



# INTERNATIONAL SCHOOL OF LOUISIANA

## FOOD SERVICE DEPARTMENT

*Nutritive Value of foods offered*

Menu Item	Serving Size	Calories (g)	Fat (g)	Sat. Fat (g)	Carbohydrate (g)	Protein (g)	Sodium (mg)
<b>ENTRÉE ITEMS</b>							
Beans, Red w/Ham, Sausage	3/4 cup	311	11.02	3.55	39.84	13.99	503
Beef & Cheese Macaroni	3/4 cup	309	12.62	5.11	25.87	23.42	403
Beef Italian Rotini Casserole	3/4 cup	355	14.96	6.67	29.56	27.08	603
Turkey Taco Meat	2 oz.	164	10	2	6	16	264
Cheese, String	1 oz. - 1 each	80	6	3.5	1	6	200
Alfredo Pasta w/ Chicken	3/4 cup	247	8.2	4.22	21.81	20.8	667
Chicken, Fajitas	1 each	274	10.33	6.23	19.58	27.98	404
Chicken, Nuggets	5 each	230	14	3	14	13	330
Chicken, Stew	1/2 cup	116	2.51	0.73	11	12	158
Chicken, Barbecue	1 serving	282	15	4.5	3.07	31	220
Chicken, Baked	1 serving	126	9.51	3	0	9.53	35
Chicken, Honey Lemon	1 serving	188	9.52	3	16.83	9.59	274
Chicken, Lemon pepper	1 serving	250	19	6	0	19	154
Chicken Noodle Soup	1 cup	116	2.51	0.73	11.21	12.24	158
Chicken Spaghetti	3/4 cup	311	6	2	38	26	501
Chicken Quesadilla	1 each	232	5.78	3.36	23.8	21.71	582
Chili, Beef w/ Beans	1/2 cup	86	4.34	1.65	4	7.66	138
Chili, Beef without Beans	1/2 cup	167	12	4.49	3.87	10.89	208
Gumbo, Chicken and Sausage	1 cup	139.3	6.7	2.3	5.2	13.8	475
Jambalaya, Chicken and Sausage	1/2 cup	90.5	5.89	1.7	2.07	7	222
Macaroni & Cheese	1/2 cup	121	3.01	0.98	18.91	3.88	109
Tortilla Chips, Yellow Round	1 oz.	140	7	1	18	2	100
Tortilla Chips, White Round	1 oz.	140	7	1	18	2	100
Pastalaya, Chicken and Sausage	1/2 cup	146	2.13	0.16	21.53	9.56	51
Pizza, Cheese	1 Slice	310	11	4	35	16	480
Pizza, Pepperoni	1 Slice	300	11	4	35	15	550
Pizza, Turkey Sausage	1 Slice	300	10	4.5	35	16	470
Salisbury Steak w/ Gravy	1 each - 2 oz.	143	8.32	3.32	5.59	11	425
Soup, Potato	1 cup	391	18.83	9.48	42.2	13.39	556
Soup, Vegetable	1 cup	124	2.09	0.31	21.52	5.79	498
Spaghetti & Meatballs	1 cup	340	19.13	7.16	25.53	19.56	363
Spaghetti & Meatsauce	1/2 cup	342	12.81	4.51	38.99	17.53	644
Tuna Salad	1/2 cup	167	8.7	0.81	3.97	16.97	564
<b>PASTA &amp; RICE</b>							
Rice, Brown	1/2 cup	108	1	0	22	3	5
Spaghetti, Whole Wheat	1/2 cup	105	1	0	21	3	0
Pasta, Macaroni, Whole Wheat	1/2 cup	105	1	0	21	3	0
Pasta, Rotini, Whole Wheat	1/2 cup	105	1	0	21	3	0
<b>SANDWICHES</b>							
Cheese, Grilled, Sandwich	1 each	240	7	3	32	12	620
Chicken, Breaded on Wheat Bun	1 each	360	13	2.5	41	21	680
Fish Fillet on wheat Bun	1 each	300	7	0.5	43	16	590
Hamburger on Wheat Bun	1 each	280	10	3	33	16	520
Ham and Cheese Mini Sub	1 each	257	9	4	31	16	832
Turkey and Cheese Mini Sub	1 each	276	9	4	30	20	869
<b>VEGETABLES</b>							
Beans, Baked	1/2 cup	160	0	0	32	7	540
Beans, baked Vegetarian	1/2 cup	110	1	0	20	7	140
Broccoli, Spears, Steamed	1/2 cup	26	0	0	5	3	22
Carrots, Sliced	1/2 cup	18	0	0	4	0	140
Carrots, Broccoli, cauliflower w/ Dip	1/2 cup	76.7	3.7	0.4	10.7	1.2	200
Carrots, Celery w/ Dip	1/2 cup						
Carrots, Cucumber, Broccoli w/ Dip	1/2 cup						
Coleslaw	1/2 cup	134	11	1.5	7	1.1	250
Corn on cob	1 cob	90	1	0	19	3	0

