

# Nutrient Information

## Prince William County High Schools

### 2018-2019

	Calories	Protein (gm)	Carbohydrates (gm)	Fat (gm)	Saturated Fat (gm)	Total Sugars (gm)	Cholesterol (mg)	Fiber (gm)	Sodium (mg)	Iron (mg)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)	Calories	Protein (gm)	Carbohydrates (gm)	Fat (gm)	Saturated Fat (gm)	Total Sugars (gm)	Cholesterol (mg)	Fiber (gm)	Sodium (mg)	Iron (mg)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)	
<b>BREAKFAST PROTEINS &amp; GRAINS</b>														<b>BREADS &amp; GRAINS</b>													
Banana Bread	280	5	44	10	2	25	0	2	220	1	100	0	80	Banana Bread	280	5	44	10	2	25	0	2	220	1	100	0	80
Cereal, Cinnamon Flakes	100	2	24	0	0	6	0	3	170	5	500	15	0	Bread Stick	105	3	15	4	2	2	8	2	95	1	89	0	1
Cereal, Cinnamon Toast Crunch	110	1	22	3	1	6	0	3	160	4	400	5	200	Broccoli & Cheese Rice	177	8	22	7	3	2	16	2	292	1	901	15	246
Cereal, Corn Chex	100	2	24	1	0	3	0	1	200	7	500	5	80	Bun, Hamburger	140	6	29	2	0	3	0	4	240	2	0	0	20
Cereal, Frosted Flakes	100	2	24	0	0	7	0	3	160	5	500	15	0	Bun, Hot Dog	140	5	28	2	0	3	0	4	220	1	0	0	20
Cereal, Frosted Mini-Wheats	100	3	24	0	0	6	0	3	0	8	0	0	0	Cinnamon Roll	312	7	56	7	2	21	8	4	308	2	102	0	17
Cereal, Frosted Mini-Wheats, Chocol	100	3	23	1	0	6	0	3	105	8	0	0	0	Crackers, 4 Pkgs	120	2	18	3	1	2	0	2	210	1	0	0	40
Cereal, Multigrain Cheerios	100	2	23	1	0	6	0	3	110	16	500	5	80	Crackers, Graham	60	1	11	2	0	3	0	1	65	0	300	0	60
Cheese Stick, Mozzarella	90	7	0	7	5	0	20	0	95	3	400	0	250	Dinner Roll	181	5	27	6	2	3	6	3	278	1	71	0	4
Chicken Slider	204	14	25	5	1	2	28	3	361	2	104	0	108	Fiesta Queso Mac & Cheese	251	10	24	13	7	3	32	1	625	1	402	1	230
Egg & Cheese Sandwich	240	9	31	9	3	6	115	3	350	2	200	12	100	Fiesta Rice	173	3	29	5	0	1	0	2	73	1	468	5	29
French Toast Sticks	360	9	57	11	2	15	15	3	390	1	0	0	60	Garlic Bread	127	3	18	5	2	2	6	2	185	1	71	0	3
Fruit Smoothie - Blueberry	194	6	41	1	0	33	6	3	84	0	283	5	386	Gordita Bread	150	4	26	3	0	1	0	3	135	1	0	0	80
Fruit Smoothie - Chocolate Banana	303	9	68	1	0	45	5	5	144	1	484	15	460	Mini Pancakes - Blueberry	240	5	42	6	1	15	3	3	190	2	0	0	40
