

Vista Ridge Academy

MEAL ANALYSIS – NEW MENUS

Selected new menu items from the Vista Ridge School menu (12 of 31 new menu items represented below).

| LUNCH MEAL NUTRITION ANALYSIS | | | | | | | | | | |
|--|----------|-----------|---------------|---------|------|---------|-----------|-----------|--------|-------|
| Meal | Calories | Total Fat | Saturated Fat | Protein | Iron | Calcium | Vitamin C | Vitamin A | Sodium | Fiber |
| Fettuccini Alfredo Light: 1 cup fettuccine noodles with low fat alfredo sauce. Served with baked garlic bread, green salad and a piece of fruit. <i>*salad dressing not included</i> | 660 kcal | 14 g | 8 g | 31 g | 3 mg | 520 mg | 172 mg | 5650 IU | 651 mg | 9 g |
| Multigrain Pancakes: two homemade multigrain pancakes served with baked hash browns and one veggie sausage link. One piece of fruit also included. <i>*condiments not included</i> | 610 kcal | 12 g | 3 g | 21 g | 3 mg | 250 mg | 76 mg | 1250 IU | 768 mg | 11 g |
| Homestyle Macaroni & Cheese: 1 cup of whole wheat and white rotini pasta with cheese mixture. Served with a green salad and a piece of fruit. <i>*salad dressing not included</i> | 400 kcal | 12 g | 7 g | 21 g | 2 mg | 580 mg | 83 mg | 2350 IU | 573 mg | 7 g |
| Vegetable Fried Rice: 2 cups white and brown rice mixture with low sodium soy sauce and seasonal vegetables. Served with a baked egg roll. | 650 kcal | 12 g | 2 g | 16 g | 3 mg | 120 mg | 129 mg | 2700 IU | 452 mg | 9 g |
| Hummus Wraps: whole wheat tortilla with romaine, Swiss cheese, hummus, tomatoes, cucumbers and alfalfa sprouts. Served with baked tortilla chips or air popped popcorn and a piece of fruit. | 460 kcal | 14 g | 5 g | 18 g | 3 mg | 540 mg | 91 mg | 2500 IU | 663 mg | 11 g |
| Bean Nachos: 2 oz baked tortilla chips with cheese, lettuce, tomatoes, olives, three bean mix and low fat sour cream. Served with celery/carrot sticks and a piece of fruit. <i>*salad dressing not included</i> | 510 kcal | 12 g | 4 g | 22 g | 4 mg | 340 mg | 87 mg | 2200 IU | 533 mg | 17 g |

Analysis completed 8/30/2010 on Sparkpeople.com
All portion sizes were estimated

| Meal | Calories | Total Fat | Saturated Fat | Protein | Iron | Calcium | Vitamin C | Vitamin A | Sodium | Fiber |
|---|----------|-----------|---------------|---------|------|---------|-----------|-----------|--------|-------|
| Roasted Veggie Sandwich: roasted vegetable blend (onion, mushrooms, broccoli, carrots, and peppers) on top of whole wheat bread with provolone cheese. Served with baked tortilla chips and a piece of fruit. | 350 kcal | 11 g | 6 g | 17 g | 3 mg | 350 mg | 101 mg | 3200 IU | 583 mg | 9 g |
| Grilled Cheese: two slices of whole wheat bread with Swiss cheese and low fat cheddar cheese. Served with carrot/celery sticks and a piece of fruit. <i>*salad dressing not included</i> | 420 kcal | 12 g | 6 g | 25 g | 3 mg | 540 mg | 74 mg | 4300 IU | 675 mg | 11 g |
| Breakfast Burrito: wheat tortilla filled with baked hash browns, eggs, low fat cheese, salsa and eggs. Served with a green side salad and a piece of fruit. <i>*salad dressing not included</i> | 430 kcal | 15 g | 5 g | 24 g | 2 mg | 300 mg | 85 mg | 2500 IU | 427 mg | 5 g |
| Teriyaki Stir Fry: 1 cup brown rice with 2 cup of seasonal vegetable blend. Served with a piece of fruit | 460 kcal | 12 g | 2 g | 8 g | 2 mg | 310 mg | 160 mg | 8750 IU | 870 mg | 14 g |
| Baked Ziti: 1 cup mixed white and whole wheat pasta baked with seasonal vegetables, topped with low fat mozzarella and parmesan cheese. Served with a green salad, baked garlic bread and a piece of fruit. <i>*salad dressing not included</i> | 560 kcal | 23 g | 12 g | 31 g | 4 mg | 710 mg | 145 mg | 7300 IU | 943 mg | 10 g |
| Hominy Chili with Beans: 1 cup chili (includes bean and hominy mixture) with vegetables in a tomato sauce topped with low fat cheddar cheese and sour cream. Served with baked cornbread and a piece of fruit. | 460 kcal | 8 g | 4 g | 18 g | 5 mg | 240 mg | 167 mg | 5700 IU | 926 mg | 21 g |

**Fruit calculations were based upon one medium-sized orange but actual nutrition varies due to seasonal fruit chosen for meal.