Corn, Whole Kernel, Steamed	1/2 cup	65	1	0	15	2	15
French Fries, Oven Baked	1/2 cup	120	4	1	20	2	230
French Fries, Sweet Potato, Oven Baked	1/2 cup	150	8	2	19	1	125
Green Beans, Seasoned	1/2 cup	16	0	0	3	1	140
Green Beans with Potatoes	1/2 cup	53	1.94	0.86	7.59	1.48	151.18
Mashed Potatoes	1/2 cup	91	2.29	1.04	15.67	2.35	83.44
Loaded Supreme Mashed Potatoes	1/2 cup	114	4.13	2.27	15.88	3.58	157.28
Mustard Greens, Seasoned	1/2 cup	25	0	0	3	2	30
Peas, Green, Steamed	1/2 cup	70	0.5	0	12	4	300
Peas and Carrots, Steamed	1/2 cup	56.2	1.3	0.5	10.1	3.1	65
Potatoes, Tater Tots	1/2 cup	158.2	7.9	1.5	19.8	1.9	230
Potatoes, French Fries	1/2 cup	87	3	1	15	1	100
Sweet Potato Soufflé	1/2 cup	311.6	6.9	2.9	40	3.4	136.5
Vegetable Blend - 4 way	1/2 cup	45	0	0	10	2	25
Sweet Potatoes	1/2 cup	103	0	0	25	0	31

#### SALADS

Caesar salad(cROUTONS & Parmesan cheese)	1 cup	67	3.3	1.03	8.29	4.2	178
Cucumber/Tomato Salad	1/2 cup	13.3	0.1	0	3	0.6	2.8
Potato Salad	1/2 cup	161	18.1	6.3	17	5	200
Sandwich Salad cup	1/2 cup	19.4	0	0	4	0.8	136
Salad, Garden	1 cup	13.7	0.2	0	2.7	0.9	5.7

#### FRUITS

Apple sauce	1/2 cup	51	0	0	14	0	2
Apple Slices, Baked	1/2 cup	50	0	0	12	0	10
Apple Wedges	2 slices	32	0	0	8	0	1
Banana	1 small	90	0	0	23	1	1
Grapes, Fresh	1/2 cup	32	0	0	8	1	1
Mandarin Oranges	1/2 cup	80	0	0	21	1	0
Orange Wedges	1/2 cup	40	0	0	10	1	1
Peaches, Sliced	1/2 cup	60	2	2	14	0	10
Pear, Sliced	1/2 cup	60	0	0	15	0	5
Pineapple Tidbits	1/2 cup	84.7	0.2	0	21.5	0.5	9.1
Satsumas	1 each	47	0.3	0	12	0	10
Strawberries, Sliced, Frozen	1/2 cup	90	0	0	23	0	0
Strawberries w/ Whipped Topping	1/2 cup	27	0	0	8	4	1.5
Tropical Fruit	1/2 cup	70	0	0	24	1	0
Watermelon	1/2 cup	32.6	0.5	0	8.1	0.7	1.4

