

2009-2010 Hi-Tide Grill Lunch Nutrition Information



Food Item	Portion Size	Nutrient Breakdown												
		Calories	Carbo- hydrate (gm)	Fiber (gm)	Total Fat (gm)	Sat. Fat (gm)	% Calories from Fat	Protein (gm)	Chol (mg)	Sodium (mg)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)
ENTRÉES - WEEK 1														
Monday, Week 1														
Grilled Cheeseburger	1 ea	344.00	31.73	4.20	13.93	5.69	36.44%	26.94	58.00	765.00	4.06	172.32	213.00	0.00
Tortilla Chips, 1.25 oz	1 pkg	175.00	23.00	3.00	9.00	0.70	46.29%	3.00	0.00	75.00	0.36	20.00	0.00	0.00
Grilled Mesquite Chicken	1 breast or 1 thigh or 1 drum + 1 wing	165.00	1.00	0.00	9.00	2.50	49.09%	20.00	60.00	225.00	1.00	13.00	0.00	0.00
Tortilla Chips, 1.25 oz	1 pkg	175.00	23.00	3.00	9.00	0.70	46.29%	3.00	0.00	75.00	0.36	20.00	0.00	0.00
Tuesday, Week 1														
Grilled Cheeseburger	1 ea	344.00	31.73	4.20	13.93	5.69	36.44%	26.94	58.00	765.00	4.06	172.32	213.00	0.00
Orange Dream Mini Loaf	1 ea	180.00	28.00	2.00	7.00	1.00	35.00%	3.00	10.00	180.00	1.44	0.00	0.00	0.00
Grilled Chicken Sandwich	1 ea	272.00	31.13	3.78	6.89	1.28	22.80%	23.89	62.00	615.00	2.79	79.86	75.00	1.71
Orange Dream Mini Loaf	1 ea	180.00	28.00	2.00	7.00	1.00	35.00%	3.00	10.00	180.00	1.44	0.00	0.00	0.00
Wednesday, Week 1														
Grilled Cheeseburger	1 ea	344.00	31.73	4.20	13.93	5.69	36.44%	26.94	58.00	765.00	4.06	172.32	213.00	0.00
Tortilla Chips, 1.25 oz	1 pkg	175.00	23.00	3.00	9.00	0.70	46.29%	3.00	0.00	75.00	0.36	20.00	0.00	0.00
Chicken Fajitas with Peppers & Onions on Soft Tortilla	1 ea	245.00	33.18	2.03	7.20	1.11	26.45%	13.69	51.00	707.00	2.74	108.43	910.00	36.13
Tortilla Chips, 1.25 oz	1 pkg	175.00	23.00	3.00	9.00	0.70	46.29%	3.00	0.00	75.00	0.36	20.00	0.00	0.00
Thursday, Week 1														
Grilled Cheeseburger	1 ea	344.00	31.73	4.20	13.93	5.69	36.44%	26.94	58.00	765.00	4.06	172.32	213.00	0.00
Mini Pretzels	1 pkg	110.00	23.00	0.00	0.00	0.00	0.00%	3.00	0.00	240.00	0.36	0.00	0.00	0.00
Grilled Pepper Jack Turkey Burger	1 ea	370.00	29.00	3.00	16.00	7.50	38.92%	29.00	80.00	780.00	2.52	280.00	300.00	0.00
Mini Pretzels	1 pkg	110.00	23.00	0.00	0.00	0.00	0.00%	3.00	0.00	240.00	0.36	0.00	0.00	0.00
Friday, Week 1														
Grilled Cheeseburger	1 ea	344.00	31.73	4.20	13.93	5.69	36.44%	26.94	58.00	765.00	4.06	172.32	213.00	0.00
Banana Mini Loaf	1 ea	180.00	30.00	2.00	6.00	1.00	30.00%	3.00	10.00	170.00	1.44	0.00	0.00	0.00
Grilled Vienna Firedog	1 ea	250.00	27.00	2.00	11.50	4.00	41.40%	14.00	30.00	750.00	2.52	40.00	200.00	0.00
Banana Mini Loaf	1 ea	180.00	30.00	2.00	6.00	1.00	30.00%	3.00	10.00	170.00	1.44	0.00	0.00	0.00

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		Calories	Carbo- hydrate (gm)	Fiber (gm)	Total Fat (gm)	Sat. Fat (gm)	% Calories from Fat	Protein (gm)	Chol (mg)	Sodium (mg)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)
MILK														
Milk, Low-Fat 1% White, Carton	8 oz	120.00	16.00	0.00	2.50	1.50	18.75%	11.00	15.00	150.00	0.00	400.00	500.00	2.40
Milk, Nonfat Chocolate, Carton	8 oz	140.00	28.00	0.00	0.00	0.00	0.00%	8.00	5.00	170.00	0.00	250.00	500.00	2.40
CONDIMENTS														
Catsup	1 Tbsp	15.00	3.00	0.00	0.00	0.00	0.00%	0.00	0.00	150.00	0.00	0.00	0.00	0.00
Mustard	1 tsp	0.00	0.00	0.00	0.00	0.00	0.00%	0.00	0.00	65.00	0.00	0.00	0.00	0.00
Hot Sauce	1 Tbsp	10.00	1.00	0.25	0.00	0.00	0.00%	0.50	0.00	132.50	0.00	0.00	0.00	0.00
SIDES - Week 1 (2 of 5 options to be offered with each entrée.)														
