

2013-14 NUTRITIONAL INFORMATION

Menu Item	1.25 oz./1.4	Calories	Calories from Fat	Total Fat (g)	Sat. Fat (g)	Trans. Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs	Fiber (g)	Sugars (g)	Protein (g)	Vit A (IU)	Vit C (mg)	Iron (mg)	Calcium (mg)
Breakfast Bagel	1-2.6 oz (74g)	191		8	2	0	14	516	19	0	2	10	262	1	1	177
Bacon, Egg, Chs Sandwich	1 ea															
Grilled Egg Patty(462519)	1 oz	57		5	1		89	86	1	0	0	3	143	0	0	11
Pre-Sliced Biscuit	2.25 oz	180		7.1	1.6		0	354	26.9	1	3.2	4.2	0	0	1.6	54
Bacon Slices	1.25 oz	45		3.5	1		115	120	1	0		3	177	0	0.4	20
Lite American Cheese	1 slice	35		2	1.75		5	195	1.5	0	1	3				
Breakfast Bagel	1-2.6 oz (74g)	191		8	2	0	14	516	19	0	2	10	262	1	1	177
Breakfast Burrito, Egg,Chs	1- 3 oz	212		7	2	n/a	108	435	28	1	1	8	70	0	2	53
B-fast Pizza, Saus/Gravy	1(85 g)	233		12	3		16	601	23	1	2	10	264	0	2	151
Breakfast Chicken Sandwich	1 ea	162		7	1.3		10	472	17.67	1.33	2	7.75	0	0.3	2	32
Breakfast Chicken Patty	1 pc	100		6	1		10	390	6	1	0	6.5	0	0	1	20
Mini Biscuit	1-1 oz	81		4	1		0.5	289	15	0.5	0.5	1.5	3	0	1	46
Slammer Roll	1-20 g	62		1	0.3		0	82	11.67	0.33	2	1.25	0	0.3	1	12
Saus. Egg Cheese Slider-new	1 (72 gm)	160	41	5	2	0	30	290	22	2	7	8	2%	0	8%	8%
Canadian Bacon, Egg, Chs Sand	1 sandwich															
Lite American Cheese	1 slice	35		2	1.75		5	195	1.5	0	1	3				
Pre-Sliced Biscuit	2.25 oz	180		7.1	1.6		0	354	26.9	1	3.2	4.2	0	0	1.6	54
Grilled Egg Patty(462519)	1 oz	57		5	1		89	86	1	0	0	3	143	0	0	11
Canadian Bacon (2031)	1.5 oz	48		2	1		27	438	1	0	n/a	7	12	1	0	3
Cinnamon Pretzel Stick	1 ea (59 g)	180		3	1	0	10	200	33	1	9	4	0	0	8	2
Cinn. Glazed French Toast	3.25 oz	250		8	1.5	0	105	100	37	1	11	8	185	0	4	135
WW Breakfast Bun-SB	1(2.75 oz/78g)	250	80	8	2	0	0	290	37	5	10	6	4%	0	15%	8%
Jamwich single-new	1(2.80 oz)	310	40	16	2.5	0	0	310	35	4	13	10	0	0	6%	4%
Jamwich Twin Pack -new	1-(5.6 oz)	610	280	31	4.5	0	0	620	69	7	25	20	0	0	10%	8%
Colby Cheese Omelet	1-(2.1 oz)	210		17	6		150	740	28	2	2	17	238	0	1	23
w/ Mini Biscuit	1-1 oz	81		4	1		0.5	289	15	0.5	0.5	1.5	3	0	1	46
Nutrigrain Bar Blueberry	1-44 gm	160	35	4	0.5			135	30	3	15	2	15%	0	10%	20%
Nutrigrain Strawberry	1-44 gm.	160	35	4	0.5			150	29	3	14	2	20%	0	15%	25%
Cereal & Cheese:																
Malt o Meal Brands:																
Apple Zings	3/4 oz	80		0.5	0		0	95	19	0	10	1	400	9	2.7	60
Berry Colossal	1 oz	110		1.5	0		0	200	24	0	12	1	0	0	3.6	0
Corn Flakes	3/4 oz	80		0	0		0	230	18	0	1	1	500	9	5.4	0
Crispy Rice	10/16 oz	70		0	0		0	190	15	0	2	1	400	6	0.72	0
Frosted Flakes	1 oz	110		0	0		0	190	26	0	12	1	500	9	3.6	0
Raisin Bran	1.25 oz	120		1	0		0	230	27	5	10	3	400	0	1.8	20
Tootie Fruities	3/4 oz	80		0.5	0		0	100	19	0	9	1	500	9	2.7	60
General Mills Brands:																
Cinn Toast Crunch	28 g	120		3	1		0	190	22	1	10	1	400	5	4	80
Golden Grahams	28 g	110		1	0		0	260	23	1	9	1	400	5	4	80
Honey Nut Cheerios	28 g	110		2	0		0	200	22	1	9	2	400	3	4	80
Lucky Charms	28 g	110		1	0		0	190	23	1	12	2	400	5	4	80
Trix	21 g	80		1	0		0	130	18	n/a	9	1	300	4	3	60
add String Cheese	1 oz	80		5	3		15	200	0	0	n/a	8	4%	0	0	20%
add Lite Cheese Square	1 oz	70		4	2.5		10	390	3	0	2	6	0	0	0	0
Cinnamania Snacks:																
Cinnamon Bun Snacks	1-1.76 oz	230		8	2.5		0	210	36	1	12	3	0	0	1.08	100
French Toast Snacks	1.76 oz	230		8	2.5		0	200	36	1	14	3	0	0	1.08	100
Blueberry Muffin Snacks	1.76 oz	230		8	2		0	190	36	1	13	3	0	0	1.08	100
Strawberry Waffle Snacks	1.76 oz	230		8	2		0	190	37	1	13	3	0	0	1.08	100

2013-14 NUTRITIONAL INFORMATION

Menu Item	1.25 oz./1.4	Calories	Calories from Fat	Total Fat (g)	Sat. Fat (g)	Trans. Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs	Fiber (g)	Sugars (g)	Protein (g)	Vit A (IU)	Vit C (mg)	Iron (mg)	Calcium (mg)
French Toast Sticks	3 each	170		3.5	1	0	110	100	27	0.75	7	7	150	0	3.75	112.5
Oat To Go Bar & Cheese	1 of each	210		7	3.5		20	550	32	3	16	9	1000	0	4	200
Breakfast Bar, Oat Raisin	1-40g	150		2.5	0.5		10	150	29	3	14	3	20%	0%	20%	20%
Breakfast Bar, Br. Sugar	1-40g	140		2.5	0.5		10	135	29	4	13	3	10%	0%	20%	10%
Breakfast Bar, Apple Cin	1-40g	150		2.5	0.5		10	135	29	4	13	3	10%	0%	20%	10%
Lite Cheese Square	1 oz	70		4	2.5		10	390	3	0	2	6	0	0	0	0
Pancake on a Stick	1(2.85 oz)	220		11	3.5		20	610	25	1	9	8	0	0	2	6
Pancakes, Cinnamon, 2 B	3 oz	202		7	1		5	395	31	4		4	139	1	23	1.28
Pillsbury Mini-Pancakes	1 pouch	200	50	6	1	0	10	370	34	2	11	4	0	0	6%	4%
Cherry Frudel-Pillsbury	1-65gm	210	54	6	2	0	0	270	36	2	11	5	0	0	6%	0%
Apple Frudel-Pillsbury	1-65gm	210	54	6	2	0	0	270	36	2	11	5	0	0	6%	0%
add String Cheese	1 oz	80		5	3		15	200	0	0	n/a	8	4%	0	0	20%
add Lite Cheese Square	1 oz	70		4	2.5		10	390	3	0	2	6	0	0	0	0
Ultimate Breakfast Round	1-71 gm	270	72	8	3	0	0	240	44	6	18	4	0	0	13%	3%
French Toast Sticks W.G.	3 pc. 74 gm	158	34	4	1	0	109	282	23	3	8	7	3%	0	8%	3%
French Toast Cin. Glazed	1-92 gm.	215	70	8	2	0	97	323	29	3	10	8	4%	0	9%	3%
French Toast Str. Banana	3 pc. 82gm	214	74	8	2	0	119	296	28	1	12	7	5%	0	8%	3%
Mini Cinnis -Pillsbury	2.29 oz	240	70	7	2	0	0	300	40	2	15	5	0	0	8%	2%
Peanut Butter & Jelly Bar	1-2.2 oz	322		19.8	3.9		0	259	28.5	1.6		9.6	0	0.2	1.3	17.4
Jamwich W.G. Grape	1-2.8 OZ.	300		16	3		0	330	33	4	12	10	0	0	15%	4%
Jamwich Twinpack	1-5.6 oz.	590		31	5			650	65	9	24	20			35%	10%
Ultimate Breakfast Round	1 of each	270	72	8	3	0	0	240	44	6	18	4	0	0	9	2
Benefit Breakfast Bars	1 (71 gm)	290	80	9	3	0	20	240	47	3	22	5	0	0	10	2
add Lite Cheese Square	1 oz	70		4	2.5		10	390	3	0	2	6	0	0	0	0
Sausage Biscuit	1 (87 g)	257		13	4	0	27	598	23	1	n/a	12	59	0	1	66
Sausage & Egg Biscuit Sand	1 each															
Grilled Egg Patty(462519)	1 oz	57		5	1		89	86	1	0	0	3	143	0	0	11
Turkey Sausage Patty	1.03 oz(29g)	59		4	1		29	134	0	0	n/a	6	42	0	1	9
Pre-Sliced Biscuit	2.25 oz	180		7.1	1.6		0	354	26.9	1	3.2	4.2	0	0	1.6	54
Scrambled Eggs	2 oz	110		6	2		175	330	3	0	1	10	300	0	1	40
Snaken Waffle, Maple	1(80g)	287		10	4	0	42	280	41	4	17	5	200	0	2	80
Snacken Waffle, Cinn	1 (80 g)	287		10	4	0	42	270	42	4	17	5	200	0	2	80
Yogurt & Crackers:																
Yogurt, Dannon, Light & Fit	4 oz(113 g)	53		0	0		n/a	70	10	0	7.3	3.5	333	2	0	100
Yogurt, Dannon, Strb/Blue	4 oz(113 g)	120		1.5	1		10	75	22	0	20	4	0	0	0	100
Yogurt, Yoplait, flavored	4 oz(113 g)	110		1	0.5		5	55	22	0	18	4	0	0	0	100
Nutriday Yogurt	4 oz(113 g)	90	0	0	0	0	0	50	19	0	16	3	67	0	0	10
w/ Giant Goldfish Graham	1 pkg(25g)	120		4	1		0	150	19	1	6	2	0	0	1	0
w/Animal Crackers, Orig	1 oz	110		1.5	0		0	95	22	<1	6	2	0	0	6	0
Whole Grain B-fast Sandwich	1 ea	380		20	5		331	1058	30.5	4	3.5	21.22	3%	0%	8%	16%
Turkey Bacon	1 sl(5 g)	20		2	0		5	110	0	0	n/a	2	0	0	0	0
Breakfast Juice:																
100% Apple Juice	4 oz	60		0	0			5	15	0	15	0	na	100%	na	10%
100%Grape Juice	4 oz	80		0	0			5	18	0	18	1	na	na	na	na
100%Orange Juice	4 oz	50		0	0			15	12	0	10	1	na	70%	na	na
100% Orange Juice Blend	4 oz	50		0	0			20	14	0	13	0		50%		0
100%Orange-Pineapple	4 oz	60		0	0			20	13	0	12	1	na	50%	na	na
Tropical Fruit Punch	4 oz.	60						5	15		14			100%		0
Kelloggs Jumpstarts Breakfast:																
Kashi Heart 2 Heart with																
Graham Crker +Juice		250	40	4	0.5	0	0	170	53	5	24	4	30%	140%	12%	10%
AppleJacks + Grahams with																
Apple Juice		220	30	3	0.5			215	49	3	26	2	16%	115%	19%	20%
Multigrain RS Frosted Flakes		250	25	2.5	0.5			260	55	3	27	3	25%	135%	49%	20%
w/Grahams + Juice																