Fruit Smoothie - Green	351	8	82	2	0	55	3	10	108	2	4968	121	580	Nutri-Grain Bar, Apple Cinnamon	160	2	30	4	1	14	0	3	130	2	750	0	200
Fruit Smoothie - Orange	270	9	56	1	1	47	9	2	113	0	416	96	483	Rice	143	2	23	5	0	0	0	1	3	0	0	0	4
Fruit Smoothie - Pumpkin	194	8	38	1	1	29	9	3	112	1	9737	4	477	Spaghetti Noodles	216	7	42	2	0	2	0	2	9	2	0	0	18
Fruit Smoothie - Strawberry	194	8	39	1	1	28	9	3	109	1	307	63	477	Stuffing	213	3	18	14	8	3	32	2	187	1	454	2	19
Fruit Smoothie - Strawberry Banana	244	8	52	2	1	35	9	4	110	1	328	39	469	Sub Roll	140	6	27	2	1	2	0	3	270	2	0	0	60
Fruit Smoothie - Sunrise	245	6	56	1	0	39	4	4	71	1	236	100	372	Tortilla Chips (1 oz)	140	2	19	6	1	0	0	1	0	1	0	0	20
Fruit Smoothie - Tropical	289	5	69	0	0	53	3	4	57	1	188	67	334	Tortilla Chips (2 oz)	280	4	38	12	2	0	0	2	0	2	0	0	40
Fruit Smoothie - Very Berry	206	8	41	2	1	31	9	4	108	1	308	34	471	Tortilla Wrap (9-inch)	170	4	29	5	3	2	0	3	150	1	0	0	40
Granola	130	3	20	5	1	6	0	2	30	1	0	0	12	Tostitos Scoops, Baked	110	2	19	3	0	0	0	1	125	0	0	0	30
Ham & Cheese Croissant	170	11	17	7	3	2	20	1	440	1	300	0	100	Waffles (2 Waffles)	170	4	27	6	2	3	10	3	380	5	1000	0	100
Mini Pancakes - Blueberry	240	5	42	6	1	15	3	3	190	2	0	0	40	Wild Berry Bread	270	6	43	9	2	24	0	2	190	1	100	0	100
Nutri-Grain Bar, Apple Cinnamon	160	2	30	4	1	14	0	3	130	2	750	0	200	<b>MILK</b>													
Pancake Puppy	200	7	17	10	3	4	25	3	310	2	0	0	20	1% Lowfat Unflavored	110	8	13	3	2	12	10	0	130	0	750	0	250
Pancake Sandwich	220	4	35	7	2	11	10	2	260	1	0	0	100	Fat Free Chocolate	120	8	20	0	0	18	5	0	180	0	750	0	250
Sausage Breakfast Bagel	170	11	18	6	3	1	20	2	360	1	200	0	150	Fat Free Strawberry	110	8	19	0	0	18	5	0	125	0	2500	0	250
Sausage Breakfast Pizza	210	10	25	8	2	9	15	2	430	1	200	0	150	Skim	90	8	13	0	0	12	5	0	130	0	750	0	250
Strawberry Bagel-ful	180	6	32	3	2	6	5	3	160	2	100	2	20	Vanilla Soy Milk	150	9	18	5	1	17	0	1	180	1	500	0	350
Wild Berry Bread	270	6	43	9	2	24	0	2	190	1	100	0	100														
Yogurt (4 oz)	90	3	19	0	0	14	0	0	50	0	0	1	300														



