

# Nutrient Information

## Prince William County Elementary Schools

### 2017-2018

	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>													
Cereal, Cinnamon Flakes	100	2	24	0	0	6	0	3	170	8	750	21	0	Banana Bread	280	5	44	10	2	25	0	2	220	1	100	0	80
Cereal, Cinnamon Toast Crunch	110	1	22	3	1	6	0	3	160	4	400	5	200	Bread Stick	105	3	15	4	2	3	8	2	100	0	89	0	7
Cereal, Corn Chex	100	2	24	1	0	3	0	1	200	7	500	5	80	Bun, Hamburger	130	6	27	2	0	3	0	4	220	1	0	0	20
Cereal, Frosted Flakes	100	2	24	0	0	7	0	2	160	8	750	21	0	Bun, Hot Dog	130	6	27	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	Bun, Slider	90	4	16	1	0	2	0	2	140	1	0	0	100
Cereal, Frosted Mini-Wheats, Chocok	100	3	23	1	0	6	0	3	105	8	0	0	0	Cinnamon Bread	125	3	22	3	1	7	3	1	80	1	41	0	4
Cereal, Multigrain Cheerios	100	2	23	1	0	6	0	2	110	7	500	6	80	Cinnamon Bread Stick	105	3	17	3	1	5	5	2	100	0	59	0	8
Cheese Stick, Marble	110	7	1	9	5	0	30	0	170	0	300	0	200	Crackers, 2 Pkgs	60	1	9	2	1	1	0	1	105	0	0	0	20
Cheese Stick, Mozzarella	90	7	0	7	5	0	20	0	95	3	400	0	250	Crackers, 4 Pkgs	120	2	18	3	1	2	0	2	210	1	0	0	40
Chicken Slider	204	14	25	5	1	2	28	3	361	2	104	0	108	Crackers, Graham	60	1	11	2	0	3	0	1	65	0	300	0	60
Egg & Cheese Sandwich	240	9	31	9	3	6	115	3	350	2	200	12	100	Dinner Roll	103	3	16	3	1	2	3	1	158	1	41	0	2
Egg Pop, Bacon Ranch	128	7	1	11	2	1	201	0	256	1	300	0	29	Garlic Bread	109	3	16	4	1	2	5	1	158	1	61	0	3
Egg Pop, Plain	70	6	1	5	2	1	190	0	55	0	300	0	20	Nutri-Grain Bar, Apple Cinnamon	160	2	30	4	1	14	0	3	130	2	750	0	200
Egg Pop, Sriracha	131	6	2	11	2	2	196	0	223	0	333	0	27	Pasta & Flame Roasted Veg	92	2	13	3	1	2	0	2	205	1	770	9	21
French Toast Sticks	240	6	38	7	1	10	10	2	260	1	0	0	40	Rice	144	2	23	5	0	0	0	1	3	0	0	0	8
Ham & Cheese Croissant	180	11	17	8	4	2	20	1	460	1	300	0	100	Stuffing	188	3	18	12	6	3	25	2	185	1	249	1	15
Mini Pancakes - Blueberry	240	5	42	6	1	15	3	3	190	2	0	0	40	Sub Roll	140	6	26	2	0	2	0	3	250	2	0	0	60
Nutri-Grain Bar, Apple Cinnamon	160	2	30	4	1	14	0	3	130	2	750	0	200	Tortilla or Nacho Chips, 1 oz	140	2	19	6	1	0	0	1	0	1	0	0	20
Pancake Puppy	200	7	17	10	3	4	25	3	310	2	0	0	20	Tortilla or Nacho Chips, 2 oz	280	4	38	12	2	0	0	2	0	2	0	0	40
Sausage & Cheese Pita	140	9	12	7	3	1	30	1	470	1	0	0	80	Tortilla, Soft	90	2	15	2	2	1	0	2	75	1	0	0	20
Sausage Breakfast Pizza	210	10	25	8	2	9	15	2	430	1	200	0	150	Tostitos Scoops, Baked	110	2	19	3	0	1	0	2	115	0	0	0	20
<b>MILK</b>														Twisted Cheese Bread Stick													
1% Lowfat Unflavored	110	9	12	2	2	12	15	0	115	0	500	2	250	Wild Berry Bread	270	6	43	9	2	24	0	2	190	1	100	0	100
Fat Free Chocolate	110	8	19	0	0	18	5	0	160	0	500	0	300														
Fat Free Strawberry	110	8	20	0	0	18	5	0	125	0	500	0	300														
Skim	90	8	11	0	0	11	5	0	125	0	500	2	300														
Vanilla Soy Milk	150	9	18	5	1	17	0	1	180	1	500	0	350														



