

Gobles Schools - Nutrition Information on common entree items sold

Recipe Description	Portion Size	Calories	Carbohydrates	Total Fat (g)	Sat Fat(g)	Fiber (g)
Pizza- Cheese	1 each	374	42.08	12.17	6.27	4.14
Pizza- Pepperoni	1 each	405	42.05	15.32	7.11	4.14
Ham & Cheese Stromboli	1 Each	583	73.74	18.33	8.11	5.72
Pizza- Buffalo Chicken	1 Slice	465	61.54	15.53	4.27	3.39
Pizza- Aloha	1 each	529	69.71	15.72	3.99	6.03
Rip & Dip	1 each	567	62.28	23.17	7.65	4.27
Pizza- Mexican	1 each	503	51.09	24.24	10.05	4.13
Salad, side	1 cup	68	7.6	4.45	0.97	1.9
Chicken Salad Wrap	1 each	485	60.43	16.57	4.3	7.3
Turkey & Cheese on Roll w/ L&T	1 Each	338	43.34	8.56	4.02	2.52
Hamburger on Bun	1 Each	294	26	12.21	3.97	1
Hamburger w/cheese Bun	1 Each	344	27.01	16.26	6.5	1
Chicken Sandwich Breaded	1 Each	393	34.4	19.04	4.51	1.91
Hamburger, Bacon and Cheese	1 Each	415	29.39	21.52	8.26	1.11
Chicken Ranchero Wrap	1 each	572	57.78	21.83	4.26	4.19
Meatball Sandwich on a Roll	1 each	450	58.63	12.11	3.12	6.21
Buffalo Chicken Wrap	1 each	517	59.21	16.95	4.74	6.71
BBQ Rib on Bun - GL Cycle	1 each	410	50.75	15.69	4.1	3.08
Chicken Patty Spicy on Bun	1 each	320	40	9	2	2
Chicken Parmesan Wrap	1 each	482	57.43	15.38	5.33	6.01
Turkey Hot Dog on a Roll	1 Each	240	23.26	11.86	3.47	0.9
Salsa Chicken Wrap	1 each	439	55.76	13.21	3.91	6.05
Bosco Stick (reduced fat, high fiber)	serving (2)	429	62	9	4.3	6
Pizza burger on Bun	1 Each	359	30	24.92	6.02	1.64
Casa Amigos Bar	1 Each	349	28.61	18.74	8.2	1.95
Cobb Salad	1 Each	569	27.2	40.97	10.64	3.5
Chicken Caesar Salad	1 Each	454	23.99	28.07	3.14	1.25
Yogurt Parfait	1 each	350	62.79	5.33	2.48	5.17
Honey Mustard Chicken Pasta	1 each	462	45.1	18.85	4.92	3.34

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.