



SCHUYLKILL VALLEY FOOD SERVICE DEPARTMENT

NUTRITIONAL INFORMATION GUIDE FOR MENU ITEMS SERVED IN OUR FOODSERVICE PROGRAM

Please use this guide for accessing general nutritional information about the items that are served in our cafeterias as part of the National School Breakfast and Lunch Program.

Typically served condiments are included in the recipe for calculating the nutritional values listed in this guide.

Please note that only the 8 most common allergens are listed in the allergens column (Milk, Eggs, Tree Nuts, Peanuts, Shellfish, Wheat, Soy and Fish).

Please contact Louisa Trumbore, Food Service Director, at 610-916-5726 or ltrumbore@schuylkillvalley.org for any additional information not provided in this guide.

ENTREES - BREAKFAST

ITEM	CALORIES	TOTAL FAT (g)	SAT FAT (g)	CHOLESTERAL (mg)	SODIUM (mg)	CARB (g)	TOTAL FIBER (g)	SUGAR (g)	PROTEIN (g)	ALLERGENS
Apple Frudel	210	6	1.5	0	280	36	2	11	5	Milk, Wheat
Assorted Breakfast Cereals	118	1.75	0	0	135	24	1	9	1.75	Wheat, Soy, Milk
Assorted Breakfast Muffins	158	4.5	0.5	20	95	27	1.25	14	3	Egg, Milk, Soy, Wheat
Bacon, Egg & Cheese McMuffin	266	12.5	4.5	123	733	22	1	1.5	15.5	Egg, Milk, Soy, Wheat
Bagel w/ Cream Cheese	185	5	2.5	15	275	30	4	6	8	Milk, Wheat
Cinnamon Roll	190	6	1	0	180	33	4	12	4	Milk, Soy, Wheat
Egg & Sausage Breakfast Pizza	200	7	2	45	320	25	2	4	9	Milk, Egg, Soy, Wheat
Mini Pancakes	220	6	0.5	0	270	37	2	11	4	Milk, Wheat, Egg
Mini Waffles	200	5	1	0	170	37	3	13	4	Milk, Wheat, Soy, Egg
Soft Filled Cinnamon Toast Crunch Bar	250	8	2.5	5	280	40	2	14	6	Wheat, Milk
Soft Filled Cocoa Puffs Bar	250	7	2	5	310	43	3	15	7	Wheat, Milk
Straw. Cream Cheese filled Bagels	230	6	2	10	190	42	2	13	6	Wheat, Milk, Soy
Yogurt Parfait	220	3	1	4	174	43	2	21	7	Milk

ENTREES - LUNCH

ITEM	CALORIES	TOTAL FAT (g)	SAT FAT (g)	CHOLESTERAL (mg)	SODIUM (mg)	CARB (g)	TOTAL FIBER (g)	SUGAR (g)	PROTEIN (g)	ALLERGENS
Beef Cheese Steak Sandwich	182	6	2.5	22	540	21	2	3	11	Milk, Soy, Wheat
Beef Nachos Grande	500	27	12	73	746	43	5	6	21	Milk, Soy
Beef Ravioli	230	7	3	30	640	27	5	0	15	Milk, Soy, Wheat
Beef Shepherd's Pie	285	10	4.5	53	846	32	4.5	2.5	16.5	Milk, Soy, Wheat, Egg
Beef Teriyaki over Rice	338	5	2	55	635	59	4	18	23	Milk, Soy, Wheat, Egg

ENTREES - LUNCH (CONTINUED)

