

Secondary School Lunch Nutrient Values

HOT ENTREES	Portion Size	Calories	Mg Cholest	Mg Sodium	G Fiber	Mg Iron	Mg Calcium	IU Vit-A	Mg Vit-C	G Protein	G Carbs	G Tot-Fat	G Sat-Fat
Baked potato w/ broccoli & cheese	1 Each	296	12	377	5.61	2.74	287.44	541	41.39	19.95	45.67	4.34	2.56
Baked Potato w Cheese	1 Each	377	68	382	3.81	1.87	430.95	557	16.61	17.83	36.59	19.12	10.87
Baked ziti or rigatoni w/ cheese	2 Cup	656	110	1915	8.83	5.93	675.24	1407	17.14	37.61	86.17	16.44	9.25
Beef and bean burrito with cheese	1 Each	378	35	772	4.06	3.33	426.78	470	4.13	21.13	40.74	14.37	6.46
Beef and bean chili	1/2 Cup	188	54	183	2.00	2.22	23.22	352	6.91	17.39	7.64	9.73	3.77
Breaded Fish on Roll w/ Spicy Mayo	1 Each	411	55	669	1.33	3.17	72.79	189	0.67	19.10	44.31	17.02	2.53
Chicken and cheese quesadilla	2 Each	446	55	1055	3.20	3.82	316.76	563	12.71	21.89	46.04	18.72	8.29
Chicken and Ham Jambalaya	2 Cups	365	86	1111	6.23	3.74	115.69	2808	115.57	30.01	25.84	17.50	3.04
Chicken Broccoli Alfredo	2 Cups	415	59	443	4.80	2.89	156.62	882	42.32	28.10	52.39	9.64	3.25
Chicken Cacciatore	1 cup	232	77	139	1.89	1.60	27.79	667	47.17	19.34	6.88	15.08	3.39
Chicken fajitas	1 Each	384	72	494	2.34	2.44	66.11	250	6.39	26.01	30.07	17.13	3.78
Chicken lo mein with peppers	2 cups	383	50	742	4.25	2.35	41.19	325	18.80	24.94	53.41	6.32	1.73
Chicken parmesan	1 Each	286	46	1183	3.44	2.94	98.45	568	8.57	18.15	20.74	15.12	3.89
Chili: Ground Turkey/Beans	1/2 Cup	158	78	194	2.00	1.84	42.69	417	8.46	14.56	7.64	8.47	2.15
Cranberry glazed chicken	2 oz. chicken	206	72	130	0.13	1.04	12.27	106	1.93	22.86	5.12	9.86	2.75
Meatloaf, beef	3/4" slice	226	73	117	2.11	2.34	30.84	128	1.47	18.77	12.22	11.01	4.05
Meatloaf, beef/turkey	3/4" slice	192	87	139	0.87	2.02	58.45	184	3.34	17.28	8.85	9.71	3.25
Macho nachos w/ Mexican meat	1 Serving	360	71	374	1.57	2.39	59.95	285	2.54	21.39	20.80	20.54	5.91
Meat Sauce	1/2 Cup	145	25	664	1.84	2.19	18.75	530	8.58	9.55	6.59	9.33	3.62
Meatballs in spaghetti sauce	5 meatballs	233	81	645	2.68	2.16	49.48	324	5.35	14.96	10.74	15.48	4.57
Pennsylvania Dutch Boiled Pot Pie	1 Cup	296	72	565	2.20	2.08	50.99	63	7.32	20.27	29.59	10.12	2.33
Ravioli, LF, WG Cheese	9 pc (4 oz.)	210	15	160	5.00	1.80	60.00	100	0.00	10.00	35.00	3.00	0.50
Roast chicken	3 oz.	195	72	67	0.89	1.79	20.74	591	1.06	23.02	2.13	10.05	2.79
Roast pork	3 oz.	165	62	92	0.03	0.75	14.79	11	0.66	22.44	0.16	7.70	2.85