Nutritionals for Beverages

Menu Item	Serving Size	Calories	Calories from Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat	Cholesterol (mg)	Sodium (mg)	Total Carbs	Fiber (g)	Sugars (g)	Protein (g)	Vit A (IU)	Vit C (mg)	Iron (mg)	Calcium (mg)
Arizona Green Tea	20 oz	175		0	0		0	50	45	0	43	0	na	na	na	na
Chug Pint, Chocolate, 1%	1 pint(16 oz)	340		5	4		30	380	56	0	56	16	10%	2%	0	30%
Chug Pint, Chocolate, 2%	1 pint(16 oz)	420		14	9		60	320	58	54	0		10%	2%	0%	30%
Chug Pint, Orange Juice	1 pint(16 oz)	240		0	0		0	0	58	0	58	2	0%	100%	0%	2%
Chug Pint, Strawberry, 1%	1 pint(16 oz)	380		5	4		30	240	64	0	64	20	10%	2%	0%	30%
Chug Pint, Whole	1 pint(16 oz)	300		16	10		70	240	22	0	22	16	6%	2%	0	30%
Clear Fruit Water	16.9 oz	180		0	0		0	0	23		23	0				
Glaceau Fruit Water	12 oz	75		0	0			0	19		19	0	10%	100%		
Glaceau Vitamin Water	20 oz	50						110	14		14					
Iced Tea	8 oz	0		0	0		0	0	0	0	0	0	0	0	0	0
Juice, Welch's, Apple	11.5 oz	160		0				35	41		39	0	na	25%	na	na
Juice, Welch's, Grape	11.5 oz	240		0				30	61		59	0	na	100%	na	na
Juice, Welch's, Orange	11.5 oz	170		0				30	43		41	2	6%	100%	0	3%
Juice, Welch's, White Grape B	11.5 oz	200		0				20	51		49	0	na	100%	na	na
Juicy Juice	6.75 oz	100		0	0			10	25	0	22	0		100%		
Juicy Juice	4.23 oz	65						5	15		13			100%		
Juice Alive Frozen Slushie	8 oz.(240ml)	120	0	0	0	0	0	15	28	0	27	1		100%	2%	5%
Cravelatte	1 cup(240ml)	160		2.5	1.5	0	10	150	29	0	29	8	10%	2%	0	25%
PRAIRE FARMS DAIRY																
Milk, 1%	1/2 pint	100		2.5	0		15	120	11	0	11	8	0%	2%	0	25%
Milk, Chocolate Fat Free	1/2 pint	110		0	0		5	180	20	0	18	8	0%	0%	0	25%
Milk, Skim	1/2 pint	80		0	0		5	120	11	0	11	8	10%	0%	0	25%
Milk, Strawberry Fat Free	1/2 pint	120		0	0		0	120	5%	0	22	8	0%	0%	0	25%
Milk, Vanilla Fat Free	1/2 pint	130		0	0		0	170	24	0	22	8	0%	0%	0	25%
YoPhoria F & Y Smoothie	9 oz.	260	45	5	3	0	20	140	49	5	42	9	10%	4%	2%	40%
Smoothies, Ridgefield**	5.5 oz	90		0	0		0	50	22	0	22	0	22%	100%	2%	9%
Smoothie, Yo on the Go	8 oz	180		3	2		10	80	31	0	29	6	30%	30%	0%	20%
Smoothie, Yo on the Go	4 oz	90		1.5	1		5	40	15	0	13	3	15%	15%	0%	10%
Snappe	11.5 oz	175		0	0		0	11	44	0	35	0	6%	0	2%	0
Snappe	20 oz	293		0	0		0	18	73	0	58	0	6%	0	2%	0
Soy Milk, Chocolate	8.25 oz	140		3.5	0.5		0	95	17	1	18	5	10%	0	8%	30%
Soy Milk, Vanilla	8.25 oz	130		3.5	0.5		0	95	17	1	13	6	10%	0	6%	30%
Tropicana 100% Juice	6.75 oz	120		0	0			20	27	0	26	0	0	100%	0	0
V-* V-Fusion, 100% Juice	12 oz	170		0			0	120	42	0	41	1	120%	150%	0%	2%
**Sugars are those naturally occurring in fruit juices. No added sweeteners																

Nutritionals for A La Carte

NOTE: School Nutrition Services attempt to provide nutrition information that is as accurate as possible. This information may be subject to change without notification.

Menu Item	Serving Size	Calories	Calories from Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat	Cholesterol (mg)	Sodium (mg)	Total Carbs	Fiber (g)	Sugars (g)	Protein (g)	Vit A (IU)	Vit C (mg)	Iron (mg)	Calcium (mg)
100 Cal Lorna Dorne	0.74 oz (21g)	100		3	1.5		0	120	16	0	6	1	0	0	4%	0
100 Cal Planters	0.85 oz(24 g)	100		3	0.5		0	160	17	1	7	2	0	0	4%	2%
All Sports Bites	1 pkg	115		3	1		0	90	20		21	2	na	na	na	na
Animal Cracker, Sunshine	.75 oz	100		3	1		0	110	16	0	5	1	0	0	1	0
Animal Crackers, Chocolate	.9 oz	121		3	1		0	150	22	<1	8	2	0	0	6	0
Animal Crackers, Iced	.9 oz	99		3	0.5		0	80	19	<1	7	2	0	0	4	0
Animal Crackers, Orig	1 oz	110		1.5	0		0	95	22	<1	6	2	0	0	6	0
Apple Fresh 100 ct	138g	63		0	0		0	0	16	3	na	0	56	6	0	7
Apple Wedges, Pre-pkgd	2 oz pkg	30		0	0		0	0	7	1	6	0	0	20	0	20
Applesauce	1/2 cup	86		0	0		0	7	21	2	16	0	na	na	1	na
Applesauce Cup, Natural	4 oz	51		0	0		0	0	13	1	7	0	49	5	1	2
Baby Carrots, pre-packaged	1 oz	13		0	0		0	10	3	1	n/a	0	7975	3	0	8
Baby Carrots, pre-packaged	1 oz	13		0	0		0	10	3	1	n/a	0	7975	3	0	8
Bageler, Cinnamon	2.5 oz	190		4	2.5		10	220	35	3	8	6	260	0	1	30
Bageler, Plain	2.5 oz(86g)	190		6	3		15	230	31	3	5	6	260	0	1	30
Baked Doritos, Nacho	1.375 oz pkg	170		4	1		0	300	30	2	2	3	139	0	1	56
Baked Doritos, Ranch	1.375 oz pkg	170		5	1		0	280	30	2	2	3	149	0	1	58
Baked Doritos, Nacho	1.375 oz	170		4	1		0	300	30	2	2	3				
Baked Lays, BBQ	1.125 oz pkg	140		3	0.5		0	230	25	2	3	2	0	2.2	0.48	45
Baked Lays, Regular	1.125 oz pkg	130		1.5	0		0	170	26	2	2	2	0	2.7	0.5	44
Baked Lays, Sour Cream	1.125 oz pkg	140		3	0.5		0	240	24	2	3	2	18	2.1	0.41	68
Baked Ruffles, Chd & Sour Cr	1.125 oz pkg	140		4	0.5		0	250	25	2	3	2	0	4.1	0.53	45
Banana, Petite (.37 c)	1 each	72		0	na		0	0	19	2	na	1	0	7	0	0
Bear Graham, Vanilla	.9 oz	106		3	0.68		0	85	18	0.14	6	1	5%	5%	5%	1%
Bear Grahams, Chocolate	.9 oz	103		2.76	0.62		0	90.23	18.28	0.49	6.01	1.62	5%	5%	6%	2%
Beef Jerky, Hot & Spicy	1 oz	60		1	0		25	410	1	0	4	10	na	na	6%	na
Beef Jerky, Original	1 oz	60		1	0		25	410	3	0	11	10	na	na	6%	na
Carnival Crunch	.75 oz	80		1.6	0.2		0	210	16	0.6	2	2	2%	2%	6%	0
Carrots & Ranch Dip, indiv	2.25 oz	70		5	0		5	190	5	1	3	1	750	4	0	20
Celery & Peanut Butter, Indv	2.25 oz	160		13	2		0	210	9	2	4	5	0	2	0	20
Cereal & Milk Bar, Trix	1.4 oz	160		4	0		0	160	30	2	11	2	100	0	1	200
Cereal Bar, Cinnamon Toast	1 Bar (40 g)	160		3.5	0		0	170	30	1	11	2	0	0	20%	20%
Cereal Bar, Cocoa Puffs	1 Bar(40 g)	160		4	0.5		0	105	29	2	11	2	0	0	20%	20%
Cereal Bar, Twix	1-40 g	160		4	0		0	160	30	2	11	2	100	0	1	200
Cheddar Mix, Baked	1.75 oz	230		8	1.5		0	410	34	2	5	5	0	0	4%	4%
Cheese Nips, 100 calorie	1 (21 g)	100		3	1		0	230	15	1	0	2	0	0	0	4%
Cheesy O's	1 bag/21 g	100		4	0		0	95	15	1	1	2	0	0	4%	2%
Cheetos Stix - Original	1 pkg	130		5	1		0	240	19	1	0	2	0	0	2%	0
Cheetos, Bkd, Hot	7/8 oz pkg	120		4.5	0		0	210	18	0	<1	2	89	0	0.9	5.6
Chex Mix, Traditional	1.75 oz	210		7	1		0	670	36	2	3	4	0	0	2%	0
Chex Mix, Trail Mix	1.75 oz	220		7	2		0	360	35	2	11	4	na	na	4%	na
Chips Deluxe, 100 calorie	1 (23 g)	100		3	1		0	140	18	1	7	1	0	0	0	4%
Cinnamon Bun Snacks	1-1.76 oz	230		8	2.5		0	210	36	1	12	3	0	0	1.08	100
Clodhoppers, Vanilla Crunch	1.27 oz (36 g)	165		6	5		0	130	27	2	11	2				
Combos Cheddar Pretzel	1.8 oz	240		8	1.5		0	550	35	1	8	5	n/a	n/a	0.36	80
Dino Grahams, Lemon	.9 oz	105		3	0.54		0	85	18	0.54	5	2	5%	6%	8%	1%
Dinosaur Fruit Snacks	1 oz	80		0	0		0	25	19	0	14	1				
Doritos, Red Fat, Cool Ranch	1 oz	130		5	1		0	220	19	1	2	2				
Doritos, Red, Fat, Nacho	.75 oz	130		5	1		0	220	19	1	2	2				
Elf Grahams, Choc Chip	1 pkg (23 g)	130		5	2		0	90	20	n/a	8	2	0	0	1	100

Nutritionals for A La Carte

NOTE: School Nutrition Services attempt to provide nutrition information that is as accurate as possible. This information may be subject to change without notification.

