

Welcome to the nutritional profile of school lunch menu items! The information contained herein has been developed to assist Whitsons School Lunch Directors in designing well balanced, nutritionally focused, innovative menu offerings in all of our School Lunch accounts. The nutritional values represented herein have been specifically designed only for the School Nutrition business segment. The actual portion sizes used to determine the specific nutritional values for each menu item, while not evident in the program itself, can be found only in the recipes on Net Chef.

In order to achieve the nutritional profile of each menu item, there must be a strict adherence to the actual recipes. Any variation whatsoever, can and will alter the nutritional profile of the menu offering, along with its flavor profile. Teach your cooks and station attendants to follow recipes. Please feel free to use the nutritional information to answer student or parental concerns regarding the exact nutritional value of any menu item Whitsons can offer.

For ease in finding the nutritional value of a specific menu item, it helps to know that all menu items are alphabetically listed under the station concept in which they are traditionally found. Each director should already be very aware of the types of menu items being offered by station concept. However, if for some reason you are still unsure, you can search the spreadsheet by pressing the following keys[control+F]. The combination of those keys pressed opens a search window. Simply type in a word and it will search every item that contains that word. For a more detailed search, you will need to type in the recipe name exactly as it is found in Net Chef.

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### Nutrient Standards for Menu Planning

Nutrient	K-6	7-12th
Calories (Kcal)	664	825
Iron (mg)	3.5	4.5
Calcium (mg)	286	400
Vitamin A (RE)	224	300
Vitamin A (IU)	740	990
Vitamin C (mg)	15	18
Protein (g)	10	16
Total Fat (%)	<30%	<30%
Sat. Fat (%)	<10%	<10%
Carbohydrate (%)*		
Cholesterol **	<150 mg	<150mg
Sodium **	<1500mg	<1500mg
Fiber **	>5 g	>5 g

\* There are no RDA standards established for these nutrients,

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**Notice:**

The measurement of Vitamin A may exceed the RDA standard due to vegetables being a precursor to Vitamin A.

**Nutritional Disclaimer:**

**All nutritional information contained herein is to be used as a guideline only. Nutritional information is calculated based on Whitsons standardized recipes. Because many of our products are handcrafted or made from scratch, and because there are natural variations in ingredients, exact nutritional information may vary. Data is calculated using ESHA Research's Genesis® R&D software or Nutrikids software, and rounded to meet FDA regulations. This information should not be used for medical purposes. Data for vitamins and minerals refers to percentage of U.S. recommended daily intake values.**