Pizza, meatball, 6-cut, PP	3 oz.	514	37	1227	0.77	4.60	376.10	391	3.48	24.21	62.71	19.52	6.74
Sloppy Joe on a Bun- Turkey	1 Each	305	80	503	1.92	3.26	109.85	459	8.00	18.67	34.64	10.78	2.74
Southeast Asian Chicken	2 oz. chicken	283	99	146	0.30	1.47	108.95	299	2.59	30.99	7.57	13.57	4.51
Sweet & sour breaded popcorn chic	1 Cup	281	50	913	0.85	1.86	13.02	1226	18.64	17.83	26.26	11.53	2.17
Taco Pie	1 Serving	309	51	726	2.00	3.95	137.30	481	4.84	22.21	24.59	13.02	4.57
Tilapia Fish Sandwich	1 Each	274	32	399	1.73	2.67	133.79	49	0.70	20.71	35.36	5.27	0.62
Triple Decker Bean Tostados	1 Each	418	15	1195	15.59	5.72	237.06	1790	25.90	18.98	68.13	9.18	4.06
Warm Chicken Fajita Salad/Tortillas	1 Each	363	81	1085	3.85	3.15	77.58	4630	30.94	26.25	28.09	16.38	3.35

GRILLED SANDWICHES, PIZZA	Portion Size	Calories	Mg Cholest	Mg Sodium	G Fiber	Mg Iron	Mg Calcium	IU Vit-A	Mg Vit-C	G Protein	G Carbs	G Tot-Fat	G Sat-Fat
BLT Burger	1 Each	418	67	446	1.73	3.84	75.80	352	8.98	24.69	27.81	23.02	8.45
Buffalo chicken pizza- 6 cut	1 Slice	556	54	1351	1.04	4.46	165.30	543	8.42	26.19	69.58	20.03	4.30
Buffalo chicken pizza - 8 cut	1 Slice	442	53	851	0.96	3.58	127.48	407	6.95	26.46	50.67	15.49	3.48
Buffalo chicken slyders	2 Slyders	246	58	731	2.00	144.81	35.51	351	8.02	22.50	26.06	5.89	1.66
Bosco Stick (Cheese)	2 sticks	440	30	600	2.00	20.00	40.00	4	0.00	24.00	52.00	14.00	8.00
Breaded Fish on Roll w/ Spicy Mayo	1 Each	411	55	669	1.33	3.17	72.79	189	0.67	19.10	44.31	17.02	2.53
Cheddar Onion Burger	1 Each	440	75	383	1.59	3.65	178.33	142	1.84	25.71	27.88	24.95	10.55
Cheeseburger on a wheat bun	1 Each	413	73	361	4.00	3.27	78.25	134	0.00	26.14	24.23	24.43	10.29
Cheese pizza wheat bagel Cheese	2 halves	390	36	956	7.65	3.01	540.52	440	3.02	24.55	51.51	9.88	5.74
steak on roll	1 Each	363	53	1451	1.00	3.27	118.25	134	0.00	27.14	41.23	9.93	4.79
Chicken Bruschetta Pizza – 6-cut	1 Slice	474	51	1153	1.53	4.75	23.64	787	13.40	28.53	65.52	11.72	1.97
Chicken Bruschetta Pizza – 8-cut	1 slice	420	53	757	1.15	3.73	28.71	594	10.05	24.97	48.53	14.42	2.04
Chicken Florentine Flatbread	1 Each	303	43	622	2.36	2.53	282.45	3562	4.03	19.94	27.79	12.36	4.21
Chicken Parmesan Wrap	1 Each	482	59	1070	6.01	4.41	321.08	219	3.01	28.11	57.43	15.39	5.30
Chicken patty on a wheat bun	1 Each	359	42	597	5.61	3.12	27.10	107	0.00	20.81	35.51	15.70	3.64
Cuban Pressed Sandwich	1 Each	376	38	1507	2.44	3.01	193.15	407	0.56	17.40	37.74	16.60	6.90
