

NUTRITION ANALYSIS OF MENU ITEMS - page 1

CANUEL CATERERS

	serving size	Calories	Fat	Saturated	Trans	Cholesterol	Sodium	Carbohydrate	Fibre	Sugars	Protein	Vitamin A	Vitamin C	Calcium	Iron	Food Grouping (1)	Category (1)
		(kcal)	(g)	(g)	(g)	(mg)	(mg)	(g)	(g)	(g)	(g)	(%)	(%)	(%)	(%)		
Baked Goods																	
Cookie - Apple Berry	1 cookie (43 g)	160	5.0	1.5	0.0	10	110	26	2.0	14	3	6%	2%	2%	6%	Grains	CS
Cookie - Caramel	1 cookie (43 g)	160	5.0	1.5	0.0	10	130	26	2.0	13	3	6%	0%	2%	6%		
Cookie - Cocoa Raisin	1 cookie (43 g)	150	5.0	1.5	0.0	10	110	26	2.0	14	3	6%	0%	2%	6%		
Cookie - Oatmeal Raisin	1 cookie (43 g)	170	6.0	1.5	0.1	10	125	25	1.0	13	3	8%	0%	2%	6%		
Cookie - Chocolate Chip	1 cookie (43 g)	170	6.0	2.0	0.0	5	150	27	1.0	16	2	6%	0%	2%	6%		
Cookie - D&W Choc Chunk	1 cookie (43 g)	170	6.0	2.0	0.0	5	150	27	1.0	16	2	6%	0%	2%	6%	Grains	CS
Muffin - Blueberry Bran	1 muffin (57 g)	150	6.0	0.5	0.1	35	190	24	4.0	10	4	2%	2%	2%	10%		
Muffin - Chocolate Chip	1 muffin (57 g)	190	6.0	1.5	0.1	30	180	29	1.0	16	3	2%	0%	2%	8%		
Muffin - Lemon Cranberry	1 muffin (57 g)	170	6.0	0.5	0.1	30	170	25	1.0	13	3	2%	4%	2%	6%		
Muffin - Honey & Bran	1 muffin (57 g)	150	6.0	1.0	0.1	35	220	23	4.0	11	4	2%	0%	4%	8%		
Muffin - Trail Mix	1 muffin (57 g)	180	6.0	1.0	0.1	25	230	27	1.0	14	3	2%	0%	2%	8%	Grains	CM
Cinnamon Bun	1 bun (114g)	296	6.8	1.1	0.0	0	388	51	2.3	10	9	0%	0%	7%	23%		
Sandwiches																	
Chicken Salad	1 sandwich	355	13.8	1.5	0.1	50	464	33	2.2	2	24	1%	1%	5%	14%	Mixed Entrée	CS
Egg Salad	1 sandwich	302	12.7	2.0	0.0	167	619	34	2.1	2	13	6%	0%	6%	14%	Mixed Entrée	CS
Tuna Salad	1 sandwich	338	12.5	1.0	0.0	25	589	35	2.3	3	21	1%	1%	5%	14%	Mixed Entrée	CS
Veggie	1 sandwich	302	12.1	3.0	0.1	15	643	37	2.6	4	11	7%	11%	14%	13%	Mixed Entrée	CM
Ham & Cheese	1 sandwich	347	12.0	3.0	0.1	34	1068	39	2.2	5	18	4%	1%	13%	13%	Mixed Entrée	CL
Turkey	1 sandwich	300	10.4	1.2	0.0	14	795	34	2.2	2	16	0%	1%	6%	12%	Mixed Entrée	CS
Wraps																	
Chicken Caesar	1 wrap	372	9.2	2.0	0.6	50	933	52	6.3	2	22	13%	27%	9%	28%	Mixed Entrée	CS
Chicken Ranch	1 wrap	378	9.6	2.4	0.1	51	688	49	8.0	2	25	2%	3%	10%	24%	Mixed Entrée	CM
Spicy Chicken	1 wrap	425	15.7	2.5	0.0	20	812	54	3.3	3	18	21%	23%	10%	19%	Mixed Entrée	CS
Veggie	1 wrap	360	12.9	3.6	0.1	13	543	53	3.3	5	12	24%	119%	19%	16%	Mixed Entrée	CM
Pizza																	
Ham & Pineapple Pizza	1 slice	425	15.7	2.5	0.0	20	812	54	3.3	3	18	21%	23%	10%	19%	Mixed Entrée	CS
Pepperoni Pizza	1 slice	429	16.0	7.4	0.3	25	942	51	4.6	11	23	9%	13%	29%	36%		
Cheese Pizza (2)																	

