

Nutrition Facts for K12 School Lunch and Breakfast from Schwan's Food Service

Schwan's Food Service has a 40-year legacy of working with child nutrition experts to create wholesome, great tasting food for students. Our foods reflect children's taste preferences and culinary trends, and incorporate the latest recommendations from experts in the science of child nutrition. All of our more than 80 items for school lunch and breakfast meet or exceed the Healthy Hunger-Free Kids Act and the USDA-established school meal regulations. Our foods contain 0 grams trans fat per serving and no partially hydrogenated oils. There are no artificial (certified) food dyes and no high fructose corn syrup or crystalline fructose in our portfolio of school foods.

What's for Lunch?

School and Bag Lunch Nutrition Facts

Nutrition Facts

Serving Size 1 school lunch

Amount Per Serving

Calories 530 Calories from Fat 170

% Daily Value*

Total Fat 19g 29%

Saturated Fat 8g 40%

Trans Fat 0g

Cholesterol 40mg 13%

Sodium 760mg 32%

Potassium 1160mg 33%

Total Carbohydrate 62g 21%

Dietary Fiber 5g 20%

Sugars 33g

Protein 30g

Vitamin A 70% • Vitamin C 90%

Calcium 80% • Iron 20%

*Percent Daily Values are based on a 2,000 calorie diet.

SCHOOL LUNCH

(COMPLETE MEAL)

Name Quantity Measure

BIG DADDY'S® 16"

Primo Cheese Pizza 1 Serving

Mandarin oranges ½ Cup

Mixed greens salad 1 Cup

Italian salad dressing, reduced calorie 1 TBSP

Nonfat milk 1 Cup

Nutrition Facts

Serving Size 1/8 Pizza (147g)

Servings Per Container 72

Amount Per Serving

Calories 370 Calories from Fat 140

% Daily Value*

Total Fat 16g 24%

Saturated Fat 7g 37%

Trans Fat 0g

Cholesterol 35mg 12%

Sodium 490mg 20%

Potassium 440mg 13%

Total Carbohydrate 35g 12%

Dietary Fiber 3g 13%

Sugars 9g

Protein 21g

Vitamin A 8% • Vitamin C 0%

Calcium 45% • Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Calories: 2,000 2,500

Total Fat Less than 65g 80g

Saturated Fat Less than 20g 25g

Cholesterol Less than 300mg 300mg

Sodium Less than 2,400mg 2,400mg

Potassium Less than 3,500 mg 3,500 mg

Total Carbohydrate 300g 375g

Dietary Fiber 25g 30g

Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4

BIG DADDY'S®

16" PRIMO CHEESE PIZZA



Nutrition Facts

Serving Size 1 school lunch

Amount Per Serving

Calories 460 Calories from Fat 60

% Daily Value*

Total Fat 6g 9%

Saturated Fat 1.5g 8%

Trans Fat 0g

Cholesterol 90mg 30%

Sodium 920mg 38%

Potassium 980mg 28%

Total Carbohydrate 74g 25%

Dietary Fiber 5g 20%

Sugars 40g

Protein 28g

Vitamin A 160% • Vitamin C 15%

Calcium 35% • Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet.

SCHOOL LUNCH

(COMPLETE MEAL)

Name Quantity Measure

MINH® Teriyaki

Chicken Stir Fry Kit 1 Serving

Brown rice ½ Cup

Peas and carrots ½ Cup

Soy sauce, low sodium 2 Tsp

Green grapes ½ Cup

Nonfat chocolate milk 1 Cup

Nutrition Facts

Serving Size 2 oz of chicken with .8 oz of sauce (79g)

Servings Per Container 240

Amount Per Serving

Calories 130 Calories from Fat 40

% Daily Value*

Total Fat 4.5g 7%

Saturated Fat 1g 6%

Trans Fat 0g

Cholesterol 85mg 28%

Sodium 300mg 12%

Potassium 170mg 5%

Total Carbohydrate 9g 3%

Dietary Fiber 0g 1%

Sugars 7g

Protein 14g

Vitamin A 0% • Vitamin C 0%

Calcium 0% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Calories: 2,000 2,500

Total Fat Less than 65g 80g

Saturated Fat Less than 20g 25g

Cholesterol Less than 300mg 300mg

Sodium Less than 2,400mg 2,400mg

Potassium Less than 3,500 mg 3,500 mg

Total Carbohydrate 300g 375g

Dietary Fiber 25g 30g

Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4

MINH® TERIYAKI

CHICKEN STIR FRY KIT



Nutrition Facts

Serving Size 1 sack lunch

Amount Per Serving

Calories 680 Calories from Fat 200

% Daily Value*

Total Fat 22g 34%

Saturated Fat 9g 45%

Trans Fat 0g

Cholesterol 45mg 15%

Sodium 1200mg 50%

Potassium 950mg 27%

Total Carbohydrate 88g 29%

Dietary Fiber 11g 44%

Sugars 40g

Protein 34g

Vitamin A 230% • Vitamin C 20%

Calcium 60% • Iron 20%

*Percent Daily Values are based on a 2,000 calorie diet.

