



## FOODSERVICE DIVISION Nutritional Guide

Item Code	Item Description	Ounce Size	Serving Size	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vit A (%DV)	Vit C (%DV)	Calcium (%DV)	Iron (%DV)	Meat/Meat Altern. Value (oz.)*
100A	Beef Patties	1.5	1 Patty	130	80	9	4.5	0	30	310	4	3	1	8	0	0	4	8	1.25
101	Beef Patties	2	1 Patty	170	110	12	6	0.5	40	410	5	4	1	10	0	0	4	10	1.75
28510	Beef Patties	5.1 oz.	1 Patty	380	250	28	12	1.5	80	1200	4	3	1	28	2	0	6	20	4.25
103	Salisbury Steaks	2.67	1 Patty	220	150	17	7	1	35	600	5	3	0	13	2	0	6	6	2.25
12510	Salisbury Steaks	4.0 oz.	1 Patty	340	230	25	11	1.5	50	900	7	4	0	20	4	0	8	8	3.5
111	Chicken Fried Beef Patties	4	1 Patty	350	230	25	8	1.5	25	870	16	4	2	14	4	0	6	8	2
112	Chicken Fried Beef Patties	3	1 Patty	260	170	19	6	1	20	650	12	3	1	10	2	0	4	6	1.25
122	Beef Burger (All Meat)	2	1 Patty	160	110	12	6	1	45	240	0	0	0	11	0	0	0	4	1.75
123	Beef Burger (All Meat)	2.6	1 Patty	200	150	16	7	1	55	310	0	0	0	14	0	0	0	6	2.25
124	Salisbury Steaks	3	1 Patty	250	170	19	8	1	40	680	5	3	0	15	2	0	6	6	2.25
DE121	Beef Burger (All Meat)	1.5 oz.	1 Patty	120	90	9	4	0.5	35	180	0	0	0	8	0	0	0	4	1.5
126	Beef Burger (All Meat)	3	1 Patty	230	170	19	8	1	65	360	0	0	0	16	0	0	0	6	2.75
128	Beef Burger (All Meat)	4	1 Patty	310	220	25	11	1.5	90	480	0	0	0	21	0	0	0	10	4
22350	Beef Burger (all Meat)	3.5	1 Patty	270	200	22	10	1.5	75	420	0	0	0	19	0	0	0	8	3.5
130	Meatballs	0.5	6 Pieces	270	180	20	8	1	40	750	8	2	1	14	0	0	4	8	2.25
139	Meatballs	1	3 Pieces	270	180	20	8	1	40	750	8	2	1	14	0	0	4	8	2.25
150	Chicken Nibblers	0.55	5 Nibblers	250	150	16	4	0	35	600	14	4	0	10	2	0	4	6	1.5
117RSF	Chuckwagon Beef Patties	2.25	1 Patty	200	120	13	4	0.5	15	550	12	2	2	8	2	0	4	4	1
141RSF	Popcorn Chicken	0.18	17 Pieces	250	130	15	3.5	0	35	720	14	2	0	17	2	0	4	8	2.25
148RSF	Chicken Fries	.44 oz.	7 Pieces	240	120	13	3	0	35	710	15	4	1	15	0	0	6	6	2.25
151RSF	Chicken & Cheddar Nibblers	0.55	5 Nibblers	240	150	16	5	0	25	600	14	2	1	10	4	0	8	4	1.5
164RSF	Rib Quik (Rib Shaped Pork Patties)	2	1 Patty	170	110	12	4.5	0	25	450	3	2	2	11	2	0	4	6	1.5
167RSF	Breaded Veal Patties	2.5	1 Patty	230	130	15	4.5	0	20	450	15	2	2	9	2	0	2	2	1.25
157	Southern Style Fried Chicken Patties	3	1 Patty	270	170	19	5	0	30	460	12	1	0	13	2	0	4	4	1.5
25505	Chicken Patties	5	1 Patty	430	240	27	6	0	55	1110	21	3	1	26	4	0	6	15	3
25165	Chicken Breast Patties w/Rib Meat	1.65 oz.	1 Patty	150	60	7	2.5	0	15	330	9	1	0	6	2	0	2	4	1
158	Chicken Patties	3	1 Patty	270	160	18	4	0	30	600	16	2	0	11	2	0	4	6	1.25
PC225	Chicken Patties	2.25	1 Patty	200	130	15	3	0	45	400	5	2	0	8	2	0	2	4	1.25
159RSF	Chicken & Cheddar Patties	2.25	1 Patty	200	120	14	4.5	0	20	500	12	2	1	9	4	0	6	4	1.25
162	Breaded Pork Patties (Chop Shape)	3	1 Patty	290	180	20	6	0	25	590	15	2	1	12	4	0	4	10	1.5
164	Rib-Quik (Rib Shaped Pork Patties)	3	1 Patty	250	170	19	7	0	35	670	4	2	3	16	4	0	6	10	2.75
26506	Rib-Quik (Rib Shaped Pork Patties)	5	1 Patty	420	280	31	11	0	60	1110	7	4	4	27	6	0	10	15	4.25
167	Breaded Veal Patties	4	1 Patty	360	220	24	7	0.5	30	720	23	3	3	14	4	0	4	4	2.25
176	Grilled Chicken Breast Patties	3	1 Patty	160	90	10	3	0	40	410	2	2	1	15	2	0	2	6	1.5
177RSF	Breaded Chicken Strips	0.75	4 Strips	260	160	18	4	0	30	710	13	2	0	12	2	0	6	8	1.5
179RSF	Breaded Chx Strips w/Amer. Cheese	0.75	4 Strips	260	170	19	7	0	30	470	11	2	0	11	4	0	8	4	1.75
17215	Spicy Chicken Patties	3.0 oz.	1 Patty	330	220	25	6	0	45	540	15	2	0	12	10	0	2	6	1.25
27128	Chicken Parm Patties	1.87 oz.	1 Patty	170	100	12	3	0	20	430	10	1	0	7	4	10	6	4	1
181	Premium Beef Patties	2	1 Patty	150	100	11	4.5	0.5	30	400	2	1	0	11	0	0	2	8	1.75
183	Premium Beef Patties	3	1 Patty	220	150	16	7	1	45	600	3	2	1	16	2	0	4	10	2.75
18400	Premium Beef Patties (Hoagie)	4	1 Patty	300	200	22	9	1.5	60	800	3	2	1	22	2	0	6	15	3.5
1410	Italian Style Meatballs	0.5	6 Pieces	240	160	17	7	0.5	30	840	7	2	1	14	4	0	4	6	2
1411	Italian Style Meatballs	1	3 Pieces	240	160	17	7	0.5	30	840	7	2	1	14	4	0	4	6	2
21165	Beef Steaks	1.65	1 Patty	170	120	13	4.5	0	25	270	6	1	0	6	2	0	2	4	0.75
BF250	Chicken Fried Steak	2.5	1 Patty	260	180	20	7	0.5	35	410	9	1	0	9	2	0	2	8	1.25

\*Meat/meat alternative values were calculated using The Child Nutrition Meal Pattern Requirements, but these products do not have actual "CN labels" that are approved by the Food and Nutrition Service. Calculated values were rounded down to the nearest 0.25 oz. meat/meat alternate as required by FNS regulations.

\*\*Meets Child Nutrition requirements and has a "CN" label". See specification.