BUN, HOT DOG, WHOLE WHEAT	1 EACH	110	1.5	0	5	0	20	0	0	210	21	3
BURGER, 6 OZ BACON	1 POR	601	34.21	13.23	44.36	5.77	84	557	7	143	567	17.37
BURGER, 6 OZ BACON & CHEESE	1 POR	625	33.89	14.26	47.88	5.96	236	791	7	153	723	2.3
BURGER, 6 OZ BACON & CHEESE, LOW FAT	1 POR	575	29.91	12.5	48.94	5.65	231	775	7	145	798	16.21
BURGER, 6 OZ CHILI & CHEESE	1 POR	576	27.98	11.57	48	6.38	110	672	8.6	147	457	18.05
BURGER, 6 OZ ITALIAN, HADNPACKED	1 POR	526	26.76	10.68	48.31	5	296	192	1.1	137	494	1.36
BURGER, 6 OZ PORTOBELLO & SWISS	1 POR	680	35.56	15.33	51.37	6.81	327	790	17.6	153	438	19.33
BURGER, BACON & CHEESE, WW BUN	1 POR	710	49.28	19.01	36.42	3.83	189	726	5.9	130	1042	16.98
BURGER, BACON, WW BUN	1 POR	630	42.63	14.93	32.07	3.77	64	486	5.8	111	829	16.96
BURGER, BUFFALO	1 POR	419	22.79	8.83	24.16	3.52	180	1450	6.3	73	718	1.88
BURGER, CHEESE	1 POR	372	18.94	8.11	23.09	3.05	161	160	0	72	434	1.09
BURGER, CHEESE & BACON	1 POR	478	30.45	12.21	23.49	3.59	161	168	0	75	630	1.09
BURGER, CHEESE, COMODITY	1 POR	386	21.2	9.91	24.59	3.14	231	342	0	81	532	0.93
BURGER, CHEESE, WW BUN	1 POR	401	21.57	8.75	31.71	1.9	150	150	0	93	505	4
BURGER, CHILI & CHEESE, WHOLE WHEAT BUN	1 POR	666	42.41	16.36	38.87	4.35	255	913	7.5	131	772	17.67
BURGER, CHILI & CHEESE, LOWFAT, WHOLE WHEAT BUN	1 POR	571	30.69	12.37	40.07	4.27	289	893	7.5	115	920	17.64
BURGER, CHILA, WW BUN	1 POR	501	26.19	9.87	33.07	4.27	89	593	7.5	100	530	17.64
BURGER, DENVER	1 POR	526	28.06	12.26	33.95	4.02	203	907	29.3	106	744	18.25
BURGER, DOUBLE CHEESE ON BUN	1 POR	602	35.68	15.66	41.32	4.4	251	320	0	143	624	1.1
BURGER, DOUBLE DIGGER	1 POR	474	24.42	8.3	37.57	2.25	263	531	2.4	75	1667	5.25
BURGER, ENGLISH CHEDDAR, WW BUN	1 POR	517	29.96	11.6	30.6	3.71	170	706	7.5	95	565	17.33
BURGER, FRENCH PATTY MELT	1 POR	453	24.33	9.92	26.56	4.26	205	929	9.3	60	776	18.64
BURGER, GARBANZO BEAN	24 OZ	228	5.42	0.85	8.96	2.12	55	3598	6.6	0	634	1.3
BURGER, GARDEN (PATY ONLY)	1 POR	90	0.54	0.11	13.91	2.9	87	0	0	0	383	4.25
BURGER, GRILLED CAESAR	1 POR	350	22.76	3.5	31.42	0.97	226	1303	5.2	17	382	5.29
BURGER, HEART SMART	1 POR	268	17.51	5.11	18.69	2.18	133	4236	24.3	86	409	2.47
BURGER, LENTIL	1 POR	289	6.31	0.93	17.51	5.04	43	22	3.4	0	10	41.86
BURGER, MEXICAN L-T	1 POR	329	14.82	6.63	26.23	10.69	134	311	0.6	57	846	18.71
BURGER, MEXICAN STYLE, CORN & MUSHROOM	1 POR	407	20.18	5.92	20.99	1.97	291	3889	13.6	32	362	7.98