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	-serving size	Calories (kcal)	Fat (g)	Saturated (g)	Trans (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fibre (g)	Sugars (g)	Protein (g)	Vitamin A	Vitamin C	Calcium	Iron	Food Grouping (1)	Category (1)
Salads																	
Caesar	1 serving	31	1.6	0.9	0.0	4	57	3	1.7	1	3	13%	34%	8%	6%	Veg & Fruit	CM
Tossed	1 serving	22	0.2	0.0	0.0	0	17	5	1.4	3	1	6%	11%	2%	3%	Veg & Fruit	CM
Veggies & Dip	1 serving	32	0.3	0.0	0.0	0	43	6	1.8	3	1	11%	93%	2%	2%	Veg & Fruit	CM
Deluxe Pasta	1 serving	552	10.5	1.6	0.2	46	659	85	4.3	8	31	6%	46%	3%	25%	Mixed Entrée	CM
Chicken Caesar	1 serving	188	6.1	2.1	0.1	35	604	17	3.0	3	18	18%	45%	14%	14%	Mixed Entrée	CM
Chef's	1 serving	177	8.2	3.2	0.1	183	510	9	3.0	4	18	21%	46%	16%	14%	Mixed Entrée	CM
Tuna	1 serving	241	14.5	2.6	0.1	32	366	10	3.9	5	20	24%	62%	15%	14%	Mixed Entrée	CM
Greek	1 serving	243	13.1	3.7	0.1	13	534	26	3.5	6	7	8%	67%	12%	17%	Mixed Entrée	CM
Thai Noodle	1 serving	231	3.8	0.5	0.0	0	406	42	3.6	8	7	11%	110%	4%	21%	Grains	CM
Breakfast																	
Breakfast Sandwich (bacon)	1 sandwich	257	9.0	3.0	0.1	175	540	30	3.0	3	14	8%	0%	11%	14%	Mixed Entrée	CS
Breakfast Sandwich (ham)	1 sandwich	270	7.7	2.7	0.1	180	693	32	3.0	4	17	8%	0%	11%	15%		
Breakfast Sandwich (sausage)	1 sandwich	354	14.9	5.0	0.0	199	613	31	4.0	3	24	6%	0%	8%	20%		
Breakfast Wrap (bacon)	1 wrap	433	15.5	4.0	0.2	171	900	57	8.3	2	15	6%	2%	12%	24%	Mixed Entrée	CS
Breakfast Wrap (ham)	1 wrap	436	14.2	3.7	0.2	173	977	59	8.3	3	16	6%	2%	12%	25%		
Breakfast Wrap (sausage)	1 wrap	486	18.7	5.5	0.2	184	959	58	8.8	2	20	6%	2%	13%	27%		
Hashbrown	1 patty (37g)	78	3.8	0.6	0.1	0	103	10	1.0	1	1	0%	2%	0%	2%	Veg & Fruit	CM
Toast	2 slices (68 g)	170	1.0	0.0	0.0	0	340	33	2.0	2	7	0%	0%	4%	10%	Grains	CM
Bagel - Whole Wheat	1 bagel (113 g)	260	2.0	0.3	0	0	420	46	5	5	11	0%	0%	6%	15%	Grains	CM
Bagel - Plain	1 bagel (113 g)	270	1.0	0.2	0	0	370	53	2	6	11	0%	0%	6%	25%		
Bagel - Everything	1 bagel (113 g)	270	1.5	0.3	0	0	330	51	3	7	11	0%	0%	6%	25%		
Bagel - Sesame	1 bagel (113 g)	270	1.5	0.3	0	0	390	52	3	6	11	0%	0%	6%	25%		
Bagel - Cinnamon Raisin	1 bagel (113 g)	280	1.5	0.5	0	0	320	54	4	12	10	0%	0%	6%	25%		
Bagel - Blueberry	1 bagel (113 g)	270	1.0	0.3	0	0	350	52	3	8	11	0%	0%	6%	25%		
Yogurt Parfait - Vanilla Crème	1 parfait	221	5.2	2.0	0.0	12	65	38	1.9	27	6	3%	0%	13%	4%	Milk-based	CS
Yogurt Parfait - Vanilla Strawb.	1 parfait	221	5.2	2.0	0.0	12	65	38	1.9	27	6	3%	0%	13%	5%		