Lettuce and Pickle Cup (Daily)	1 ea	6.00	1.25	0.56	0.08	0.01	12.00%	0.36	0.00	235.00	0.22	6.23	113.00	1.29
Fruit Bowl (Daily)														
Fresh Apple	1 ea	72.00	19.06	3.31	0.23	0.04	2.88%	0.36	0.00	1.00	0.17	8.28	75.00	6.35
Banana	1 ea	139.00	35.39	3.63	0.73	0.28	4.73%	1.56	0.00	2.00	0.47	9.06	122.00	13.75
Fresh Orange	1 ea	75.00	18.85	3.85	0.19	0.03	2.28%	1.51	0.00	0.00	0.16	64.18	361.00	85.36
Fresh Pear	1 ea	96.00	25.66	5.15	0.20	0.02	1.88%	0.63	0.00	2.00	0.28	14.94	38.00	6.97
Deli Roasted Potatoes (Monday)	4 oz	160.00	28.00	2.67	4.00	0.00	22.50%	2.67	0.00	493.00	0.96	0.00	0.00	4.80
Spinach Salad with Fruit and Nuts (Monday)	1/2 cup	82.00	10.33	1.42	4.46	0.30	48.95%	1.90	0.00	364.00	1.22	45.93	3807.00	23.96
Banana Mini Loaf (Monday)	1 ea	180.00	30.00	2.00	6.00	1.00	30.00%	3.00	10.00	170.00	1.44	0.00	0.00	0.00
Julio's Carrots (Tuesday)	1/2 cup	38.00	7.51	2.11	0.80	0.07	18.95%	0.81	0.00	218.00	0.58	25.68	9463.00	5.62
Black Bean and Corn Salad (Tuesday)	1/2 cup	117.00	22.86	6.41	0.67	0.12	5.15%	6.61	0.00	283.00	1.60	21.12	115.00	3.21
Mini Pretzels (Tuesday)	1 pkg	110.00	23.00	0.00	0.00	0.00	0.00%	3.00	0.00	240.00	0.36	0.00	0.00	0.00
Potato Rounds (Wednesday, Friday)	1/2 cup	125.00	14.88	1.57	6.27	1.57	45.14%	1.57	0.00	259.00	0.56	0.00	0.00	7.05
Cusabi Broccoli Slaw (Wednesday)	1/2 cup	120.00	6.46	3.56	9.60	1.60	72.00%	2.37	2.00	163.00	0.85	47.43	2965.00	85.38
Cornmeal Star (Wednesday)	1 ea	135.00	21.00	1.00	4.50	0.90	30.00%	2.50	10.00	150.00	1.00	11.00	22.00	0.00
Strawberry Fruit Single, Frozen (Thursday)	1 ea	73.00	17.39	0.70	0.00	0.00	0.00%	0.50	0.00	8.00	0.26	51.82	10.00	13.89
Side Salad (Thursday)	1/2 cup	145.00	7.48	0.87	13.12	1.77	81.43%	0.74	5.00	369.00	0.75	13.20	991.00	10.85
Orange Dream Mini Loaf (Thursday)	1 ea	180.00	28.00	2.00	7.00	1.00	35.00%	3.00	10.00	180.00	1.44	0.00	0.00	0.00
Cherry Tomato and Cucumber Salad (Friday)	1/2 cup	20.00	3.69	0.42	0.71	0.02	31.95%	0.41	0.00	153.00	0.16	7.94	197.00	3.46
Goldfish Grahams (Friday)	1 pkg	120.00	19.00	0.00	4.00	1.00	30.00%	1.00	0.00	110.00	0.72	100.00	0.00	0.00

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ENTRÉES - WEEK 2														
Monday, Week 2														
Grilled Cheeseburger	1 ea	344.00	31.73	4.20	13.93	5.69	36.44%	26.94	58.00	765.00	4.06	172.32	213.00	0.00
Tortilla Chips, 1.25 oz	1 pkg	175.00	23.00	3.00	9.00	0.70	46.29%	3.00	0.00	75.00	0.36	20.00	0.00	0.00
Grilled Chicken Sandwich	1 ea	272.00	31.13	3.78	6.89	1.28	22.80%	23.89	62.00	615.00	2.79	79.86	75.00	1.71
Tortilla Chips, 1.25 oz	1 pkg	175.00	23.00	3.00	9.00	0.70	46.29%	3.00	0.00	75.00	0.36	20.00	0.00	0.00
Tuesday, Week 2														