BURGER, MUSHROOM	1 POR	155	10.5	3.6	12.04	1.5	16	1018	30	39	46	0.9
BURGER, MUSHROOM STROGANOFF	1 POR	347	18.56	4.59	11.97	3.26	155	2712	13.4	21	312	7.49
BURGER, PLAIN	1 POR	262	9.45	3.44	20.4	3.52	85	50	0	40	683	1.96
BURGER, PLAIN W. LETTUCE & TOMATO	1 POR	301	9.94	3.56	22.18	4.36	121	2632	13	40	733	3.37
BURGER, PLAIN, WW	1 POR	765	9.12	4	21.42	3.56	66	50	0	40	721	16.36
BURGER, RICE	6 OZ	239	6.09	0.93	5.79	1.44	46	1868	1.4	0	116	4.46
BURGER, TACO W. PORK	1 POR	291	13.22	4.66	18.46	2.58	79	252	2.7	51	312	1.49
BURGER, TOPU	1 POR	320	11.81	1.92	18.97	11.51	68	448	7	0	828	6.12
BURGER, TURKEY	1 POR	320	13.05	3.35	27.35	3.07	81	0	0	87	297	0.9
BURGER, TURKEY, WW BUN	1 POR	330	16.93	4.98	21.65	9.73	96	401	5.5	76	558	3.64
BURGER, VEGGIE MEAT	1 POR	184	8.29	1.87	6.62	1.6	74	3403	3.6	48	233	2.84
BURGER, VEGGIE, WW BUN	1 POR	273	6.79	0.52	18.64	10.31	79	4132	11.9	0	447	9.83
BURRITO, BEAN	1 POR	362	13.04	4.45	11.13	3.39	224	784	23.4	17	573	3.71
BURRITO, BEAN, LOW FAT, WW	1 POR	169	3.43	0.79	9.04	1.64	146	642	22.6	4	330	5.67
BURRITO, BEEF	1 POR	416	16.04	5.92	17.42	4.1	215	1267	18.7	40	5137	3.45
BURRITO, CHICKEN	1 POR	447	16.9	5.41	25.31	3.95	221	853	9	63	747	2.93
BURRITO, CHICKEN - LOW FAT, WW	1 POR	254	7.28	1.75	23.22	2.19	143	711	8.2	50	504	28.63
BURRITO, HAM & EGG	1 POR	160	5.75	1.52	9.51	1.75	52	154	0	116	617	18.07
BURRITO, GARLIC	1 POR	136	15.06	7.77	0.27	0.16	9	512	3	30	3	0.62
BUTTER, GARLIC LEMON	1 OZ	181	18.46	11.66	0.93	0.21	27	567	4.2	49	5	3.96
BUTTER, INDIVIDUAL	1 FAT	36	4.06	2.57	0.04	0	1	125	0	11	1	0
BUTTER, SUNFLOWER	2 TBS	200	16	2	7	1.44	20	0	0	0	120	7
CABBAGE, BOILED	3/4 CUP	25	0.48	0.06	1.15	0.19	35	158	22.6	0	9	5.02
CABBAGE, SAUTEED	3/4 CUP	133	4	0.63	2.86	1.58	92	421	57.1	0	72	25.21
CAKE, YELLOW	1 SUCE	210	8.34	1.75	3.28	1.04	75	39	0.1	34	110	31.02
CALZONE, BROCCOLI	1 EACH	522	31.88	8.9	21.77	2.54	505	1071	27.3	29	813	38.84
CALZONE, CHEESE	1 EACH	352	19.54	5.67	11.82	1.9	256	220	1.1	20	648	32.93
CALZONE, CHICKEN & CHEESE	1 EACH	473	23.92	8.04	27.97	5.65	532	1021	10.3	48	848	37.18
CALZONE, CHICKEN & TOMATO	1 EACH	513	29.47	9.4	24.23	2.71	490	895	9	46	945	38.31
CALZONE, CLASSIC	1 EACH	435	18.95	6.97	28.83	2.84	407	600	5.6	49	285	37.36
CALZONE, EGGPLANT & BASIL	1 EACH	480	28.65	7.2	17.48	2.71	403	881	15	19	743	40.36
CALZONE, EGGPLANT & GOAT CHEESE	1 EACH	593	42.04	14.2	17.87	2.31	262	251	5	48	924	37.85
