

North East ISD Snack Bar Nutrient Analysis 2008-09			Questions - Contact School Nutrition Services 657-8820											
Description available only in middle & high schools	Portion	Calories	Total Fat grams	Sat. Fat grams	Trans Fat grams	Protein grams	Carb. grams	Calcium (mg)	Iron (mg)	Vit. C (mg)	Vit. A (IU)	Sodium (mg)	Chol. (mg)	Fiber grams
Asian 2 Go, Orange Chicken & Rice	1.00 serving	471.0	7.9	1.8	0.0	11.9	86.8	13.5	2.3	4.8	0.0	611.1	15.0	2.0
Baked Potato w/ Cheese Sauce	1.00 serving	400.6	9.6	6.2	0.0	13.5	66.1	48.7	3.7	36.5	8.2	837.5	27.4	4.3
Biscuit & Sausage	1.00 each	300.0	17.0	6.0	0.0	9.0	28.0	40.0	1.8	0.0	0.0	650.0	35.0	1.0
Bread Stick, Cheese	1.00 each	210.0	7.0	3.5	0.0	12.0	24.0	200.0	0.4	0.0	200.0	400.0	15.0	1.0
Burritos, Bean & Cheese	1.00 each	420.0	13.0	6.0	0.0	18.0	58.0	250.0	3.6	1.2	500.0	1,030.0	10.0	6.0
Burritos, Chili Cheese	1.00 each	320.0	10.0	3.5	0.0	17.0	42.0	150.0	3.6	3.6	750.0	650.0	25.0	6.0
Cheese Nachos	1.00 serving	397.2	18.6	7.2	0.0	12.2	44.1	74.3	8.5	4.0	8.2	879.1	27.4	4.0
Cheeseburger	1.00 each	363.0	20.9	8.6	0.0	21.2	25.7	139.3	3.2	0.0	161.1	714.7	49.3	5.0
Chicken Chunk Deluxe, BBQ	1.00 serving	202.1	6.3	1.1	0.0	16.8	18.9	13.7	1.7	1.1	292.6	708.4	35.8	0.0
Chicken Chunk Deluxe, Regular	4.00 serving	210.9	7.9	1.1	0.0	18.1	14.7	15.9	1.8	1.2	322.1	678.1	39.7	0.0
Chicken Pattie on Wheat Bun	1.00 each	339.3	13.1	2.3	0.1	22.5	37.6	64.8	3.7	0.7	161.3	647.9	45.1	4.5
Chopped BBQ Poorboy	1.00 each	344.6	8.6	3.4	0.0	16.5	53.3	95.9	4.3	0.8	125.0	878.0	21.9	3.6
Corn Dog	1.00 each	270.0	14.0	4.0	0.0	10.0	27.0	80.0	2.7	0.0	0.0	740.0	30.0	1.0
Deluxe Chicken Sandwich	1.00 each	350.0	9.5	2.0	0.0	24.0	41.0	101.0	2.4	1.0	50.0	880.0	50.0	0.0
Egg Roll, Chicken	1.00 each	120.0	3.5	1.0	0.0	11.0	11.0	40.0	1.4	6.0	750.0	370.0	20.0	2.0
Fish & Cheese Sandwich	1.00 each	360.0	15.0	3.5	0.0	18.5	42.5	115.0	2.9	0.0	150.0	755.0	42.5	5.0
Grilled Cheese Sandwich	1.00 each	285.2	18.3	6.3	0.0	12.9	22.7	158.0	4.0	0.0	631.3	773.6	25.0	5.9
Grilled Chicken & Cheese Sandwich	1.00 each	335.0	11.8	4.2	0.0	30.1	28.8	149.4	3.2	0.0	30.3	922.7	59.7	4.0
Hamburger on Wheat Bun	1.00 each	248.7	7.7	2.5	0.0	21.9	25.4	63.2	3.5	0.0	60.5	639.6	20.5	5.3
Hot Dog on Wheat Bun	1.00 each	230.0	13.5	3.5	0.0	12.1	20.0	120.0	1.4	0.0	0.0	757.0	25.3	3.0
Meatball Pocket, Packaged	1.00 each	270.0	9.0	2.5	0.0	12.0	34.0	250.0	10.0	0.0	0.0	870.0	25.0	2.0
Pizza Cheese Stick	2.00 each	298.4	11.9	4.0	0.0	13.9	33.8	298.4	2.1	0.0	199.0	736.2	9.9	4.0
Pizza, Pepperoni, Boxed	1.00 each	560.0	19.0	11.0	0.5	26.0	70.0	308.0	4.0	3.0	448.0	1,350.0	35.0	3.0
Pocket Sandwich, Pepperoni	1.00 each	290.0	12.0	4.5	0.0	11.6	35.0	100.0	2.7	0.0	100.0	580.0	15.0	1.0
Spicy Chicken on Wheat Bun	1.00 each	310.0	9.5	1.0	0.0	23.0	35.0	40.0	3.6	0.0	0.0	710.0	35.0	4.0
CATCH Program color codes - Green = Go Food, Yellow = Slow Food, Red = Whoa Food														