School Food and Nutrition Services  
Prince William County Public Schools

<http://pwcsnutrition.com>

	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)
LUNCH ENTRÉE (PROTEINS/GRAINS)														LUNCH ENTRÉE (PROTEINS/GRAINS)													
Baked Ziti	387	20	38	17	8	20	44	5	281	7	1540	33	519	Pizza Sticks	300	14	32	14	5	2	10	4	780	1	0	0	300
BBQ Pulled Pork (w/o Bun)	176	16	6	10	3	5	56	0	298	2	0	1	0	Pizza, Cheese	330	24	36	11	6	6	25	5	400	3	400	12	350
Beef Burger (w/o Bun)	220	19	0	17	7	0	70	0	290	1	0	0	0	Pizza, Pepperoni	345	26	36	12	6	6	30	5	453	3	438	12	350
Beef Nachos (w/o Cheese Sauce)	458	18	41	24	6	1	52	3	168	4	681	9	73	Pizza, Southwest	330	23	36	11	6	5	30	6	560	3	300	4	300
Beef Taco (w/o Cheese)	268	16	18	14	6	2	52	3	243	3	681	9	53	Pizza, Stuffed Crust, Cheese	310	19	34	11	5	4	25	3	530	2	750	4	400
Cheese Quesadilla	260	14	30	10	3	2	10	3	600	2	100	0	200	Pizza, Stuffed Crust, Pepperoni	325	21	34	12	5	4	30	3	583	2	788	4	401
Cheeseburger Mac	307	21	26	13	6	6	48	2	365	3	718	2	261	Popcorn Chicken	279	13	18	17	4	0	53	2	462	2	96	1	0
Cheeseburger/Bun	388	28	28	21	8	4	78	4	655	3	45	0	164	Roasted Turkey Breast	81	18	1	1	0	0	35	0	564	0	0	0	0
Cheesy Bread	280	16	30	11	6	1	25	2	460	2	300	0	350	Salad Topping - Cheese, Cheddar	79	8	1	5	3	0	16	0	203	0	177	0	253
Chicken Enchilada	449	34	38	18	10	6	73	5	1032	2	804	9	567	Salad Topping - Cheese, Mozzarella	90	7	0	7	5	0	20	0	95	3	400	0	350
Chicken Fajita (w/o Cheese)	188	18	17	5	2	1	54	2	505	1	17	0	38	Salad Topping - Chicken, Diced	37	7	0	1	0	0	22	0	142	0	0	1	0
Chicken for Chicken & Waffles	153	15	9	6	1	0	47	1	247	1	58	0	16	Salad Topping - Egg, Hard Cooked, Slice	70	6	1	5	2	1	190	0	55	0	300	0	20
Chicken Pot Pie	401	26	39	17	7	8	95	5	516	4	1975	5	87	Salad Topping - Roasted Chickpeas	90	4	13	2	0	3	0	4	136	1	0	0	0