School Food and Nutrition Services  
Prince William County Public Schools

<http://pwcsnutrition.com>

LUNCH ENTRÉE (PROTEINS/GRAINS)													LUNCH ENTRÉE (PROTEINS/GRAINS)														
Calories	Protein (gm)	Carbohydrates (gm)	Fat (gm)	Saturated Fat (gm)	Total Sugars (gm)	Cholesterol (mg)	Fiber (gm)	Sodium (mg)	Iron (mg)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)	Calories	Protein (gm)	Carbohydrates (gm)	Fat (gm)	Saturated Fat (gm)	Total Sugars (gm)	Cholesterol (mg)	Fiber (gm)	Sodium (mg)	Iron (mg)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)		
Alfredo Sauce	198	13	4	14	9	1	41	0	799	0	31	0	494	Marinara Sauce	108	3	17	3	1	14	1	3	136	1	796	24	69
Baked Pinwheel	280	15	34	10	5	3	25	4	480	2	0	0	327	Meatballs (Italian)	155	12	5	10	4	0	33	0	240	2	30	1	24
BBQ Pulled Pork (w/o Bun)	173	16	5	10	3	5	56	0	297	2	35	0	0	Peanut Butter & Jelly Pocket Sandwich	300	10	34	16	3	11	0	4	300	1	0	0	60
Beef & Broccoli (w/o Rice)	265	23	31	5	2	26	69	1	437	2	2647	25	33	Pepperoni & Cheese Stromboli	537	26	54	23	12	6	51	6	694	8	726	0	584
Beef & Snow Peas (w/o Rice)	173	22	12	4	2	10	66	1	373	3	275	15	21	Philly Cheese Steak	397	26	35	19	8	6	65	4	970	3	638	29	243
Beef Burger (w/o Bun)	220	19	0	17	7	0	70	0	290	1	0	0	0	Pizza Sticks	480	21	48	21	8	3	30	3	1020	2	0	0	450
Broccoli & Cheese Rice (w/o Wings)	177	8	22	7	3	2	16	2	292	1	901	15	246	Pizza, Cheese	310	21	29	13	7	3	30	3	470	3	500	9	450
Chicken Enchilada	471	35	39	20	11	6	81	5	986	2	410	9	363	Pizza, Pepperoni	338	22	29	16	8	3	35	3	576	3	500	9	450
Chicken for Chicken & Waffles	229	23	13	9	2	0	70	1	370	2	88	0	24	Pizza, Stuffed Crust, Cheese	310	19	34	11	5	4	25	3	540	2	0	0	300
Chicken Tenders	229	23	13	9	2	0	70	1	370	2	88	0	24	Popcorn Chicken	279	13	18	17	4	0	53	2	462	2	96	1	0
Chicken Teriyaki (w/o Rice)	136	20	8	2	0	6	65	0	407	1	0	0	0	Queso Blanco Cheese Sauce 2 oz	115	5	4	9	5	2	22	0	439	0	300	1	165
Chicken Wings	342	27	2	25	7	0	153	0	666	1	180	0	0	Roasted BBQ Chicken	253	19	19	10	4	18	100	0	484	1	244	1	1
Chili	249	18	33	4	2	6	24	12	435	6	1603	19	98	Roasted Turkey Breast	79	17	1	1	0	0	40	0	466	0	0	0	0
Crispy Chicken Fillet (w/o Bun)	220	21	15	8	1	2	63	1	491	2	59	0	31	Rose' Bolognese	397	27	44	14	6	17	26	5	766	13	1244	22	494
Dragon Fire Chicken (w/o Rice)	215	13	24	7	2	18	46	0	507	1	103	0	1	Shredded Pork Carnita (w/o Tortilla or R	154	16	0	10	3	0	56	0	214	2	145	0	2
Fiesta Queso Mac & Cheese (w/o Wings)	251	10	24	13	7	3	32	1	625	1	402	1	230	Southwest Chicken (w/o Tortilla or Rice)	120	20	3	2	0	1	65	0	312	0	21	0	22
Fish Fillet (w/o Bun)	160	11	16	6	1	1	35	2	250	1	0	0	20	Spicy Beef (w/o Tortilla or Rice)	161	16	3	9	3	1	51	1	168	2	634	9	38
General Tso's Chicken (w/o Rice)	239	13	28	8	2	20	46	1	396	1	843	23	16	Spicy Chicken (w/o Bun)	230	23	15	9	2	2	70	1	440	2	100	0	40
Grilled Cheese Sandwich	385	18	34	20	11	5	50	4	851	2	407	0	676	Steak & Cheese Stromboli	475	24	56	15	7	7	52	6	803	3	361	0	153
Ham & Cheese Croissant	387	21	33	19	8	8	57	2	880	2	90	0	320	Steak Meat for Sub (w/o Roll)	95	14	0	4	2	0	43	0	261	1	4	1	6
Hippie Roll	497	36	68	10	1	10	5	11	1159	21	393	28	73	Stuffed Shells	406	24	45	15	8	18	38	5	566	5	1489	28	674
Honey Fire Chicken (w/o Rice)	202	12	22	7	2	16	46	0	374	1	0	0	0	SunWise Sandwich	310	9	33	15	2	11	0	5	310	5	0	0	20
Hot Dog (w/o Bun)	190	7	1	16	7	1	35	0	340	0	0	0	0	Sweet & Sour Chicken (w/o Rice)	250	13	34	7	2	27	46	1	425	1	1350	6	10
Italian Stuffed Peppers	354	23	39	13	6	10	30	5	560	6	693	78	280	Tuna Salad for Sub (w/o Roll)	261	14	0	22	4	0	44	0	237	1	37	0	4
Kung Pao Chicken (w/o Rice)	168	19	15	4	1	7	58	0	481	7	662	11	0	Turkey Sausage Links (4 Links)	119	16	0	6	0	0	60	0	318	8	0	0	0
Lasagna	445	25	45	18	9	20	52	6	307	7	1619	34	558	Yogurt, All Varieties	180	6	38	0	0	29	5	0	105	0	0	2	600