Menu Item	Serving Size	Calories	Calories from Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat	Cholesterol (mg)	Sodium (mg)	Total Carbs	Fiber (g)	Sugars (g)	Protein (g)	Vit A (IU)	Vit C (mg)	Iron (mg)	Calcium (mg)
Fantastix, Chili Cheese	1 oz	130		5	1		0	240	19	1	0	2	0	0	0	2%
Fritos, Original	1 oz	160		10	1.5		0	170	15	1	<1	2	29	0	0.4	43
Fruit Bar, Apple	1.3 oz	130		3.5	0.5		0	45	25	1	11	2	15%	0	10%	0
Fruit Bar, Blueberry	1.3 oz	130		3.5	0.5		0	55	25	2	11	2	15	0	10	0
Fruit Bar, Strawberry	1.3 oz	130		3.5	0.5		0	50	25	2	11	2	15	0	10	0
Giant Goldfish Graham	1 pkg(25g)	120		4	1		0	150	19	1	6	2	0	0	1	0
Goldfish Crackers, Cheese	.75 oz	100		5	1		5	180	13	1	0	2	0	0	1	20
Graham Crackers, Choc	1 pkg (23 g)	100		4	1		0	120	17	0	5	2	0	0	0	0
Graham Crackers, Cinnamn	1 pkg (23 g)	90		3	1		0	85	16	n/a	4	2	0	0	1	20
Graham Sticks, Cinn	1 oz	120		2.5	0.5		0	160		<1	8	2	-	-	-	-
Granola Bar, Chocolate	1 oz	90		2	0.5		0	80	19	1	7	1				
Granola Bar,Cinn Sugar	1 oz	90		1.5	0		0	80	19	1	6	1				
Grapes, Lunch bunch	1 cup	62		0	0		0	2	16	1	na	1	100	4	0	13
Grapes, Pre-pkgd	2 oz pkg	40		0	0		0	0	10	1	9	0	n/a	6	n/a	n/a
Honey Wheat Sticks, Snyder's	2.25 oz															
Jonny Rapp's Fries, All Flav	1 bag/28g	130		4	0.5		0	230	20	2	1	2	0	0	4%	2%
Kids Mix, Baked	1 oz	130		4.5	1		0	240	20	1	6	2				
Kiwi	76 g	46		0	na		0	4	11	3	na	1	133	74	0	20
Light & Fit Smoothie	1- 7 oz	80		0	0		0	85	15	0	13	5	500	n/a	0	150
M & M Snack Bar	1.23 oz(34.9 g)	140		3	1.5		0	105	25	2	12	2	0	0	2%	60%
Mandarin Oranges	1/2 cup	44		0.19	0		0	20	11	2.3		1	100	18	0	20
Minute Maid Juice Bar	3.1 oz	80		0	0		0	15	21	0	20	0	0	100%	na	na
Mixed Diced Fruit Cup	1 each(113 g)	80		0	0		0	15	19	1	18	0	200	60	0	0
Munchies Kid Mix	1 oz	130		4.5	1		0	240	20	1	6	2	10%	10%	10%	0
Musketeers Brownie Bar	1.26 oz(35.7 g)	140		4.5	1.5		0	55	21	1	12	6	0	0	4%	50%
Nacho Chips, Bite Size	1 oz	104		6	1		0	90	18	2	0	2				
Nature Valley, Sweet & Salty	35 g	170		9	2.5		0	150	19	2	11	4	0	0	2%	0
Nutri Grain Fruit Bar	1 ea/1.31 oz	140		3	0.5		0	110	27	1	13	2	750	0	2	200
Nutri Grain Yogurt Bar	1.3 oz	140		3	0.5		0	110	27	1	14	2	15%	0	10%	20%
Orange, Fresh - 113 ct	1 (151 g)	70		0	0		0	0	21	7	14	1	100	78	0	60
Oreo, 100 calorie	1 pkg (138g)	100		2	0		0	160	20	1	9	1	0	0	0	6%
Peaches, Fresh	1	43		0.09					11.1	2						
Pear, Fresh	1	59		0.4					15.11	2.4						
Pears halves, canned	1/2 cup	80		0	0		0	7	20	2	14	0	0	2	0	7
Pickel, Dill, Whole	1- 7 oz	4		0	n/a		n/a	256	1	0	0	n/a	38	n/a	0	11
Pineapple Tidbits, canned	1/2 cup	70		0	0		0	0	17	1	15	na	0	20%	2%	0
Pop Tart, (one only)	1 ct(52g)	200		5	1		0	170	38	1	19	2	500	0	2	0
Pop Tarts, Smores, Frosted	2 ct	400		12	2		0	400	72	2	36	6	500	0	4	0
Pop Tarts, Strawberry Frstd	2 ct	400		10	2		0	340	76	2	38	4	500	0	4	0
Pop Tarts,Blueberry, Frosted	2 ct	400		10	2		0	340	74	2	36	4	500	0	4	0
Pop Tarts,Brown Sugar, Frst	2 ct	420		14	4		0	360	68	2	32	6	500	0	4	0
Pop Tarts,Cherry, Frosted	2 ct	400		10	2		0	340	76	2	38	4	500	0	2	0
Pretzel Snaps, Snyder's	2.25 oz															
Pretzels, Rold Gold	1 oz pkg	110		1	0		0	580	23	1	1	2	0	0	11%	1%
Pretzels, Rold Gold	1.5 oz	170		9%	0%						2%					
Pretzels,Tiny Twists	.5 oz Fun Size	50		0	0		0	290	11	1	0	1	0	0	1	0
Raisins	1.5 oz	132		0	0		0	8	32	2	30	1	4	0	1	17

Nutritionals for A La Carte

NOTE: School Nutrition Services attempt to provide nutrition information that is as accurate as possible. This information may be subject to change without notification.

Menu Item	Serving Size	Calories	Calories from Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat	Cholesterol (mg)	Sodium (mg)	Total Carbs	Fiber (g)	Sugars (g)	Protein (g)	Vit A (IU)	Vit C (mg)	Iron (mg)	Calcium (mg)
Rice Cakes, Caramel	1 each(26 g)	100		1	0		0	250	23	0	10	1	28	0	0	5
Rice Krispie, Original	1.3 oz	160		3.5	1		0	170	30	0	13	1	400	0	0.72	0
Rice Krispie, Rainbow	1.3 oz	150		4	1.5		0	120	28	n/a	16	6%	0	2%	0	
Ruffles, Baked	.875 oz pkg	110		2.5	0.5		0	190	19	1	2	2	0	3.2	0.41	35
Salsa Cups	1-3.8 oz	57		0	0		0	988	11	4	0	n/a	122	0	1	38
Salted Peanuts	1 oz(14 g)	80		7	1		0	50	2	1	0	3	0	0	4	2
Sherbet Cup	4 oz	120		1.5	1		5	35	27	0	25	0	0	100%	2%	2%
Simply Chex, Caramel	1/34 g	150		4.5	1.5		5	290	26	1	9	1	n/a	n/a	n/a	n/a
Simply Chex, Cheddar	1 Bag(35 g)	140		3.5	1		0	450	28	1	4	3	0	0	20%	20%
Simply Chex, Strawb Yog	1/34 g	150		4	1.5		0	270	27	0	8	2	n/a	n/a	n/a	n/a
Slim Jim	.28 oz(8 g)	42.5		4	1.75		5	237.5	0.5	0.18	11	1.75	0	0	2%	1%
Snack Bar Oat/Raisin	1.3 oz	150		4	2		0	135	27	1	15	2	0	0	4%	10%
Snickers Snack Bar	1.23 oz(34.9 g)	140		5	1.5		0	170	19	2	8	2	0	0	0	60%
Snickers Snack Clusters	1.23 oz(34.9 g)	140		5	1.5		0	180	16	1	6	2	0	0	2%	60%
Special K Bar	.81 oz	90		1.5	1		0	95	18	1	8	2	0	0	0	0
Strawberries	1/2 cup	30		0.37					7.02	2.3						
Strawberry Waffle Snacks	1.76 oz	230		8	2		0	190	37	1	13	3	0	0	1.08	100
Sun Chips, Cheddar	1 oz pkg	140		6	1		0	170	19	2	2	2	0	0	0.32	13
Sun Chips, Garden Salsa	1 oz	140		6	1		0	160	19	2	2	2				
Sun Chips, Original	1 oz	140		6	1		0	120	18	2	2	2				
Sunflower Kernals, Honey rste.	1 oz	160		12	1.5		0	85	8	1.5	4	6	na	na	10%	na
Sunflower Kernals, light salt	1 oz	170		14	1.5		0	85	5	2	0.9	6	na	na	10%	0
Sunflower Nuts	1 oz	170		15	2		0	275	5	5	1	6				
Teddy Grahams, Orig or Cinn	1 pkg(21 g)	90		3	1		0	100	16	n/a	5	1	0	0	1	80
Tropical Fruit Salad	1/2 cup	60		0	0		0	10	16	2	14	0	0	40%	2%	0
Twix Snack Bar	1.23 oz(34.9 g)	140		3.5	1.5		0	120	22	1	11	1	0	0	0	60%
Twix Snack Clusters	1.23 oz(34.9 g)	140		4	1.5		0	130	18	1	8	2	0	0	0	60%
Waffle Grahams, Strawb	.9 oz	106		3	0.69		0	84.69	18.31	0.14	6	y	5%	5%	5%	1%
Watermelon	1/2 cup	32		0.43					7.18	0.5						
Welch's Fruit Snacks	2.25 oz	110		0	0		0	20	24	0	21	1	25%	100%	2%	na
Welch's Fruit Snacks	1 oz	100		0	0		0	25	22	0	17	2	na	10%	na	na
Wheat Thins, 100 calorie	1 PKG(22 G)	100		3	0		0	230	16	1	2	2	0	0	4%	4%
X-treme Fruit Bites	1 pkg(21.3 g)	70		0	0		0	50	18	1	15	0.1		60%		
Yogurt , Prairie Farms, FF	8 oz	90		0	0		5	130	14	0	13	18	0	40	0	30
Yogurt Smoothie	7 oz	80		0	0		0	85	15	0	13	5	500	n/a	0	150
Yogurt, GoGurt	1 each	80		2	1		5	40	13	0	11	2	0	0	0	100
Yogurt, Yoplait, Light	1- 6 oz	100		0	0		0	85	19	0	14	5	750	0	0	200
Yogurt,Dannon,Light & Fit	4 oz(113 g)	53		0	0		n/a	70	10	0	7.3	3.5	333	2	0	100
Yogurt,Dannon,Light & Fit	1- 6 oz	90		0	0		2	95	16	0	12	6	300	0	0	150