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	-serving size	Calories (kcal)	Fat (g)	Saturated (g)	Trans (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fibre (g)	Sugars (g)	Protein (g)	Vitamin A	Vitamin C	Calcium	Iron	Food Grouping (1)	Category (1)
Breakfast (cont)																	
Yogurt - Vanilla Strawberry	3/4 cup (175 g)	160	0.0	0	0	0	75	35	0	32	5	0%	0%	15%	0%	Milk-based	CS
Yogurt - Vanilla Blueberry	3/4 cup (175 g)	170	0.0	0	0	0	75	36	0	32	5	0%	0%	15%	0%		
Yogurt - Vanilla Mango	3/4 cup (175 g)	160	0.0	0	0	0	75	36	0	32	5	2%	0%	15%	0%		
Yogurt - Vanilla Cherry	3/4 cup (175 g)	160	0.0	0	0	0	75	36	0	32	5	0%	0%	15%	0%		
Fruit Cup	4 oz (112 g)	47	0.2	0.1	0.0	0	11	12	0.8	11	1	3%	31%	1%	2%	Veg & Fruit	CM
Fresh Fruit - Banana	1 banana (118 g)	105	0.4	0.1	0.0	0	1	27	2.1	14	1	0%	17%	1%	2%	Veg & Fruit	CM
Fresh Fruit - Orange	1 orange (140 g)	69	0.2	0.0	0.0	0	1	18	3.1	12	1	1%	138%	5%	1%		
Fresh Fruit - Apple	1 apple (138 g)	72	0.2	0.0	0.0	0	1	19	2.6	14	0	0%	11%	1%	1%		
Melon Slices	6 oz (168 g)	56	0.3	0.1	0.0	0	20	14	1.0	12	1	6%	58%	1%	2%	Veg & Fruit	CM
Grill																	
Hamburger	1 burger	286	11.6	4.2	0.0	15	634	34	5.4	4	15	2%	7%	9%	19%	Mixed Entrée	CM
Cheeseburger	1 burger	338	15.2	6.5	0.1	27	875	36	5.4	5	18	6%	7%	18%	20%	Mixed Entrée	CS
Chicken Burger	1 burger	366	12.6	1.7	0.0	10	894	46	4.4	5	18	2%	7%	7%	21%	Mixed Entrée	CS
Veggie Burger	1 burger	240	3.0	0.2	0.0	0	700	38	5.0	3	16	35%	0%	8%	20%	Mixed Entrée	CM
Hot Dog	1 hot dog	310	15.8	5.6	0.5	71	820	28	4.3	1	16	2%	0%	8%	18%	Mixed Entrée	CS
French Fries	3 oz (84g)	134	4.9	0.7	0.1	0	283	20	1.5	0	2	0%	8%	1%	5%	Veg & Fruit	CS
Other Items																	
Oatmeal-to-Go Bar	1 pkg (47g)	200	6.0	0.5	0.0		220	33	2.0	9	3			2%	30%	Grains	CM
All-Bran Bar	1 pkg (30g)	130	6.0	1.5	0.0		85	20	4.0	8	2			2%	10%	Grains	CM
Apple Slices	1 pkg (60g)	30	0.1	0.0	0.0		1	8	1.0	6	2			0%	0%	Veg & Fruit	CM
Apple Chips	1 pkg (22g)	80	0.0	0.0	0.0		20	20	0.0	17	0			0%	0%	Veg & Fruit	CM
Baked Chips - Nacho Cheese	1 pkg (32g)	140	3.5	0.5	0.0		250	24	2.0	1	3			6%	6%	Grains	CS
Baked Chips - Original	1 pkg (32g)	130	1.5	0.4	0.0		170	26	2.0	2	2			4%	4%	Veg & Fruit	CS
Baked Chips - Cheddar & Sour Cream	1 pkg (32g)	140	3.0	0.5	0.0		250	25	2.0	3	2			4%	4%	Veg & Fruit	CS
Side of Gravy	1/4 c (60mL)	24	0.4	0.1	0.0	0	120	5	0.1	1	0	0%	0%	0%	1%	condiment	

