

Hicksville High School

Production #	Recipe Description	Portion Size	Cal	Chol Mg	Sod Mg	Total Fat G	Sat Fat G	Pro G	Carb G	Fiber G	Iron Mg	Calcium Mg	Vit A IU	Vit C Mg
180	Beef, BBQ Ribs	1 Portion	280	64	551	17.87	7.2	22.4	6.8	0.4	3.2	41.33	372	1.33
100	Broccoli	3/4 Cup	39	0	15	0.17	0.01	4.28	7.38	4.14	0.84	45.54	1543	55.34
	Burger, Alpine	1 Portion	532	90	545	34.06	12.13	27.12	27.65	1.43	3.21	273.85	359	4.58
15	Burger, Bacon & Cheese	1 Portion	625	153	723	33.89	14.26	47.88	29.41	2.3	5.96	235.97	791	6.97
129	Burger, Buffalo Cheese	1 Portion	419	73	718	22.79	8.83	24.16	28.42	1.88	3.52	180.28	1450	6.28
	Burger, Cheese with Whole Wheat Bun	1 Portion	340	72	430	18.23	8.05	24.24	23.47	4.01	1.35	130.23	160	0.01
1517	Burger, Regular with Whole Wheat Bun	1 Portion	246	40	704	9.01	3.92	22	24	4.85	2.09	63.32	50	0.02
20	Burger, Turkey with Whole Wheat Bun	1 Portion	371	90	385	10.7	3.66	34.37	24.97	4.64	1.96	72.03	401	5.46
9	Burger, Veggie with Whole Wheat Bun	1 Portion	281	8	917	7.22	2.62	14.6	47.77	12.8	0.22	80.86	469	5.84
595	Burrito, Chicken	1 Portion	331	62	649	13.54	5	23.17	30.18	2.32	2.65	204.49	828	8.23
	Calzone, Ham & Cheese	1 Portion	439	47	904	22.69	7.16	23.88	35.42	2.44	5.8	414.1	630	5.24
45	Calzone, Pepperoni	1 Portion	470	38	957	25.82	8.78	22.7	38.06	3.84	9.21	576.65	1096	10.05
24	Calzone, Three Cheese	1 Portion	440	30	846	23.21	7.8	21.6	37.52	3.53	8.92	579.28	1058	9.73
	Cheese Tortellini Pasta	1 Portion	303	25	39	11.9	1.72	7.12	44.59	2.9	0.75	23.63	289	15.23
	Chicken Fingers	1 Portion	304	67	498	20.66	5.47	15.81	13.37	1.21	1.31	0	0	0
123	Chicken Nuggets	4 Pieces	270	50	440	18	4.5	16	11	1	1.08	0	100	0
48	Chicken Parmesan	1 Portion	471	63	798	20.23	6.91	26.78	45.55	2.3	4.46	357.01	990	17.3
20	Chicken, BBQ	1 Portion	384	169	742	8.42	2.21	62.97	9.65	1.01	2.94	47.01	70	5.32
28	Chicken, Fried	1 Portion	303	75	907	8.17	2.34	27.96	24.79	0.82	2.41	207.18	114	4.02
	Chicken, General Tso's	1 Portion	252	38	739	4.54	1.34	17.52	34.08	1.76	1.55	56.92	366	50.59
	Fajita, Beef	1 Portion	444	64	160	36.47	12.07	16.95	13.83	2.67	2.39	43.06	1311	84.16
	Fajita, Chicken	1 Portion	257	2	551	10.72	2.07	6.09	34.83	3.55	2.13	91.21	655	33.06
	Harvest Chicken & Vegetables	1 Portion	928	360	1867	73.87	21.43	56.38	25.52	1.64	3.68	32.43	1124	9.9
110	Hero, Meatball	1 Portion	417	100	698	17.02	6.69	29.76	34.7	4.1	4.83	114.52	951	13.15
	Hero, Meatball Parm	1 Portion	426	83	645	19.08	8.37	29.18	35.13	4.09	3.15	372.44	1391	18.11