Menu Item	Serving Size	Calories	Calories from Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat	Cholesterol (mg)	Sodium (mg)	Total Carbs	Fiber (g)	Sugars (g)	Protein (g)	Vit A (IU)	Vit C (mg)	Iron (mg)	Calcium (mg)
Baked Ziti	8 oz(1 cup)															
Meat Sauce, RF(5578)	5.60 oz	178.3		8.88	3.54		29.15	597.17	9.33	1.08	6.83	15.49	1116.43	16	2.72	33.61
Ziti Pasta	1/2 cup	420		2	0		0	0	84	4	6	14	0	0	2	20
Mozzarella Cheese	1 oz	30		2	1		3	80	n/a	0	0	2.25	200	0	0	100
Beef Shepards Pie	1/25th	319		15.4	5.5		57	437	24	3		21	4709	19	2.3	67
Beef Teriyaki over Rice		317		9.2	4.5		30	877	44	1.2	15	15	8	2	2.71	70
Meatballs in Sauce(5851)	3.9 oz	229		9	4		30	876	24	1	15	13	8	2	2	61
White Rice	1/2 cup	88		0.2	0.5		0	1	20	0.2		2			0.71	9
Bosco Sticks, Red Fat	2 sticks	380		8	4		20	560	52	4	2	26	200	0		
Bosco Sticks, Red Fat	1 stick(85 g)	190		4	2		10	280	26	2	1	13	100	0	20	250
Chili Cheese Burrito	6.75 oz	431		19	8.11		50.76	28	44	2.42	1	19.47	505	1.4	3.6	107
All Beef Burrito	6.81 oz	421.5		18.98	7.38		51.87	80	42.36	2.77		19.64	1097	4.7		
Crispito, Chicken/chili	1 ea(91 g)	238		14	3		32	337	20	2	2	8	n/a	n/a	1	91
Café Fav Turkey Melt	1-4.7 oz	314		10.3	5.1		39.1	1311.9	35.7	1.4	4.2	19.9				
Cheeseburger Twins	2-2.75 oz	424		18	7.2		50.29	765.5	42.1	2.15		23.5	158.1	2.53	1.91	133.7
Cheese Stuffed Breadstick	1	210		6	4		15	460	24	1	4	12	1521	1	1.50	216
Cheese Stuffed Breadstick	2 each	420		12	8		30	920	48	2	8	24	3042	2	3.00	432
Cheese Pleezers, RF	2 each	290		14	8			860	25			13	5.98	1	1.72	12.05
Chicken Alfredo	8 oz(1 cup)	539		5.5	5.67		57	236.67	87.5	4	6	32.33	0	0	6.67	50
Alfredo Sauce	6.7 g	30		1.5	0.5		5	210	3.5	0	0	1	0	0	0	
Diced Chicken Meat	2 oz portion	89		2	0.67		52	26.67	0	0	0	17.33	0	0	0.67	30
Rotini Pasta	1/2 cup	420		2	0		0	0	84	4	6	14	0	0	6	20
Chicken & Dumplings	8 oz(1 cup)	259		3.5	0.67		87	1187	35	1	1	22.33				
Diced Chicken Meat	2 oz portion	89		2	0.67		52	26.67	0	0	0	17.33	0	0	0.67	4
Aunt Vi's Dumplings	1/2 cup	170		1.5	0		35	1160	35	1	1	5	2%	0	20	8
Chicken & Noodles	8 oz(1 cup)	244		7.52	1.88		75	186	21.32	0.8		21.9	128	0.9	1.91	63
Cajun Jambalaya	6 oz (3/4 c)															
Chili Cheese Wrap	1 ea (136 g)	300	99	11	3	0	10	670	36	4	n/a	16	100	0	3	200
Country Baked Steak	1(3.85 oz)	307		20	6		42	351	15	1	0	17	71	0	3	23
Country Gravy, Trio	1 1/2 oz(9g)	35		1	n/a		n/a	170	6	n/a	3	n/a	0	0	0	0
Chicken Stir Fry	6 oz	199		8.64	1.47		46	197	11.12	2.9		19.31	11928	29.3	2	44
Chicken Fajitas	1 each	241		6.28	1.41		51	284	23.38	1.8		22	240	6.7	2.11	54
Fajita Chicken Meat	2.3 oz	102		5.37	1.5		60	251	1.5	0.77	0	12	0	0	0.7	7
Flour Tortillas, 10"	1-10"	19		4	1		0	560	35	1	1	4	0	0	0	40
Chicken Nuggets	5 each	267		17	5		48	552	13	1	0	15	109	n/a	1	10
Chicken Patty Sandwich	1 sandwich	405		20	4		48	807	39	2	2	19	108	0	2	30
Chicken Patty, Regular	1-(101 g)	265		17	4		48	547	13	1	0	15	108	n/a	1	10
Hamburger Bun, 4"	1-(54 g)	140		3	0		0	260	26	1	2	4	0	0	1	20
Hot & Spicy Chicken Patty	1 sandwich	378		18	3		54	722	38	3	2	17	763	n/a	3	38
Hot & Spicy Chicken Patty	1 each(91 g)	238		15	3		54	462	12	2	0	13	763	n/a	2	18
Hamburger Bun, 4"	1-(54 g)	140		3	0		0	260	26	1	2	4	0	0	1	20
Chicken Tenders, Regular	3 each	240		14	3		42	646	15	2	0	14	60	n/a	1	19
Chicken /Tenders,Hot&Spicy	3 each	307		22	4		66	345	13	2	0	15	785	0	1	19
Chicken Drumsticks(80532)	1(84 g)	150		6	1.5		40	260	9	0	1	15	0	0	10%	2%
Chili Mac	6 oz	573		7.35	2		17	584	98	9	10	27	1224	13	6	69
R/F Chili w/ beans	5.83 oz	153		5.35	2		17	584	14	5	4	13	1224	13	2	49
Elbow Macaroni	1/2 cup	420		2	0		0	0	84	4	6	14	0	0	4	20
Chili with Crackers	6 oz															
R/F Chili w/ Beans	5.83 oz	153		5.35	2		17	584	14	5	4	13	1224	13	2	49
Southwest Chili w/Beans	5.7	177		9	4		28	679	12	4	1	13	1165	7	2	42
Oyster Small Dots	.5 oz pkg	60		3	1		0	105	8	0	0	1	0	0	0	20
Chili Cheese Potato																
Southwest Chili w/Beans	3 oz	89		4.5	2		14	340	6	2	0.5	6.5	583	3.5	1	21
Light Shredded American	1 oz	30		1.5	1		5.62	150	1.5	0	0.5	2.25	6%	0	0	20%
Baked Potato	1-3 oz	93		0	0		0	14	21	2	1	2	0	11	1	9
Corn Dog (240100)	1-4 oz	249		11	3		105	576	26	2	5	11	0	0	9%	15%
Corn Puppies (208100)	6 each	280		13	3		80	520	33	1	7	9	0	0	10%	10%
Egg Roll, Pork & Veggie	2-1.5 oz	180		8	2		15	440	21	2	2	7	500	6	2	20
Egg Roll, Pork,Veg	1-3 oz	170		6	2		40	410	19	2	2	9	1045	8	2	32

Menu Item	Serving Size	Calories	Calories from Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat	Cholesterol (mg)	Sodium (mg)	Total Carbs	Fiber (g)	Sugars (g)	Protein (g)	Vit A (IU)	Vit C (mg)	Iron (mg)	Calcium (mg)
Fish Shapes	4 each	267		13.33	2.67		33	360	17	1.33	1.33	19	0	0	0	200
Fish Sandwich	1 sandwich	377		15	3		87	490	37	2	2	17	2	12		
Pollack Potato Crunch	1-3.6 oz	267		13	3		87	300	18	1	0	14	2	12	4	1
Sub Bun, 5"	40 g	110		2	0		0	190	19	1	2	3	0	0	6%	4%
Grilled Cheese Sandwich																
Lite Sliced American	4 slices	140		8	5		20	780	6	0	4	12	6%	0	0	15%
White Bread <i>or</i>	2 slices	140		2	0		0	250	26	2	2	4	0	0	4%	4%
Wheat Bread	2 slices	160		2	0		0	320	30	1	2	4	0	0	4%	2%
Café Fav Grilled Cheese WG	4.1 oz	316		14	8.5		40.7	968	34	4	4	20	20%	0	8%	38%
Hamburger/Cheeseburger																
JTM Beef Patty	2.4 oz	139		10	4		40	202	2.04	0.66	<1	10	19	0.19	1	226
Lite Sliced American	1 slice	35		2	1.75		5	195	1.5	0	1	3	6%	0	0%	15%
Hamburger Bun, 4"	1-(54 g)	140		3	0		0	260	26	1	2	4	0	0	1	20
Hot Dog with Bun	1 each	300		17	5		30	730	33	1	4	10	na	na	4%	3%
Hot Ham & Cheese on Bun																
Turkey Ham Loaf, Sliced	2 oz portion	55		2.5	1		30	526	0.5	0	n/a	7.5	13	1	0.5	4
Lite Sliced American	1 slice	35		2	1.75		5	195	1.5	0	1	3	6%	0	0%	15%
Hamburger Bun, 4"	1-(54 g)	140		3	0		0	260	26	1	2	4	0	0	1	20
Hot Italian Sub																
Sliced Cold Cuts	4 slices	123		9	3		47	651	1	0	n/a	8	48	1	1	40
Pepperoni Slices	4 each	47		4	1.25		10	153	0	0	0	2.25	3	0	0	10
Shredded Mozzarella Cheese	1 oz	30		2	1		3	80	n/a	0	0	2.25	200	0	0	100
Split Top Bun, 5 "	1-40g	110		2	0		0	190	19	1	2	3	1	0	1	2
Italian Sausage Link	2.4 oz	180		14	6		46	460	0.71	0.29	0.12	13	36	0.15	1.45	20
Italian Dippers	4 sticks	320		14	7			680	29			19	404	0	0.8	422
Lasagna Roll Up w/Cheese	1-(4.15 oz)	234		9.2	5.6		123	364	20.1	1.09	0.76	15.4	369	1.57	1.58	313
Add Marinara Sauce																
Macaroni & Cheese, LOL	6 oz	350	200	22	14	1	65	1130	23	1	2	17	1475	0	1	340
Macaroni & Cheese, LOL	3 oz	175	100	11	7	0.5	33	565	11.5	0.5	1	8.5	737.5	0	0.5	170
Mac & Cheese RF, Tyson	6 oz	307	113	12.7	7.5	0	37.5	1005	27	0	1.5	22				
Max Snax, Totally Taco	3 each	220		9	3		10	650	24	3	2	14	100	0	2	150
Meatball Sub	1 sandwich	380		13.5	5		31.5	1047	43	4	5	21	444	8	3	169
Meatballs in Marinara	3.9 oz	175		9	4		30	677	10	2	5	14	244	8	2	67
Hinged Sub Bun	1-71 g	190		3.5	0.5		0	330	33	2		6	0	0	1	2
Shredded Mozzarella Chs	1/2 oz	15		1	0.5		1.5	40	n/a	0	0	1	200	0	0	100
Mexican Fiesta Potato																
Turkey Taco Meat	1.5 oz	70		4.5	1		33	210	1	0	0	7	23	0.5	1	32
Jalapeno Cheese Cup R/F	3 oz	130		9	6		30	830	4	0	1	8	6%	0	2%	30%
Jalapeno Cheese Cup	3 oz	160		12	7		30	980	5	0	1	8				
Baked Potato	1-3 oz	93		0	0		0	14	21	2	1	2	0	11	1	9
Mozzarella Sticks-Elem	5 each	440		26	9			820	34			20	477	0.3	1.9	448
Mozzarella Sticks-Second	4 ea(5 oz)	400		24	12		40	1200	28	0	4	20	600	0	0	240
Nachos w/ meat & Cheese	1 serving	491		35.8	9		59.4	1397	45	2	1	21				
Turkey Taco Meat	1.5 oz	70		4.5	1		33	210	1	0	0	7	23	0.5	1	32
Jalapeno Cheese Cup	3 oz	160		12	7		30	980	5	0	1	8				
Jalapeno Cheese Cup R/F	3 oz	130	90	9	6	0	30	830	4	0	1	8	6%	0	2%	30%
Nacho Chips	2 oz Bag	300		14	2		0	400	40	2	0	6	0	2%	2%	4%
Oven Fried Chicken	3 oz	222		13	3		69	385	12	1	0	14	0	0	1	23
Pepperoni Pizzas	2 each	360		19	8		n/a	920	28	n/a	n/a	19	459	1.63	1.22	340
Pepperoni Lil' Pizza Bites	8 pcs(136g)	400		18			115	560	41	2		15	300	5	4	9
Philly Beef Steak	8 pcs(136g)	400		18			115	560	41	2		15	300	5	4	9
Char Grilled Chicken Patty	1(79 g)	110		5	2		75	105	0	0	0	17	0	0	1	0
Popcorn Chicken	15 pieces	284		17.5	3.75		38.75	830	18.75	1.25	0	13.75	n/a	n/a	1.25	11.25
Pizza, Fresh Baked Veggie	6.22 oz	360		9	4		25	730	49	5	4	23	709	2	4	292