#### BREADS

Bread, Sliced, White Wheat	1 slice	80	1	0	15	3	160
Bread, Sliced, Garlic	1 slice	140	8	1.5	15	3	190
Breadstick, Garlic	1 each	170	2.5	0	22	4	230
Bun, Hamburger, White Wheat	1 each	150	2	0	30	5	310
Bun, Hoagie, Whole Grain	1 each	120	2	0	27	5	300
Bun, Hot Dog, Wheat	1 each	140	2	0	27	5	300
Cornbread	1 each	210	10	2	25	3	260
Crackers, WG	4 packs	120	4	1	18	2	230
Crackers, Cheez-its, Whole Grain	1 pack - .75 oz	100	3.5	1	14	2	150
Crackers, Goldfish	1 pack .75 oz	100	3.5	0.5	14	2	180
Muffin, Apple Cinnamon	1 each - 2.25 oz.	250	12	2.5	31	3	240
Muffin, Blueberry	1 each - 2.25 oz.	210	9	2	30	3	240
Muffin, Blueberry, Whole Grain	1 each - 2 oz.	190	6	2	30	3	130
Roll, Wheat	1 each - 1.5 oz.	140	4	1	22	4	220

#### DESSERTS

Cookie, Chocolate Chip	1 each	130	6	3	17	1	100
Cookie, Oatmeal Raisin	1 each	160	7	4	23	2	135
Italian Ice, Lemon/Orange	1 each - 4 oz.	80	0	0	20	0	10
Pudding, Chocolate	1/2 cup	120	3.5	0	23	1	200
Pudding, Vanilla	1/2 cup	130	3	0	25	0	200

#### CONDIMENTS

Barbecue Sauce	2 tbsp	25	0	0	6	0	430
Cheddar Cheese, Shredded	1 ounce	55	4.5	3	0.5	3.5	95
Jelly	1 packet	35	0	0	9	0	0
Ketchup	1 packet	35	0	0	9	0	0
Mayonnaise	1 packet	10	0	0	3	0	85
Mustard	1 packet	90	10	1.5	0	0	65
Salad Dressing, French	1 packet	5	0	0	0	0	55

Salad, Dressing, Honey Mustard	1 packet	50	4.5	0.5	2	0	105
Salad Dressing, Italian	1 packet 1.5 oz.	130	9	1.5	12	0	330
Salad Dressing, Ranch	1 packet 12.4 gr	5	0	0	1	0	115
Salad Dressing, Thousand Island	1 packet .43 oz	20	0	0	4	0	80
Salsa, Low Sodium	1 packet 12.4gr	15	0	0	3	0	100
Sour Cream	1 oz	10	0	0	2	0	35

