

Clovis Unified School District  
Nutrition Facts for Intermediate High School Food Items

<b>Food Item</b>	<b>Calories</b>	<b>Protein (gm)</b>	<b>Carbohydrate (gm)</b>	<b>Fat (gm)</b>	<b>Saturated Fat (gm)</b>	<b>Trans Fat (gm)</b>	<b>Iron (mg)</b>	<b>Calcium (mg)</b>	<b>Vitamin A (IU)</b>	<b>Vitamin C (mg)</b>
<b>ENTREES:</b>										
Cheeseburger	424	24	27	24	10	0	3	205	218	0
Chicken Cool Ranch Wrap	395	23	45	15	4	0	2	312	948	1
Chicken Cordon Bleu	571	28	66	22	6	0	5	142	551	2
Hot & Spicy Chicken Sandwich	300	16	35	11	2	0	3	80	400	0
Mini Cheeseburgers	500	28	60	16	6	0	5	158	124	0
Pizza Pocket	330	19	27	16	8	0	2	327	449	7
Popcorn Chicken w/Ranch & Roll	451	15	39	27	4	0	3	47	70	0
Orange Chicken Rice Bowl	473	15	67	16	3	0	2	21	0	0
Sub Sandwich on Homemade Roll	486	21	59	19	5	0	4	107	325	2
Spicy Chicken Salad w/Roll	511	22	49	26	5	0	4	212	19191	28
<b>SIDE DISHES:</b>										
Apple, Fresh	72	0	19	0	0	0	0	8	75	6
Banana, Fresh	90	1	23	0	0	0	0	5	65	9
Carrots, Baby	20	1	5	0	0	0	0	12	7865	4
Cheetos, Baked - Flamin' Hot (1oz)	130	3	19	5	1	0	1	0	0	0
Chocolate Chip Cookie (2oz)	199	3	35	5	2	0	3	20	0	2
Doritos - Spicy Sweet Chili (1oz)	130	2	20	5	1	0	0	20	0	0
Juice Cup Straw/Pomegrante (4oz)	80	0	18	0	0	0	0	80	500	0
Milk, 1% (8oz)	130	10	16	3	2	0	0	400	500	1
Milk, Fat Free chocolate (8oz)	150	9	27	0	0	0	0	300	500	0
Orange, Fresh	45	1	11	0	0	0	0	38	216	51
Raisins (1.3oz box)	113	1	30	0	0	0	1	19	0	1
Sun Chips, Garden Salsa (1oz)	140	2	19	6	1	0	0	0	0	0
Nutrients are rounded to the nearest whole number. Figures are based on current nutrition information and recipes.										
Substitutions may occur. Like products may not contain the same amount of nutrients.										
<b>Updated 05/20/11 (page 1 of 1)</b>										