CALZONE, FOUR CHEESE	1 EACH	467	26.05	9.61	22.13	8.97	606	1136	9.7	37	927	37.46
CALZONE, GRILLED VEGETABLE	1 EACH	493	28.96	7.3	18	3.98	435	2863	69.4	19	780	42.4
CALZONE, HAM & CHEESE	1 EACH	439	22.69	7.16	23.88	5.8	414	630	5.2	47	904	35.42
CALZONE, HAM & CHEESE, LOW FAT, WW	1 EACH	397	23.34	5.85	25.17	4.75	346	611	5.2	47	372	37.76
CALZONE, MEATBALL	1 EACH	502	26.42	9.06	27	9.86	591	1137	11	52	871	40.43
CALZONE, MEATBALL, LOW FAT, WW	1 EACH	461	27.07	7.75	28.28	8.81	523	1118	11	51	338	42.78
CALZONE, MUSHROOM & CHEESE	1 EACH	425	22.79	7.65	20.7	2.71	480	955	11.3	29	803	35.39
CALZONE, PEPPERONI	1 EACH	470	25.82	8.78	22.7	9.21	577	1096	10	38	957	38.06
CALZONE, PEPPERONI, CHEESE	1 EACH	452	26.85	8.94	18.71	2.48	377	363	2	41	977	34.44
CALZONE, PIZZA	1 EACH	591	37.66	9.12	15.9	3.37	367	2038	30.4	25	843	48.79
CALZONE, ROASTED GARLIC & ONION	1 EACH	601	37.3	9.76	21.53	2.5	517	522	11.4	29	854	46.63
CALZONE, SAUSAGE	1 EACH	464	26.91	9.82	21.58	2.9	380	919	10.7	52	880	34.11
CALZONE, SAUSAGE & FORMAGGIO	1 EACH	533	29.19	10.05	30.8	6.8	664	15355	58.5	48	1118	39.47
CALZONE, SUPREMA	1 EACH	445	25.67	8.64	19.67	2.56	377	367	2	43	975	34.15
CALZONE, THREE CHEESE	1 EACH	440	23.21	7.8	21.6	8.92	579	1058	9.7	30	846	37.52
CALZONE, THREE CHEESE, LOW FAT	1 EACH	451	25.21	9.39	20.07	8.87	572	1071	9.7	35	831	37.52
CARROT STICKS	3/4 CUP	54	0.32	0.04	1.23	0.4	44	22161	7.8	0	91	12.63
CARROTS, FRESH, BOILED	3/4 CUP	41	0.21	0.04	0.89	0.4	35	20126	4.2	0	68	9.62
CARROTS, FROZEN, BOILED	3/4 CUP	41	0.74	0.13	0.64	0.58	38	18205	2.5	0	65	8.46
CARROTS, HONEY GLAZED	3/4 CUP	73	0.74	0.13	0.67	0.62	39	18205	2.6	0	85	17.29
CARROTS, SEASONED	3/4 CUP	53	0.26	0.05	1.37	0.64	44	20023	4.9	0	69	12.38
CASSEROLE, BROCCOLI & CHEESE	1 POR	226	8.48	2.97	20.65	1.46	198	315	5.7	42	337	15.66
CASSEROLE, EGGPLANT & ZUCCHINI	1 POR	118	5.09	0.74	3.48	1.19	32	579	24.1	0	149	16.16
CASSEROLE, TUNA	1 POR	300	3.44	0.78	34.51	3.55	34	126	0.3	67	444	30.68
Cauliflower, FROZEN, BOILED	3/4 CUP	26	0.3	0.04	2.17	0.55	23	14	42.3	0	24	5.06
Cauliflower, RAW, FROZEN	3/4 CUP	19	0.08	0.02	1.49	0.33	17	10	34.8	0	23	3.88
CHERRY STICKS	3/4 CUP	16	0.19	0.04	0.77	0.22	45	500	3.5	0	89	3.31
CEREAL, VARIETY W. MILK	1 SERVING	201	2.92	1.81	9.52	3.94	294	918	9.1	12	226	34.77
CEREAL, VARIETY W/O MILK	1 SERVING	98	0.55	0.28	1.3	3.86	4	439	9.1	0	119	22.59
CEREAL, WHOLE GRAIN	1 POR	97	0.72	0.16	2.66	22.35	1104	500	60	0	192	22.5