Grilled Cheeseburger	1 ea	344.00	31.73	4.20	13.93	5.69	36.44%	26.94	58.00	765.00	4.06	172.32	213.00	0.00
Orange Dream Mini Loaf	1 ea	180.00	28.00	2.00	7.00	1.00	35.00%	3.00	10.00	180.00	1.44	0.00	0.00	0.00
Grilled BBQ Chicken	1 breast or 1 thigh or 1 drum + 1 wing	250.00	3.07	0.00	13.27	3.69	47.77%	29.48	88.00	389.00	1.47	19.31	0.00	0.00
Orange Dream Mini Loaf	1 ea	180.00	28.00	2.00	7.00	1.00	35.00%	3.00	10.00	180.00	1.44	0.00	0.00	0.00
Wednesday, Week 2														
Grilled Cheeseburger	1 ea	344.00	31.73	4.20	13.93	5.69	36.44%	26.94	58.00	765.00	4.06	172.32	213.00	0.00
Tortilla Chips, 1.25 oz	1 pkg	175.00	23.00	3.00	9.00	0.70	46.29%	3.00	0.00	75.00	0.36	20.00	0.00	0.00
Grilled Pepper Jack Turkey Burger	1 ea	370.00	29.00	3.00	16.00	7.50	38.92%	29.00	80.00	780.00	2.52	280.00	300.00	0.00
Tortilla Chips, 1.25 oz	1 pkg	175.00	23.00	3.00	9.00	0.70	46.29%	3.00	0.00	75.00	0.36	20.00	0.00	0.00
Thursday, Week 2														
Grilled Cheeseburger	1 ea	344.00	31.73	4.20	13.93	5.69	36.44%	26.94	58.00	765.00	4.06	172.32	213.00	0.00
Mini Pretzels	1 pkg	110.00	23.00	0.00	0.00	0.00	0.00%	3.00	0.00	240.00	0.36	0.00	0.00	0.00
Grilled Vienna FireDog	1 ea	250.00	27.00	2.00	11.50	4.00	41.40%	14.00	30.00	750.00	2.52	40.00	200.00	0.00
Mini Pretzels	1 pkg	110.00	23.00	0.00	0.00	0.00	0.00%	3.00	0.00	240.00	0.36	0.00	0.00	0.00
Friday, Week 2														
Grilled Cheeseburger	1 ea	344.00	31.73	4.20	13.93	5.69	36.44%	26.94	58.00	765.00	4.06	172.32	213.00	0.00
Banana Mini Loaf	1 ea	180.00	30.00	2.00	6.00	1.00	30.00%	3.00	10.00	170.00	1.44	0.00	0.00	0.00
Grilled Asian Chicken	1 breast or 1 thigh or 1 drum + 1 wing	248.00	2.35	0.00	13.27	3.69	48.16%	29.48	88.00	376.00	1.47	19.31	0.00	0.00
Banana Mini Loaf	1 ea	180.00	30.00	2.00	6.00	1.00	30.00%	3.00	10.00	170.00	1.44	0.00	0.00	0.00

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		Calories	Carbo- hydrate (gm)	Fiber (gm)	Total Fat (gm)	Sat. Fat (gm)	% Calories from Fat	Protein (gm)	Chol (mg)	Sodium (mg)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)
MILK														
Milk, Low-Fat 1% White, Carton	8 oz	120.00	16.00	0.00	2.50	1.50	18.75%	11.00	15.00	150.00	0.00	400.00	500.00	2.40
Milk, Nonfat Chocolate, Carton	8 oz	140.00	28.00	0.00	0.00	0.00	0.00%	8.00	5.00	170.00	0.00	250.00	500.00	2.40
CONDIMENTS														
Catsup	1 Tbsp	15.00	3.00	0.00	0.00	0.00	0.00%	0.00	0.00	150.00	0.00	0.00	0.00	0.00
Mustard	1 tsp	0.00	0.00	0.00	0.00	0.00	0.00%	0.00	0.00	65.00	0.00	0.00	0.00	0.00
Hot Sauce	1 Tbsp	10.00	1.00	0.25	0.00	0.00	0.00%	0.50	0.00	132.50	0.00	0.00	0.00	0.00
SIDES - Week 2 (Manager's Choice; 2 of 5 options to be offered with each entrée.)														