#### BREAKFAST ITEMS

Biscuit, Whole Wheat							
Biscuit, Whole White Wheat	2 oz. - 1 each	190	9	6	23	4	460
Biscuit, Buttermilk	1 oz. - 1 each	160	4	2	27	5	360
Croissant	1 oz - 1 each	100	4	2	13	2	290
Belvita Breakfast Cookie	2 oz. - 1 each	190	9	4	23	3	160
Cereal, Apple Jacks	1.76 oz.	230	8	0.5	36	4	210
Cereal, Cheerios, Honey Nut	1 oz. / 1 bowl	110	1	0.5	24	2	160
Cereal, Cinnamon Toast Crunch	1 oz. / 1 bowl	110	1.5	0	22	2	160
Canadian Bacon	1 oz. / 1 bowl	110	3	0.5	22	1	160
Lucky Charms, Whole Grain	1 oz.	110	1	0	23	2	180
Cereal, Corn Flake Frostie, Whole Grain	1 oz. / 1 bowl	110	1	0	23	2	180
Cracker, Graham	1 oz. / 1 bowl	100	0.5	0	24	1	170
Grits	2 pks - 28 g	120	3	0	22	2	140
Muffin, Apple Cinnamon	1/2 cup	63	0.3	0.06	13.57	1.31	287.25
Muffin, Blueberry	1 each - 2 oz.	240	12	2.5	31	3	220
Muffin, Blueberry Whole Grain	1 each - 2 oz.	210	9	2	30	3	240
Oatmeal	1 each - 2 oz.	190	6	2	30	3	130
Pancakes	1/2 cup	71	1.25	0.22	12.02	3.06	77.6
Pancake and Sausage on Stick	2 each	153	4	1	27	3	220
Sausage Patty, Turkey	1 each	240	15	4.5	18	7	360
Toaster Pastry, Whole Grain	1 patty	75	5	1.5	0.5	6	200
Waffle, Whole Grain	1.76 oz.	180	2.5	1	38	2	190
Waffles, Mini - Blueberry, WG	1 oz. - 1 portion	130	3.5	0.5	23	4	360
Gogurt, Strawberry	1 pack	240	6	1	40	5	190
Yogurt, Strawberry Banana	1 tube	50	1	0	10	2	30
Yogurt, Strawberry	4 oz.	100	2	1	17	4	70
Yogurt, Peach	4 oz.	100	2	1	17	4	70
Yogurt, Raspberry	4 oz.	100	2	1	17	4	70
Yogurt Parfait, with Peaches and Granola	1 serving	105	0.5	0	30	2.5	50

#### BEVERAGES

Juice, Apple							
Juice, Grape	4 oz.	60	0	0	14	0	15
Juice, Orange	4 oz.	80	0	0	18	1	15
Juice, Pineapple Orange	4 oz.	50	0	0	13	1	15
Juice, Fruit Punch	4 oz.	60	0	0	13	1	20
Juice, Orange Tangerine	6.75 oz	100	0	0	25	0	10
Juice, Apple	6.75 oz	110	0	0	27	0	15
Milk, 1% White							
Milk, Skim White	8 oz.	100	2.5	1.5	12	8	125
Milk, Chocolate, 1%	8 oz.	80	0	0	12	8	125
Milk, Strawberry, 1%	8 oz.	140	2.5	1.5	20	9	190
Lactaid	8 oz.	130	2.5	1.5	19	9	135
Soy Milk, Vanilla	8 oz.	110	2.5	1.5	13	8	125

#### EXTRA ITEMS

Doritos, Nacho Cheese	1 pkg. 1 oz.	150	8	1	18	2	190
Doritos, Ranch	1 pkg. 1 oz.	150	8	1	18	2	210
Teddy Grahams	1 pkg. 1 oz.	150	0	1	18	2	180
Teddy Grahams	1 pkg- .75 oz	90	0	0.5	16	1	95
Sunchips, Cheddar	1 pkg - 1 oz.	120	4	0.5	21	2	90
Sunchips, Salsa	1 pkg. 1 oz.	140	6	0.5	19	2	170
Cheetos	1 pkg - 1 oz.	140	6	0.5	19	2	140
Cheetos Puffs	1 pkg - .88 oz	140	9	1.5	14	2	230
Goldfish Cheese Crackers, whole Grain	1 pkg- 1 oz.	160	10	1.5	15	2	250
Goldfish Cheese Crackers	1 pkg .75 oz	100	4	0.5	14	2	170
Popcorn, Cheddar	1 pkg. .75 oz.	100	3.5	0.5	14	2	180
Funyuns	1 pkg. .75 oz.	100	3.5	0.5	14	2	125

The nutrition standards for school breakfast, lunch and afterschool snacks are in alignment with the USDA National School Breakfast, Lunch and Snack meal pattern

Complete meals offered to students are planned to meet the Meal Pattern for the Traditional Food-based Menu Planning Option provided by the USDA, Food and Nutrition Division.