WRAP,CACTUS JACK	1 POR	287	7.57	2.05	12.47	3.69	139	886	9.7	62	938	42.31	3.72
WRAP,CHICKEN & BACON	1 POR	564	21.17	4.63	45.51	3.98	129	758	9.1	102	1626	44.69	3.6
WRAP,CHICKEN BBO	1 POR	352	16.46	4.03	15.44	2.59	67	144	2.4	34	627	35.21	2.62
WRAP,CHICKEN CAESAR	1 POR	493	23.18	5.53	38.27	3.04	245	5117	20.4	99	752	35.9	5.79
WRAP,CHICKEN CAESAR - LF	1 POR	424	18.58	5.17	35.25	2.82	251	4957	20.4	86	806	30.46	5.79
WRAP,CHICKEN DELI	1 POR	506	17.91	5.42	42.83	3.59	315	955	8.4	93	1032	42.43	3.21
WRAP,CHICKEN RANCH	1 POR	334	12.86	2.02	30.44	2.36	108	72	0.8	84	659	12.58	1.5
WRAP,CHICKEN SALAD	1 POR	155	3.68	0.88	4.41	1.76	68	469	5.8	0	297	25.99	2.23
WRAP,CHICKEN SALAD & BACON	1 POR	448	28.96	8.55	16.32	2.41	88	809	10	47	833	30.08	2.91
WRAP,CHICKEN SALAD - LF	1 POR	216	6.75	1.14	15.03	1.78	64	577	6.5	27	317	27.05	5.18
WRAP,CHICKEN SALAD- LF, WW	1 POR	111	1.12	0.02	4.6	1.3	49	469	5.8	0	155	24.37	4.8
WRAP,COLD CUT VARIETY	1 POR	224	10.54	3.3	14.5	2.04	62	18	2	42	794	17.14	1.04
WRAP,COLORADO RIVER	1 POR	411	11.32	3.68	76.95	4.6	260	2343	64.9	36	1174	51.52	5.42
WRAP,DAGWOOD	1 POR	382	20.51	9.45	20.62	2.73	270	747	5.9	61	967	28.23	2.26
WRAP,DRAGON BEEF	1 POR	544	21.89	4.99	33.96	5.68	82	4282	10.3	72	1412	53.42	27.8
WRAP,EGG SALAD	1 POR	524	31.11	6.27	15.72	3.12	101	2381	11.5	375	1039	41.98	3.27
WRAP,EGG SALAD, WW	1 POR	406	26.68	4.96	15.72	3.12	101	2381	11.5	375	748	28.03	5.1
WRAP,EGG SALAD, WW, LF	1 POR	347	19.33	3.91	15.72	3.12	101	2381	11.5	370	795	29.92	5.1
WRAP,ENGLISH CHAN	1 POR	471	27.09	9.71	26.36	2.54	272	636	5.9	74	643	28.23	2.24
WRAP,FAIRWAY	1 POR	456	22.49	7.72	14.88	2.86	339	1802	60.1	16	740	49.2	4.31
WRAP,FRENCH CONNECTION	1 POR	397	14.48	4.79	37.12	2.93	293	2359	7	75	614	27.79	1.98
WRAP,GARDEN DAGWOOD	1 POR	345	14	5.3	21.01	2.41	495	3568	42.4	19	733	33.88	3.7
WRAP,GARDEN SALAD	1 POR	369	14.64	2.93	8.51	3.81	164	6595	18.6	5	763	51.48	6
WRAP,GOLD RUSH	1 POR	378	11.82	2.7	22.96	3.85	142	815	9.8	40	703	45.65	4.47
WRAP,GRILLED BLT	1 POR	455	26.42	9.26	20.8	2.29	399	2107	17.7	38	904	33.28	3.28
WRAP,GRILLED CHICKEN	1 POR	361	16.83	6.9	21.76	2.48	292	866	6.6	50	680	30.48	2.55
WRAP,GRILLED CHICKEN, LF, WW	1 POR	309	13.43	6.02	21.6	2	60	613	6.6	44	538	28.05	5.13
WRAP,GRILLED VEGETABLE	1 POR	290	17.41	2.81	4.99	1.92	75	865	68.2	0	295	29.33	3.42
WRAP,GRILLED VEGETABLE - LOW FAT	1 POR	246	14.84	1.94	5.18	1.47	56	865	68.2	0	153	27.71	5.99
WRAP,GRILLED VEGETABLE FETA	1 POR	543	29.81	11.64	17.08	4.62	442	1338	59.8	50	1800	54.72	10.75
WRAP,HAM CAESAR	1 POR	316	14.37	4.41	14.23	2.76	259	3994	13.7	27	838	32.77	3.04
WRAP,HAM & CHEESE	1 POR	270	10.15	4.01	15.55	2.7	158	764	6.6	39	1130	27.26	2.57
WRAP,HAM & SWISS ELEMENTARY	1 POR	233	8.14	3.28	11.76	2.35	177	726	6.6	25	864	27.43	2.55
