

Christian Heritage Academy Nutritional Guidelines

Lunch Entrees	Serving Size	Calories	Fat Grams	Sodium Milligrams	Carbohydrate Grams	Protein Grams	Fiber Grams
Alfredo Sauce	1/2 cup	380	36	370	7	6	0
Cheese Filled Bread Stix	2 each	360	16	843	38	18	3
Chicken, Boneless wings	6 pieces	270	18	620	13	14	0
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
Corn Dogs, Mini	4 each	230	4	510	19	7	0
Egg Noodles	2 oz	210	2	20	40	8	2
Fish Sticks	6 pieces	210	10	360	20	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
Lasagna	1 cup	320	12	850	32	20	2
Mac & Cheese	1 cup	350	17	920	34	15	2
Meatballs	6 pieces	240	18	860	7	12	2
Pizza, Individual Round Pepperoni	1 each	420	20	920	46	14	2
Pizza, Cheese	2 slices	520	18	1,560	60	30	8
Pizza, Pepperoni	1 slice	298	12	683	34	13	2
Pizza Rolls	6 rolls	220	9	410	26	7	1
Ravioli	1 cup	210	5	690	36	6	4
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	1/2 cup	94	0	2	19	3	1
Tomato Soup	1/2 cup	90	0	480	20	2	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
Carrots, Canned	1/2 cup	28	0	295	7	1	2
Chips, Baked	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, Baked	1 each	170	6	525	71	7	6
Fruit Cocktail, Canned	½ cup	71	0	8	19	50	1
Gravy	1/2 cup	25	3	400	4	0	0
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
Oranges, Mandarin Canned	1 cup	72	0	9	18	1	2
Pears, Canned	½ cup	71	0	6	19	0	2
Peas, Sweet	½ cup	61	0	195	11	4	4
Peaches, Canned	1/2 cup	97	0	0	26	1	1
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, Baked	1 Medium	161	0	0	37	4	4
Potato Smiles	5 Smiles	137	5	361	22	2	2
Potatoes, Mashed	½ cup	66	1	268	13	1	1
Pudding, Chocolate	1/2 cup	160	5	172	26	2	0
Pudding, Vanilla	1/2 cup	100	3	125	20	1	1
Soft Pretzel	1/3 Pretzel	160	2	260	31	5	1
Nutritional Guidelines Cont.							