Ham and Cheese Flatbread	1 Each	282	31	1002	2.11	2.50	250.30	381	5.59	17.44	29.36	10.61	3.72
Hot chili burger w/ Monterey Jack	1 Each	432	73	297	4.95	3.62	112.64	430	13.81	27.15	28.31	24.48	10.23
Jamaican Beef Patties	1 Each	614	68	734	4.01	6.96	25.47	454	2.46	28.60	66.89	25.93	5.97
Margherita Flatbread	1 Each	322	37	755	2.10	2.24	474.83	678	11.16	18.82	29.37	14.53	6.42
Panini: Ham & Cheddar	1 Each	610	43	1239	3.27	5.25	235.24	297	0.20	25.81	79.74	20.86	8.23
Panini: Turkey & Cheddar	1 Each	610	42	1226	3.42	5.46	235.81	306	1.81	25.31	80.72	20.60	8.18
Pizza, cheese, 6-cut	1 Slice	506	36	1250	0.77	4.48	447.33	423	3.32	24.91	62.57	18.75	6.25
Pizza, cheese, 8-cut	1 Slice	416	36	1012	0.53	3.48	446.35	376	2.34	22.07	47.07	16.32	6.50
Pizza, Cheese steak, 6-cut	1 Slice	513	42	1206	0.77	4.93	292.45	431	3.32	24.66	61.99	19.78	7.26
Pizza, Cheese steak, 8 -cut	1 Slice	435	41	1211	0.83	3.75	410.18	917	2.49	24.61	49.34	16.43	6.22
Pizza dunks, WG, hot	2 Each	351	36	585	2.26	1.05	566.09	344	1.39	20.00	30.81	12.23	5.75
Pizza, meatball, 6-cut	1 Slice	514	37	1227	0.77	4.60	376.10	391	3.48	24.21	62.71	19.52	6.74
Pizza, meatball, 8 -cut	1 Slice	442	42	1035	0.58	3.59	394.93	372	2.73	22.80	47.72	18.59	6.80
Pizza, Meat Lovers, 6-cut	1 Slice	541	43	1362	0.83	4.57	451.09	406	3.23	26.77	62.74	21.45	7.70
Pizza, Meat Lovers, 8 -cut	1 Slice	433	39	1088	0.62	3.45	421.45	356	2.42	22.66	47.35	17.78	6.85
Pizza, pepperoni, 6-cut	1 Slice	563	46	1037	4.00	4.24	476.73	424	8.37	24.88	58.56	24.36	10.23
Pizza, pepperoni, 8 -cut	1 Slice	452	44	1141	0.58	3.50	447.89	386	2.54	23.71	47.32	19.40	7.54
Pizza, roasted vege, 6-cut	1 Slice	524	36	1282	1.54	4.62	455.01	1617	18.96	25.37	65.44	19.12	6.82
Pizza, roasted vege, 8 -cut	1 Slice	429	36	1049	1.15	3.50	452.11	1281	14.22	22.47	49.47	16.60	6.55
Pizza, sausage, 6-cut	1 Slice	552	43	1393	1.44	4.96	474.00	423	3.32	28.24	63.90	21.42	7.76
Pizza, sausage, 8 -cut	1 Slice	414	32	1045	1.08	3.72	355.50	317	2.49	21.18	47.93	16.07	5.82
Roasted Corn & Red Onion	1 Each	358	37	878	3.20	2.48	474.10	537	8.44	20.08	37.97	14.64	6.43
Santa Fe Turkey and cheddar	1 Each	440	35	1322	6.17	4.71	312.08	1617	12.66	22.64	58.86	13.96	5.52
Sloppy Joe on a Bun- Turkey	1 Each	305	80	503	1.92	3.26	109.85	459	8.00	18.67	34.64	10.78	2.74
South of the Border Chicken	1 slice	547	53	792	4.59	4.78	181.05	664	17.60	24.98	62.66	20.84	8.01
Stromboli Grinder	1 Each	441	64	770	2.60	4.38	159.27	349	4.41	26.44	40.91	18.87	6.00
