

GLADSTONE AREA SCHOOLS  
MENU NUTRITION FACTS

Food item	Serving Size	Calories	Fat (g)	Cholesterol		Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Protein (g)
				Sat. Fat (g)	(mg)				
Apple	1 apple	72				1	19	3	
Baked beans	1/2 cup	140	1			550	29	5	6
Beef patty	1 patty	298	23	9	85	78			20
Breaded chicken nuggets	5	180	8	2	20	450	14	2	13
Breadstick pizza (Bosco)	1 each	280	9	4	20	320	35	1	14
Carrot Sticks	3.53 oz	41				69	10	3	1
Cheese curds	4 pieces	90	4	2.5	10	290	9	Less than 1	4
Cheese sauce cups	1/4 cup	80	6	1.5		470	4		1
Chicken patty	1 each	250	15	4	40	570	13	1	15
Cinnamon roll	1 each	287	6	2	6	325	51	2	7
Chicken popcorn breaded	12 pieces	210	9	1	15	580	24	n/a	9
Cookie choc chip m&m	1	190	9	3	10	152	26		2
Corn dog	1 each	290	15	5	35	1090	29	1	9
Corn whole kernel	1/2 cup	78	1			313	17	2	2
Egg roll pork and vegetable	3 each	300	16	4.5	15	680	32	3	10
Gravy beef	1/4 cup	40	3	1	5	240	4	1	
Gravy mix	1/4 cup	25	1		1	355	4		1
Hot dog (pork and beef)	1 each	180	17	6	35	580	2		6
Green beans	1/2 cup	21				329	4	2	
Lettuce	1 cup	5				10	1	1	1
Margarine	1 tbsp	100	11	2		135			
Mashed potatoes	2 tbsp	95				32	21	2	2
Mozzarella cheese sticks	1 piece	70	2.5	1.5	10	280	8	Less than 1	3
Nacho chips	1 pkg	150	8	2		180	17	1	2
Onion rings	8 pieces	200	10	1.5		430	25	2	3
Peas & carrots	1/2 cup	60				330	10	4	3
Pizza	1 Slice	270	10	4	15	830	31	5	16
Potato chips	1 oz	150	10	1		180	15	1	2
Potato dinner roll	1 roll	103	2			136	19	1	3
Potato triangles	1 each	100	5	2		230	12	1	1
Pretzel	1 each	360	2			300	76	2	12
Pudding chocolate	1/2 cup	150	4	1		160	26		2
Quesadilla cheese	1 each	320	14	3	15	880	35	1	15
Ravioli	1 cup	250	10	4	15	780	32	4	8
Salsa tomato	1/4 cup	10				135	2	1	
Saltine crackers	2 crackers	27	1			90	4		1
Sausage patty	1.03 oz	61	4	1	31	122			6
Sherbert orange	1 cup	137	2	1	4	35	30	1	1
Sherbert raspberry	1 cup	132	2	1	4	35	29		1
Soup chicken noodle	3.53 oz	60	2	n/a	n/a	799	8		3
Soup tomato	1/2 cup	90				680	19	1	2
Sour cream	2 tbsp	61	6	4	22	52	2		1
Spaghetti pasta	1/2 cup	111	1			1	22	1	4
Spaghetti sauce	1/2 cup	80				500	14	3	3
Spaghetti sauce cups	1/2 cup	80				500	14	3	3
String cheese	1	80	5	3	15	200	1		8
Turkey sub meat	56	107	8	2	40	523			8
Wheat dinner roll	2 rolls	130	2	1		250	28	2	4
Whole grain pancakes	3 cakes	230	6	1	10	390	41	3	5
Yogurt vanilla	8 oz	200	3	2	15	150	34		10