Menu Item	Serving Size	Calories	Calories from Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat	Cholesterol (mg)	Sodium (mg)	Total Carbs	Fiber (g)	Sugars (g)	Protein (g)	Vit A (IU)	Vit C (mg)	Iron (mg)	Calcium (mg)
Pizza, Southwest	5 oz	280		10	3		10	740	33	4	1	1	2	0	15	25
Super Hoagie, Café Fav	5.4 oz	337		10	5		49	1587	36	1	4	24	300	5	1	270
Pizza, Tony's 4x6 Cheese	1-4x6	321		14	6		30	908	30	1	4	18	300	1	2	370
Pizza, Tony's 4x6 Pepp	1-4x6	328		16	6		36	1162	32	2	4	17	200	0	2	234
Pizza, Tony's 4x6 Sausage	1-4x6	313		13	5		31	1042	32	2	4	17	200	1	2	236
Pizza, Tony's Smart, Chs	129 g	304		14	5		16	631	29	2	3	17	455	1	4	286
Pizza, Freschetta	8" Round	454		20	9		44	1314	49	2	5	19	408	1	3	213
Gilardi Stuffed Crust Cheese	1-163 g	380		15	4.5		15	940	46	4	1	18	550	0	5	350
Gilardi Stuffed Crust Pepp	1-163 g	390		16	5		20	1000	45	2	1	18	500	0	5	300
Pizza, 4x6 Boxed, Cheese	1-4.8 oz	280		9	4		25	600	31	3	3		400	0	1.8	200
Big Daddy's Hvst Cheese	1/8 sl(5.53 oz)	400		13	4.5		35	760	47	3	4	23	400	0	3.6	350
Big Daddy's Hvst Cheese	1/10 sl(4.42 oz)	320		10	3.5		25	600	37	2	3	19	400	0	2.7	300
Big Daddy's Hvst Pepperoni	1/10 sl(4.43 oz)	320		11	3.05		25	680	38	2	3	18	400	0	2.7	250
Big Daddy's Hvst Pepperoni	1/8 sl(5.53 oz)	410		14	4.5		35	850	47	3	4	23	400	0	3.6	350
Big Daddy's Pers Pizza, Chs	1-7"(187 g)	460		15	4.5		35	890	54	3	5	27	500	0	4.5	400
Big Daddy's Pers Pizza, Pepp	1-7"(187 g)	460		16	5		35	950	54	3	5	26	500	0	4.5	350
Breadstick Cheesey S & F	1-40oz.	280		11	6		25	460	30	2	1	16	6%	0%	10%	35%
Calzone, Italian Beef Pepp.	1-5 oz.	340		16	6		40	1220	46	2	5	20	10%	14%	10%	25%
Quesadilla, Cheese, (MS;HS)	1(4.22 oz)	390		13	5		30	510	35	3	5	20	10%	25%	10%	25%
Quesadilla, Chicken (MS;HS)	1(4.28 oz)	320		16	8		40	1180	29	1	1	14	750	0	2	300
Quesadilla, Cheese, (Elem)	1(4.1 oz)	348		16	6		49	820	33	1	3	19	211	0	1	317
Quesadilla, Chicken (Elem)	1(4.1 oz)	331		13	5		51	810	33	2	3	19	149	0	1	246
Ravioli																
Chef Boyardee (Elem)	8 pcs	270		8	4		30	720	33	3	6	15	300	1	3	0
Tasty Brands Mini-ravioli	14 each	220		4	2		60	480	32	4	2	16	4%	0%	8%	12%
Rib B Q Sandwich	1 sandwich	387		21	6.1		45	880	37	2	2	15	153	1	2	55
Honey BBQ Pork Rib	3.25 oz	247		17.7	6.1		44.6	619.9	10.6	0.98		11.3	152.6	1.34	1	33
Hamburger Bun, 4"	1-(54 g)	140		3	0		0	260	26	1	2	4	0	0	1	20
Rotini Pasta & Meat Sauce	1 serving	598		11	4		29	597	93	5	13	29	1116	16	9	54
Meat Sauce, RF(5578)	5.60 oz	178.3		8.88	3.54		29.15	597.17	9.33	1.08	6.83	15.49	1116.43	16	2.72	33.61
Rotini Pasta	1/2 cup	420		2	0		0	0	84	4	6	14	0	0	6	20
Shrimp Poppers w/Chs Filled Brdstk	21 pcs/1 ea	430		18	6		15	1160	43	1	4	22	1527	1	3.5	246
Shrimp Poppers	21 ea	220		12	2			700	19			10	6	0	2	30
Cheese Stuffed Breadstick	1	210		6	4		15	460	24	1	4	12	1521	1	1.50	216
Ham & Cheese Melt Café Fav	1/133 g	314		10	5		39	1312	36	1	4	20	300	5	1.00	260
Turkey Cheese Wrap	1 wrap	293.4		10.8	3.7		32	1012	29	2.7		20.8	380	8.1	1.7	183
Egg Roll, Pork & Veggie	2-1.5 oz	180		8	2		15	440	21	2	2	7	500	6	2	20
Egg Roll, Pork,Veg	1-3 oz	170		6	2		40	410	19	2	2	9	1045	8	2	32
Sloppy Joe Sandwich	1 sandwich	296		10	3		23	913	36	3	10	18	477	8	2.00	46
RF Sloppy Joe Meat	3.63 oz	156		7	3		23	653	10	2	8	14	477	8	2	26
Hamburger Bun, 4"	1-(54 g)	140		3	0		0	260	26	1	2	4	0	0	1	20
Soft Tacos																
Turkey Taco Meat	1.5 oz	70		4.5	1		33	210	1	0	0	7	23	0.5	1	32
Light Shredded American	1 oz	30		1.5	1		5.62	150	1.5	0	0.5	2.25	6%	0	0	20%
Soft Tortilla Shell, 6"	1-6"	90		2	0		0	250	15	0	0	2	0	0	1	0
Shredded Lettuce, 1/8 cut	1/4 cup	2.25		0	0		0	1.25	0.25	0.25	0.25	0.2	261	1	0	3
Southwest Pizza	1 slc (142 g)	280	90	10	3	0	10	740	33	4	2	16	100	0	3	250
Spaghetti & Meatballs	6 oz serving	595		11	4		30	677	94	6	11	28	244	8	6	87
Meatballs in Marinara	3.9 oz	175		9	4		30	677	10	2	5	14	244	8	2	67
Spaghetti Pasta	1/2 cup	420		2	0		0	0	84	4	6	14	0	0	4	20
Taco Salad																
Turkey Taco Meat	1.5 oz	70		4.5	1		33	210	1	0	0	7	23	0.5	1	32
Light Shredded American	1 oz	30		1.5	1		5.62	150	1.5	0	0.5	2.25	6%	0	0	20%
Nacho Chips	2 oz Bag	300		14	2		0	400	40	2	0	6	0	2%	2%	4%
Shredded Lettuce, 1/8" Cut	1 cup	10		0	0		0	7	2	1	1	1	361	2	0	13

Menu Item	Serving Size	Calories	Calories from Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat	Cholesterol (mg)	Sodium (mg)	Total Carbs	Fiber (g)	Sugars (g)	Protein (g)	Vit A (IU)	Vit C (mg)	Iron (mg)	Calcium (mg)
Tuna Salad Sandwich																
Tuna	1/4 cup	50		0	0		34	165	0	0	0	12	0	0	0	0
White Bread	2 slices	140		2	0		0	250	26	2	2	4	0	0	4%	4%
Wheat Bread	2 slices	160		2	0		0	320	30	1	2	4	0	0	4%	2%
Turkey Manhattan	1 serving	621		13	3		53	2657	94	7	2	30	143	14	3	74
Precooked Turkey & Gravy	5.75 oz	163		7	2		53	803	3	0	n/a	21	143	0	1	11
Mashed Potatoes	3.5 oz	388		5	1		0	1729	78	6	1	7	0	14	1	43
Bread Slice	1 slice(26g)	70		1	0		0	125	13	1	1	2	0	0	1	20
Turkey & Dressing Supreme	5 x 5	271		12.63	2.92		45	441	18.31	0.8		19.79	366	0.4	2.21	55
Turkey Tetrazini		194		1			31	1483	26	0.5	2	21	130	1	1	35
Diced Turkey Breast or																
Roasted Turkey, Diced	3.78 oz	89		1	0		31	1053	2	0	n/a	19	0	1	1	5
Tetrazini Mix	28 g	105		0	0		0	430	24	0.5	2	2	0	0	0.3	30
Walking Taco																
Turkey Taco Meat	1.5 oz	70		4.5	1		33	210	1	0	0	7	23	0.5	1	32
Light Shredded American	1 oz	30		1.5	1		5.62	150	1.5	0	0.5	2.25	6%	0	0	20%
Frito Corn Chips	1 oz bag	160		10	2		0	170	15	1	0	2	0	0	0	45
Shredded Lettuce, 1/8 cut	1/4 cup	2.25		0	0		0	1.25	0.25	0.25	0.25	0.2	261	1	0	3
Jamwich W.G. Grape	1-2.8 OZ.	300		16	3		0	330	33	4	12	10	0	0	15%	4%
Jamwich Twinpack	1-5.6 oz.	590		31	5			650	65	9	24	20			35%	10%