22	Hero, Roast Beef	1 Portion	471	71	574	22.35	5.6	29.96	36.29	2.16	2.93	115.19	202	0.38
18	Jamaican Beef Patty	1 Portion	360	35	340	15	6	12	40	2	3.6	40	0	2.4
	Knish, Broccoli & Cheese	1 Portion	581	26	1027	34.27	12.79	17.35	51.16	3.29	10.95	407.67	1791	25.44
60	Lo Mein, Chicken	1 Portion	430	20	571	20.82	2.08	16.21	45.97	2.47	2.65	19.71	10	0.61
50	Meatloaf	1 Portion	215	75	142	11.04	4.21	18.56	8.94	0.67	2.11	49.71	52	0.87
	Melt, Sicilian	1 Portion	372	77	694	20.07	10.49	29.88	18.35	2.07	2	443.34	348	0
10	Melt, Tuna Bacon	1 Portion	337	35	1003	10.53	4.13	22.51	37.28	2.45	3.65	213.89	676	8.52
	Mozzerella Sticks	4 Pieces	240	40	760	2	2	15.99	24	0	0	0	0	0
1042	Nacho Grande	1 Portion	333	67	526	14.73	5.57	22.82	29.55	4.72	3.31	250.52	3556	60.19
	Pancakes	2 Each	254	15	499	4.24	0.66	4.37	51.06	1.97	1.8	58.64	177	0.25
12	Panini, Italian Stallion	1 Portion	315	33	894	11.78	4.68	18.71	32.29	1.89	2.59	275.07	2212	5.2
168	Pasta, Baked Ziti	1 Portion	345	42	398	12.21	4.58	21.26	36.72	3.63	2.72	176.03	839	6.58
	Pasta, Fried Ravioli	1 Portion	234	49	352	11.34	6.8	13.61	21.17	3.78	2.11	239.6	378	0
50	Pasta, Macaroni & Cheese	1 Portion	303	41	342	15.07	8.68	8.68	30.08	1.27	0.27	265.44	555	0.29
	Pasta with Marinara Sauce	1 Portion	370	1	428	5.89	0.48	13.21	73.64	7.3	2.57	115.8	3268	45.04
50	Pasta, Stuffed Shells	2 Each	166	25	146	7.59	4.64	11.81	12.31	0.56	0.76	261.37	299	0.11
	Philly Cheesesteak	1 Portion	449	81	575	21.36	11	28.14	35.64	3.16	3.74	295.97	373	12.33
32	Pizza, Bacon	1 Slice	352	23	868	18.82	6.21	17.5	27.94	1.84	2.05	377.15	227	6.28
	Pizza, Broccoli	1 Slice	296	15	773	13.67	4.51	15.89	27.17	1.56	1.76	375.76	270	5.79
58	Pizza, Chicken Parmesan	1 Slice	425	54	1010	18.4	7.62	35.37	27.97	1.45	2.13	679.22	353	5.27
16	Pizza, Meatball	1 Slice	329	26	793	15.37	5.21	18.74	28.41	1.73	2.12	383.47	226	6.19
	Pizza, Mushroom & Onion	1 Slice	312	28	812	15.89	5.9	14.96	27.48	1.7	1.82	397.91	306	6.09
62	Pizza, Pepperoni	1 Slice	331	25	927	17.2	5.76	16.37	27.3	1.66	1.87	332.7	175	5.73
390	Pizza, Plain 4x6	1 Slice	292	36	374	11.13	5.99	17.67	29.5	1.58	2.21	465.45	329	2.27
479	Pizza, Plain, Cheese	1 Slice	359	14	851	13.49	4.69	17.91	43.67	4.34	4.57	440.6	1686	25.75
32	Pizza, Sausage & Onion	1 Slice	388	76	761	15.96	5.2	28.78	31.07	2.65	2.86	79.48	205	3.88
90	Pizzaburger	1 Portion	304	53	435	12.96	4.94	20.48	24.88	1.74	3.24	191.95	121	6.48
842	Potatoes, French Fries	1/2 Cup	134	0	178	5.07	0.85	2.12	20.9	2.14	0.83	5.36	0	6.77
