



*What's Up
with
Nutrition*

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What's Up with Nutrition

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Nutrient Analysis Recommendations

Recommended Daily Allowances (RDA)	Calories	G Protein	Cals/Fat	Cals/Sat Fat	Mg Calcium	Mg Iron
Breakfast: Age 3-6 (25% RDA)	419	5.50 g	126	42	200 mg	2.5 mg
Breakfast: Age 7-10 (25% RDA)	500	7.00 g	150	50	200 mg	2.5 mg
Breakfast: 11-13 (25% RDA)	588	11.25 g	177	59	300 mg	3.4 mg
Breakfast: Age 14-17 (25% RDA)	625	12.50 g	186	62	300 mg	3.4 mg
Lunch: Age 3-6 (33% RDA)	558	7.30 g	168	56	267 mg	3.3 mg
Lunch: Age 7-10 (33% RDA)	667	9.30 g	201	67	267 mg	3.3 mg
Lunch: Age 11-13 (33% RDA)	783	15.0 g	234	78	400 mg	4.5 mg
Lunch: Age 14-17 (33% RDA)	846	17.6 g	255	85	400 mg	4.5 mg

The information contained in these pages was compiled by a Metz registered dietitian (RD) using an approved Pennsylvania Department of Education (PDE) nutrient analysis program. Calorie and nutrient information were calculated using standardized USDA recipes and recommended portion sizes.

Signature Entrées

Menu Item	Calories	Total Fat	Protein	Carb.	Sat Fat.	Dietary Fiber	Calcium	Iron
Pasta w/4 oz. Marinara Sauce	387	7 g	11 g	71 g	1 g	6.50 g	33 mg	3 mg
Dinner Roll, small	65	1 g	3 g	12 g	0 g	1.0 g	0 mg	1.4 mg
Beefaroni	428	9 g	23 g	62 g	3 g	4.1 g	46 mg	4.2 mg
Macaroni & Cheese, 1 cup	294	11 g	16 g	32 g	4 g	1.2 g	289 mg	1.6 mg
Lasagna	266	11 g	17 g	24 g	6 g	2 g	264 mg	2.3 mg
Pasta Cheese Bake (w/pepperoni)	421	19 g	17 g	45 g	7 g	3.9 g	190 mg	2.1 mg
Pierogies (3)	230	7 g	6 g	36 g	2 g	1 g	100 mg	1.0 mg
Beef Soft Tacos	279	13 g	17 g	22 g	6 g	2 g	164 mg	2.5 mg
Beef Burrito w/cheese topping	342	19 g	19 g	24 g	10 g	2 g	320 mg	2.6 mg
Chicken Burritos	247	12 g	11 g	24 g	7 g	2 g	260 mg	2.0 mg
Chicken Fritters (2 large)	466	26 g	28 g	30 g	0g	0g	0 mg	0 mg
Breaded Chicken	294	17 g	25 g	10 g	4 g	0g	71 mg	1.5 mg
Baked Chicken	187	10 g	23 g	0 g	3 g	0g	13 mg	1.1 mg
BBQ Chicken	272	10 g	23 g	22 g	3 g	0g	32 mg	1.6 mg
Beef Stroganoff	366	17 g	17 g	34 g	7 g	0g	17 mg	2.7 mg
Pork & Sauerkraut	424	20 g	21 g	39 g	7 g	4 g	68 mg	4.6 mg
Hot Roast Beef Sandwich	326	13 g	23 g	28 g	5 g	1.4 g	63 mg	3.8 mg
Meatloaf	355	18 g	31 g	17 g	7 g	3 g	73 mg	3.7 mg
Hot Turkey Sandwich	266	8 g	17 g	30 g	2 g	1.3 g	68 mg	2.7 mg
Creamed Chicken & Biscuits	318	12 g	25 g	26 g	4 g	0g	129 mg	2.4 mg
Chicken Parm over Pasta	513	29 g	22 g	45 g	2 g	6 g	123 mg	1.9 mg
Chicken Fajita	357	14 g	24 g	34 g	2 g	2.2 g	63 mg	2.5 mg
General Tso Chicken / Rice	353	13 g	11 g	47 g	0g	0g	11 mg	2.0 mg
Chili & Cornbread	257	10 g	16 g	28 g	3 g	3 g	97 mg	2.9 mg
Chicken ala King / Biscuit	358	15 g	23 g	32 g	5 g	1.8 g	183 mg	2.7 mg
Nachos & Cheese	431	25 g	13 g	40 g	7 g	4 g	194 g	1.4 g
Pancakes (2) w/sausage & syrup	441	16 g	14 g	59 g	4 g	0g	85 mg	1.6 mg

