

EAT Enterprises Nutrition Report

Menu: 9-12 Hot Lunch A

Table of Contents

Mini Corn Dogs A - HS	3
Chicken Enchilada Pocket - HS	4
Stuffed Shells & Marinara - HS	5
Pancakes & Sausage - HS	6
Turkey Sausage Pizza - HS	7
Chicken Strips A - HS	8
Nachos - HS	9
Garlic Mozzarella Bites - HS	10
Red Beans & Rice - HS	11
Galaxy Pepperoni Pizza A - HS	12
Cheeseburger - HS	13
Buffalo Chicken Pocket - HS	14
Spaghetti & Meatballs - HS	15
Chicken Nuggets A - HS	16
Beef Ranchero Pizza - HS	17
Chicken Patty Sandwich - HS	18
Sloppy Joe A - HS	19
BBQ Meatballs - HS	20

<u>Chicken & Waffles HS</u>	<u>21</u>
<u>Garlic Cheese Bread - HS</u>	<u>22</u>
<u>Cheeseburger Pocket - HS</u>	<u>23</u>
<u>Chicken Fingers - HS</u>	<u>24</u>
<u>Meatball Sub A - HS</u>	<u>25</u>
<u>French Toast Sticks - HS</u>	<u>26</u>
<u>Cheese Pizza - HS</u>	<u>27</u>
<u>BBQ Pulled Chicken - HS</u>	<u>28</u>
<u>Walking Taco - HS</u>	<u>29</u>
<u>Chicken Cacciatore - HS</u>	<u>30</u>
<u>Hot Dog - HS</u>	<u>31</u>
<u>Galaxy Cheese Pizza A - HS</u>	<u>32</u>

EAT Enterprises Nutrition Report

Mini Corn Dogs A - HS

Item Name	Portion Size	Calories (kcal)	Protein (g)	Carbs (g)	Fiber (g)	Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Added Sugar (g)
Corn Dog Mini Turkey WG	9 ea	375	15	45	4.5	15	3.75	0	90	525	0
Beans Green Frozen 30 lbs	0.75 cup	44.78	2.24	8.96	3.36	0	0	0	0	0	0
Beans Vegetarian in Sauce Canned	0.5 cup	110	6	20	5	0	0	0	0	330	0
Apple Red Fresh	1 ea	66.6	0.3	18	3.1	0.2	0	0	0	1.3	0
Peaches Diced Cup 4.5 oz	1 ea	80	1	21	1	0	0	0	0	0	0
Ketchup SS	1 ea	10	0	2	0	0	0	0	0	85	0
Milk 1 % White 1/2 pint	1 ea	100	8	11	0	2.5	1.5	0	15	120	0
Totals:		786.38	32.54	125.96	16.96	17.7	5.25	0	105	1061.3	0

% Calories from:

Total Fat: 20.26%

Saturated fat%: 6.01%

EAT Enterprises Nutrition Report

Chicken Enchilada Pocket - HS

Item Name	Portion Size	Calories (kcal)	Protein (g)	Carbs (g)	Fiber (g)	Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Added Sugar (g)
Chicken Enchilada Pocket	1 ea	300	17	36	4	10	4	0	30	570	3
Corn Frozen 30 lbs	0.5 cup	64.29	2.14	15	1.43	0.71	0	0	0	0	0
Beans Pinto	0.5 cup	120	7	21	5	0	0	0	0	140	0
Pineapple Tidbit Cup 4.5 oz	1 ea	60	0	16	1	0	0	0	0	0	0
Oranges Fresh (138 ct)	1 ea	65.41	1.21	16.98	2.91	0.16	0	0	0	1.37	0
Chip Tortilla Round Bulk	1 oz	120	2	20	2	4.5	0.5	0	0	75	0
Milk 1 % White 1/2 pint	1 ea	100	8	11	0	2.5	1.5	0	15	120	0
Totals:		829.7	37.35	135.98	16.34	17.87	6	0	45	906.37	3

% Calories from:

Total Fat:	19.38%
Saturated fat%:	6.51%

EAT Enterprises Nutrition Report

Stuffed Shells & Marinara - HS

Item Name	Portion Size	Calories (kcal)	Protein (g)	Carbs (g)	Fiber (g)	Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Added Sugar (g)
Pasta Stuffed Shells WG	2 ea	230	15	29	2	6	3.5	0	20	380	0
Sauce Marinara Canned	1 cup	120	4	20	0	3	0	0	0	270	2
Broccoli Cut Frozen 20 lbs	1 cup	35	3	7	3	0	0	0	0	35	0
Cantaloupe Fresh	0.5 cup	30.1	0.75	7	0.8	0.15	0.05	0	0	14.15	0
Peaches Diced Cup 4.5 oz	1 ea	80	1	21	1	0	0	0	0	0	0
Cornbread Loaf 2 oz WG	1 ea	180	3	28	1	6	0.5	0	15	90	15
Milk 1 % White 1/2 pint	1 ea	100	8	11	0	2.5	1.5	0	15	120	0
Totals:		775.1	34.75	123	7.8	17.65	5.55	0	50	909.15	17