Menu Item	Serving Size	Calories	Total Fat (g)	Sat. Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs	Fiber (g)	Sugars (g)	Protein (g)	Vit A (IU)	Vit C (mg)	Iron (mg)	Calcium (mg)
Specialty Salads														
Fruit & Yogurt Lunch														
Danimals Yogurt or	4 oz	See Breakfast Nutritionals												
Trix Yogurt	4 oz	See Breakfast Nutritionals												
Lite Cheese Square or	1 oz	70	4	2.5	10	390	3	0	2	6	0	0	0	0
String Cheese	1 oz	80	5	3	15	200	0	0	n/a	8	4%	0	0	20%
Seasonal Fresh Fruit	3/8 cup	See Fruit Nutritionals												
Vegetable Choice	3/8 cup	See Vegetable Nutritionals												
Muffin or Crackers	1 ea	See Bread, Crackers, Muffins Nutritionals												
Greek Salad														
Lettuce Salad Mix	1 cup	15	0	0	0	10	3	1	1	1	1412	14	1	29
Salami & Vegetable Mix	1/2 cup	65	4	1.5	25	325	1	0.5	n/a	4	24	2	0.5	20
Feta Cheese	1 oz	45	3.5	2.5	10.5	190	0	0	0	2.5	127	0	0	50
Salad Dressing	1.5 oz PC	See Salad Dressing Nutritionals												
Southwestern Chicken Salad														
Mixed Green Salad	1 1/2 cup	15	0	0	0	10	3	1	1	1	1412	14	1	29
Fajita Chicken Meat	1.10 oz	102	5.37	1.5	60	251	1.5	0.77	0	12	0	0	0.7	7
Black Beans, canned	1 oz	30	0	n/a	n/a	110	5	1.5	0	2	n/a	n/a	7	7
Tomato Wedges	2 each	8	0	0	0	2.25	1.5	0.5	1.25	0.5	3748	6	0	4.25
Lite Cheese, Shredded	1 oz	30	1.5	1	5.62	150	1.5	0	0.5	2.25	6%	0	0	20%
Salad Dressing	1.5 oz PC	See Salad Dressing Nutritionals												
Spinach Salad														
Fresh Spinach	1 cup	5	0	0	0	19	1	0.75	0	0.75	1679	7	0.75	25
Mandarin Oranges	3/8 cup	22	0	0	0	10	5	1	0	0.5	50	9	0	10
Eggs, diced	1 oz	30	2	0.75	95	27	11	0		3	4%	0%	6%	2%
Crumbled Bacon	1 oz	25	2	1	5	110	0	n/a	n/a	3	n/a	n/a	n/a	n/a
Salad Dressing	1.5 oz PC	See Salad Dressing Nutritionals												
Chicken BLT Salad														
Lettuce Salad Mix	1 1/2 cup	15	0	0	0	10	3	1	1	1	1412	14	1	29
Breaded Chicken, Chopped	1 oz	133.5	8.5	2.5	24	276	6.5	0.5	0	7.5	54	n/a	0.5	5
Lite Shredded Cheese	1 oz	30	1.5	1	5.62	150	1.5	0	0.5	2.25	6%	0	0	20%
Cherry Tomatoes	2 each	10.5	0	0	0	4.5	2.5	0.5	n/a	0.5	304	9	0	2.5
Red Onions, sliced	2 rings	8	0	0	0	0	2	0.25	1	0.25		1	0	4
Bacon, Crumbled	1 oz	25	2	1	5	110	0	n/a	n/a	3	n/a	n/a	n/a	n/a
Salad Dressing	1.5 oz PC	See Salad Dressing Nutritionals												
Cobb Salad														
Lettuce Salad Mix	1 cup	15	0	0	0	10	3	1	1	1	1412	14	1	29
Eggs, Diced	1 oz	30	2	0.75	95	27	11	0		3	4%	0%	6%	2%
Lite Shredded Cheese	1 oz	30	1.5	1	5.62	150	1.5	0	0.5	2.25	6%	0	0	20%
Chicken Meat, Diced	1 oz	45	1	0.33	26	13.35	0	0	0	8.85	0	0	0.37	15
Turkey Ham Loaf, Diced	1 oz	26	1.75	0.5	15	275	0.5	0	n/a	3.5	6	0.5	0.25	2
Carrots, Shredded	1 oz	6	0	0	0	11	1.5	0.75	1	0	1926	1	0	6
Cucumbers, Diced	1 oz	1	0	0	0	0.1	0.25	0	0.1	0	7	0.25	0	1
Broccoli Florets	1 oz	6	0	0	0	6	1	0.5	n/a	0.5	660	20	0	10
Salad Dressing	1.5 oz PC	See Salad Dressing Nutritionals												
Fried Chicken Salad														
Lettuce Salad Mix	1 1/2 cup	15	0	0	0	10	3	1	1	1	1412	14	1	29
Breaded Chicken, Chopped	1 oz	133.5	8.5	2.5	24	276	6.5	0.5	0	7.5	54	n/a	0.5	5
Lite Cheese Square or	1 oz	70	4	2.5	10	390	3	0	2	6	0	0	0	0

Breads, Crackers Muffins

Menu Item	Serving Size	Calories	Total Fat (g)	Sat. Fat (g)	Choles t (mg)	Sodiu m (mg)	Total Carbs	Fiber (g)	Sugars (g)	Protei n (g)	Vit A (IU)	Vit C (mg)	Iron (mg)	Calcium (mg)
Biscuit, 2.25 oz, Sliced	1(2.25 oz)	180	7.1	1.6	0	354	26.9	1	3.2	4.2	0	0	1.6	54
Biscuit, 2.5 oz, not sliced	1 (71 g)	220	9	2	1	590	30	1	n/a	4	5	0	1	55
Biscuit, Mini 1 oz	1-1oz	96	4	1	0.5	289	14.5	0.5	0.5	1.5	1.5	0	0.5	23
Breadstick - 5"	1	70	1	0	0	150	13.5	1	1.25	2.5	0	0	4%	2%
Breadstick, 8"	43 g	110	1	0	0	240	21	1	2	4	0	0	6%	4%
Breadstick, Bosco, Cheese Fille	1 (85 g)	205	7	3	15	403	24	1	1	12	4%	0	2%	21%
Bread, 12 grain	1 slice(32 g)	90	1.5	0	0	170	17	1	2	3	0%	0	6%	2%
Chow Mein Noodles	1/2 cup	130	5	2	0	230	19	n/a	0	3	0	0	1	0
Crackers, Premium Gold	1 pkg=2 ct	90	4	1	0	190	12	0	2	1	0	0	0	0
Crackers, Saltines	4 ct	50	2	0	0	150	8	0	0	1	0	0	0	0
Crackers, Whole Grain	2 ct	30	2	0	0	65	3	0	0	0	0	0	0	0
Deli Lite Rye	1 slice	80	1.5	0	0	190	17	3	2	3	0	0	4%	4%
Dinner Rolls - white/wheat	35 g	90	2	0	0	170	17	1	2	3	0	0	6%	2%
Egg Roll	2-(1.5 oz)	180	8	2	15	440	21	2	2	7	500	6	2	20
Egg Roll	1-3 oz	170	6	2	40	410	19	2	2	9	1045	8	2	32
Elfin Loaf, Banana	1 (57 g)	200	10	2	30	170	26	0	16	2	0	0	1	20
Elfin Loaf, Blueberry	1 ea (57 g)	190	10	2	30	160	25	n/a	14	2	0	0	1	20
Flour Tortilla, 6"	1 ea	90	2	0	0	250	15	0	0	2	0	0	1	0
Giant Goldfish Graham	1 pkg(25g)	120	4	1	0	150	19	1	6	2	0	0	1	0
Graham Crackers, Choc	1 pkg (23 g)	100	4	1	0	120	17	0	5	2	0	0	0	0
Graham Crackers, Cinnamon	1 pkg (23 g)	90	3	1	0	85	16	n/a	4	2	0	0	1	20
Hamburger Bun, 4"	54 g	140	3	0	0	260	26	1	2	4	0	0	8%	4%
Hoagie Bun, 5"	40 g	110	2	0	0	190	19	1	2	3	0	0	6%	4%
Hoagie Roll	71 g	190	3.5	0.5	0	330	33	2		6	0	0	10%	6%
Jumbo Taco Shell	1 (21 g)	100	5	0	0	0	13	1	0	1	0	0	4%	0
Lite Rye Pullman	2 slices	110	2	0	0	210	21	3	2	4	0	0	6%	6%
Loco Bread for Wraps	2"	140	30	3.5	0.5	260	24	1	1	4				
Muffin, Banana Nut	1.8 oz(51g)	190	10	2	30	190	23	1	12	2	0	0	6	2
Muffin, Blueberry	1.8 oz(51g)	180	10	1.5	30	190	22	1	11	2	2	0	6	2
Muffin, Choc Chip	1.8 oz(51g)	180	9	1.5	35	210	25	2	11	3	2	0	6	2
Onion Bun, 4"	59 g	160	3	0.5	0	280	28	2	3	5	0	0	10%	4%
Oyster Crackers	1 pkg(14 g)	60	3	1	0	105	8	0	0	1	0	0	0	20
Physedibles, Strawberry	1 pkg	120	4	1	0	100	18	1	7	2	100	2	4	0
Pretzel Rods	2 Rods	120	1	0	0	470	23	n/a	n/a	3	0	0	8%	0
Sesame Seed Bun, 4"	54 g	140	3	0	0	260	26	1	2		0	0	8%	4%
Sesame Steak Bun	71 g	190	3.5	0.5	0	330	33	2	3	6	0	0	10%	6%
Soft Pretzel Rod	1 oz													
Texas Toast	1 oz slice	80	1		0	190	14			4	0	0	4%	8%
Tortilla Edibowl	1 (59 g)	165	5	3	0	94	25	0	n/a	5	0	0	0	0
Tortilla Shell Salad Bowl	10",2.1 oz	280	16	4	0	190	29	1	1	4	0	0	3	0
Tortilla, Flour, 10"	1 each	190	4	1	0	560	35	1	1	4	0	0	0	40
Wheat Bread	30g (1 slice)	80	1	0	0	160	15	<1	1	2	0	0	4%	2%
Wheat Bun	64 g	140	2	0	0	250	27	4	2	4	0	0	10%	4%
Wheat Hoagie Bun	59 g	150	2.5	0	0	310	28	3	3	5	0	0	8%	6%
Wheat Roll														
Wheat Roll Hoagie	59g	150	0	0	0	310	28	3	3	5	0	0	8%	6%
White Bread	26g (1 slice)	70	1	0	0	125	13	1	1	2	0	0	4%	4%
Whole Wheat, 100%	1 slice (32 g)	80	1	0	0	160	15	1	3	4	0	0	6%	2%
Wrap Bread, Wheat, 12"	.5 slice(45 g)	112	1	0	0	130	22	3	n/a	5	0	0	1	40
Wrap Bread, White, 12"	.5 slice(45 g)	120	1	0	0	125	22	n/a	n/a	5	0	0	1	40
Wrap, Original Flatout	1 each(79 g)	210	3	0	0	640	38	3	3	9	0	0	na	na
Yeast Rolls	1 each (30 g)	90	2	0	5	135	17	1	2	3	0	0	6%	0
All Sports Bites	1oz. (28 gm)	114	3	1		94	20	1	7	2	6%	6%	10%	2%