Toasted Mozzarella Tomato	1 Each	277	36	691	1.20	1.99	518.90	273	0.00	17.58	26.88	10.67	6.09
Turkey & Swiss Flatbread	1 Each	265	29	771	1.01	1.54	151.40	141	0.09	16.41	26.11	10.21	3.55
Turkey burger on a bun	1 each	357	76	376	0.00	2.78	65.11	0	0.00	28.06	25.13	9.91	2.68
Turkey corn dog nuggets	6 each	315	45	795	3.00	2.16	60.00	0	0.00	9.00	31.50	18.00	3.75
Veggie Burger on a wheat bun	1 each	300	0	640	5.50	2.02	172.50	0	0.00	19.25	38.50	6.87	0.08

COLD ENTREES, SANDWICHES/WRAPS	Portion Size	Calories	Mg Cholest	Mg Sodium	G Fiber	Mg Iron	Mg Calcium	IU Vit-A	Mg Vit-C	G Protein	G Carbs	G Tot-Fat	G Sat-Fat
Asian Chicken Wrap	1 Each	528	63	791	5.17	4.90	171.08	451	29.57	31.37	59.92	17.80	3.72
Buffalo Chicken Salad Wrap	1 Each	498	59	1369	5.69	4.02	215.61	227	11.92	24.07	58.54	18.56	4.55
Chicken Caesar Wrap	1 Each	530	52	916	4.08	4.36	157.94	1165	6.00	29.75	56.79	18.56	3.95
Fruit yogurt parfait w/ granola	1 Each	231	5	119	2.76	1.20	198.08	56	22.64	7.64	42.77	3.60	1.14
Health Club Sub w/ Cilantro Lime	1 Each	354	29	1191	2.85	4.16	40.55	1338	12.62	22.61	43.84	9.78	4.38
Honey Mustard Chicken Wrap	1 Each	566	75	994	6.15	4.27	211.83	1268	15.21	31.68	65.87	19.40	4.98
Honey Mustard Ham Cheddar	1 Each	272	59	1010	1.99	2.22	158.33	1446	12.93	17.70	21.92	12.55	5.11
Italian Hoagie	1 Each	399	63	1474	2.79	3.94	193.23	696	9.68	22.39	43.10	14.65	6.86
Little Italy Wrap	1 Each	509	58	1615	5.66	4.74	429.18	599	9.59	26.38	57.95	19.83	8.34
Mediterranean Beef Wrap	1 Each	491	48	1320	5.92	5.38	225.00	294	10.24	25.53	64.12	15.61	4.28
Mediterranean Sandwich w/ Hummus	1 Each	373	22	1050	8.56	3.85	255.79	1466	12.70	16.49	42.98	16.74	5.48
Oriental Chicken Slaw Wrap	1 Each	462	50	612	5.97	2.91	229.55	2293	21.96	22.69	51.59	18.63	4.64
Parisian Ham & Cheese Wrap	1 Each	558	59	2092	5.17	4.66	304.68	211	1.90	24.04	75.86	16.51	6.76
Peanut Butter & Apple Roll Up	1 Each	612	0	797	9.37	3.08	231.48	34	2.88	22.35	55.25	37.61	8.66
Roast Beef and Cheese Wrap	1 Each	483	28	1189	5.73	5.38	314.76	462	6.88	23.17	57.62	18.70	6.41
Roast Beef,red onion,spicy tomato	1 Each	344	15	704	6.78	3.79	89.86	1024	4.67	18.48	44.85	8.97	2.25
Triple Decker PB/J on wheat	1 Each	687	0	750	10.05	4.05	90.88	4	0.34	24.39	77.92	36.04	7.40
Toasted Bagel Chips & Fresh Veges	1 Each	559	0	961	17.18	5.27	194.59	5565	32.24	23.66	98.87	10.05	1.66
Tomato Cajun Chic. Salad Wrap	1 Each	532	75	984	4.89	4.11	119.13	3592	25.94	34.27	57.05	18.20	4.50