Chicken Tenders	229	23	13	9	2	0	70	1	370	2	88	0	24	Salad Topping - Turkey Breast, Diced	40	9	0	1	0	0	18	0	210	0	0	0	0
Chicken Teriyaki (w/o Rice)	134	20	7	2	0	6	65	0	611	1	0	0	0	Salad Topping - Turkey Ham, Diced	60	5	1	2	1	1	30	0	205	0	0	0	10
Chili	257	17	33	6	2	6	25	12	435	6	1600	20	97	Sloppy Joe (w/o Buns)	251	15	17	12	5	16	56	0	302	2	144	5	15
Corn Dog Nuggets	254	10	30	9	2	1	60	3	418	2	0	2	90	Spaghetti & Meat Sauce	427	21	54	14	4	18	43	5	166	4	873	28	89
Crispy Chicken Fillet (w/o Bun)	220	21	15	8	1	2	63	1	491	2	59	0	31	Spicy Chicken (w/o Bun)	200	24	16	5	1	0	75	2	370	2	250	0	25
Fish Nuggets	250	15	20	13	3	1	40	3	680	1	1000	0	80	SunWise Sandwich	310	9	33	15	2	11	0	5	310	5	0	0	20
Grilled Cheese Sandwich	355	18	34	18	10	7	50	6	821	2	407	0	576	Sweet & Sour Chicken (w/o Rice)	234	13	30	7	2	25	46	1	288	1	1121	6	10
Ham & Cheese Pull-Apart Bread Stick	270	22	28	8	4	2	25	3	590	2	300	0	250	Teriyaki Chicken Drumstick	177	18	3	9	3	3	94	0	250	1	0	0	0
Honey Fire Chicken (w/o Rice)	202	12	22	7	2	16	46	0	374	1	0	0	0	Tuna Salad for Sub (w/o Roll)	262	14	0	22	4	0	44	0	237	1	37	0	4
Hot Dog (w/o Bun)	190	7	1	16	7	1	35	0	340	1	0	0	20	Turkey Sausage Links (3 Links)	90	12	0	4	0	0	45	0	239	6	0	0	0
Italian Sausage Stuffed Peppers	322	18	37	11	5	10	37	5	562	2	914	78	377	Vegetable Baked Ziti	436	23	47	19	10	21	40	7	340	9	2476	57	795
Macaroni & Cheese	318	19	33	12	6	7	37	1	613	2	355	0	666	Vegetarian Stuffed Peppers	333	18	43	10	5	11	24	6	401	2	981	78	463
Mini Calzones (w/o Dipping Sauce)	350	24	34	13	7	6	30	5	390	2	400	15	350	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	Western Omelette	183	15	4	11	4	2	399	1	239	2	1008	28	146
Morningstar Chik'n Nuggets	188	12	19	9	1	2	0	4	597	2	33	0	64	Yogurt, All Varieties	180	6	38	0	0	29	5	0	105	0	0	2	600
Pepperoni & Cheese Calzone	340	20	35	13	5	5	30	3	510	2	500	8	250	Zesty Meatloaf	337	18	35	15	5	22	107	2	426	3	72	7	35



