

Nutrient Information

Prince William County High 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)	
BREAKFAST PROTEINS & GRAINS														BREADS & GRAINS													
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	8	750	21	0	Bread Stick	105	3	15	4	2	3	8	2	100	0	89	0	7
Cereal, Cinnamon Toast Crunch	110	1	22	3	1	6	0	3	160	4	400	5	200	Bun, Hamburger	130	6	27	2	0	3	0	4	220	1	0	0	20
Cereal, Corn Chex	100	2	24	1	0	3	0	1	200	7	500	5	80	Bun, Hot Dog	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, Slider	90	4	16	1	0	2	0	2	140	1	0	0	100
Cereal, Frosted Mini-Wheats	100	3	24	0	0	6	0	3	0	8	0	0	0	Cilantro Lime Rice	145	2	24	5	0	0	0	1	4	0	17	1	9
Cereal, Frosted Mini-Wheats, Chocol	100	3	23	1	0	6	0	3	105	8	0	0	0	Cinnamon Roll	311	7	57	7	2	20	8	4	308	2	102	0	17
Cereal, Multigrain Cheerios	100	2	23	1	0	6	0	2	110	7	500	6	80	Crackers, 4 Pkgs	120	2	18	3	1	2	0	2	210	1	0	0	40
Cheese Stick, Marble	110	7	1	9	5	0	30	0	170	0	300	0	200	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	180	5	28	6	2	3	6	2	277	1	71	0	4
Chicken Slider	204	14	25	5	1	2	28	3	361	2	104	0	108	Fiesta Rice	174	3	29	5	0	2	0	2	74	1	471	5	33
Egg & Cheese Sandwich	240	9	31	9	3	6	115	3	350	2	200	12	100	Garlic Bread	127	3	19	5	2	2	6	2	185	1	71	0	3
French Toast Sticks	360	9	57	11	2	15	15	3	390	1	0	0	60	Gordita Bread	130	4	26	1	0	1	0	3	140	1	0	0	80
Fruit Smoothie - Blueberry	194	6	41	1	0	33	6	3	84	0	283	5	386	Granola	120	3	20	4	0	6	0	2	75	1	0	0	0
Fruit Smoothie - Chocolate Banana	300	9	68	1	0	45	5	5	134	1	359	15	460	Mini Pancakes - Blueberry	240	5	42	6	1	15	3	3	190	2	0	0	40
Fruit Smoothie - Green	332	7	80	1	0	54	3	6	66	1	2988	61	368	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	Ramen Noodles	114	3	21	2	0	1	0	2	26	1	0	0	10
Fruit Smoothie - Pumpkin	194	8	38	1	1	29	9	3	112	1	9737	4	477	Rice	144	2	23	5	0	0	0	1	3	0	0	0	8
Fruit Smoothie - Strawberry	194	8	39	1	1	28	9	3	109	1	307	63	477	Spaghetti Noodles	216	7	42	2	0	2	0	2	6	2	0	0	18
Fruit Smoothie - Strawberry Banana	245	8	52	2	1	35	9	4	110	1	328	39	469	Stuffing	253	4	25	16	8	3	33	3	249	1	469	2	20
Fruit Smoothie - Tropical	290	5	69	0	0	53	3	4	57	1	188	67	334	Sub Roll	140	6	26	2	0	2	0	3	250	2	0	0	60
Fruit Smoothie - Very Berry	206	8	41	2	1	31	9	4	108	1	308	34	471	Tortilla Chips (1 oz)	140	2	19	6	1	0	0	1	0	1	0	0	20
Granola	120	3	20	4	0	6	0	2	75	1	0	0	0	Tortilla Chips (2 oz)	280	4	38	12	2	0	0	2	0	2	0	0	40
Ham & Cheese Croissant	180	11	17	8	4	2	20	1	460	1	300	0	100	Tortilla Wrap (9-inch)	170	4	29	5	3	2	0	3	150	1	0	0	40
Mini Pancakes - Blueberry	240	5	42	6	1	15	3	3	190	2	0	0	40	Tostitos Scoops, Baked	110	2	19	3	0	1	0	2	115	0	0	0	20