Triple Decker Turkey Club Wrap	1 Each	347	34	1267	6.46	3.21	66.64	358	8.99	21.44	43.43	11.01	3.03
Tuna salad on wheat wrap	1 Each	350	17	961	4.34	2.76	213.77	174	0.61	20.90	39.52	12.03	2.96
Turkey & Swiss Dijonaise/ Ciabatta	1 Each	380	56	1302	1.39	1.25	228.13	1259	2.82	20.10	28.28	19.91	6.91
Turkey Pita w/ Cranberry Mayo	1 Each	375	30	1058	5.33	2.15	14.86	1038	3.51	14.59	55.08	11.78	1.78

SALADS	Portion Size	Calories	Mg Cholest	Mg Sodium	G Fiber	Mg Iron	Mg Calcium	IU Vit-A	Mg Vit-C	G Protein	G Carbs	G T-Fat	G S-Fat
Apple Salad	1/2 Cup	137	0	180	3.34	0.18	9.14	78	8.96	0.41	22.71	5.74	0.73
Caesar Romaine Side Salad	1/2 Cup	37	1	64	1.16	0.56	25.91	2181	6.01	1.54	5.08	1.41	0.30
Chicken Caesar Salad	1 Each	231	54	338	2.98	2.16	76.32	6476	25.51	20.53	17.19	8.95	2.65
Chicken Salad	1/2 Cup	151	55	220	0.34	0.29	8.56	92	0.64	14.81	2.47	8.37	1.80
Cucumber and Citrus Salad	1/2 Cup	49	0	1	1.45	0.26	25.92	634	36.50	0.99	11.28	0.54	0.09
Egg Salad	1/3 Cup	108	212	214	0.18	0.96	31.73	284	0.29	6.43	2.31	8.08	1.94
Green Bean Salad	1/2 Cup	56	0	319	2.71	0.64	34.80	591	8.82	1.45	6.56	3.26	0.48
Macaroni Salad	1/2 Cup	161	5	161	1.59	1.02	13.65	614	0.62	4.31	25.59	4.34	0.59
Marinated Tomato & Cucumber	1/2 Cup	93	0	52	0.51	0.22	8.45	158	5.01	0.50	2.81	9.20	1.33
Pinto or Kidney Bean Salad	1/2 Cup	108	0	227	4.77	0.96	23.66	197	11.68	3.84	12.57	4.85	0.70
Romaine lettuce & Tomato Salad	1/2 Cup	11	0	5	0.74	0.32	6.13	1304	11.41	0.53	2.47	0.18	0.02
Spinach & Romaine with Strawberry	1/2 Cup	49	0	9	0.80	0.51	17.25	2533	12.75	0.57	1.84	4.62	0.64
Southwest Black or Pinto Beans	1/2 Cup	156	0	247	3.50	1.65	28.85	338	17.72	5.08	16.56	1.64	0.26
Southwest Corn and Black Beans	1/2 Cup	186	0	545	4.29	2.78	39.10	414	7.13	6.47	19.21	0.64	0.13
Sweet and Sour Celery	1/2 Cup	11	0	79	0.63	0.08	15.24	202	2.18	0.27	2.50	0.07	0.02
Sweet Corn Salad	1/2 Cup	93	0	3	2.15	0.41	7.56	500	25.42	2.32	17.22	2.86	0.41
Three Bean Salad	1/2 Cup	99	0	128	2.35	0.79	30.09	229	6.51	1.98	9.55	6.18	0.48
Tossed salad w/ light dressing	1/2 Cup	37	2	21	0.93	0.49	13.86	1240	8.52	0.75	4.43	2.06	0.15
Tuna Salad	1/2 Cup	149	17	461	0.34	0.96	13.77	174	0.61	14.91	5.54	7.03	0.96
Vegetable Pasta Salad	1/2 Cup	118	0	97	2.55	1.12	24.49	1375	14.52	4.53	21.82	1.54	0.27
WildGreens: Antipasto Salad	1 Each	372	46	674	4.11	3.09	266.67	1461	11.62	23.11	48.58	8.90	3.87
WildGreens: Breaded Chicken	1 Each	328	58	853	4.50	2.95	64.57	1647	14.60	20.34	32.87	14.40	3.43
