

Middle School Grill  
**Monroe Township Board of Education**

Recipe No. Recipe Name	Portion Size	Weight (g)	Cals (kcal)	Total Fat (g)	Saturated Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)	Iron (mg)
000450 Buffalo Chicken Cheese Steak	each	229	347	13.50 35.0%	4.42 11.4%	31	1202	38.42 44.2%	3.00	3.31 3.8%	20.27 23.3%	100	4.8	45	2.16
000033 Cheese Steak HS MS	each	189	368	15.43 37.7%	6.21 15.2%	50	719	36.12 39.3%	3.00	2.69 2.9%	21.00 22.8%	69	3.6	34	3.24
000029 Cheeseburger on a WW Bun	EACH	134	311	14.05 40.7%	5.53 16.0%	58	728	28.50 36.7%	3.00	4.00 5.1%	17.53 22.6%	152	1.2	136	2.88
000456 Chicken Cheese Steak	each	215	347	13.50 35.0%	4.42 11.4%	31	1122	38.42 44.2%	3.00	3.31 3.8%	20.27 23.3%	100	4.8	45	2.16
000036 Chicken Patty on WW Bun	each	157	400	16.50 37.1%	2.50 5.6%	25	660	41.00 41.0%	5.00	4.00 4.0%	20.00 20.0%	100	1.2	80	3.24
000453 Grilled Chicken on a WW Bun	each	142	250	4.00 14.4%	0.50 1.8%	60	580	26.00 41.6%	2.00	3.00 4.8%	26.00 41.6%	0	1.2	60	2.16
000030 HAMBURGER ON A BUN	SERVING	120	260	9.50 32.9%	2.99 10.4%	45	470	27.99 43.1%	3.00	4.00 6.2%	15.00 23.1%	0	1.2	60	2.88
000027 Nachos W/ Cheese Sauce	each	200	396	18.86 42.9%	5.43 12.3%	0	1128	50.23 50.7%	4.00	3.37 3.4%	4.00 4.0%	1137	12.0	107	1.44
000302 Panini, BBQ Chicken	halves	259	485	13.00 24.1%	5.01 9.3%	80	1224	56.59 46.6%	3.00	*27.26* *22.5%*	35.99 29.7%	293	5.5	185	3.09
000300 Panini, Buffalo Chicken	halves	223	480	24.04 45.1%	4.30 8.1%	52	944	38.66 32.2%	4.49	6.41 5.3%	26.13 21.8%	0	0.0	20	3.05
000287 Panini, Chicken Parm	halves	265	517	21.75 37.9%	6.24 10.9%	60	976	44.43 34.4%	5.42	8.08 6.2%	34.15 26.4%	894	4.5	220	4.06
000581 Panini, Chicken Quesadilla	each	241	416	17.11 37.0%	6.06 13.1%	85	1105	29.95 28.8%	4.47	3.47 3.3%	34.09 32.8%	1037	8.8	312	3.95
000303 Panini, Chipotle Chicken	halves	267	521	25.17 43.5%	8.57 14.8%	99	744	35.09 27.0%	3.50	*7.65* *5.9%*	38.44 29.5%	730	5.5	243	2.57
000580 Pizza Cheese Steak	each	188	374	14.40 34.7%	6.00 14.4%	58	514	35.24 37.7%	3.46	3.54 3.8%	25.36 27.1%	447	5.8	120	3.74
000031 Spicy Chicken on WG Bun	each	157	400	16.50 37.1%	3.00 6.7%	25	660	42.00 42.0%	5.00	4.00 4.0%	19.00 19.0%	100	1.2	80	4.14
000579 Veggie Burger	each	154	280	6.00 19.3%	2.50 8.0%	10	780	46.00 65.7%	5.00	4.00 5.7%	11.00 15.7%	100	2.4	140	2.52

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.