	Calories	Protein (gm)	Carbohydrates (gm)	Fat (gm)	Saturated Fat (gm)	Total Sugars (gm)	Cholesterol (mg)	Fiber (gm)	Sodium (mg)	Iron (mg)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)
<b>CONDIMENTS</b>													
Barbecue Sauce (1 Pkt)	25	0	7	0	0	4	0	0	50	0	0	0	0
Barbecue Sauce, Bottle (1 Tbsp)	26	0	6	0	0	6	0	0	122	0	43	0	0
Cheese Sauce (1 oz)	58	3	2	4	3	1	11	0	219	0	147	0	82
Cheese Sauce (2 oz)	115	5	4	9	5	2	22	0	439	0	294	1	163
Cheese, American (1 slice)	40	3	1	3	2	1	8	0	150	0	45	0	144
Cheese, Cheddar (1/2 oz)	45	4	1	3	2	0	10	0	90	0	0	0	75
Cheese, Mozzarella (1/2 oz)	45	4	0	4	3	0	10	0	48	1	200	0	175
Cheese, Parmesan (1 Tbsp)	21	1	1	1	1	0	4	0	90	0	49	0	43
Chili Hot Dog Sauce (1 2/3 Tbsp)	21	1	3	1	0	0	0	1	142	0	0	0	8
Crackers (1 Pkg)	30	1	5	1	0	1	0	1	53	0	0	0	10
Gravy (2 oz)	15	0	3	0	0	0	0	0	46	0	57	0	11
Honey Fire Sauce (1 Tbsp)	20	0	5	0	0	5	0	0	73	0	0	0	0
Hot Sauce (1 Pkt)	0	0	0	0	0	0	0	0	90	0	0	0	0
Ketchup (1 Pkt)	10	0	2	0	0	2	0	0	25	0	0	0	0
Margarine (1 Pat)	25	0	0	3	1	0	0	0	40	0	200	0	0
Marinara Dipping Cup	20	1	4	0	0	2	0	1	100	0	181	3	7
Mayonnaise (1 Pkt)	82	0	0	9	1	0	5	0	76	0	8	0	1
Mustard (1 Pkt)	3	0	0	0	0	0	0	0	61	0	6	0	3
Pickles (1/2 oz - 4 slices)	2	0	0	0	0	0	0	0	115	0	18	0	8
Ranch Dressing Cup	70	0	5	6	1	3	5	0	125	0	0	0	20
Salsa (2 Tbsp)	10	0	2	0	0	1	0	1	70	0	500	6	20
Salsa Verde (2 Tbsp)	10	0	2	0	0	1	0	1	200	0	100	6	0
Sliced Onions (1/4 Cup)	13	0	3	0	0	1	0	1	1	0	1	2	7
Sour Cream (2 Tbsp)	40	2	2	3	2	2	10	0	25	0	200	0	40
Sriracha Sauce (1 Tsp)	5	0	1	0	0	1	0	0	190	0	100	1	0
Syrup, Pancake (1.5 oz)	110	0	27	0	0	18	0	0	10	0	0	0	0
Taco Sauce (1 Pkt)	5	0	1	0	0	0	0	0	60	0	100	0	0
Tartar Sauce (1 Pkt)	20	0	1	2	0	1	0	0	85	0	0	0	0
Teriyaki Sauce (1 Tbsp)	20	0	5	0	0	4	0	0	140	0	0	0	0
Tomatoes, Diced (1/4 Cup)	12	1	3	0	0	2	0	1	3	0	570	9	7
Tomatoes, Sliced (1/4 Cup)	11	1	2	0	0	2	0	1	3	0	508	8	6
Whipped Topping (1 Tbsp)	16	0	1	1	1	1	0	0	0	0	0	0	0
Yogurt Dip (2 Tbsp)	56	2	8	2	2	8	8	0	24	0	150	0	54