J. Clark's Grill

Menu Item	Calories	Total Fat	Protein	Carb.	Sat Fat.	Dietary Fiber	Calcium	Iron
Chicken Patty on Bun	406	23 g	16 g	32 g	0 g	0 g	59 mg	1.3 mg
Hot Ham & Cheese on Bun	228	8 g	16 g	23 g	3 g	1 g	491 mg	2.2 mg
Chicken Nuggets (5)	259	16 g	14 g	15 g	4 g	1 g	22 mg	2 mg
Ham BBQ Sandwich	295	12 g	14 g	33 g	4 g	1.5 g	73 mg	2.1 mg
Fish Sandwich	370	6 g	26 g	53 g	2 g	5 g	112 mg	5.0 mg
Sloppy Joe on Bun	291	10 g	17 g	32 g	4 g	2 g	77 mg	2.9 mg
Hamburger on Bun	288	14 g	18 g	21 g	5 g	1.2 g	66 mg	2.6 mg
Cheeseburger on Bun	395	23 g	24 g	22 g	11 g	1.2 g	240 mg	2.7 mg
Bacon Cheeseburger	431	26 g	26 g	22 g	12 g	1.2 g	241 mg	2.8 mg
Pizza Burger	293	12 g	20 g	29 g	5 g	2.4 g	456 mg	2.8 mg
Meatball Hoagie w/ cheese	432	24 g	21 g	34 g	10 g	4 g	121 mg	1.9 mg
Steak & Cheese Hoagie	534	24 g	26 g	54 g	4 g	2.2 g	250 mg	3.2 mg
Toasted Cheese Sandwich	381	21 g	15 g	34 g	10 g	1.7 g	364 mg	2.0 mg
Grilled Ham & Cheese	365	18 g	17 g	34 g	7 g	1.7 g	278 mg	2.1 mg
Hot Dog on Bun	251	12 g	11.8 g	23 g	4 g	1.2 g	120 mg	2.4 mg
Ham & Cheese on Pretzel Bun	437	6 g	26 g	68 g	2 g	4 g	115 mg	2.8 mg
BBQ Rib on Bun	384	17 g	22 g	34 g	5 g	1.5 g	80 mg	2.9 mg
Chicken Strips	380	20 g	23 g	28 g	4 g	0 g	20 mg	1.0 mg
Vegetarian Burger on Bun	280	5 g	20 g	38 g	0 g	5 g	90 mg	1.6 mg
Buffalo Chicken Sandwich	419	24 g	17 g	35 g	0 g	2 g	66 mg	1.7 mg

Pizza Express

Menu Item	Calories	Total Fat	Protein	Carb.	Sat Fat.	Dietary Fiber	Calcium	Iron
Stromboli	220	8 g	16 g	21 g	4 g	1 g	191 mg	1.7 mg
Calzone	244	7 g	13 g	33 g	3 g	2 g	630 mg	1.8 mg
Pizza (plain)	353	15 g	18 g	36 g	5 g	1.4 g	399 mg	2.5 mg
Pepperoni Pizza	372	17 g	18 g	36 g	6 g	1.4 g	399 mg	2.9 mg
Pizza with Mushrooms	362	15 g	18 g	38 g	5 g	2.3 g	403 mg	2.8 mg
Pizza with sausage	387	18 g	20 g	32 g	6 g	1.4 g	402 mg	2.7 mg
Stuffed Crust Pizza	378	14 g	19 g	44 g	6 g	1.6 g	409 mg	3.4 mg
BBQ Chicken Pizza	460	19 g	22 g	51 g	6 g	2 g	413 mg	3.2 mg
Italian Dunkers	321	19 g	9 g	34 g	9 g	3 g	174 mg	1.5 mg
Pizza Bagels (2 halves)	514	12 g	30 g	74 g	6 g	5 g	379 mg	2.9 mg

Greens N' Things

Menu Item	Calories	Total Fat	Protein	Carb.	Sat Fat.	Dietary Fiber	Calcium	Iron
Grilled Chicken Caesar (w/2 oz. dress)	385	11 g	62 g	7 g	4 g	0 g	272 mg	2.2 mg
Chef Salad	315	19 g	30 g	5 g	8 g	1.7 g	295 mg	1.6 mg
Taco Salad	274	16 g	16 g	18 g	6 g	3 g	160 mg	2.1 mg

Vegetables-1/2 Cup Servings

Corn	65	0 g	2 g	16 g	0 g	2 g	3 mg	0 mg
Carrots	26	0 g	1 g	6 g	0 g	2.5 g	20 mg	.3 mg
Broccoli	26	0 g	3 g	5 g	0 g	2.8 g	47 mg	.5 mg
Broccoli/Cheese Sauce	74	3 g	5 g	7 g	2 g	2.7 g	117 mg	.7 mg
Peas	63	0 g	4 g	11 g	0 g	4 g	19 mg	1.2 mg
Peas & Carrots	39	0 g	3 g	8 g	0 g	2.5 g	18 mg	.7 mg
Cauliflower	17	0 g	2 g	3 g	0 g	2.4 g	15 mg	.3 mg
Mixed Veggies	53	0 g	3 g	12 g	0 g	4 g	23 mg	.7 mg
Baked Beans	80	0g	3 g	19 g	0 g	3.3 g	35 mg	.3 mg
Carrots & Celery	48	0 g	0 g	6 g	0 g	1.8 g	24 mg	.3 mg
Potato Salad	176	11 g	2 g	19 g	1 g	1.8 g	14 mg	.4 mg
Cole Slaw	170	16 g	2 g	7 g	2 g	2 g	41 mg	.6 mg
Tossed Garden Salad	15	0 g	0 g	3 g	0 g	1 g	12 mg	.3 mg
Tomato Soup (1 cup)	80	0 g	2 g	17 g	0 g	1 g	0 mg	0 mg