Nutri-Grain Bar, Apple Cinnamon	160	2	30	4	1	14	0	3	130	2	750	0	200	Waffles (2 Waffles)	170	4	27	6	2	3	10	3	380	5	1000	0	100
Pancake Puppy	200	7	17	10	3	4	25	3	310	2	0	0	20	Wild Berry Bread	270	6	43	9	2	24	0	2	190	1	100	0	100
Pancake Sandwich	220	4	35	7	1	11	10	2	260	1	0	0	100	MILK													
Sausage & Cheese Pita	140	9	12	7	3	1	30	1	470	1	0	0	80	1% Lowfat Unflavored	110	9	12	2	2	12	15	0	115	0	500	2	250
Sausage Breakfast Pizza	210	10	25	8	2	9	15	2	430	1	200	0	150	Fat Free Chocolate	110	8	19	0	0	18	5	0	160	0	500	0	300
Strawberry Bagel-ful	180	6	32	3	2	6	5	3	160	2	100	2	20	Fat Free Strawberry	110	8	20	0	0	18	5	0	125	0	500	0	300
Wild Berry Bread	270	6	43	9	2	24	0	2	190	1	100	0	100	Skim	90	8	11	0	0	11	5	0	125	0	500	2	300
Yogurt	90	3	19	0	0	14	0	0	50	0	0	1	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)
VEGETABLES													
Baby Carrots (1/2 Cup)	25	0	6	0	0	3	0	2	55	1	9774	2	23
Baked Beans	266	11	56	0	0	24	0	11	480	4	313	3	125
Baked Plantains	175	1	34	4	2	31	0	1	1	1	833	7	0
Black Beans	68	3	13	0	0	3	0	5	260	2	1234	15	116
BLT Salad (1 Cup) (w/o Dressing)	58	4	4	3	1	1	17	1	206	1	2638	9	12
Broc & Cauliflower (w/o Cheese)	24	2	4	0	0	1	0	2	24	0	504	35	19
Broccoli Florets (1/2 Cup)	10	1	2	0	0	0	0	1	9	0	1021	32	16
Broccoli, Steamed	26	3	5	0	0	1	0	3	10	1	955	38	31
Brussels Sprouts (w/o Cheese)	39	3	6	0	0	2	0	4	10	1	485	58	19
Candy Corn	95	3	15	2	1	7	3	3	5	1	226	2	0
Cauliflower Florets (1/2 Cup)	12	1	3	0	0	1	0	1	15	0	6	23	11
Celery Sticks (1/2 Cup)	14	1	3	0	0	2	0	1	71	0	401	3	36
Chickpeas, Roasted (1/4 Cup)	90	4	13	2	0	3	0	4	136	1	0	0	0
Confetti Collards	75	2	7	5	1	2	0	3	22	0	3705	52	147
Corn Salad (1/2 Cup)	182	3	16	12	1	8	0	3	126	1	662	15	9
Cran-Blueberry Spinach Salad (1 Cup) (w/o Drsg)	59	1	15	0	0	13	0	1	20	1	2453	18	26
Creamy Cucumber Moons (1/2 Cup)	121	0	5	11	2	4	9	0	60	0	72	2	11
Cucumber Slices (1/2 Cup)	15	1	3	0	0	1	0	0	2	0	92	2	14
Garbanzo Beans	70	4	11	1	1	2	0	5	89	0	0	0	38
Grape Tomatoes (1/2 Cup)	15	1	3	0	0	2	0	1	4	0	630	10	8
Greek Salad (1 Cup) (w/o Dressing)	15	1	3	0	0	1	0	1	4	0	2715	11	16
Green Beans	36	1	6	1	1	1	3	3	1	1	541	4	38
Green Peas, Cold (1/2 Cup)	62	4	11	0	0	4	0	4	86	1	1646	14	18
Green Peas, Steamed	70	5	12	0	0	5	0	4	98	1	1867	16	20
Harvest Romaine Salad (1 Cup)	56	0	9	2	0	7	0	1	3	0	2476	9	15
Kickin' Roasted Veggies	42	1	4	3	0	2	0	2	39	0	973	44	19
Layered Lettuce Sld (1 Cup) (w/o Drsg)	60	5	6	2	1	2	10	2	152	1	3124	19	74
Parmesan Broccolini	31	2	4	1	1	1	3	1	20	0	954	48	40
Pico de Gallo (1/2 Cup)	86	1	5	7	1	3	0	2	154	0	1280	16	19