	Calories	Protein (gm)	Carbohydrates (gm)	Fat (gm)	Saturated Fat (gm)	Total Sugars (gm)	Cholesterol (mg)	Fiber (gm)	Sodium (mg)	Iron (mg)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)
<b>SALAD DRESSINGS</b>													
French Dressing (1 Tbsp)	65	0	4	6	1	3	0	0	105	0	50	0	0
Greek Dressing (1 Tbsp)	45	0	1	5	1	1	3	0	135	0	0	0	10
Honey Mustard Dressing (1 Tbsp)	80	0	4	7	1	4	5	0	68	0	0	0	0
Italian Dressing (1 Tbsp)	60	0	1	6	1	1	0	0	135	0	100	1	0
Pomegranate Dressing (1 Tbsp)	35	0	5	2	0	5	0	0	90	0	0	1	0
Ranch Dressing (1 Tbsp)	60	1	1	6	1	1	8	0	130	0	0	0	0
Raspberry Acai Dressing (1 Tbsp)	20	0	5	0	0	5	0	0	85	0	0	0	0

<b>COOKIES</b>													
Cookie, Choc. Chip	138	2	25	4	1	12	14	3	125	1	41	0	14
Cookie, Double Choc. Chip	137	2	24	4	2	13	17	2	135	1	44	0	13
Cookie, Oatmeal Choc. Chip	140	3	23	5	2	11	16	3	147	1	43	0	13
Cookie, Sugar	139	2	25	4	2	12	13	3	146	1	77	0	11

<b>SNACKS</b>													
Annie's Bunny Cheddar Crackers	90	2	13	4	0	0	0	1	130	0	0	0	0
Baked Potato Chips, BBQ	110	2	19	3	0	3	0	1	140	0	0	0	7
Baked Potato Chips, Original	110	2	19	3	0	2	0	1	140	0	0	0	5
Capri Sun, 100% Juice	100	0	24	0	0	20	0	0	20	0	0	0	0
Cinnamon Toast Crunch	110	1	22	3	1	8	0	2	160	4	400	5	80
Crispy Bites, Blueberry Lemon	120	2	21	4	1	8	0	2	60	1	0	0	0
Fruit Slushie Cup, SideKicks	80	0	20	0	0	19	0	0	45	0	1000	60	80
Harvest Cheddar SunChips Mix	110	2	15	4	0	1	0	2	200	0	0	0	0
Juice Bowl	120	0	30	0	0	30	0	0	15	0	0	75	100
Oatmeal Bites, S'Mores	150	2	24	6	2	9	0	2	125	0	0	0	0
Popcorn, Kettle Style	120	2	21	5	0	9	0	2	100	1	0	0	0
Popcorn, White Cheddar	70	2	9	3	0	0	0	2	100	0	0	0	0
Sunflower Kernels, Honey Roasted	190	6	11	15	2	5	0	3	65	1	0	0	20
Tostitos Scoops	110	2	19	3	0	0	0	1	125	0	0	0	30
White Nacho Doritos	130	2	20	5	1	1	0	2	170	0	0	0	40