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<b>CONDIMENTS</b>														<b>SALAD DRESSINGS</b>													
Barbecue Sauce (1 Pkt)	15	0	4	0	0	2	0	0	150	0	0	0	0	French Dressing (1 Tbsp)	65	0	4	6	1	3	0	0	105	0	50	0	0
Cheese Sauce (1 oz)	48	3	2	3	2	0	11	0	196	0	114	0	110	French Dressing, Pouch	170	0	9	16	3	8	0	0	170	0	200	0	0
Cheese Sauce (for Nachos)	95	6	3	6	4	0	22	0	392	0	227	0	220	Greek Dressing (1 Tbsp)	45	0	1	5	1	1	3	0	135	0	0	0	10
Cheese, Grated Cheddar (1/2 oz)	40	4	0	3	2	0	8	0	102	0	89	0	127	Honey Mustard Dressing (1 Tbsp)	80	0	4	7	1	4	5	0	68	0	0	0	0
Cheese, Parmesan (1 Tbsp)	22	2	0	1	1	0	4	0	76	0	43	0	55	Italian Dressing (1 Tbsp)	60	0	1	6	1	1	0	0	135	0	100	1	0
Chili Hot Dog Sauce (1 2/3 Tbsp)	25	1	3	1	0	0	2	1	155	0	524	0	8	Italian Dressing, Pouch	180	0	4	18	3	3	0	0	420	0	100	0	0
Chocolate Yogurt Dip (2 Tbsp)	58	2	8	2	2	8	8	0	24	0	150	0	54	Pomegranate Dressing (1 Tbsp)	35	0	5	2	0	5	0	0	90	0	0	1	0
Crackers (1 Pkg)	30	1	5	1	0	1	0	1	53	0	0	0	10	Ranch Dressing (1 Tbsp)	50	0	1	6	1	1	5	0	135	0	0	0	10
Dip for Vegetables (2 Tbsp)	100	0	1	11	2	1	10	0	270	0	0	0	20	Ranch Dressing, Pouch	140	0	7	13	2	2	10	0	380	0	0	0	20
Gravy (2 oz)	16	0	3	0	0	0	0	0	46	0	58	0	13	<b>COOKIES</b>													
Hot Sauce (1 Pkt)	0	0	0	0	0	0	0	0	100	0	0	0	0	Cookie, Choc. Chip	138	2	25	4	1	12	14	3	125	1	41	0	14
Hot Sauce (1 tsp)	0	0	0	0	0	0	0	0	100	0	0	0	0	Cookie, Double Choc. Chip	137	2	24	4	2	13	17	2	135	1	44	0	13
Ketchup (1 Pkt)	10	0	2	0	0	2	0	0	25	0	0	0	0	Cookie, Oatmeal Choc. Chip	140	3	23	5	2	11	16	3	147	1	43	0	13
Margarine (1 Pat)	25	0	0	3	0	0	0	0	40	0	200	0	0	Cookie, Sugar	139	2	25	4	2	12	13	3	146	1	77	0	11
Marinara Dipping Cup	20	1	4	0	0	2	0	1	100	0	181	3	7	<b>SNACKS</b>													
Mayonnaise (1 Pkt)	82	0	0	9	1	0	5	0	76	0	8	0	1	Annie's Bunny Friends	160	3	25	6	1	9	0	3	110	1	0	0	250
Mustard (1 Pkt)	4	0	0	0	0	0	0	0	62	0	4	0	3	Cinnamon Toast Crunch	110	1	22	3	1	8	0	2	160	4	400	5	80
Pickles (1/2 oz - 4 slices)	2	0	0	0	0	0	0	0	124	0	26	0	6	Cookies, Mini Butter Crunchers	150	2	22	6	2	11	10	2	135	1	0	0	0
Salsa (2 Tbsp)	10	0	2	0	0	1	0	1	70	0	500	6	20	Cookies, Mini Chocolate Chip	145	2	22	6	2	11	6	2	90	1	0	0	0
Sour Cream (2 Tbsp)	40	2	2	3	2	2	10	2	25	0	200	0	40	Crispy Bites, Blueberry Lemon	120	2	21	4	1	8	0	2	60	1	0	0	0
Syrup, Pancake (1.5 oz)	123	0	31	0	0	19	0	0	1	0	0	0	0	Fruit Slushie Cup, SideKicks	80	0	20	0	0	19	0	0	45	0	1000	60	80
Taco Sauce (1 Pkt)	5	0	1	0	0	1	0	0	73	0	56	0	0	Granola	120	3	20	4	0	6	0	2	75	1	0	0	0
Tartar Sauce (1 Pkt)	20	0	1	2	0	1	0	0	85	0	0	0	0	Harvest Cheddar SunChips Mix	110	2	15	4	0	2	0	2	200	0	0	0	0
Whipped Topping (1 Tbsp)	13	0	1	1	1	1	0	0	0	0	0	0	0	Oatmeal Bites, S'Mores	150	2	24	6	2	9	0	2	125	0	0	0	0
Yogurt Dip (2 Tbsp)	56	2	8	2	2	8	8	0	24	0	150	0	54	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	110	0	0	0	0
														Sunflower Kernels, Honey Roasted	170	5	4	14	2	1	0	2	110	2	0	0	20
														Tostitos Scoops, Baked	110	2	19	3	0	1	0	2	115	0	0	0	20