

Christian Heritage Academy Nutritional Guidelines

<b>Lunch Entrees</b>	<b>Serving Size</b>	<b>Calories</b>	<b>Fat Grams</b>	<b>Sodium Milligrams</b>	<b>Carbohydrate Grams</b>	<b>Protein Grams</b>	<b>Fiber Grams</b>
Cheese Filled Bread Stix	2 each	360	16	843	38	18	3
Chicken Fajita	1 each	321	10	1,423	29	29	2
Chicken Nuggets	5 Nuggets	284	20	396	11	13	1
Chicken Sandwich, Breaded	1 each	295	12	660	31	18	1
Chicken, Baked	1 Thigh or Leg	164	10	1,699	3	14	0
Corn Dogs	1 each	310	19	740	25	10	1
French Toast Sticks	5 pieces	479	25	603	58	9	2
Grilled Cheese Sandwich	2 slices	100	9	510	1	5	0
Grilled Chicken	6oz	281	3	750	3	35	0
Ham and Cheese Subs	1 each	353	10	1,631	45	13	2
Ham Slices	1 slice	83	1	651	1	0	0
Hamburger on Bun	1 each	272	11	583	22	21	1
Hot Dog on Bun	1 each	240	14	700	21	9	1
Pizza, Cheese	2 slices	520	18	1,560	60	30	8
Pizza, Pepperoni	1 slice	298	12	683	34	13	2
Riblets	3oz	190	10	44	0	24	0
Sloppy Joe	1 each	217	7	523	26	12	1
Spaghetti Meat Sauce	2/3 cup	162	7	558	13	12	2
Spaghetti Noodles	½ cup	94	0	2	19	3	1
Turkey Subs	1 each	270	1	1,000	44	18	2

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Side Dishes	Serving Size	Calories	Fat Grams	Sodium Milligrams	Carbohydrate Grams	Protein Grams	Fiber Grams
Apple Sauce	½ cup	55	0	3	14	0	2
Baby Carrots w/ dip	2 oz. Carrots, 1oz. Dip	158	14	320	8	1	1
Baked Beans	½ cup	177	1	692	38	7	7
Black Eyed Peas	½ cup	90	0	380	17	6	3
Broccoli Spears	2-3 Spears	28	0	24	5	3	3
Buttered Bread	1 slice	110	8	215	10	4	2
Chips	1 ½ oz	130	2	200	26	2	2
Corn, on Cob, Sweet Yellow	1 ear	59	0	3	14	2	2
Corn,, Sweet Yellow	½ cup	73	1	193	17	2	2
Crunchy Vegetables w/ dip	¼ cup vegetables, 1 oz. Dip	155	14	300	7	2	1
Fries w/ Ketchup	1 each	215	31	525	71	7	6
Fruit Cocktail	½ cup	71	0	8	19	50	1
Green Beans	½ cup	15	0	194	3	1	1
Macaroni & Cheese	½ cup	332	15	646	32	17	1
Milk	1 cup	130	5	130	0	8	0
Pears, Canned	½ cup	71	0	6	19	0	2
Peas, Sweet	½ cup	61	0	195	11	4	4
Pickle Spear	1 oz	5	0	260	1	0	0
Pineapple, Canned	½ cup	75	0	1	20	1	1
Pinto Beans	1 cup	245	1	407	45	15	15
Potato Smiles	5 Smiles	137	5	361	22	2	2
Potatoes, Mashed	½ cup	66	1	268	13	1	1
Rice, Seasoned	½ cup	95	0	280	22	2	0
Salad, Garden w/ Dressing	½ cup, 1 oz. Dressing	118	11	207	5	1	0
Sausage Links	3 links	210	170	520	2	8	0
Sweet Potatoes	½ cup	284	9	130	51	1	3
Tater Tots	3 oz	160	70	330	20	2	2
Tea	1 cup	2	0	7	1	0	0
Vegetables, Mixed	½ cup	44	0	134	8	2	3