

**Baldwin-Whitehall School District  
Nutritional Data**

<b>Menu Item</b>	<b>Serving Size</b>	<b>Fat (g)</b>	<b>Sat Fat (g)</b>	<b>Sodium (mg)</b>	<b>Fiber (g)</b>	<b>Sugar (g)</b>	<b>Carbs (g)</b>	<b>Calories</b>	<b>Cholesterol (mg)</b>
Healthy Choice Deli Bar	Ave./Serv.	6.13 g	2.33 g	849 mg	3.66 g	0 g	37.70 g	280	26 mg
Veggie Burger	1 Serv.	8.03 g	1 g	724 mg	8.03 g	0 g	43.41 g	322	0 mg
Blackbean Burger	1 Serv.	6.03 g	1.5 g	1004 mg	5.03 g	0 g	47.41 g	292	25 mg
Fruit & Yogurt Parfait	1 Serv.	1.77 g	.57 g	233 mg	2.99 g	0 g	68.94 g	294	3 mg
Greek Salad	1 Serv.	12.04 g	5.11 g	434 mg	2.64 g	0 g	8.63 g	172	25 mg
Strawberry Salad	1 Serv.	4.14 g	2.59 g	133 mg	1.36 g	0 mg	7.77 g	84	13 mg
Cheese & Fruit Salad	1 Serv.	24.76 g	12.26 g	634 mg	5.35 g	0 g	47.4 g	495	68 mg
Build your own Salad	1 Serv.	.82 g	.01 g	165 mg	2.38 g	0 g	22.90 g	99	0 mg
Fruit & Yogurt Salad	1 Serv.	1.77 g	.57 g	233 mg	2.99 g	0 g	68.94 g	294	3 mg
Whole Grain Chicken Nuggets w/Roll	9 Pieces	16.94 g	3.6 g	1036 mg	6.39 g	0 g	45.64 g	434	36 mg
Grilled Chicken Breast	1 Serv.	3.53 g	0 g	854 mg	2.03 g	0 g	26.41 g	252	65 mg
Whole Grain Bosco Breadsticks	1 Stick	4 g	2 g	280 mg	2 g	1 g	26 g	190	10 mg
Taco Wrap	1 Serv.	9.05 g	1.51 g	913 mg	5.64 g	0 g	54.21 g	351	0 mg
Chicken Pizza	8/1Serv.	11.57 g	5.83 g	938 mg	3.33 g	0 g	41.22 g	385	44 mg
Whole Grain Chicken Patty	1 Serv.	8.9 g	1.51 g	639 mg	5.51 g	0 g	50.55 g	368	25 mg
Mediterranean Wrap	1 Serv.	5.77 g	1.27 g	304.25 mg	1.91 g	0 g	616.73 g	129.25	3.25 mg
Three Cheese Pizza	8/1 Serv.	12.67 g	6.47 g	718 mg	3.45 g	0 g	40.26 g	349	27 mg
Orange Chicken w/Brown Rice	1 Serv.	8.25 g	1.42 g	391 mg	5.32 g	0 g	120.11 g	637	50 mg
Vegetable Lasagna	10/1 Serv.	21.13 g	7.19 g	1233 mg	3.39 g	0 g	58.21 g	482	36 mg
White Pizza	8/1 Serv.	12.27 g	5.51 g	852 mg	3.36 g	0 g	42.78 g	357	22 mg
Macaroni & Cheese	36/8 oz Serv.	6.75 g	2 g	754 mg	3 g	0 g	48.65 g	295	15 mg
Mrs. T's Pizza	8/1 Serv.	7.13 g	3.85 g	510 mg	4.07 g	0 g	39.10 g	283	19 mg
Chicken Twister	1 Serv.	13.04 g	2.44 g	637 mg	6.07 g	0 g	47.65 g	397	25 mg
Whole Grain Pancakes in Pouch	1 Bag	10.05 g	2.10 g	492 mg	2 g	0 g	34.16 g	261	41 mg
Louisiana Chicken	28/1 Serv.	7.35 g	.72 g	809 mg	4.99 g	0 g	110.18 g	616	72 mg
Belgium Waffles w/Straw. Top	1 Serv.	7.02 g	0 g	964 mg	2.01 g	0 g	56.33 g	322	10 mg
Italian Roasted Wrap	40/1 Serv.	13.18 g	4.57 g	1338 mg	5.01 g	0 g	42.03 g	428	72 mg
Milk - 1% white	1 cup	2.5 g	1.5 g	115mg	0g	12 g	12g	100	10 mg
Milk - 1% chocolate	1 cup	2.5 g	1.5 g	190mg	0 g	24g	26g	150	10 mg
Milk - 1% strawberry	1 cup	2.5 g	1.5 g	220mg	0 g	23g	25g	150	10mg
Milk - 1% vanilla	1 cup	2g	1.5 g	110mg	0 g	24g	25g	150	10mg
Milk - skim	1 cup	0 g	0 g	115mg	0 g	12 g	13g	90	< 5 mg
Apple	1	0 g	0 g	0 g	3g	13g	17g	65	0mg
Orange	1	0 g	0 g	3mg	8g	10.6 g	26g	107	0mg