WildGreens: Catalina Roast Turkey	1 Each	125	27	611	1.55	0.53	23.70	*1361	13.09	12.52	7.46	4.85	1.35
WildGreens: Chunky Tuna Salad	1 Each	130	20	281	2.41	2.03	48.33	2551	27.04	16.50	9.42	2.73	0.43
WildGreens: Cobb Salad	1 Each	182	92	522	2.05	0.89	141.85	*1756	28.12	13.47	7.45	10.60	4.82
WildGreens: Crispy Chicken Popper	1 Each	390	48	769	3.54	3.32	322.21	6849	28.33	21.46	32.56	20.92	5.92
WildGreens: Deli Chef Salad	1 Each	233	217	645	1.65	1.40	232.70	1922	13.94	17.59	8.18	14.00	7.12
WildGreens: Garden with Cheese	1 Each	202	38	437	1.65	0.80	462.84	1767	13.64	15.66	7.53	12.21	7.73

BREADS/GRAINS	Portion Size	Calories	Mg Cholest	Mg Sodium	G Fiber	Mg Iron	Mg Calcium	IU Vit-A	Mg Vit-C	G Protein	G Carbs	G Tot-Fat	G Sat-Fat
Bagel, 2.3 oz.	1 Each	179	0	348	1.50	2.32	11.74	0	0.00	6.85	34.82	1.04	0.14
Bagel, 4 oz	1 Each	240	0	498	1.78	2.40	17.78	0	0.00	8.89	48.89	0.89	0.00
Bagel, Whole Wheat, 2.8 oz.	1 Each	180	0	350	4.00	1.08	20.00	0	0.00	6.00	38.00	1.00	0.00
Baked Tostitos Scoops	1 oz.	120	0	130	2.00	0.36	20.00	0	0.00	2.00	22.00	3.00	0.50
Biscuit, 2 oz.	1 Each	207	1	596	0.74	1.87	27.78	1	0.00	3.52	27.50	9.36	1.41
Breadstick, 1.7 oz.	1 Each	139	0	313	1.16	1.75	21.21	0	0.10	5.66	27.20	0.88	0.24
Bread stuffing made w/ whole wheat	1/2 cup	247	2	415	3.10	2.23	79.96	71	1.82	6.61	31.14	11.26	1.74
Bread, white	1 slice	60	0	160	0.00	0.72	20.00	0	0.00	2.00	13.00	0.05	0.00
Bread, whole wheat	1 slice	60	0	120	1.00	0.72	20.00	0	0.00	2.00	12.00	1.00	0.00
Brown rice	1 Cup	190	0	193	3.05	0.91	19.07	0	0.00	3.94	39.89	1.41	0.27
Croutons, Homemade, WG	1/2 Cup	90	0	152	1.98	0.99	24.08	8	0.13	2.88	13.19	3.49	0.46
Dinner roll, 1.25 oz.	1 Each	97	0	120	1.35	1.26	62.37	0	0.00	3.05	16.30	2.23	0.53
Garlic bread	1 Piece	134	0	208	0.84	1.21	14.69	0	0.07	3.89	18.63	4.95	0.79
Homemade Corn Bread	1 Piece	108	13	151	0.98	0.91	69.78	72	0.00	2.69	18.05	2.82	0.47
Macaroni Salad	1 Cup	322	9	323	3.17	2.03	27.30	1228	1.23	8.63	51.17	8.68	1.18
Oriental Fried Rice	1 Cup	267	51	114	2.35	2.83	36.89	1548	4.83	6.87	48.47	4.80	0.93
Pasta, plain	1 Cup	221	0	1	2.52	1.79	9.80	0	0.00	8.12	43.20	1.30	0.25
Pasta, whole wheat	1 Cup	198	0	5	4.73	2.07	22.80	0	0.00	8.34	42.77	0.80	0.15
Rice and beans	1 Cup	228	0	622	7.70	4.00	56.79	331	3.87	9.32	44.63	1.04	0.24
Rice pilaf with orzo	1 Cup	387	0	64	2.20	3.75	43.13	52	2.11	7.16	66.18	9.89	1.50
Saltine crackers	2 crackers	25	0	67	0.17	0.31	1.26	0	0.00	0.57	4.46	0.53	0.12