% Calories from:

Total Fat:	20.49%
Saturated fat%:	6.44%

EAT Enterprises Nutrition Report

Pancakes & Sausage - HS

Item Name	Portion Size	Calories (kcal)	Protein (g)	Carbs (g)	Fiber (g)	Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Added Sugar (g)
Pancakes WG	2 ea	160	4	30	2	2	0	0	0	200	0
Sausage Turkey Patty	3 ea	180	18	0	0	12	3	0	90	270	0
Potatoes Tater Tot	16 ea	180	2	28	4	7	0	0	0	340	0
Blueberries Fresh	0.5 cup	40	0.5	10.5	2	0.25	0	0	0	0	0
Mandarin Orange Cup 4.5 oz	1 ea	80	1	20	1	0	0	0	0	0	0
Syrup Sugar Free	1 ea	25	0	10	0	0	0	0	0	75	0
Milk 1 % White 1/2 pint	1 ea	100	8	11	0	2.5	1.5	0	15	120	0
Totals:		765	33.5	109.5	9	23.75	4.5	0	105	1005	0

% Calories from:

Total Fat: 27.94%

Saturated fat%: 5.29%

EAT Enterprises Nutrition Report

Turkey Sausage Pizza - HS

Item Name	Portion Size	Calories (kcal)	Protein (g)	Carbs (g)	Fiber (g)	Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Added Sugar (g)
Pizza Turkey Sausage 4x6 WG	1 ea	280	16	33	5	10	4	0	30	460	2
Carrots Baby 2oz IW	2 ea	50	1	12	4	0	0	0	0	90	0
Zucchini Fresh	0.5 cup	18	1.4	3	1.2	0.4	0.1	0	0	286.8	0
Pear Fresh	1 ea	94.1	0.6	25	5.1	0.2	0	0	0	1.7	0
Raisins	1 ea	140	1	36	2	0	0	0	0	10	0
Dressing Ranch SS	2 ea	60	0	4	0	5	0	0	10	110	2
Milk 1 % White 1/2 pint	1 ea	100	8	11	0	2.5	1.5	0	15	120	0
Totals:		742.1	28	124	17.3	18.1	5.6	0	55	1078.5	4

% Calories from:

Total Fat:	21.95%
Saturated fat%:	6.79%

EAT Enterprises Nutrition Report

Chicken Strips A - HS

Item Name	Portion Size	Calories (kcal)	Protein (g)	Carbs (g)	Fiber (g)	Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Added Sugar (g)
Chicken Tender Breaded WG Tyson	4 ea	320	30	18	2	14	3	0	70	500	0
Peas Frozen 30 lbs	1 cup	119.4	7.46	20.9	7.46	0	0	0	0	164.18	0
Oranges Fresh (138 ct)	1 ea	65.41	1.21	16.98	2.91	0.16	0	0	0	1.37	0
Tropical Fruit Cup 4.5 oz	1 ea	70	0	17	1	0	0	0	0	0	0
Cracker Cheez It WG	1 ea	100	2	14	1	3.5	1	0	0	150	0
Sauce BBQ SS	1 ea	20	0	5	0	0	0	0	0	90	3
Milk 1 % White 1/2 pint	1 ea	100	8	11	0	2.5	1.5	0	15	120	0
Totals:		794.81	48.67	102.88	14.37	20.16	5.5	0	85	1025.55	3

% Calories from:

Total Fat:	22.83%
Saturated fat%:	6.23%

EAT Enterprises Nutrition Report

Nachos - HS

Item Name	Portion Size	Calories (kcal)	Protein (g)	Carbs (g)	Fiber (g)	Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Added Sugar (g)
Taco Meat Turkey JTM	3.5 oz	150.14	16.23	5.07	2.03	7.1	2.03	0	41.59	277.97	0
Sauce Cheese Canned	2 oz	60	0	6	0	3.5	1	0	0	430	0
Carrots Diced Frozen 30 lbs	0.5 cup	23.33	0.67	5.33	2	0	0	0	0	46.67	0
Beans Black Canned	0.5 cup	110	7	20	5	0	0	0	0	130	0
Pineapple Tidbit Cup 4.5 oz	1 ea	60	0	16	1	0	0	0	0	0	0
Applesauce Cinnamon Cup 4.5 oz	1 ea	50	0	14	1	0	0	0	0	0	0
Chip Tortilla Round Bulk	2 oz	240	4	40	4	9	1	0	0	150	0
Milk 1 % White 1/2 pint	1 ea	100	8	11	0	2.5	1.5	0	15	120	0
Totals:		793.47	35.9	117.4	15.03	22.1	5.53	0	56.59	1154.64	0