WRAP,HONEY MUSTARD CHICKEN	1 POR	372	22.68	4.46	12.43	1.93	55	122	35.8	36	642	29.28	2.03
WRAP,ITALIAN COMBO	1 POR	476	25.87	8.62	17.57	3.34	105	469	5.8	47	1598	43.45	3
WRAP,LEMON CHICKEN	1 POR	526	23.6	6.29	36.89	3.83	237	723	8.7	75	1525	40.86	3.18
WRAP,MULBERRY STREET	1 POR	282	12.08	5	15.7	2.69	175	526	5.5	39	1098	26.16	2.07
WRAP,PEPPERJACK	1 POR	580	22.17	9.86	26.19	4.8	305	375	2.5	63	672	56.17	3.58
WRAP,RED SQUARE	1 POR	421	18.45	5.6	32.51	3.36	198	922	9.1	78	697	30.29	2.91
WRAP,RED SQUARE - LF	1 POR	332	10.04	2.6	32.93	2.91	170	815	9.1	68	532	29.78	5.55
WRAP,ROUTE 66	1 POR	584	21.79	5.17	25.15	5.34	173	852	11.6	54	1323	66.18	5.11
WRAP,SANTA FE	1 POR	271	9.72	1.71	10.56	2.02	88	671	9.8	10	889	42.51	3.89
WRAP,SEAFOOD SALAD	1 POR	409	18.3	5.68	17.65	3.13	213	294	1	40	890	35.19	3
WRAP,SOUTH BORDER	1 POR	418	14.95	3.2	20.04	3.84	165	177	1	28	841	45.09	3.46
WRAP,SOUTH BORDER - LF	1 POR	411	21.97	8.05	23.23	3.23	166	3324	13.6	66	677	55.04	6.11
WRAP,STEAK CAESAR	1 POR	275	4.01	0.94	6.65	2.34	81	4319	8.8	0	341	28.18	2.62
WRAP,SWEET & SOUR	1 POR	423	14.02	2.49	18.54	4.06	135	1188	8.1	13	948	55.32	4.83
WRAP,TUNA APPLE	1 POR	247	6.67	1.33	12.6	2.65	90	651	8.4	8	545	54.88	4.02
WRAP,TUNA SALAD	1 POR	262	10.45	1.25	12.04	1.92	60	16	0	8	608	33.53	2.73
WRAP,TUNA SALAD,WW, LF	1 POR	458	22.85	8.62	34.77	3.16	258	2753	10.2	89	770	32.04	4.26
WRAP,TURKEY	1 POR	404	20.45	7.97	26.13	2.52	243	456	0.8	68	737	28.92	2.3
WRAP,TURKEY & AMERICAN	1 POR	360	17.88	7.11	26.32	2.06	223	456	0.8	68	595	27.26	1.78
WRAP,TURKEY & AMERICAN,WW	1 POR	474	27.17	8.42	34.82	2.59	234	688	3.7	97	569	25.64	4.35
WRAP,TURKEY & CHEESE	1 POR	459	21.4	5.11	30.24	3.75	240	5132	26.9	72	1827	25.04	4.64
WRAP,TURKEY CAESAR	1 POR	367	18.3	2.98	29.02	2.52	68	368	3.7	71	286	40.3	6.35
WRAP,TURKEY CLUB	1 POR	387	15.92	4.81	36.16	2.62	272	2732	10.2	78	734	24.1	4.51
WRAP,TURKEY LF WW	1 POR	306	11.59	1.67	22.39	3.06	103	85	7.2	58	1739	27.29	2.02
WRAP,TURKEY RANCH	1 POR	324	15.19	7.17	19.66	3	233	403	0.4	67	1209	26.13	1.73
WRAP,TURKEY,HAM,CHEESE	1 POR	343	13.22	2.94	13.44	3.04	204	3842	25.9	5	549	44.46	6.47
WRAP,VEGETARIAN	1 POR	300	10.66	2.07	13.44	2.13	495	3493	13.4	19	610	42.84	9.04
WRAP,VEGETARIAN - LF	1 POR	298	5.96	4.8	20.68	2.13	50	21908	22.3	0	50	31.47	3.39
WRAP,VEGGIE	1 POR	171	0.17	0.06	2.29	1.14	451	436	20.7	14	249	41.25	3.76
YANGS,CANDIED	3/4 CUP	421	10.81	3.64	18.84	5.18	465	3053	50.5	5	205	66.83	7.43
YOGURT & FRUIT PARFAIT	1 POR	189	0.7	0.32	14.22	0.54	465	3053	50.5	5	205	32.68	1.5
YOGURT,ALMONDS,FRUIT LUNCH	1 POR	310	16.73	2.13	12.26	1.63	269	68	1.9	6	118	31.34	4.59
YOGURT,ASSORTED, NONFAT	1 POR	100	0	0	3	0	300	0	1.2	0	75	22	0
YOGURT,PLAIN	1 OZ	16	0.05	0.03	1.62	0.03	56	2	0.8	1	22	2.18	0
YOGURT,TRIX	1 CON	205	2.57	1.58	8.72	0.26	101	0	0	15	284	33.1	0.38