Tortilla, Whole Wheat 10"	1 Each	200	0	500	4.00	1.80	200.00	0	0.00	6.00	34.00	5.00	2.00
Tortilla, Tomato 12"	1 Each	310	0	820	3.00	3.60	250.00	200	0.00	9.00	51.00	8.00	3.00
Wheat worth crackers	8 crackers	240	0	560	0.00	1.44	0.00	0	0.00	4.00	32.00	10.00	0.00
White Rice	1 Cup	242	0	0	0.56	2.77	5.58	0	0.00	4.43	53.18	0.39	0.09

CONDIMENTS	Portion Size	Calories	Mg Cholest	Mg Sodium	G Fiber	Mg Iron	Mg Calcium	IU Vit-A	Mg Vit-C	G Protein	G Carbs	G Tot-Fat	G Sat-Fat
French Dressing, Fat Free	1 oz	38	0	239	0.14	0.03	2.03	22	0.06	0.06	9.13	0.03	0.00
Homemade Dressings	1 oz.	91	2	143	0.06	0.08	23.01	23	1.13	0.68	4.54	8.07	1.05
Honey mustard sauce	1 oz.	81	0	0	0.00	0.00	0.00	0	0.00	0.00	20.25	0.00	0.00
Italian Dressing, light	1 oz.	35	0	239	0.00	0.00	0.00	0	0.00	0.00	2.66	2.66	0.44
Ketchup	1 oz.	27	0	316	0.09	0.14	5.10	265	4.28	0.49	7.13	0.09	0.01
Mustard	1 oz.	19	0	322	0.94	0.43	16.44	20	0.43	1.24	1.51	1.14	0.07
Mayonnaise, light	1 oz.	85	9	170	0.00	0.00	0.00	0	0.00	0.00	3.78	7.56	0.94
Olive oil	1 oz.	251	0	1	0.00	0.19	0.28	0	0.00	0.00	0.00	28.35	3.81
Poultry gravy	1 oz.	10	0	142	0.13	0.03	4.87	0	0.32	0.33	1.79	0.24	0.06
Ranch dressing	1 oz	147	10	274	0.00	0.00	0.00	0	0.00	0.00	0.98	15.64	2.44
Vinegar	1 oz.	6	0	0	0.00	0.00	0.00	0	0.00	0.00	1.42	0.00	0.00

MILK	Portion Size	Calories	Mg Cholest	Mg Sodium	G Fiber	Mg Iron	Mg Calcium	IU Vit-A	Mg Vit-C	G Protein	G Carbs	G Tot-Fat	G Sat-Fat
MILK, Skim	8 fl oz	90	5	130	0.00	0.00	300.00	500	2.40	8.00	13.00	0.00	0.00
Milk, 1% Chocolate	8 fl oz	170	10	210	0.00	0.00	300.00	500	2.40	8.00	30.00	2.50	1.50
MILK,1% White	8 fl oz	110	10	130	0.00	0.00	300.00	500	2.40	8.00	13.00	2.50	1.50

VEGETABLES & FRUITS	Portion Size	Calories	Mg Cholest	Mg Sodium	G Fiber	Mg Iron	Mg Calcium	IU Vit-A	Mg Vit-C	G Protein	G Carbs	G Tot-Fat	G Sat-Fat
Baked Potato	1 Each	161	0	17	3.81	1.87	25.95	17	16.61	4.33	36.59	0.22	0.07
Basic tomato sauce	1/2 Cup	68	0	44	2.60	2.04	26.94	716	13.90	2.42	12.41	1.99	0.17
Buttermilk Coleslaw	1/2 Cup	109	9	512	2.24	0.76	74.26	2935	22.78	1.96	10.66	6.77	0.96
Carrots and Onions (fresh)	1/2 Cup	107	0	52	3.34	0.38	38.51	8735	8.93	1.52	13.22	5.96	0.86
Carrot Sticks	1/2 Cup	25	0	42	1.71	0.18	20.13	10255	3.60	0.57	5.84	0.15	0.02
Celery sticks	1/2 Cup	10	0	59	1.19	0.15	29.71	333	2.30	0.51	2.21	0.00	0.00
Confetti Coleslaw	1/2 Cup	88	7	145	2.15	0.39	33.33	1153	28.20	1.06	9.05	5.55	0.71