% Calories from:	
Total Fat:	25.07%
Saturated fat%:	6.27%

EAT Enterprises Nutrition Report

Garlic Mozzarella Bites - HS

Item Name	Portion Size	Calories (kcal)	Protein (g)	Carbs (g)	Fiber (g)	Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Added Sugar (g)
Cheese Mozzarella Garlic Bites	4 ea	290	14	31	2	12	6	0	30	570	1
Sauce Marinara 1oz Cup	2 ea	30	2	6	2	0	0	0	0	240	2
Corn Frozen 30 lbs	0.75 cup	96.43	3.21	22.5	2.14	1.07	0	0	0	0	0
Beans Vegetarian in Sauce Canned	0.5 cup	110	6	20	5	0	0	0	0	330	0
Grapes Red Seedless 18lbs	0.5 cup	53.33	0.67	14.67	0.67	0	0	0	0	0	0
Peaches Diced Cup 4.5 oz	1 ea	80	1	21	1	0	0	0	0	0	0
Milk 1 % White 1/2 pint	1 ea	100	8	11	0	2.5	1.5	0	15	120	0
Totals:		759.76	34.88	126.17	12.81	15.57	7.5	0	45	1260	3

% Calories from:

Total Fat:	18.44%
Saturated fat%:	8.88%

EAT Enterprises Nutrition Report

Red Beans & Rice - HS

Item Name	Portion Size	Calories (kcal)	Protein (g)	Carbs (g)	Fiber (g)	Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Added Sugar (g)
Turkey Kielbasa 3 oz	1 ea	120	12	4	0	7	2	0	60	630	1
Beans Red Kidney	0.5 cup	100	8	20	6	0.5	0	0	0	140	0
Rice Brown	0.5 cup	85	2	18	0.5	0.75	0	0	0	0	0
Beans Green Frozen 30 lbs	1 cup	59.7	2.99	11.94	4.48	0	0	0	0	0	0
Mandarin Orange Cup 4.5 oz	1 ea	80	1	20	1	0	0	0	0	0	0
Honeydew	0.5 cup	70	0	16	1	0	0	0	0	20	0
Cornbread Loaf 2 oz WG	1 ea	180	3	28	1	6	0.5	0	15	90	15
Milk 1 % White 1/2 pint	1 ea	100	8	11	0	2.5	1.5	0	15	120	0
Totals:		794.7	36.99	128.94	13.98	16.75	4	0	90	1000	16

% Calories from:

Total Fat: 18.97%

Saturated fat%: 4.53%

EAT Enterprises Nutrition Report

Galaxy Pepperoni Pizza A - HS

Item Name	Portion Size	Calories (kcal)	Protein (g)	Carbs (g)	Fiber (g)	Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Added Sugar (g)
Pizza Turkey Pepperoni Galaxy Round WG	1 ea	230	13	22	2	10	4.5	0	30	390	2
Broccoli Cut Frozen 20 lbs	0.5 cup	17.5	1.5	3.5	1.5	0	0	0	0	17.5	0
Potatoes Sweet Potato Tot	10 ea	170	1	34	3	4	0	0	0	230	9
Pear Fresh	1 ea	94.1	0.6	25	5.1	0.2	0	0	0	1.7	0
Applesauce Strawberry Cup 4.5 oz	1 ea	60	0	15	1	0	0	0	0	17	0
Raisins	1 ea	140	1	36	2	0	0	0	0	10	0
Milk 1 % White 1/2 pint	1 ea	100	8	11	0	2.5	1.5	0	15	120	0
Totals:		811.6	25.1	146.5	14.6	16.7	6	0	45	786.2	11

% Calories from:

Total Fat:	18.52%
Saturated fat%:	6.65%

EAT Enterprises Nutrition Report

Cheeseburger - HS

Item Name	Portion Size	Calories (kcal)	Protein (g)	Carbs (g)	Fiber (g)	Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Added Sugar (g)
Beef Patty 2.2 oz	1 ea	110	11	2	1	7	2.5	0	30	210	0
Cheese Cheddar Sliced .75 oz	1 ea	80	5	0	0	7	4	0	25	135	0
Bun Hamburger 2 oz WG	1 ea	147	6.24	26.47	2.65	1.94	0.32	0	0	248.14	0
Corn Frozen 30 lbs	0.5 cup	64.29	2.14	15	1.43	0.71	0	0	0	0	0
Potatoes Tater Tot	8 ea	90	1	14	2	3.5	0	0	0	170	0
Oranges Fresh (138 ct)	1 ea	65.41	1.21	16.98	2.91	0.16	0	0	0	1.37	0
Pickle Dill Spear	1 ea	0	0	0	0	0	0	0	0	260	0
Tropical Fruit Cup 4.5 oz	1 ea	70	0	17	1	0	0	0	0	0	0
Ketchup SS	1 ea	10	0	2	0	0	0	0	0	85	0
Mustard SS	1 ea	5	0	0	0	0	0	0	0	65	0
Milk 1 % White 1/2 pint	1 ea	100	8	11	0	2.5	1.5	0	15	120	0
Totals:		741.7	34.59	104.45	10.99	22.81	8.32	0	70	1294.51	0