Lettuce and Pickle Cup (Daily)	1 ea	6.00	1.25	0.56	0.08	0.01	12.00%	0.36	0.00	235.00	0.22	6.23	113.00	1.29
Fruit Bowl (Daily)														
Fresh Apple	1 ea	72.00	19.06	3.31	0.23	0.04	2.88%	0.36	0.00	1.00	0.17	8.28	75.00	6.35
Banana	1 ea	139.00	35.39	3.63	0.73	0.28	4.73%	1.56	0.00	2.00	0.47	9.06	122.00	13.75
Fresh Orange	1 ea	75.00	18.85	3.85	0.19	0.03	2.28%	1.51	0.00	0.00	0.16	64.18	361.00	85.36
Fresh Pear	1 ea	96.00	25.66	5.15	0.20	0.02	1.88%	0.63	0.00	2.00	0.28	14.94	38.00	6.97
Deli Roasted Potatoes (Monday)	4 oz	160.00	28.00	2.67	4.00	0.00	22.50%	2.67	0.00	493.00	0.96	0.00	0.00	4.80
Spinach Salad with Fruit and Nuts (Monday)	1/2 cup	82.00	10.33	1.42	4.46	0.30	48.95%	1.90	0.00	364.00	1.22	45.93	3807.00	23.96
Banana Mini Loaf (Monday)	1 ea	180.00	30.00	2.00	6.00	1.00	30.00%	3.00	10.00	170.00	1.44	0.00	0.00	0.00
Julio's Carrots (Tuesday)	1/2 cup	38.00	7.51	2.11	0.80	0.07	18.95%	0.81	0.00	218.00	0.58	25.68	9463.00	5.62
Black Bean and Corn Salad (Tuesday)	1/2 cup	117.00	22.86	6.41	0.67	0.12	5.15%	6.61	0.00	283.00	1.60	21.12	115.00	3.21
Mini Pretzels (Tuesday)	1 pkg	110.00	23.00	0.00	0.00	0.00	0.00%	3.00	0.00	240.00	0.36	0.00	0.00	0.00
Potato Rounds (Wednesday, Friday)	1/2 cup	125.00	14.88	1.57	6.27	1.57	45.14%	1.57	0.00	259.00	0.56	0.00	0.00	7.05
Cusabi Broccoli Slaw (Wednesday)	1/2 cup	120.00	6.46	3.56	9.60	1.60	72.00%	2.37	2.00	163.00	0.85	47.43	2965.00	85.38
Cornmeal Star (Wednesday)	1 ea	135.00	21.00	1.00	4.50	0.90	30.00%	2.50	10.00	150.00	1.00	11.00	22.00	0.00
Peach Fruit Single, Frozen (Thursday)	1 ea	65.00	15.77	0.80	0.00	0.00	0.00%	0.59	0.00	6.00	0.16	7.80	102.00	36.14
Side Salad (Thursday)	1/2 cup	145.00	7.48	0.87	13.12	1.77	81.43%	0.74	5.00	369.00	0.75	13.20	991.00	10.85
Orange Dream Mini Loaf (Thursday)	1 ea	180.00	28.00	2.00	7.00	1.00	35.00%	3.00	10.00	180.00	1.44	0.00	0.00	0.00
Cherry Tomato and Cucumber Salad (Friday)	1/2 cup	20.00	3.69	0.42	0.71	0.02	31.95%	0.41	0.00	153.00	0.16	7.94	197.00	3.46
Goldfish Grahams (Friday)	1 pkg	120.00	19.00	0.00	4.00	1.00	30.00%	1.00	0.00	110.00	0.72	100.00	0.00	0.00