ITEM	CALORIES	TOTAL FAT (g)	SAT FAT (g)	CHOLESTERAL (mg)	SODIUM (mg)	CARB (g)	TOTAL FIBER (g)	SUGAR (g)	PROTEIN (g)	ALLERGENS
Calzone, Three Cheese	250	5	2	10	430	33	4	4	19	Milk, Soy, Wheat
Cheeseburger	316	13	6	63	658	27	2	5	23	Milk, Soy, Wheat
Chicken Cheese Steak Sandwich	401	11.5	4	57	764	46	5	6	28	Milk, Soy, Wheat, Egg
Chicken Chunks w/ Breadstick	360	9	1.5	41	582	46	4	16	23	Soy, Wheat
Chicken Filet Sandwich	320	8.5	1.5	55	530	36	6	5	26	Milk, Soy, Wheat, Egg
Chicken Nuggets w/ Roll	260	9	1.5	27	402	29	5	1	20	Milk, Soy, Wheat
Chicken Parmesan w/ Pasta & Breadstick	581	21	6.5	40	948	66	7	13	31	Milk, Soy, Wheat
Chicken Patty on Roll	470	16	3	60	830	52	6	2	30	Milk, Soy, Wheat
Chicken Tenders w/ Dinner Roll	428	13	2	70	831	48	2	9	32	Milk, Soy, Wheat, Egg
Chicken Wrap	642	31	11.5	90	1149	56	4	5	33	Egg, Milk, Soy, Wheat
French Toast w/ Sausage & Egg Patty	385	20.5	5.5	141	515	39	2	11	13	Egg, Milk, Soy, Wheat
Grilled Chicken Club	433	17	3	76	935	34	3	2	34	Milk, Soy, Wheat, Egg
Hamburger	260	8.5	3.5	50	455	26	2	4	20	Milk, Soy, Wheat
Hot Dog on a Roll	210	7.5	2	25	650	25	2	4	10	Milk, Soy, Wheat
Hot Ham & Cheese on Pretzel Roll	271	8	3.5	38	683	33	3	5	17	Milk, Soy, Wheat
Italian Hoagie	390	14.5	5.5	71	1167	41	4.5	2	25	Milk, Soy, Wheat
Meatball Sub	360	9.5	3	30	720	49	5	7	21	Milk, Soy, Wheat
Mini Chicken Corn Dogs	270	12	3.5	40	410	30	5	5	10	Wheat, Soy, Eggs
Peanut Butter & Jelly Uncrustable - ES	300	17	3	0	280	32	4	14	9	Peanuts, Wheat
Peanut Butter & Jelly Uncrustable - MS,HS	600	34	6	540	64	7	7	29	18	Peanuts, Wheat
Pizza Chicken Quesadilla	300	10	2	15	700	37	4	2	17	Milk, Soy, Wheat
Pizza, Buffalo Chicken	390	19	7	45	750	35	3	8	20	Milk, Soy, Wheat
Pizza, Cheese	400	17	9	40	580	42	2	9	19	Milk, Soy, Wheat
Pizza, Four Meat	370	17	7	40	650	36	4	9	20	Milk, Soy, Wheat
Pizza, Personal Pan, Cheese	320	12	3.5	10	580	39	4	4	19	Milk, Soy, Wheat
Popcorn Chicken Bowl	552	15.5	3.5	53	59	59	4	7	30	Milk, Soy, Wheat, Egg
Pork Enchiladas	392	20	9	86	1006	25	4	2	31	Milk, Soy, Wheat
Pork Rib B Que Sandwich	290	10.5	3.5	40	660	31	4	6	19	Milk, Soy, Wheat
Rotini w/ Meat Sauce & Bread Stick	320	7.5	3	40	562	43	3	8	20	Wheat
Sloppy Joes	255	6.5	3	40	910	32	4	6	17	Milk, Soy, Wheat
Spicy Chicken Breast Filet Sandwich	332	8.5	1.5	52	660	38	5	1	26	Milk, Soy, Wheat
Toasted Cheese Sandwich	395	19.5	10	61	1033	37	4	2	19	Milk, Soy, Wheat
Walking Tacos	522	31	12.5	78	837	40	6	6	22	Milk, Soy