% Calories from:

Total Fat: 27.68%

Saturated fat%: 10.10%

EAT Enterprises Nutrition Report

Buffalo Chicken Pocket - HS

Item Name	Portion Size	Calories (kcal)	Protein (g)	Carbs (g)	Fiber (g)	Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Added Sugar (g)
Chicken Buffalo Pocket	1 ea	310	19	36	4	10	5	0	30	680	3
Peas Frozen 30 lbs	0.25 cup	29.85	1.87	5.22	1.87	0	0	0	0	41.04	0
Carrots Diced Frozen 30 lbs	0.25 cup	11.67	0.33	2.67	1	0	0	0	0	23.33	0
Beans Pinto	0.5 cup	120	7	21	5	0	0	0	0	140	0
Peaches Diced Cup 4.5 oz	1 ea	80	1	21	1	0	0	0	0	0	0
Pear Fresh	1 ea	94.1	0.6	25	5.1	0.2	0	0	0	1.7	0
Milk 1 % White 1/2 pint	1 ea	100	8	11	0	2.5	1.5	0	15	120	0
Totals:		745.62	37.8	121.89	17.97	12.7	6.5	0	45	1006.07	3

% Calories from:

Total Fat: 15.33%

Saturated fat%: 7.85%

EAT Enterprises Nutrition Report

Spaghetti & Meatballs - HS

Item Name	Portion Size	Calories (kcal)	Protein (g)	Carbs (g)	Fiber (g)	Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Added Sugar (g)
Meatballs Turkey	6 ea	120	14	6	1	5	1.5	0	45	450	0
Pasta Penne Rigate	1 cup	400	14	84	4	2	0	0	0	0	0
Sauce Marinara Canned	0.5 cup	60	2	10	0	1.5	0	0	0	135	1
Broccoli Cut Frozen 20 lbs	0.5 cup	17.5	1.5	3.5	1.5	0	0	0	0	17.5	0
Cauliflower Frozen	0.5 cup	12.5	1	2.5	1	0	0	0	0	12.5	0
Apple Red Fresh	1 ea	66.6	0.3	18	3.1	0.2	0	0	0	1.3	0
Cantaloupe Fresh	0.5 cup	30.1	0.75	7	0.8	0.15	0.05	0	0	14.15	0
Milk 1 % White 1/2 pint	1 ea	100	8	11	0	2.5	1.5	0	15	120	0
Totals:		806.7	41.55	142	11.4	11.35	3.05	0	60	750.45	1

% Calories from:

Total Fat:	12.66%
Saturated fat%:	3.40%

EAT Enterprises Nutrition Report

Chicken Nuggets A - HS

Item Name	Portion Size	Calories (kcal)	Protein (g)	Carbs (g)	Fiber (g)	Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Added Sugar (g)
Chicken Nugget Breaded WG Goldkist	7 ea	266	21	18.2	2.8	12.6	2.8	0	49	546	1.26
Peas Frozen 30 lbs	0.5 cup	59.7	3.73	10.45	3.73	0	0	0	0	82.09	0
Beans Vegetarian in Sauce Canned	0.5 cup	110	6	20	5	0	0	0	0	330	0
Oranges Fresh (138 ct)	1 ea	65.41	1.21	16.98	2.91	0.16	0	0	0	1.37	0
Tropical Fruit Cup 4.5 oz	1 ea	70	0	17	1	0	0	0	0	0	0
Cracker Cheez It WG	1 ea	100	2	14	1	3.5	1	0	0	150	0
Sauce BBQ SS	1 ea	20	0	5	0	0	0	0	0	90	3
Sugar Brown	0.5 oz	44.99	0	12	0	0	0	0	0	0	0
Milk 1 % White 1/2 pint	1 ea	100	8	11	0	2.5	1.5	0	15	120	0
Totals:		836.1	41.94	124.63	16.44	18.76	5.3	0	64	1319.46	4.26

% Calories from:

Total Fat:	20.19%
Saturated fat%:	5.71%

EAT Enterprises Nutrition Report

Beef Ranchero Pizza - HS

Item Name	Portion Size	Calories (kcal)	Protein (g)	Carbs (g)	Fiber (g)	Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Added Sugar (g)
Pizza Beef Ranchero	1 ea	320	18	30	4	15	7	0	40	610	1
Lettuce Shredded	1 cup	6.67	0	1.33	0.67	0	0	0	0	3.33	0
Carrots Baby 2oz IW	1 ea	25	0.5	6	2	0	0	0	0	45	0
Pear Fresh	1 ea	94.1	0.6	25	5.1	0.2	0	0	0	1.7	0
Applesauce Mixed Berry Cup 4.5 oz	1 ea	60	0	15	2	0	0	0	0	30	0
Raisins	1 ea	140	1	36	2	0	0	0	0	10	0
Sauce Taco SS (200 ct)	1 ea	5	0	1	0	0	0	0	0	70	0
Milk 1 % White 1/2 pint	1 ea	100	8	11	0	2.5	1.5	0	15	120	0
Totals:		750.77	28.1	125.33	15.77	17.7	8.5	0	55	890.03	1