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CANUEL CATERERS

	-serving size	Calories (kcal)	Fat (g)	Saturated (g)	Trans (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fibre (g)	Sugars (g)	Protein (g)	Vitamin A	Vitamin C	Calcium	Iron	Food Grouping (1)	Category (1)
Specials																	
Chicken Quesadilla	1 serving	424	10.6	2.6	0.2	47	591	58	4.2	8	26	21%	210%	11%	20%	Mixed Entrée	CM
Chicken Fajita	1 fajita	424	10.6	2.6	0.2	47	591	58	4.2	8	26	21%	210%	11%	20%	Mixed Entrée	CM
Soft Taco	1 serving	578	15.4	5.1	0.5	15	878	91	8.6	4	21	7%	18%	12%	34%	Mixed Entrée	CS
Beef Taco Lettuce Bowl	1 serving	240	14.6	6.7	0.1	28	549	18	5.8	8	15	9%	137%	17%	16%	Mixed Entrée	CM
Chicken Lettuce Bowl	1 serving	191	6.5	3.2	0.2	58	621	18	4.3	9	19	17%	293%	15%	14%	Mixed Entrée	CM
Greek Chicken	1 serving	527	2.4	0.8	0.0	38	554	88	3.0	5	20	12%	147%	5%	12%	Mixed Entrée	CM
Chicken Lettuce Wrap	1 serving	115	1.7	0.4	0.0	40	696	8	1.3	4	16	2%	34%	1%	8%	Mixed Entrée	CM
Chicken Souvlaki Wrap	1 wrap	432	9.5	2.3	0.0	39	756	51	3.9	6	20	15%	24%	10%	15%	Mixed Entrée	CS
Chicken Strip Wrap	1 wrap	447	13.0	2.7	0.0	31	649	67	4.7	6	18	15%	23%	12%	23%	Mixed Entrée	CM
Chicken Fried Rice	1 serving	528	3.8	1.0	0.1	68	656	100	4.7	7	28	54%	18%	7%	15%	Mixed Entrée	CM
Chicken Chow Mein	1 serving	455	2.4	0.6	0.1	45	896	83	5.6	11	30	10%	34%	6%	40%	Mixed Entrée	CS
Noodle & Veggie Bowl	1 serving	411	0.8	0.2	0.0	0	888	87	6.4	12	14	29%	46%	7%	39%	Mixed Entrée	CS
Chicken Noodle Bowl	1 serving	483	2.5	0.8	0.1	45	915	84	6.0	11	31	30%	43%	7%	42%	Mixed Entrée	CS
Vegetable Chicken Stirfry	1 serving	267	2.3	0.7	0.1	45	929	46	3.5	10	22	30%	28%	6%	10%	Mixed Entrée	CS
Vegetable Stirfry	1 serving	184	0.5	0.1	0.0	0	901	46	3.5	10	5	29%	28%	5%	6%	Mixed Entrée	CS
Sweet & Sour Chicken	1 serving	561	5.9	1.1	0.0	17	608	110	2.4	24	16	10%	50%	5%	9%	Mixed Entrée	CS
Pizza Bagel	1 bagel	344	6.3	3.4	0.1	14	649	55	2.4	7	19	3%	2%	25%	26%	Mixed Entrée	CS
Chicken Griller	1 burger	246	3.1	0.6	0.0	40	824	32	3.4	4	21	2%	7%	5%	15%	Mixed Entrée	CS
Chicken Burger Spicy	1 burger	396	14.9	2.0	0.0	12	974	48	4.4	6	18	4%	9%	7%	22%	Mixed Entrée	CS
Teriyaki Chicken Burger	1 burger	256	3.1	0.6	0.0	40	974	35	3.4	6	21	2%	7%	5%	15%	Mixed Entrée	CS
Bacon Burger	1 burger	362	15.4	5.9	0.1	29	995	41	5.4	10	19	4%	9%	13%	19%	Mixed Entrée	CS
Bold BBQ Burger	1 burger	311	11.6	4.2	0.0	15	759	40	5.4	10	16	2%	9%	9%	19%	Mixed Entrée	CS
BBQ Rib Sandwich	1 sandwich	396	15.6	5.3	0.2	55	734	39	4.4	11	25	6%	11%	9%	21%	Mixed Entrée	CM
Chicken Strips, Fries & Salad	1 serving	406	13.5	2.4	0.2	45	834	54	4.7	5	18	6%	20%	6%	21%	Mixed Entrée	CS
Chicken Strips & Fries	1 serving	384	13.3	2.4	0.2	45	817	50	3.3	2	17	0%	9%	4%	18%	Mixed Entrée	CS
Chicken Nuggets, Potatoes & Salad	1 serving	273	11.5	2.0	0.1	23	617	29	3.2	1	15	12%	27%	5%	14%	Mixed Entrée	CM
Mashed Potatoes & Gravy	1 serving	145	1.8	0.4	0.1	0	164	30	2.2	2	3	0%	8%	2%	4%	Veg & Fruit	CS
Corn Dog	1 corn dog (76g)	190	9.0	2.5	0.1	25	550	19	0	1	7	0%	0%	0%	15%	Mixed Entrée	CS