BAG LUNCH

Name Quantity Measure

Whole wheat bread 2 slices

Deli turkey 2 oz.

Cheddar Cheese 1 Slice

Butter 1 Tsp

Carrot sticks ½ Cup

Medium apple 1 Each

Multigrain chips 1 oz.

Nonfat milk 1 Cup

Nutrition Facts for K12 School Lunch and Breakfast from Schwan's Food Service

What's for Breakfast?

School and At-Home Breakfast Nutrition Facts

Nutrition Facts

Serving Size 1 school breakfast

Amount Per Serving		
Calories	320	Calories from Fat 50
% Daily Value*		
Total Fat	8g	9%
Saturated Fat	1.5g	8%
Trans Fat	0g	
Cholesterol	35mg	12%
Sodium	390mg	16%
Potassium	880mg	25%
Total Carbohydrate	52g	17%
Dietary Fiber	4g	16%
Sugars	31g	
Protein	18g	
Vitamin A	10%	Vitamin C 140%
Calcium	40%	Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet.

SCHOOL BREAKFAST (COMPLETE MEAL)

Name Quantity Measure

BEACON STREET CAFE™

2.5 inch Sausage, Egg & Cheese Breakfast Slider 1 Serving
Orange juice ½ Cup
Strawberries ½ Cup
Nonfat milk 1 Cup

Nutrition Facts

Serving Size 1 school breakfast

Amount Per Serving		
Calories	330	Calories from Fat 60
% Daily Value*		
Total Fat	7g	11%
Saturated Fat	3g	15%
Trans Fat	0g	
Cholesterol	20mg	7%
Sodium	370mg	15%
Potassium	1010mg	29%
Total Carbohydrate	50g	17%
Dietary Fiber	3g	12%
Sugars	30g	
Protein	20g	
Vitamin A	70%	Vitamin C 120%
Calcium	50%	Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet.

SCHOOL BREAKFAST (COMPLETE MEAL)

Name Quantity Measure

BEACON STREET CAFE™

Stuffed Cheese Breakfast Sandwich 1 Serving
Cantaloupe, cubed ½ Cup
Orange juice ½ Cup
Nonfat milk 1 Cup

Nutrition Facts

Serving Size 1 Breakfast at home

Amount Per Serving		
Calories	420	Calories from Fat 70
% Daily Value*		
Total Fat	7g	11%
Saturated Fat	4g	20%
Trans Fat	0g	
Cholesterol	20mg	7%
Sodium	340mg	14%
Potassium	780mg	22%
Total Carbohydrate	77g	26%
Dietary Fiber	3g	12%
Sugars	48g	
Protein	13g	
Vitamin A	6%	Vitamin C 140%
Calcium	25%	Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet.

AT HOME BREAKFAST

Name Quantity Measure

Whole wheat bagel ½ bagel
Cream Cheese 1 TBSP
Low fat, fruit yogurt ½ Cup
Orange juice 1 Cup

Nutrition Facts

Serving Size 2 Pieces (72g)

Servings Per Container 72

Amount Per Serving		
Calories	160	Calories from Fat 45
% Daily Value*		
Total Fat	5g	8%
Saturated Fat	1.5g	8%
Trans Fat	0g	
Cholesterol	30mg	9%
Sodium	290mg	12%
Potassium	170mg	5%
Total Carbohydrate	20g	7%
Dietary Fiber	2g	7%
Sugars	5g	
Protein	8g	
Vitamin A	0%	Vitamin C 0%
Calcium	10%	Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Potassium	Less than 3,500 mg	3,500 mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

BEACON STREET CAFE™ WHOLE GRAIN TURKEY SAUSAGE EGG & CHEESE BREAKFAST SLIDERS



Nutrition Facts

Serving Size 1 Piece (64g)

Servings Per Container 96

Amount Per Serving		
Calories	160	Calories from Fat 50
% Daily Value*		
Total Fat	6g	9%
Saturated Fat	3g	15%
Trans Fat	0g	
Cholesterol	15mg	6%
Sodium	250mg	10%
Potassium	190mg	5%
Total Carbohydrate	17g	6%
Dietary Fiber	2g	6%
Sugars	2g	
Protein	10g	
Vitamin A	2%	Vitamin C 0%
Calcium	20%	Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Sat Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Potassium	3,500mg	3,500mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

BEACON STREET CAFE™ STUFFED CHEESE BREAKFAST SANDWICH



Nutrition data is calculated and offered for information purposes; variation can occur depending on several factors. Calculations on meals are based off of standard nutrient database values and finished product nutrition facts information as of March 28, 2017.