

Western Wayne School District – Food Service Department
Nutritional Information

Please Note: All entrées are without buns/rolls.

Food Item	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Protein (g)	CHO(g)	Fiber (g)
Deep Dish Round Pizza	390	14	6	.5	660	20	47	2
Big Daddy Pizza	450	17	9	.5	1030	23	52	2
French Bread Pizza 6"	330	14	9	0	650	20	32	2
Fiestada Beef Pizza	400	13	6	0	810	19	54	3
Big Daddy Buffalo Chicken Pizza	340	11	4	0	860	21	38	2
Big Daddy Meat Combo	360	13	5	0	810	21	40	3
The Max Stuffed Crust Pizza	360	12	6	0	860	21	43	4
The Max Cheese Quesadilla Pizza	360	14	4	0	810	18	42	5
Teriyaki Chicken Dippers	150	4	1	0	260	19	8	1
Popcorn Chicken Bites	170	7	1.5	0	570	16	10	0
Chicken Nuggets	240	15	3	0	550	14	13	1
Chicken Patty	230	13	3	0	730	16	12	1
Hot-n-spicy Chicken Patty	230	11	2.5	0	570	19	14	1
Lightly Breaded Chicken Tenders	200	2	0	0	680	14	12	0
Veal Patty	360	24	7	.5	720	14	23	3
Hamburger - (No bun)	130	7	3	0	290	13	2	1
Beef Taco	110	6	2.5	0	220	11	3	1
Tortilla Wrap - 6"	155	4.5	1	0	300	4	25	3
Sloppy Joe	225	10.5	0	0	310	14	15	0

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Fish Nuggets	170	7	1	0	570	-----	16	1
Mini Corn Dog Nuggets	190	7	1	0	470	8	23	1
Potato & Cheese Pierogies	270	8	4	0	710	10	39	2
Potatoes That Smile	130	5	1	0	180	2	19	2
Potato Wedges	120	5	1	0	430	2	18	2
Hash Brown Stick	100	3.5	0	0	280	1	15	1
Seasoned Spiral Fries	110	5	.5	0	300	1	15	1
Criss Cross Fries	170	8	1	0	600	2	22	2
Oven Baked Fries	120	4	0	0	330	2	18	2
Tater Tots/Rounds	120	4	1	0	310	2	19	2
Onion Rings	100	6	0	0	N/A	1.5	13	0
Mashed Potatoes	60	0	0	0	25	1	13	1
Pasta Salad	96	2	0	0	84	3	16	2
Macaroni & Cheese	325	13	6	0	475	17	32	1
Baked Beans	80	1	0	0	265	3	18	3
Tomato Soup	90	0	0	0	680	2	19	1
Smucker's Uncrustables	320	16	3.5	0	320	10	33	3
Apple Crisp	200	8	1.5	0	113	2	32	2
Otis Spunkmeyer Chocolate Chip Cookie	110	3.5	1	0	85	1	19	4
Otis Spunkmeyer Sugar Cookie	120	5	2.5	0	105	1	18	0

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Otis Spunkmeyer Oatmeal Raisin Cookie	120	5	2.5	0	120	2	17	1
Apple Slices	30	0	0	0	0	0	8	2
Applesauce	90	0	0	0	0	0	22	2
Mandarin Oranges	80	0	0	0	0	0	19	1
Mixed Fruit	80	0	0	0	0	0	18	1
Pear Halves	80	0	0	0	0	0	18	2
Peaches	70	0	0	0	0	0	17	1
Pineapple Tidbits	80	0	0	0	0	0	19	1