8.7	33	32	3
Macaroni & Cheese	½ cup	233	29	17	21	29	1
Mashed Potato Bowl with Chicken, Gravy & Cheese	1 serving	537	22	7.5	31	59	2
Milk, 1%	Half pint	110	2.5	1.5	8	13	0
Milk, Chocolate Skim	Half pint	130	.5	.5	8	24	0
Milk, Skim	Half pint	90	0	0	8	13	0
Pasta, Rotini	½ cup	100	.5	0	3.5	20	.5
Pork Chop	1 pork chop	242	15	4	13.8	13	1
Potato, Baked	3 oz	80	0	0	2	18	2
Potatoes, AuGratin	½ cup	107	3.2	.7	2	18	2
Potatoes, Crinkle Cut	½ cup	180	7	.5	3	26	3
Potatoes, Diced	½ cup	130	6	1.5	2	16	2
Potatoes, Hashbrown Stick	2 sticks	160	5	1	2	28	2
Potatoes, Mashed	½ cup	76	1	.25	1.7	15	1
Potatoes, Mashed, Butter & Herb	½ cup	55	1	.25	1	10	.5
Potatoes, Roasted	½ cup	90	2	0	3	15	0
Potatoes, Roasted Rosemary	½ cup	110	3	.5	2	15	2
Quesadilla, Cheese	1 piece	350	16	4.5	16	37	1
Quesadilla, Chicken	1 piece	320	14	3	15	35	1
Rice, plain	½ cup	100	0	0	2	21.6	.35
Rice Bowl, Chicken	1 rice bowl	350	12	2.5	20	40	.35
Roll, Wheat Dinner	1 roll	110	1.5	0	4	20	1
Salad, Black Bean	½ cup	230	6	1	7.8	37	11
Salad, Corn	½ cup	205	6.5	.8	3.5	31	4
Sandwich, BBQ Pork	1 sandwich	440	15.5	4.5	26	49	3
Sandwich, Chicago Italian Beef	1 sandwich	358	12.5	5.3	29	33	2

	Portion Size	Calories	Total Fat grams	Saturated Fat grams	Protein grams	Carbohydrate grams	Fiber grams
Sandwich, Cuban	1 sandwich	377	12	6.3	27	39	2
Sandwich, Sub, Build It Bar with Turkey, Ham & Cheese	1 sandwich	331	7	2.5	26	39	4
Sandwich, Rib Patty on Bun	1 sandwich	310	15.5	5	16	24	1
Sandwich, Turkey on Ciabatta	1 sandwich	342	8	3.6	33	33	0
Sauce, Beef Spaghetti	¾ cup	182	8.7	3	15	9.7	2
Sauce, Marinara	½ cup	110	4.5	.5	2	14	0
Sausage Links, Bavarian	2 links	160	14	5	8	1	0
	Portion Size	Calories	Total Fat grams	Saturated Fat grams	Protein grams	Carbohydrate grams	Fiber grams
Shrimp Poppers	20 pieces	220	12	2	10	18	2
Super Nachos	1 serving	359	19	6	19	28	3
Taco, hard shell, w/beef lettuce, cheese	1 taco	228	13	5	17	11	3
Taco, soft shell, w/beef, lettuce, cheese	1 taco	298	14	6	19	25	2
Tator Tot Hotdish	1 serving	339	20	7	13	26	3
Tortellini, Cheese	1 serving	408	13.7	6	31	37	3
Tortilla, 7inch	1 tortilla	120	3.5	1.5	3	20	0

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This information is a guide only. Please always refer to the label for the most current information.