

Coloma Schools- Nutrition Information on Entrée Items

Recipe Description	Portion Size	Calories	Carbohydrates	Fat (g)	Sat Fat (g)	Fiber (g)
Beefaroni	1 serving	279	24	10.9	4.12	1.9
Beef Taco	2 each	386	21.13	21.83	8.19	1.87
BBQ Rib on Bun	1 each	410	50.75	15.69	4.1	3.08
Bosco Sticks with sauce	2 each	429	62	9	4.3	6
Cheese Steak Hoagie	1 each	540	53.22	26.69	8.97	
Chicken and Ham Jambalaya	1 cup	194	15.09	8.69	1.88	2.48
Chicken- BBQ leg	1 each	160	7	9	2	0
Chicken Fajita	2 each	329	19.78	16.24	3.39	1.25
Chicken Nuggets	1 serving	267	13	17	5	1
Chicken Parmesan	1 each	233	18.53	11.25	2.74	2.95
Chicken Patty Spicy on Bun	1 each	320	40	9	2	2
Chicken & Cheese Quesadilla	1 each	457	40	21.7	7.07	2.5
Chicken Sandwich w/Breaded Chicken on Bun	1 each	393	34.4	19.04	4.51	1.91
Chicken Tenders	3 tenders	240	15	14	3	2
Chicken Fried Steak	1 each	260	12	19	6	3
Chicken, Grilled on Bun (Cajun)	1 each	360	37	14.75	3.08	1.67
Chicken, Grilled on Bun (Caribbean)	1 each	370	39.5	14.75	3.08	1.78
Chili	6 oz.	160	14.65	5.23	2.09	5.23
French Dip	1 each	414	39.8	10	4	1.2
Hamburger on Bun	1 each	294	26	12.21	3.97	1
Hamburger- Pizza on Bun	1 each	359	30.7	14.92	6.02	1.64
Hamburger with Cheese on Bun	1 each	344	27.01	16.26	6.5	1
Hamburger, Bacon Cheese	1 each	415	29.39	21.52	8.26	1.11
Lasagna	1 serving	269	28.34	8.69	4.69	2.29
Macho Nacho	1 serving	385	23.09	20.96	7.57	1.33
Meatball Hero Sandwich	1 each	450	58.63	12.11	3.12	6.21
Mexicali Fiesta Wrap	1 each	424	35.59	19.76	8.91	3.9
Philly Cheese Steak Sandwich	1 each	340	42.98	7.07	1.75	2.55
Pizza- Aloha	1 slice	529	69.71	15.72	3.99	6.03
Pizza- BBQ chicken	1 slice	349	38	10.6	5.16	3.8
Pizza- Broccoli	1 slice	374	42.08	12.17	6.57	4.14
Pizza- Bruschetta	1 slice	492	66	13.3	2.95	3.8
Pizza- Buffalo Chicken	1 slice	465	61.54	15.53	4.27	3.39
Pizza- Cheese	1 each	374	42.08	12.17	6.27	4.14

Pizza- Mexican	1 slice	503	51.09	24.24	10.05	4.13
Pizza- Pepperoni	1 each	405	42.05	15.32	7.11	4.14
Pizza- Wraps	1 each	596	65.93	22.78	10.6	5.06
Ravioli	3 pies	236	30.61	7.42	3.71	2.78
Rip & Dip with Marinara Sauce	1 serving	567	62.28	23.17	7.65	4.27
Salad- Chicken Caesar with Dressing	1 each	454	23.99	28.07	3.14	1.25
Salad- Cobb with Dressing	1 each	569	27.2	40.97	10.64	3.5
Salad- Honey Mustard Chicken Pasta	1 each	462	45.1	18.85	4.92	3.34
Salisbury Steak	1 each	224	5	17	8	3
Sloppy Jose	1 each	363	43.76	10.89	2.25	2.19
Spaghetti and Meat Sauce	1 serving	318	28.56	10	3.93	6.12
Stromboli- Ham & Cheese	1 each	583	73.74	18.33	8.11	5.72
Sub- Ham & Cheese	1 each	348	42.32	9.57	4.52	2.52
Turkey & Cheese on a Kaiser Roll	1 each	338	43.34	8.56	4.02	2.52
Turkey Cutlet on Bun	1 each	351	41.9	9.82	1.47	1.7
Turkey Hot Dog on a Bun	1 each	240	23.26	11.86	3.47	0.9
Wing Dings	5 each	220	6	13	4	0
Wrap- Buffalo Chicken	1 each	517	59.21	16.95	4.74	6.71
Wrap- Chicken Parmesan	1 each	482	57.43	15.38	5.33	6.01
Wrap- Chicken Ranchero	1 each	572	57.78	21.83	4.26	4.19
Wrap- Chicken Salad	1 each	485	60.43	16.57	4.3	7.3
Wrap- Chicken Salsa	1 each	439	55.76	13.21	3.91	6.05
Yogurt Parfait	1 each	350	62.79	5.33	2.48	5.17

Disclaimer: Nutrient values have been determined utilizing approved software comprised of common foods found in the USDA database and standardized recipes. These results should be viewed and used only as a general nutrition guide- and not for medical nutrition therapy. This is a close approximation of the true nutrient content since various factors influence the amounts of nutrients in foods. The reliability of data may fluctuate with changes in portion size, produce specifications, substitutions, recipe compliance and manufacturer's ingredients. If you should find that your school offers additional items not printed, please contact your school cafeteria manager for nutrient facts on school-specific items.