% Calories from:

Total Fat:	21.22%
Saturated fat%:	10.19%

EAT Enterprises Nutrition Report

Chicken Patty Sandwich - HS

Item Name	Portion Size	Calories (kcal)	Protein (g)	Carbs (g)	Fiber (g)	Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Added Sugar (g)
Chicken Patty Breaded WG Tyson	1 ea	240	14	16	3	14	2.5	0	25	440	0
Bun Hamburger 2 oz WG	1 ea	147	6.24	26.47	2.65	1.94	0.32	0	0	248.14	0
Carrots Diced Frozen 30 lbs	0.75 cup	35	1	8	3	0	0	0	0	70	0
Peas Frozen 30 lbs	0.75 cup	89.55	5.6	15.67	5.6	0	0	0	0	123.13	0
Apple Red Fresh	1 ea	66.6	0.3	18	3.1	0.2	0	0	0	1.3	0
Pineapple Tidbit Cup 4.5 oz	1 ea	60	0	16	1	0	0	0	0	0	0
Sauce BBQ SS	1 ea	20	0	5	0	0	0	0	0	90	3
Milk 1 % White 1/2 pint	1 ea	100	8	11	0	2.5	1.5	0	15	120	0
Totals:		758.15	35.14	116.14	18.35	18.64	4.32	0	40	1092.57	3

% Calories from:	
Total Fat:	22.13%
Saturated fat%:	5.13%

EAT Enterprises Nutrition Report

Sloppy Joe A - HS

Item Name	Portion Size	Calories (kcal)	Protein (g)	Carbs (g)	Fiber (g)	Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Added Sugar (g)
Sloppy Joe Frozen 30lbs	4 oz	173.94	15.72	12.51	1.71	6.9	2.62	0.42	51.7	505.34	0
Bun Hamburger 2 oz WG	1 ea	147	6.24	26.47	2.65	1.94	0.32	0	0	248.14	0
Beans Green Frozen 30 lbs	0.5 cup	29.85	1.49	5.97	2.24	0	0	0	0	0	0
Beans Vegetarian in Sauce Canned	0.5 cup	110	6	20	5	0	0	0	0	330	0
Tropical Fruit Cup 4.5 oz	1 ea	70	0	17	1	0	0	0	0	0	0
Apple Red Fresh	1 ea	66.6	0.3	18	3.1	0.2	0	0	0	1.3	0
Sugar Brown	0.5 oz	44.99	0	12	0	0	0	0	0	0	0
Milk 1 % White 1/2 pint	1 ea	100	8	11	0	2.5	1.5	0	15	120	0
Totals:		742.38	37.75	122.95	15.7	11.54	4.44	0.42	66.7	1204.78	0

% Calories from:	
Total Fat:	13.99%
Saturated fat%:	5.38%

EAT Enterprises Nutrition Report

BBQ Meatballs - HS

Item Name	Portion Size	Calories (kcal)	Protein (g)	Carbs (g)	Fiber (g)	Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Added Sugar (g)
Meatballs Turkey	6 ea	120	14	6	1	5	1.5	0	45	450	0
Sauce BBQ Gallon	1 oz	25	0	6	0	0	0	0	0	190	5
Pasta Egg Noodles	0.5 cup	220	8	40	2	2.5	0.5	0	60	15	0
Broccoli Cut Frozen 20 lbs	0.5 cup	17.5	1.5	3.5	1.5	0	0	0	0	17.5	0
Potatoes Sweet Potato Tot	10 ea	170	1	34	3	4	0	0	0	230	9
Pear Fresh	1 ea	94.1	0.6	25	5.1	0.2	0	0	0	1.7	0
Applesauce Straw Banana Cup 4.5 oz	1 ea	50	0	14	1	0	0	0	0	0	0
Breadstick 1 oz WG	1 ea	60	2	12	1	0.5	0	0	0	80	0
Milk 1 % White 1/2 pint	1 ea	100	8	11	0	2.5	1.5	0	15	120	0
Totals:		856.6	35.1	151.5	14.6	14.7	3.5	0	120	1104.2	14

% Calories from:

Total Fat:	15.44%
Saturated fat%:	3.68%

EAT Enterprises Nutrition Report

Chicken & Waffles HS

Item Name	Portion Size	Calories (kcal)	Protein (g)	Carbs (g)	Fiber (g)	Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Added Sugar (g)
Chicken Tender Breaded WG Tyson	4 ea	320	30	18	2	14	3	0	70	500	0
Waffle 1.25 oz WG	1 ea	65	2	11.5	1.5	1.75	0.25	0	2.5	180	0
Corn Frozen 30 lbs	0.5 cup	64.29	2.14	15	1.43	0.71	0	0	0	0	0
Potatoes Tater Tot	8 ea	90	1	14	2	3.5	0	0	0	170	0
Peaches Diced Cup 4.5 oz	1 ea	80	1	21	1	0	0	0	0	0	0
Banana Institutional Pack (150 ct)	1 ea	110	1	27	3	0	0	0	0	0	0
Syrup Sugar Free	1 ea	25	0	10	0	0	0	0	0	75	0
Milk 1 % White 1/2 pint	1 ea	100	8	11	0	2.5	1.5	0	15	120	0
Totals:		854.29	45.14	127.5	10.93	22.46	4.75	0	87.5	1045	0

% Calories from:

Total Fat: 23.66%

Saturated fat%: 5.00%

EAT Enterprises Nutrition Report

Garlic Cheese Bread - HS

Item Name	Portion Size	Calories (kcal)	Protein (g)	Carbs (g)	Fiber (g)	Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Added Sugar (g)
French Bread Garlic Cheese	1 ea	390	18	33	3	21	7	0	40	650	1
Carrots Baby 2oz IW	1 ea	25	0.5	6	2	0	0	0	0	45	0
Cucumbers 40lbs	0.5 cup	10	0	2	0	0	0	0	0	0	0
Mandarin Orange Cup 4.5 oz	1 ea	80	1	20	1	0	0	0	0	0	0
Raisins	1 ea	140	1	36	2	0	0	0	0	10	0
Dressing Ranch SS	1 ea	30	0	2	0	2.5	0	0	5	55	1
Milk 1 % White 1/2 pint	1 ea	100	8	11	0	2.5	1.5	0	15	120	0
Totals:		775	28.5	110	8	26	8.5	0	60	880	2

% Calories from:

Total Fat: 30.19%

Saturated fat%: 9.87%

EAT Enterprises Nutrition Report

Cheeseburger Pocket - HS

Item Name	Portion Size	Calories (kcal)	Protein (g)	Carbs (g)	Fiber (g)	Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Added Sugar (g)
Cheeseburger Pocket	1 ea	310	16	35	4	10	4	0	20	660	3
Peas Frozen 30 lbs	0.75 cup	89.55	5.6	15.67	5.6	0	0	0	0	123.13	0
Potatoes Tater Tot	8 ea	90	1	14	2	3.5	0	0	0	170	0
Apple Red Fresh	1 ea	66.6	0.3	18	3.1	0.2	0	0	0	1.3	0
Pickle Dill Spear	1 ea	0	0	0	0	0	0	0	0	260	0
Peaches Diced Cup 4.5 oz	1 ea	80	1	21	1	0	0	0	0	0	0
Milk 1 % White 1/2 pint	1 ea	100	8	11	0	2.5	1.5	0	15	120	0
Totals:		736.15	31.9	114.67	15.7	16.2	5.5	0	35	1334.43	3

% Calories from:	
Total Fat:	19.81%
Saturated fat%:	6.72%

EAT Enterprises Nutrition Report

Chicken Fingers - HS

Item Name	Portion Size	Calories (kcal)	Protein (g)	Carbs (g)	Fiber (g)	Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Added Sugar (g)
Chicken Finger Breaded WG Brakebush	5 ea	275	17.5	13.75	0	16.25	3.75	0	56.25	712.5	0
Beans Green Frozen 30 lbs	0.5 cup	29.85	1.49	5.97	2.24	0	0	0	0	0	0
Beans Pinto	0.5 cup	120	7	21	5	0	0	0	0	140	0
Applesauce Cinnamon Cup 4.5 oz	1 ea	50	0	14	1	0	0	0	0	0	0
Tropical Fruit Cup 4.5 oz	1 ea	70	0	17	1	0	0	0	0	0	0
Cracker Cheez It WG	1 ea	100	2	14	1	3.5	1	0	0	150	0
Sauce BBQ SS	1 ea	20	0	5	0	0	0	0	0	90	3
Milk 1 % White 1/2 pint	1 ea	100	8	11	0	2.5	1.5	0	15	120	0
Totals:		764.85	35.99	101.72	10.24	22.25	6.25	0	71.25	1212.5	3

% Calories from:

Total Fat: 26.18%

Saturated fat%: 7.35%

EAT Enterprises Nutrition Report

Meatball Sub A - HS

Item Name	Portion Size	Calories (kcal)	Protein (g)	Carbs (g)	Fiber (g)	Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Added Sugar (g)
Meatballs Turkey	5 ea	100	11.67	5	0.83	4.17	1.25	0	37.5	375	0
Sauce Marinara Canned	0.25 cup	30	1	5	0	0.75	0	0	0	67.5	0.5
Cheese Mozzarella Shredded 30 lbs	1 oz	80	8	1	0	6	3.5	0	15	170	0
Bun Hot Dog 2 oz WG	1 ea	150.05	5.73	27.16	2.7	2.18	0.41	0	0	262.8	0
Broccoli Cut Frozen 20 lbs	0.5 cup	17.5	1.5	3.5	1.5	0	0	0	0	17.5	0
Potatoes Sweet Potato Tot	10 ea	170	1	34	3	4	0	0	0	230	9
Pear Fresh	1 ea	94.1	0.6	25	5.1	0.2	0	0	0	1.7	0
Cantaloupe Fresh	0.5 cup	30.1	0.75	7	0.8	0.15	0.05	0	0	14.15	0
Milk 1 % White 1/2 pint	1 ea	100	8	11	0	2.5	1.5	0	15	120	0
Totals:		771.75	38.25	118.66	13.93	19.95	6.71	0	67.5	1258.65	9.5