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CANUEL CATERERS

	serving size	Calories	Fat	Saturated	Trans	Cholesterol	Sodium	Carbohydrate	Fibre	Sugars	Protein	Vitamin A	Vitamin C	Calcium	Iron	Food Grouping ⁽¹⁾	Category ⁽¹⁾
		(kcal)	(g)	(g)	(g)	(mg)	(mg)	(g)	(g)	(g)	(g)	%	%	%	%		
Specials(cont)																	
Vegetable Spring Rolls	8 pieces (136g)	220	2.0	0.6	0.0	0	520	46	2.0	4	6	4%	0%	4%	8%	Mixed Entrée	CS
Sushi - California Rolls	8 oz (224g)	342	13.8	1.2	0.0	12	782	45	2.4	13	7	0%	20%	2%	24%	Mixed Entrée	CS
Sushi - Cucumber Rolls (2)																	
Cheese Perogies (3)	1 serving	442	10.8	1.0	0.0	9	771	73	7.4	12	13	0%	3%	1%	0%	Mixed Entrée	CS
Chicken Parmesan, Pasta & Salad	1 serving	602	12.7	6.9	0.4	69	972	83	5.4	8	44	11%	13%	41%	29%	Mixed Entrée	CS
Pasta & Mushroom Soup	1 serving	397	2.1	0.7	0.1	6	291	80	4.1	4	14	0%	0%	5%	21%	Mixed Entrée	CS
Pasta & Alfredo Sauce	1 serving	438	3.9	1.3	0.8	5	733	85	4.0	6	16	1%	0%	8%	21%	Mixed Entrée	CS
Mac & Cheese	1 serving	447	4.1	1.2	0.6	6	591	88	3.6	6	14	2%	0%	6%	23%	Mixed Entrée	CS
Pasta & Tomato Sauce	1 serving	498	7.2	1.8	0.2	8	536	91	7.2	14	19	46%	48%	18%	22%	Mixed Entrée	CM
Pasta & Marinara Sauce	1 serving	516	6.7	2.2	0.2	8	746	97	6.2	18	18	14%	11%	16%	26%	Mixed Entrée	CM
Pasta, Salad & Garlic Bread - mushroom	1 serving	525	6.7	1.2	0.1	6	502	98	5.6	6	18	4%	4%	8%	27%	Mixed Entrée	CM
Pasta, Salad & Garlic Bread - alfredo	1 serving	566	8.4	1.8	0.8	5	944	103	5.5	8	20	4%	4%	11%	27%	Mixed Entrée	CS
Pasta, Salad & Garlic Bread - cheese	1 serving	575	8.7	1.7	0.6	6	802	106	5.1	8	18	6%	4%	9%	29%	Mixed Entrée	CS
Pasta, Salad & Garlic Bread - tomato	1 serving	626	11.8	2.3	0.2	8	747	109	8.7	16	23	49%	52%	20%	28%	Mixed Entrée	CM
Pasta, Salad & Garlic Bread - marinara	1 serving	644	11.2	2.7	0.2	8	957	115	7.7	20	22	17%	15%	18%	32%	Mixed Entrée	CS

Notes:

(1) Food Grouping & Category as per 2007 Guidelines for Food & Beverage Sales in BC Schools

CM = Choose Most

CS = Choose Sometimes

CL = Choose Least

(2) Analysis pending

(3) Information for Vitamin A, Vitamin C, Calcium, & Iron in perogies not available

*Proprietary Information of Canuel Caterers

**Analysis prepared by Kristin Brown, Registered Dietitian of Harmony Nutrition Consulting. Analysis is based on recipes provided by Canuel Caterers for each menu item. Nutrition information for ingredients was obtained from manufacturers or suppliers or, when not available from these sources, from the Canadian Nutrition File, versions 2005 & 2007.

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