

Nutritional Information - 2010-2011 - Saints Peter and Paul School Student Lunch Program

<u>Luncheon Entrée - Grades 3 to 12</u>	Portion Size	Notes	Preparation	Fat Grams	Trans-Fats	Saturated Fat	Protein	Net Carbs	Calories
Chicken Dinosaur Nuggets - All White Meat	7	Perdue Farms	Oven Roasted	16.8	0	4.2	15.4	18	280
Hot Dog - Hebrew National	1/4 lb.- 7 inch	All Beef	Heat & Serve	3.4	0	1.4	7	2	340
Amoroso - Philadelphia Hoagie Roll	1	8 inch	Ready to Serve	1	0	0	7	34	170
Macaroni & Cheese - Nestle	10 oz.	Prepared	Heat & Serve	16	0.9	6.6	20	32.5	376
Freschetta Flatbread Pizza	1 - 6 inch Round	Spicy Italian	Oven Baked	21	0	9	17	24	360
Steak Burgers Flamebroiled	4 oz.	Heat and Serve	Oven	26	0	11	22	0	330
Amoroso Philadelphia Kaiser Bun	1		Ready to Serve	1	0	0	7	34	170
Popcorn Chicken	6 oz.	Pierce Brand	Deep Fried	9.6	0	1.2	26.4	24	300
Three Cheese Egg Omelet	1	Papetti Brand	Heat and Serve	23	0	10	16	3	290
Martins Potato Soft Bun	1		Ready to Serve	1	0	0	4	24	130
Onion Paddles	4 oz.	Sysco	Deep Fried	11	0	1.5	2	30	190
 									
<u>Luncheon Entrée - PreK to Grade 2</u>	Portion Size	Notes	Preparation	Fat Grams	Trans-Fats	Saturated Fat	Protein	Net Carbs	Calories
Chicken Dinosaur Nuggets - All White Meat	6	Perdue Farms	Oven Roasted	14.4	0	3.6	13.2	15.6	240
Hot Dog - Hebrew National	1/4 lb.- 7 inch	All Beef	Heat & Serve	3.4	0	1.4	7	2	340
Martins Potato Roll	1		Ready to Serve	1.5	0	0	6	24	360
Macaroni & Cheese - Nestle	10 oz.	Prepared	Heat & Serve	16	0.9	6.6	20	32.5	376
French Bread Cheese Pizza - Red Baron	6 in.	Low Fat Mozzarella	Oven Baked	15	2.5	6	14	28	360
Steak Burgers Flamebroiled	4 oz.	Heat and Serve	Oven	26	0	11	22	0	330
Martins Potato Hamburger Bun	1		Ready to Serve	1	0	0	4	24	130
Popcorn Chicken	6 oz.	Pierce Brand	Deep Fried	9.6	0	1.2	26.4	24	300
Three Cheese Egg Omelet	1	Papetti Brand	Heat and Serve	23	0	10	16	3	290
Martins Potato Soft Bun	1		Ready to Serve	1	0	0	4	24	130