Nutritionals for Fruits

Menu Item	Serving Size	Calories	Total Fat (g)	Sat. Fat (g)	Choles t (mg)	Sodium (mg)	Total Carbs	Fiber (g)	Sugars (g)	Protein (g)	Vit A (IU)	Vit C (mg)	Iron (mg)	Calcium (mg)
Apple Fresh 100 ct	138g	63	0	na	0	0	16	3	na	0	56	6	0	7
Apple Wedges, Pre-pkgd	2 oz pkg	30	0	0	0	0	7	1	6	0	0	20	0	20
Apples, 113 ct	1(170 g)	100	1	0	0	0	26	4	n/a	0	90	10	0	12
Apples, 138 ct	1(125 g)	65	0	0	0	0	18	3	16	0	0	3	0	0
Apple Crisp	1 svg	192	8	0	20	103	30	0		2	295	0.9	0.9	19
Apples, Ready to eat	2 oz pkg	30	0	0	0	0	7	1	6	0	0	20	0	20
Apples, Sliced in Can	10 pieces	43	0	0	n/a	n/a	10	2	7	0	n/a	n/a	1	25
Applesauce	1/2 cup	86	0	0	0	7	21	2	16	0	na	na	1	na
Applesauce Cup, Natural	4 oz	51	0	0	0	0	13	1	7	0	49	5	1	2
Applesauce Gelatin	1 svg	98	0.1		0	27	23.4			1.3			0	7
Ambrosia Fruit Salad	1/2 cup	82	2.6		3	17	14.7			0.9			0	25
Apricots	1/2 cup	48	0.39	0	0	11	2.4	1	12	0	8%	2%	0%	0
Autumn Fruit Salad	1/2 cup	98	0.1		0	22	23.4			1.3			0	7
Banana, Petite (.37 c)	1 each	72	0	na	0	0	19	2	na	1	0	7	0	0
Cantaloupe	1.25 cup	50	0	0	0	35	13	1	12	1	4000	48	0	20
Cherry Crisp	1 svg	214	8	0	20	106	35	0		2	600	1.3	1.5	20
Fruit Cocktail	1/2 cup	72	0	0	0	8	19	1		1	262	2	0	8
Gelatin, Berry Blue	4 oz	74	0	0	0	85	17	0	17	1	0	15	0	1
Gelatin, Cherry	1/2 cup	65	0				15			0				
Grapes	2 oz pkg	40	0	0	0	0	10	1	9	0	n/a	6	n/a	n/a
Grapes, Lunch bunch	1 cup	62	0	0	0	2	16	1	na	1	100	4	0	13
Grapes, Pre-pkgd	2 oz pkg	40	0	0	0	0	10	1	9	0	n/a	6	n/a	n/a
Juice Bar, Blue Raspberry	1-(66 g)	60	0	n/a	n/a	10	15	n/a	14	0	0	60	0	60
Juice Bar, Green Apple	1-(66 g)	60	0	n/a	n/a	10	15	n/a	14	0	0	60	0	60
Juice Bar, Pink Lemonade	1-(66 g)	60	0	n/a	n/a	10	15	n/a	14	0	0	60	0	60
Kiwi	76 g	46	0	na	0	4	11	3	na	1	133	74	0	20
Mandarin Oranges	1/2 cup	44	0.19	0	0	20	11	2.3		1	100	18	0	20
Mango Chunks	3/4 cup	90	0	0	0	0	24	3	21	n/a	1000	36	0	0
Minute Maid Juice Bar	3.1 oz	80	0	0	0	15	21	0	20	0	0	100%	na	na
Mixed Diced Fruit Cup	1 each(113 g)	80	0	0	0	15	19	1	18	0	200	60	0	0
Mixed Fruit Fruitbowl	1 ea(130 g)	90	0	0	n/a	10	22	1	19	n/a	n/a	30	n/a	n/a
Orange Pineapple Gelatin	1/2 cup	89	0	0	0	3	21	0		2	68	30	0.3	12
Orange Wedges	3 oz pkg	30	0	0	n/a	0	7	2	6	1	n/a	33	n/a	n/a
Orange, Fresh - 113 ct	1(151 g)	70	0	0	0	0	21	7	14	1	100	78	0	60
Peach Cobbler	1 svg	208	6		0	54	40			2	359	2.6	0.8	6
Peach, Halves	1/2 cup	60	0	0	0	10	15	1	14	0	300	5	0	0
Peaches, Fresh	1	43	0.09				11.1	2						
Peaches, Sliced	1/2 cup	60	0	0	0	10	15	1	14	0	300	5	0	0
Pear, Fresh	1	59	0.4				15.11	2.4						
Pears halves	1/2 cup	80	0	0	0	7	20	2	14	0	0	2	0	7
Pears, diced	1/2 cup	80	0	0	0	0	20	2	14	0	0	2	0	0
Pears, Sliced	1/2 cup	80	0	0	0	7	20	2	14	0	0	2	0	0
Pineapple Chunks	1/2 cup	90	0	0	0	0	20	1	na	0	0	9	0	0
Pineapple sliced	1/2 cup	90	0	0	0	0	20	1	19	na	n/a	9	n/a	n/a
Pineapple Tidbits	1/2 cup	70	0	0	0	0	17	1	15	na	0	20%	2%	0
Raisins	1.5 oz	132	0	0	0	8	32	2	30	1	4	0	1	17
Sherbet, Chocolate	1/2 cup	120	1.5	1	5	60	26	0	25	1	0	100%	10%	2%
Sherbet, Orange	1/2 cup	120	1.5	1	5	35	27	0	25	0	58	11	0	41
Strawberries, added sugar	1/2 cup	150	0	0	0	0	38	2	35	n/a	0	48	0	20
Strawberries, Fresh	1/2 cup	30	0.37				7.02	2.3						
Tropical Fruit Salad	1/2 cup	60	0	0	0	10	16	2	14	0	0	40%	2%	0
Waldorf Fruit Salad	1/2 cup	84	6		2	22	8			1	87	2%	30%	8
Watermelon	1/2 cup	32	0.43				7.18	0.5						

Soups and Side Salads

Menu Item	Serving Size	Calories	Total Fat (g)	Sat. Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs	Fiber (g)	Sugars (g)	Protein (g)	Vit A (IU)	Vit C (mg)	Iron (mg)	Calcium (mg)
Soups														
Bean Soup	1 cup	143	1	0	0	1085	25	0		9	1128	2.7	2.8	65
Broccoli Cheese Soup	1 cup	330	17	9	45	1160	31	4		17	1608	53.74	1.84	411
Cheesy Potato 'n Corn Chowder	1 cup	300	16	10	50	920	26	2		14	1020	13.5	0.73	284.8
Chicken Noodle	1/2 cup	60	2	1	10	850	7	1	1	3	400	0	0	300
Chicken or Turkey Noodle	1 cup	92	2	0	22	1447	10	0		7	67	1.2	0.6	27
Cream of Chicken	1 cup	204	9.64	2.89	33	201	13.97	0.2		14.87	619	1.9	0.78	225
Cream of Potato	1 cup	161	3.9	0.8	3	326	22	1		8		15	0.7	240
Minestrone Soup	1 cup	118	0.5	0.1	0	93	20	3		9	3309	5	2.5	64
Tomato Soup	1/2 cup	90	1	1	0	730	19	2	11	2	400	5	0	0
Two tomato w/ Barley	1 1/4 cup	124	2.7	0.4	0	222	23.2	3.5		3.8			1	50
Vegetable	1 cup	51	1	0	0	1090	9	0		3	1830	11.5	0.8	39
Vegetable Soup(Cambells)	1/2 cup	90	2	1	5	880	15	1	5	3	2000	0	1	20
Side Salads														
Apple Pecan Slaw	3/4 cup	143	9	1	5	118	17	3		2				
Asian Spinach Salad	1 svg	180	6		25	280	19	4		15				
Black Bean Salad	1/2 cup	157	1.64	0.26	0	246	16.73	3.5		5.07	577	23.7	1.7	29
Broccoli Salad	1/2 cup	154	3.67	0.61	7	172	31.06	2		1.77	503	30.3	0.82	29
Carrot Raisin Salad	1/4 cup	75	1.84	0.31	4	115	15.12	1.4		0.84	7342	2.9	0.46	18
Cole Slaw	1/4 cup	33	1.63	0.26	3	77	4.52	1		0.6	1005	11	0	19
Corn Relish	3 oz	90	0.5		0	246	22.6			1.8			0.5	7
Cucumber Onion in Sour Cream	1/3 cup	135	13.5		14	148	3.6			0.9			0.3	26
Garden Salad	1/2 cup	19	0.2	0	0	19	4	2		1	5738	11	0.7	26
Hot Potato Salad	2/3 cup	204	7.1		8	597	34			3			0.7	17
Italian Pasta Salad	1/2 cup	164	13		11	418	11.4			1.5			0.8	19
Macaroni Salad	1/2 cup	144	3.1	0.49	6	262	25.03	1.7		3.67	1330	1	1.18	10
Marinated Carrots	1/3 cup	80	2.4		0	143	15.6			0.7			0.4	16
Marinated Garden Salad	1/3 cup	145	12.4		3.7	461	8.5			1.4			0.7	25
Marinated Mushroom	2 3/4 oz	21	0.8		0	30	3.1			1.2			0.8	6
Pasta Salad	3/8 cup	141	7	0.98	0	165	16.83	2.03		3.22	1309	10	1	17
Pickled Beets	3 oz	63	0.2		0	345	16.5			1.1			2	28
Potato Salad	2/3 cup	102	2.9	0.48	6	309	17.9	1.6		1.45	26	9.2	0.38	10
Southwest Potato	3/4 cup	200	9	1	10	290	28			2				
Springtime Spinach Salad	1 1/3 cup	220	16	2	0	400	18	5	11	5				
Strawberry Salad	1 svg	380	26	2.5	0	190	38	6	28	5	90%	150%	10%	10%
Stuffed Tomato Salad	1 tomato	248	16.4		0	628	13.4			12.5			0.6	6
Three Bean Salad	1/4 cup	47	2.9	0.42	0	110	4.56	1		0.93	92	1.6	0.45	13
Tossed Salad	1/2 cup	19	0.5							1				