	Potatoes, Hash Brown	1 Portion	170	0	27	8.97	3.5	2.46	21.92	1.56	1.18	11.7	0	4.91
100	Potatoes, Mashed	1/2 Cup	60	0	25	0	0	1	13	1	0.36	0	0	30
	Quesadilla, Three Cheese	1 Portion	338	45	896	17.37	9.9	24.29	20.11	1.36	1.86	623.27	701	1.16
	Roll, Sausage & Peppers	1 Portion	680	83	844	46.68	13.61	25.01	41.58	4.11	3.26	124.15	1609	78.35
702	Salad, Broccoli & Tomato	1 Portion	68	1	52	1.55	0.17	3.61	12.69	4.86	1.24	58.88	2475	68.89
	Salad, Buffalo Chicken	1 Portion	153	49	734	5.74	2.22	18.51	6.58	1.89	1.45	148.28	5005	20.91
8	Salad, Chef	1 Portion	325	122	852	16.95	8.66	30.08	13.13	4.6	2.62	454.64	7663	6.8
30	Salad, Chicken Caesar	1 Portion	233	55	429	12.65	3.17	18.02	11.42	1.96	1.56	118.82	4995	20.41
	Salad, Greek	1 Portion	265	25	731	21.92	6.39	5.91	13.38	2.67	1.81	196.44	973	9.38
	Salad, Grilled Chicken	1 Portion	344	61	589	23.01	4.19	22.55	13.86	4.14	2.52	86.07	10339	33.81
	Salad, Ham	1 Portion	116	29	837	5.83	1.05	10.54	4.46	0.09	0.52	7.02	2	0.05
	Salad, Oriental Turkey	1 Portion	315	42	364	5.54	1.36	21.64	48.11	14.51	2.73	187.07	78811	45.12
	Salad, Pasta	1 Cup	274	23	641	7.93	2.38	16.94	35.84	3.78	1.39	220.4	199	2.55
25	Salad, Taco	1 Portion	458	79	720	21.76	10.16	27.13	38.76	4.58	4.59	336.19	2510	32.5
523	Salad, Tossed	1 Portion	64	2	49	2.18	0.19	1.92	10.9	3.02	1.02	48.04	7377	23.27
350	Salad, Tuna	1 Portion	188	24	453	8.21	1.28	15.87	13.45	3.86	1.82	67.03	10363	32.04
	Salad, Tuna & Macaroni	1 Portion	259	24	455	8.51	1.33	18.89	28.49	5.45	2.42	75.54	10365	32.04
	Sandwich, American Cheese	1 Portion	334	52	773	19.59	11.35	15.69	23.15	0.96	1.58	392.73	640	0.06
	Sandwich, Avc Caesar	1 Portion	368	30	705	13.07	2.83	15.81	47.45	3.07	3.45	158.44	2065	12.51
250	Sandwich, Bologna	1 Portion	320	32	910	18.37	6.82	11.5	28.87	4.19	2.58	62.76	177	9.37
48	Sandwich, Cheese & Bacon	1 Portion	219	21	958	5.84	2.08	16.33	26.83	3.86	2.04	186.27	2	0
1180	Sandwich, Chicken Patty	1 Portion	319	41	521	12.07	2.85	16.26	35.88	0.9	3.34	119.72	128	0.94
3840	Sandwich, Grilled Cheese	1 Portion	352	52	862	20.08	11.4	17.03	27.7	3.92	2	373.71	6442	0.06
	Sandwich, Grilled Ranch	1 Portion	422	61	722	23.85	7.49	24.58	26.14	1.22	2.72	216.66	744	0.05
	Turkey Steak	1 Portion	227	39	1328	5.37	1.11	17.55	26.22	4.03	3.1	45.75	69	0.38
720	Sandwich, Ham & Swiss	1 Portion	276	39	695	11.25	5.75	17.19	27.74	4.03	2.36	268	305	0.38
40	Sandwich, Muenster	1 Portion	326	54	558	18.68	11.17	17.19	21.89	0.9	1.66	460.86	567	0
210	Sandwich, Roast Beef	1 Portion	4											