% Calories from:

Total Fat:	23.27%
Saturated fat%:	7.83%

EAT Enterprises Nutrition Report

French Toast Sticks - HS

Item Name	Portion Size	Calories (kcal)	Protein (g)	Carbs (g)	Fiber (g)	Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Added Sugar (g)
French Toast Stick .8 oz WG	4 ea	260	6	38	3	10	1.5	0	0	300	0
Sausage Turkey Link	2 ea	120	12	0	0	8	2	0	60	180	0
Potatoes Tater Tot	16 ea	180	2	28	4	7	0	0	0	340	0
Blueberries Fresh	0.5 cup	40	0.5	10.5	2	0.25	0	0	0	0	0
Oranges Fresh (138 ct)	1 ea	65.41	1.21	16.98	2.91	0.16	0	0	0	1.37	0
Syrup Sugar Free	1 ea	25	0	10	0	0	0	0	0	75	0
Milk 1 % White 1/2 pint	1 ea	100	8	11	0	2.5	1.5	0	15	120	0
Totals:		790.41	29.71	114.48	11.91	27.91	5	0	75	1016.37	0

% Calories from:

Total Fat:	31.78%
Saturated fat%:	5.69%

EAT Enterprises Nutrition Report

Cheese Pizza - HS

Item Name	Portion Size	Calories (kcal)	Protein (g)	Carbs (g)	Fiber (g)	Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Added Sugar (g)
Pizza Cheese 4x6 WG Nardones	1 ea	280	19	29	4	10	4.5	0	25	390	1
Carrots Baby 2oz IW	1 ea	25	0.5	6	2	0	0	0	0	45	0
Zucchini Fresh	0.5 cup	18	1.4	3	1.2	0.4	0.1	0	0	286.8	0
Apple Red Fresh	1 ea	66.6	0.3	18	3.1	0.2	0	0	0	1.3	0
Raisins	1 ea	140	1	36	2	0	0	0	0	10	0
Pretzel Goldfish WG IW	1 ea	90	2	16	1	1.5	0	0	0	200	0
Dressing Ranch SS	1 ea	30	0	2	0	2.5	0	0	5	55	1
Milk 1 % White 1/2 pint	1 ea	100	8	11	0	2.5	1.5	0	15	120	0
Totals:		749.6	32.2	121	13.3	17.1	6.1	0	45	1108.1	2

% Calories from:

Total Fat: 20.53%

Saturated fat%: 7.32%

EAT Enterprises Nutrition Report

BBQ Pulled Chicken - HS

Item Name	Portion Size	Calories (kcal)	Protein (g)	Carbs (g)	Fiber (g)	Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Added Sugar (g)
Chicken Pulled Tyson	3.3 oz	132	17.6	1.1	0	5.5	1.65	0	71.5	132	0
Bun Hoagie 2 oz WG	1 ea	151.12	5.82	28.55	2.76	5.82	0.26	0	0	236.67	3.76
Beans Green Frozen 30 lbs	0.5 cup	29.85	1.49	5.97	2.24	0	0	0	0	0	0
Potatoes Tater Tot	8 ea	90	1	14	2	3.5	0	0	0	170	0
Peaches Diced Cup 4.5 oz	1 ea	80	1	21	1	0	0	0	0	0	0
Apple Red Fresh	1 ea	66.6	0.3	18	3.1	0.2	0	0	0	1.3	0
Cracker Cheez It WG	1 ea	100	2	14	1	3.5	1	0	0	150	0
Sauce BBQ Gallon	2 oz	50	0	12	0	0	0	0	0	380	10
Milk 1 % White 1/2 pint	1 ea	100	8	11	0	2.5	1.5	0	15	120	0
Totals:		799.57	37.21	125.62	12.1	21.02	4.41	0	86.5	1189.97	13.76

% Calories from:

Total Fat: 23.66%

Saturated fat%: 4.96%

EAT Enterprises Nutrition Report

Walking Taco - HS

Item Name	Portion Size	Calories (kcal)	Protein (g)	Carbs (g)	Fiber (g)	Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Added Sugar (g)
Taco Meat Turkey JTM	3.5 oz	150.14	16.23	5.07	2.03	7.1	2.03	0	41.59	277.97	0
Sauce Cheese Canned	1 oz	30	0	3	0	1.75	0.5	0	0	215	0
Corn Frozen 30 lbs	0.5 cup	64.29	2.14	15	1.43	0.71	0	0	0	0	0
Beans Black Canned	0.5 cup	110	7	20	5	0	0	0	0	130	0
Pineapple Tidbit Cup 4.5 oz	1 ea	60	0	16	1	0	0	0	0	0	0
Oranges Fresh (138 ct)	1 ea	65.41	1.21	16.98	2.91	0.16	0	0	0	1.37	0
Chip Doritos Nacho 1 oz WG	1 ea	130	2	20	2	5	1	0	0	200	0
Cracker President WG	1 ea	120	2	22	2	4	0	0	0	65	6
Milk 1 % White 1/2 pint	1 ea	100	8	11	0	2.5	1.5	0	15	120	0
Totals:		829.84	38.58	129.05	16.37	21.22	5.03	0	56.59	1009.34	6

% Calories from:	
Total Fat:	23.01%
Saturated fat%:	5.46%

EAT Enterprises Nutrition Report

Chicken Cacciatore - HS

Item Name	Portion Size	Calories (kcal)	Protein (g)	Carbs (g)	Fiber (g)	Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Added Sugar (g)
Chicken Patty Grilled Brakebush	1 ea	160	12	4	0	11	2.5	0	40	410	0
Pasta Penne Rigate	0.5 cup	200	7	42	2	1	0	0	0	0	0
Sauce Marinara Canned	0.5 cup	60	2	10	0	1.5	0	0	0	135	1
Peppers & Onions	0.5 cup	30	0.67	6	1.33	0.33	0	0	0	193.33	0
Broccoli Cut Frozen 20 lbs	0.5 cup	17.5	1.5	3.5	1.5	0	0	0	0	17.5	0
Mandarin Orange Cup 4.5 oz	1 ea	80	1	20	1	0	0	0	0	0	0
Applesauce Mango Cup 4.5 oz	1 ea	50	0	14	1	0	0	0	0	0	0
Breadstick 1 oz WG	1 ea	60	2	12	1	0.5	0	0	0	80	0
Milk 1 % White 1/2 pint	1 ea	100	8	11	0	2.5	1.5	0	15	120	0
Totals:		757.5	34.17	122.5	7.83	16.83	4	0	55	955.83	1

% Calories from:

Total Fat: 20.00%

Saturated fat%: 4.75%

EAT Enterprises Nutrition Report

Hot Dog - HS

Item Name	Portion Size	Calories (kcal)	Protein (g)	Carbs (g)	Fiber (g)	Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Added Sugar (g)
Beef Hot Dog 2 oz	1 ea	180	6	1	0	16	6	0	35	460	0
Bun Hot Dog 2 oz WG	1 ea	150.05	5.73	27.16	2.7	2.18	0.41	0	0	262.8	0
Carrots Diced Frozen 30 lbs	0.5 cup	23.33	0.67	5.33	2	0	0	0	0	46.67	0
Beans Vegetarian in Sauce Canned	0.5 cup	110	6	20	5	0	0	0	0	330	0
Tropical Fruit Cup 4.5 oz	1 ea	70	0	17	1	0	0	0	0	0	0
Raisins	1 ea	140	1	36	2	0	0	0	0	10	0
Ketchup SS	1 ea	10	0	2	0	0	0	0	0	85	0
Mustard SS	1 ea	5	0	0	0	0	0	0	0	65	0
Milk 1 % White 1/2 pint	1 ea	100	8	11	0	2.5	1.5	0	15	120	0
Totals:		788.38	27.4	119.49	12.7	20.68	7.91	0	50	1379.47	0

% Calories from:

Total Fat:	23.61%
Saturated fat%:	9.03%

EAT Enterprises Nutrition Report

Galaxy Cheese Pizza A - HS

Item Name	Portion Size	Calories (kcal)	Protein (g)	Carbs (g)	Fiber (g)	Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Added Sugar (g)
Pizza Cheese Galaxy Round WG	1 ea	220	12	21	2	10	5	0	25	330	2
Peas Frozen 30 lbs	0.5 cup	59.7	3.73	10.45	3.73	0	0	0	0	82.09	0
Potatoes Sweet Potato Tot	10 ea	170	1	34	3	4	0	0	0	230	9
Pear Fresh	1 ea	94.1	0.6	25	5.1	0.2	0	0	0	1.7	0
Grapes Red Seedless 18lbs	0.5 cup	53.33	0.67	14.67	0.67	0	0	0	0	0	0
Pretzel Goldfish WG IW	1 ea	90	2	16	1	1.5	0	0	0	200	0
Milk 1 % White 1/2 pint	1 ea	100	8	11	0	2.5	1.5	0	15	120	0
Totals:		787.13	28	132.12	15.5	18.2	6.5	0	40	963.79	11

% Calories from:

Total Fat:	20.81%
Saturated fat%:	7.43%