ITEM	FRUITS, VEGETABLES AND SIDE ITEMS									ALLERGENS
	CALORIES	TOTAL FAT (g)	SAT FAT (g)	CHOLESTERAL (mg)	SODIUM (mg)	CARB (g)	TOTAL FIBER (g)	SUGAR (g)	PROTEIN (g)	
Apple Juice, 100% Fruit	50	0	0	0	10	13	0	12	0	
Apple Slices, Fresh	30	0	0	0	0	8	1	6	0	
Applesauce	60	0	0	0	15	15	1	18	0	
Au Gratin Potatoes	131	2.75	2	2.5	650	24	2	2	2	Milk, Soy
Baked Beans	147	0	0	0	539	29	5	12	7	
Banana, Petit, Fresh	72	0	0	0	1	18	2	10	1	
Broccoli, Cooked	25	0	0	0	10	3	2	1	2	
California Blend Vegetables, Cooked	25	0	0	0	15	3	2	2	2	
Carrots, Baby, Fresh	30	0	0	0	60	7	2	5	1	
Cauliflower, Cooked	20	0	0	0	30	3	2	1	2	
Corn, Cooked	80	0	0	0	10	17	2	1	2	
CrissCut Waffle Fries	160	8	2.5	0	360	19	2	0	2	Wheat
French Fries	140	5	1.5	0	230	22	1	0	2	
Fruit Punch, 100% Fruit	60	0	0	0	15	14	0	15	0	
Grape Juice, 100% Fruit	80	0	0	0	20	19	0	18	0	
Green Beans, Cooked	25	0	0	0	0	5	3	2	1	
Hash Brown Patties - 2 per serving	260	16	4	0	500	28	4	0	2	
Mandarin Orange Segments, Canned	60	0	0	0	10	14	1	12	0	
Mashed Potatoes	69	0.5	0	0	260	15	1	0	1.5	Milk
Mixed Vegetables, Cooked	60	0	0	0	10	11	3	2	3	
Orange Juice, 100% Fruit	60	0	0	0	0	13	0	12	0	
Orange, Fresh	42	0	0	0	0	11	2	8	1	
Oriental Blend Vegetables, Cooked	25	0	0	0	5	4	3	2	2	
Peach Cups, Frozen	90	0	0	0	0	21	2	19	1	
Peaches, Diced, Canned	80	0	0	0	0	20	1	18	0	
Pears, Canned	80	0	0	0	0	14	2	14	0	
Pineapple Tidbits, Canned	80	0	0	0	0	20	1	17	0	
Scalloped Potatoes	130	2	1.5	2.2	493	25	2	3	2.5	Milk, Soy
Sliced Carrots, Cooked	35	0	0	0	25	6	2	3	1	
Star Fries	180	10	1	0	330	20	2	0	2	
Strawberry Cups, Frozen	80	0	0	0	1	21	2	16	0	
Tater Tots	150	7	2	0	280	19	2	0	2	
Tomato Soup	148	1.3	0.8	8	553	27	1	18	6	Milk, Wheat
Tossed Salad w/Light Ranch Dressing	48	1	0	0	56	9	4	3.5	2	May Contain Egg & Milk
Twister Fries, Seasoned	160	8	2	0	420	20	2	1	2	Wheat

ITEM	CALORIES	MILK								ALLERGENS
		TOTAL FAT (g)	SAT FAT (g)	CHOLESTERAL (mg)	SODIUM (mg)	CARB (g)	TOTAL FIBER (g)	SUGAR (g)	PROTEIN (g)	
White Milk - Fat Free	90	0	0	5	130	13	0	12	8	Milk
White Milk - Low-fat 1%	110	2.5	1.5	15	130	13	0	12	8	Milk
Strawberry Flavored Milk - Fat Free	130	0	0	5	130	25	0	25	8	Milk
Strawberry Flavored Milk - Low Fat 1%	155	2.5	1.5	15	160	26	0	26	7	Milk
Chocolate Flavored Milk - Fat Free	130	0	0	5	170	22	0	22	8	Milk
Chocolate Flavored Milk - Low-fat 1%	150	2.5	1.5	10	220	26	0	25	8	Milk