Fresh broccoli, steamed	1/2 Cup	15	0	15	1.14	0.32	20.68	274	39.25	1.24	2.92	0.16	0.02
Mashed potatoes	1/2 Cup	80	0	310	1.00	0.36	20.00	0	3.60	2.00	17.00	1.00	0.00
Roasted Carrot "Fries"	1/2 Cup	44	0	56	2.33	0.26	27.31	9827	4.88	0.82	8.08	1.32	0.11
Romaine lettuce	1/2 Cup	4	0	2	0.49	0.23	7.76	2047	5.64	0.29	0.77	0.07	0.01
Seasoned Fresh Carrots w/ Corn	1/2 Cup	101	0	39	2.51	0.39	20.34	9239	6.14	1.89	14.69	4.85	0.70
Seasoned broccoli, frozen	1/2 Cup	41	0	20	2.51	0.69	46.86	862	47.02	2.35	4.01	2.42	0.35
Seasoned carrots, frozen	1/2 Cup	52	0	62	3.04	0.42	33.25	13052	2.31	0.72	7.28	2.60	0.36
Seasoned corn, frozen	1/2 Cup	92	0	2	1.99	0.36	3.49	179	5.29	2.50	17.19	2.81	0.40
Seasoned green beans, frozen	1/2 Cup	50	0	2	2.05	0.68	33.05	428	10.10	1.41	5.93	2.41	0.20
Seasoned spinach frozen	1/2 Cup	50	0	136	3.39	1.80	139.75	11000	2.02	3.66	4.41	3.03	0.30
Sweet potato fries	1/2 cup	120	0	180	2.00	0.36	20.00	5000	9.60	0.00	22.00	3.00	0.50
Sweet Potatoes	1/2 Cup	173	0	73	3.07	1.01	23.09	9228	10.87	1.30	31.45	4.80	0.87
Tomatoes, fresh	1/2 Cup	19	0	8	0.99	0.40	4.50	561	17.19	0.76	4.18	0.30	0.04
Apple, Fresh	1 Each	72	0	1	3.31	0.17	8.28	75	6.35	0.36	19.06	0.23	0.03
Apple Fruit Crisp	1 serving	205	20	4	2.25	0.80	21.81	254	1.59	2.05	33.08	7.80	4.74
Apple juice	4 fl. Oz.	57	0	5	0.25	0.15	9.92	1	1.12	0.12	14.01	0.16	0.03
Applesauce, sweetened	1/2 Cup	97	0	4	1.53	0.45	5.10	14	2.17	0.23	25.40	0.23	0.04
Banana, Petite	1 Each	93	0	1	2.42	0.31	6.06	82	9.19	1.04	23.66	0.48	0.19
Fruit Cocktail: canned, light	1/2 Cup	69	0	7	1.21	0.35	7.26	248	2.30	0.48	18.07	0.08	0.01
Grape juice	4 fl. oz.	77	0	0	0.00	0.60	10.00	0	5.60	0.50	19.00	0.10	0.00
Peaches, canned juice packed	1/2 Cup	55	0	5	1.63	0.34	7.50	476	4.50	0.79	14.46	0.04	0.00
Peaches, Fresh	1 EACH	34	0	0	1.30	0.22	5.22	284	5.74	0.79	8.30	0.22	0.02
Pears, canned, juice packed	1/2 Cup	61	0	5	1.95	0.35	10.98	7	1.95	0.41	15.79	0.09	0.00
Pears, Fresh	1 EACH	96	0	2	5.15	0.28	14.94	38	6.97	0.63	25.66	0.20	0.01
Pineapple chunks, juice packed	1/2 Cup	75	0	1	1.00	0.35	17.43	47	11.83	0.52	19.55	0.10	0.01
Pineapple juice	4 fl. oz.	66	0	2	0.25	0.39	16.22	6	12.48	0.45	16.06	0.15	0.01
Orange, Fresh	1 Each	62	0	0	3.14	0.13	52.40	295	69.69	1.23	15.39	0.16	0.01
Orange juice	4 fl oz	61	0	2	0.37	0.16	13.68	52	41.80	0.85	14.36	0.15	0.02
Raisins, Seedless	1 Box	129	0	5	1.59	0.81	21.50	0	0.99	1.32	34.05	0.20	0.03

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.