Nutritonals for Vegetables

Menu Item	Serving Size	Calories	Total Fat (g)	Sat. Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs	Fiber (g)	Sugars (g)	Protein (g)	Vit A (IU)	Vit C (mg)	Iron (mg)	Calcium (mg)
Baby Carrots, pre-packaged	1 oz	13	0	0	0	10	3	1	n/a	0	7975	3	0	8
Broccoli Cuts	1/2 cup	12.5	0	0	0	11	2	1	1	1	59	32	0	29
Broccoli w/Cheese	1/2 cup	60	3				5			3	5837	160	2	159
California Blend	1/2 cup	16	0	0	0	18	2.5	1		0.5	15	1500	0	15
Carrots & Ranch Dip, indiv	2.25 oz	70	5	0	5	190	5	1	3	1	750	4	0	20
Carrots, Baby	1.5 oz	18	0	0	0	15	4.5	1.5	na	0	11963	4.5	0	12
Carrots, Baby snack (.25 c)	1 oz	12	0	0	0	10	3	1	n/a	0	7975	3	0	8
Carrots, Baby Whole	.67 cup	35	0	0	0	45	6	2	0.3	na	5000	1	0	20
Carrots, Crinkle Cut	.67 cup	35	0	0	0	45	6	2	3	1	5000	1	0	20
Carrots, Crisp baby	1.5 oz	18	0	0	0	15	4.5	1.5	na	0	11963	4.5	0	12
Cauliflower	1/2 cup	11	0	0	0	12	2	0.5	1	0.5	0	12	0	9
Celery & Peanut Butter, Indv	2.25 oz	160	13	2	0	210	9	2	4	5	0	2	0	20
Celery Sticks	1/2 cup	7	0	0	0	40	1.5	1	1	0.5	226	1.5	0	20
Corn on the Cob	3 inch	94	1	0	0	3	19	1	5	3	0	6%	1%	0
Corn, Canned	1/2 cup	78	1	0	0	313	16	2	4	2	63	4	0	2
Corn, Frozen	.67 c	99	1	0	0	2	21	1	5	3	15	4	0	1
Cucumbers	1 cup	8	0	0	0	1	2	0	1	0	55	2	0	8
Fresh Baby Carrots	1/2 cup	19	0.3				4			0.4				
Garden Mix, 8-way	.67 cup	47	0	0	0	63	9	2	3	1	1254	2	0	19
Green Beans, Canned	.67 c	24	0	0	na	390	4	2	1	1	323	n/a	1	n/a
Green Beans, Cut	1/2 cup	31	0	0	0	3	5	2	2	1	2%	5%	2%	3%
Lettuce, American Blend	1.5 cup	18	0	0	0	0	3	1	1	1	1200	7	0	20
Lettuce, Iceberg	1 cup	10	0	0	0	7	2	1	1	1	361	2	0	13
Lettuce, Iceberg/Romaine	3.5 oz	15	0	0	0	10	3	1	1	1	1412	14	1	29
Lettuce, Salad mix	1.77 c	20	0	0	0	13	4	1	3	1	2735	7	0	24
Lettuce, shredded	1 cup	10	0	0	0	7	2	1	1	1	361	2	0	13
Mixed Vegetables Frz	.67 c	60	1	0	0	45	12	2	4	2	1500	4	0	0
Oriental Blend	1 cup	31	0	0	0	12	5	2	2	1	96	15	0	26
Peas & Carrots	0.67	50	0	0	0	130	10	3	4	3	1500	4	1	0
Peas frozen	.67 c	70	1	0	0	105	12	4	6	5	300	9	1	0
Salsa	2T	10	0	0	0	135	2	0	2	0	200	12	0	0
Spinach, Chopped	.33 cup	29	0	0	0	123	3	2	1	2	2504	2	1	74
Tomatoes, 1/4", sliced	5.22 oz	35	1	0	0	5	7	1	4	1	750	21	0	0
Tomatoes, Cherry (.86 oz)	2 each	10.5	0	0	0	4.5	2.5	0.5	n/a	0.5	304	10	0	2.5
Mexicali Corn	1/4 cup	59	2		2	205	12			2	208	8	0.6	5
Margarine solids	1 T	100	11	3	0	135	0	0	0	500	0	0	0	0

Menu Item	Serving Size	Calories	Total Fat (g)	Sat. Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs	Fiber (g)	Sugars (g)	Protein (g)	Vit A (IU)	Vit C (mg)	Iron (mg)	Calcium (mg)
Potatoes														
Au Gratin Potatoes	3.53 oz	367	5	2	8	1633	70	5	12	10	69	21	1	46
Baked Potatoes, Fzn	3 oz	93	0	0	0	7	21	2	1	2	0	11	1	9
Crinkle Cut, Oven Ready	3 oz (84 g)	180	8	2	0	30	25	5	n/a	5	na	9	1	na
Crisscut Fries, Seasoned	3 oz(84g)	170	8	2	0	360	19	2	n/a	2	n/a	5	1	n/a
French Fries, xtra long	3 oz	140	5	2	0	390	22	2	n/a	2	na	4	0	na
Hash Browns	1 each	130	7	2	0	200	15	2	n/a	2	na	2	0	na
Mashed Potatoes	3.5 oz	385	5	1	0	1739	78	7	2	8	0	18	1	41
Onion rings	4 each	230	12	2	0	360	29	2	5	3	0	18	1	0
Potato Cheese Bake	1/2 cup	420	12	6	21	2168	69	5	6	10	236	16	1	32
Potato Coins,	3 oz(13 ea)	170	9	5	10	350	20	2	0	2	n/a	4	1	n/a
Potato Smiles	5 each	160	6	1	0	390	24	2	n/a	2	0	4	0	0
Potato Starz, .36 oz ea	8 pieces	180	11	1	0	390	19	2	n/a	2	n/a	2.0	1	na
Potatoes, Whole	.67 cup	69	0	n/a	n/a	370	15	1	n/a	3	n/a	7	0	57
Quick Baked Potato	1/2 of 80 ct	128	2.35	0.35	0	58	24.72	2.6		2.94	113	11.3	1	18
Seasoned Fries, Thin	3 oz	170	8	4	10	31	21	2	n/a	2	na	10%	6%	na
Seasoned Twisters	3 oz svg	160	8	4	10	320	20	2	n/a	2	0	6	1	0
Stealth Fries	3 oz	140	6	2	0	330	20	2	n/a	2	na	4	0	na
Sweet Potatoes, Org Glazed	1/4 cup	102	2		5	53	20			1	3361	11.6	0.8	16
Sweet Potatoes, whole	5 tblsp	90	0	0	0	18	22	2	10	0	731	3	1	14
Tator Tots	10	150	8	2	0	330	18	2		2	0	2	1	0
Wedge Cut, Ranch	3 oz(84g)	120	5	2	0	200	17	2	n/a	2	n/a	5	0	n/a
Rice														
Broccoli, Cheese, Rice Cass	1/3 cup	137	3.44	1.92	8	390	19.91	1.6		7.02	979	23.5	1.04	156
Fried Rice	2/3 cup	166	4	n/a	138	622	26	n/a		6	205	2.2	2.4	37
Long Grain Wild Rice														
Red Beans & Rice	1/2 cup	400	2	0	0	1400	82	8	4	14	400	9	3	40
Rice Almondine	2 oz	210	4	1	0	680	39	1	1	6	0	4%	10%	2%
Southwest Fried Rice	1 cup	248	4.2	0.5	0	878	45	4	4	7	652	22.4	2.28	32
Spanish Rice	1/2 Cup	400	2	0	0	194	88	2	4	8	385	9	3	55
Spanish Rice (from scratch)	1/3 cup	69	0.84	0.15	0	134	13.69	0.7		1.58	266	6.7	0.78	14
White Rice, UB	1/2 cup	346	0	0	0	8	76	2	0	8	5	0	3	96
Beans														
Baked Beans	2/3 cup	151	1		0	533	34			7	350	6	1	89
Black Beans	1/2 cup	110	1	0	n/a	278	19	7	1	8	n/a	n/a	30	31
Refried Beans	.5 cup	90	2	0	0	490	16	4	0	6	0	0%	10%	4%
Refried Beans, Can	1/2 cup	90	2	1	0	490	16	4	0	6	0	0	2	40
Vegetarian Beans	1/2 cup	135	0	n/a	n/a	473	26	6	6	7	0	na	12%	6%
Pasta														
Pasta Ziti	2 oz	210	1	0	0	0	42	2	3	7	0	0	2	10

Nutritionals for Condiments

Menu Item	Serving Size	Calories	Total Fat (g)	Sat. Fat (g)	Cholest (mg)	Sodium (mg)	Total Carbs	Fiber (g)	Sugars (g)	Protein (g)	Vit A (IU)	Vit C (mg)	Iron (mg)	Calcium (mg)
Bacon Crumbles	1 tbsp(7 g)	25	2	1	5	110	0	n/a	n/a	3	n/a	n/a	n/a	n/a
BBQ Sauce Cup	2 T	42	0	0	0	233	10	0	6	0	0	0	2%	0
Caramel Topping	2 T(41 g)	126	1	0	3	72	30	0	25	0	30	0	0	14
Cheese sauce pouch	1 oz	80	6	4	15	420	2	0	2	4	300	0	0	150
Country Crock	5 gm	23	3	1	0	41	0	0	0	0	na	na	na	na
Cream Cheese PC	1 oz	60	5	3	18	111	1	0	1	2	2%	0	0	2%
Cream Gravy(scratch)	2 Tbsp	25	0.93	0.2	1	29	2.8	0		1.35	41	0.2	0.08	43
Feta Cheese Crumbles	.25 cup	90	7	5	21	380	0	0	0	5	254	0	0	99
Grape Jelly, PC	1 pc	37	0	0	0	1	9	0	6	0	0	0	0	1
Gravy, Brown	1 T (7g)	25	1	1	n/a	280	4	n/a	n/a	n/a	na	na	na	na
Gravy, Chicken	1 T (9g)	35	1	n/a	n/a	260	6	n/a	1	n/a	na	na	na	na
Honey Mustard Cup	1 oz	74	6	1	12	222	4	0	4	24	24	0	0	5
Hot Sauce Packets	3 gm	0	n/a	n/a	n/a	90	0	n/a	n/a	0	na	0	na	0
Jalapeno Cheese Cup	3 oz	160	12	7	30	980	5	0	1	8	334	0	0.2	204
Jalapeno Peppers	15ea(28 g)	9	0	0	0	480	1	0	0	1	0	0	0	0
Ketchup PC	7 gm	6	0	0	0	82	2	0	n/a	0	0	2%	0	0
Ketchup PC Packets	18 g	20	0	0	0	200	4	0	n/a	0	0	0	0	0
Margarine	1 T	100	11	3	0	135	0	0	0	0	500	0	0	0
Marinara Sauce	2.3 oz cup	40	0	0	0	260	6	0	6	1	0	7	0	0
Marinara Sauce Cup	2T	17	0	0	0	240	4	1	2	0	115	3	0	5
Mayonnaise Packet	12 g	88	9	1	6	71	1	0	0	0	0	0	0	0
Mustard Packet	6 g	10	0	0	0	70	2	0	0	0	na	na	na	na
Pancake Syrup Cup	1.5 oz(43g)	123	0	0	0	1	31	0	23	0	0	0	0	0
Peanut Butter	2 tbsp	195	15	3	0	128	8	4	4	7	n/a	0	1	17
Peanut Butter Cup	.75 oz	129	10	2	0	113	5	1	2	5	0	0	0	8
Pickles, Dill Chips	7-8=1 oz	0	0	0	0	390	0	0	n/a	0	0	0	0	0
Pickles, Dill Spear	1.33 ea	4	0	0	0	220	1	0	n/a	0	0	0	0	0
Pizza Sauce w/ Basil	.25 cup (61g)	30	0	n/a	0	176	6	2	3	2	836	8	1	14
Salsa	2T	10	0	0	0	135	2	0	2	0	200	12	0	0
Sour Cream PC	1 oz	60	5	4	20	25	2	0	2	1	200	0	0	40
Sunflower Seeds	1 oz(28 g)	170	15	2	0	275	5	5	1	6	0	0	1	0
Sweet & Sour Cup	1 oz	50	0	0	0	75	12	0	9	0	0	2%	0	0
Taco Sauce, PC	1pkt (9 g)	0	n/a	n/a	n/a	55	1	n/a	n/a	n/a	0	0	na	na
Tartar Sauce PC	12g	60	6	n/a	5	100	1	n/a	n/a	0	na	0	na	na
Teriyaki Sauce (scratch)	2 Tbsp	39	0.12	0.02	0	531	9.58	0.4		0.73	231	3.5	0.4	8
Whipped Topping	2 tbsp	25	2	2	0	0	2	0	2	0	0	0	0	0
Sweet & Sour, bulk	2tbsp	40	1	n/a	n/a	115	8	n/a	7	n/a	n/a	n/a	n/a	n/a