Fruit-1/2 Cup Servings

Peaches, Canned	68	0 g	0 g	18 g	0 g	1.6 g	4 mg	.5 mg
Pineapple, Canned	65	0 g	0 g	170g	0 g	1 g	18 mg	.5 mg
Applesauce, Canned	97	0 g	0 g	25 g	0 g	105 g	5 mg	.5 mg
Apricots, Canned	80	0 g	0 g	21 g	0 g	2 g	14 mg	.5 mg
Pears, Canned	71	0 g	0 g	19 g	0 g	2 g	6 mg	.3 mg
Mandarin Oranges,Canned	71	0 g	0 g	18 g	0 g	1.3 g	9 mg	.4 mg
Watermelon	25	0 g	0 g	5 g	0 g	.4 g	6.5 mg	.1 mg
Apple, medium	80	0 g	0 g	21 g	0 g	4 g	10 mg	.25 mg
Banana, medium	105	0 g	1 g	27 g	0 g	3 g	7 mg	.3 mg
Pear, medium	98	0 g	0 g	25 g	0 g	4 g	18 mg	.4 mg
Orange, medium	62	0 g	1 g	15 g	0 g	3 g	52 mg	.1 mg
Raisins (1/4 cup)	109	0 g	1 g	29 g	0 g	1.5 g	18 mg	.8 mg
Cherries, Dried (1/4 cup)	119	0 g	1 g	28 g	0 g	1 g	160 mg	.4 mg

Sips

Menu Item	Calories	Total Fat	Protein	Carb.	Sat Fat.	Dietary Fiber	Calcium	Iron
Milk, Half Pints								
Milk, 1% Choc	158	3 g	8 g	26 g	2 g	0 g	286 mg	.6 mg
Milk, Skim	86	0 g	8 g	12 g	0 g	0 g	302 mg	.1 mg
Milk, 2% White	121	5 g	8 g	12 g	3 g	0 g	296 mg	.1 mg
Milk, 1% White	102	3 g	8 g	12 g	2 g	0 g	300 mg	.1 mg
Juice, 4 oz Cups								
Orange Juice	55	0 g	1 g	14 g	0 g	0 g	10 mg	0 mg
Apple Juice	55	0 g	0 g	14 g	0 g	0 g	0 mg	0 mg
Grape Juice	77	0 g	1 g	19 g	0 g	0 g	11 mg	0 mg
Cranberry Juice	65	0 g	0 g	16 g	0 g	0 g	3 mg	.2 mg

Deli Corner

Menu Item	Calories	Total Fat	Protein	Carb.	Sat Fat.	Dietary Fiber	Calcium	Iron
Spicy Chicken Wrap	246	7 g	22 g	26 g	3 g	1 g	94 mg	2.2 mg
Turkey Ranch Wrap	334	15 g	18 g	33 g	6 g	2 g	236 mg	2.0 mg
Chicken Salad Sandwich	366	18 g	22 g	30 g	3 g	3 g	66 mg	2.6 mg
Turkey & Cheese on Pita	203	4 g	16 g	26 g	2 g	1 g	124 mg	1.7 mg
Ham Salad Sandwich	412	29 g	11 g	29 g	5 g	3 g	63 mg	2.3 mg
Egg Salad Sandwich	342	19 g	14 g	29 g	4 g	3 g	91 mg	2.8 mg
Tuna Salad Sandwich	389	22 g	20 g	29 g	3 g	3 g	67 mg	2.8 mg
Italian Hoagie	386	10 g	21 g	54 g	3 g	2.3 g	291 mg	3.9 mg
Tuna Salad Sandwich	389	22 g	20 g	29 g	3 g	3 g	67 mg	2.8 mg
Bologna & Cheese on Bun	261	12 g	13 g	26 g	4 g	1.2 g	202 mg	2.0 mg
BLT on Bread	404	23 g	12 g	37 g	5 g	2 g	38 mg	2.7 mg
Club Sandwich	374	14 g	25 g	38 g	6 g	1.7 g	267 mg	2.6 mg
Turkey & Cheese Pita	203	4 g	16 g	26 g	2 g	1 g	124 mg	1.7 mg
Turkey Hoagie	358	6 g	25 g	52 g	2 g	2 g	80 mg	3.4 mg
Ham & Cheese Sandwich	228	8 g	16 g	23 g	3 g	1 g	491 mg	2.3 mg
PBJ Sandwich	435	21 g	19 g	46 g	4 g	1 g	53 mg	1.6 mg