Pom-Blueberry Spinach Salad (1 Cup) (w/o Drsg)	52	1	13	0	0	11	0	2	20	1	2453	19	26
Potato Wedges	145	2	22	6	1	0	0	2	178	1	0	3	0
Potato, Baked	211	6	48	0	0	3	0	5	23	2	23	22	34
Potatoes, Curly Fries	125	2	17	5	1	0	0	3	292	1	0	1	17
Potatoes, French Fries	139	2	23	5	1	1	0	2	171	1	0	4	0
Potatoes, Mashed	133	2	17	6	4	1	16	1	208	0	208	6	27
Pumpkin Souffle'	189	5	31	6	4	25	67	4	124	2	18386	5	113
Rainbow Veggie Sticks	45	1	6	2	1	3	4	2	42	0	1092	3	21
Refried Beans	102	6	18	0	0	1	0	6	148	3	154	2	42
Roasted Sweet Potatoes & Apples	159	1	29	5	2	16	6	3	81	1	12473	2	35
Sauteed Peppers & Onions	47	1	4	3	0	2	0	1	0	0	334	28	13
Sesame Green Beans	52	2	10	1	0	5	0	3	113	1	505	4	56
Shredded Carrots	19	0	4	0	0	2	0	1	31	0	7578	3	15
Shredded Romaine Lettuce (1 Cup)	8	1	2	0	0	1	0	1	4	0	4198	2	16
Sliced Beets (1/2 Cup)	46	1	11	0	0	10	0	2	221	1	36	4	28
Stir Fried Cabbage	63	1	6	4	0	4	2	2	109	0	74	28	32
Sunny Broc & Cauli Toss (1/2 Cup)	137	2	8	11	2	5	8	1	76	1	627	29	18
Sunshine Carrots	104	1	17	4	2	13	9	3	77	0	1906	2	26

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VEGETABLES													
Super Food Kale Salad (1 Cup)	159	3	19	8	1	14	0	3	149	1	3195	47	60
Sweet Potato Fries	148	1	21	7	0	5	0	2	227	0	2963	4	20
Teriyaki Sugar Snap Blend	53	3	9	0	0	6	0	2	128	1	107	22	21
Tossed Salad (w/o Drsg) (1 Cup)	11	1	2	0	0	1	0	1	8	1	2783	2	18
FRUITS													
Apple Crisp w/Topping	211	1	42	5	2	33	0	3	8	1	66	1	23
Apple Wedges (1/2 Cup)	37	0	10	0	0	7	0	2	1	0	38	4	5
Applesauce (1/2 Cup)	51	0	14	0	0	11	0	1	2	0	35	1	5
Blueberry Crisp w/Topping	160	1	28	5	2	19	0	3	3	1	37	2	14
Cantaloupe (1/2 Cup)	48	1	12	0	0	11	0	1	23	0	4794	52	13
Craisins, Strawberry	110	0	28	0	0	24	0	3	0	0	0	0	0
Diced Pears & Blueberries (1/2 Cup)	88	1	23	0	0	17	0	3	7	1	14	3	16
Diced Pears & Red Grapes (1/2 Cup)	89	1	23	0	0	18	0	3	7	1	16	4	16
Diced Pears & Strawberries (1/2 Cup)	87	1	22	0	0	17	0	3	7	1	14	6	16
Fresh Fruit, Apple	73	0	19	0	0	14	0	3	1	0	75	6	8
Fresh Fruit, Banana	108	1	27	0	0	15	0	3	1	0	77	10	6
Fresh Fruit, Nectarine	63	2	15	0	0	11	0	2	0	0	475	8	9
Fresh Fruit, Orange	62	1	15	0	0	12	0	3	0	0	295	70	52
Fresh Fruit, Peach	59	1	14	0	0	13	0	2	0	0	489	10	9
Fresh Fruit, Pear	105	1	28	0	0	17	0	6	2	0	41	7	16
Fresh Fruit, Plum	30	0	8	0	0	7	0	1	0	0	228	6	4
Frozen Fruit Juice Cup	70	0	18	0	0	15	0	3	5	0	500	60	80
Fruit Salsa w/Graham Crackers	96	1	21	2	0	10	0	2	66	1	442	13	68
Graham Banana Bites	153	1	28	4	2	14	0	2	37	0	57	8	4
Grapefruit Wdgs (1/2 C=2Wdgs)	34	1	9	0	0	6	0	1	0	0	943	26	18
Grapes (1/2 Cup)	63	1	16	0	0	14	0	1	2	0	60	10	9
Holiday Frozen Juice Cup	99	0	25	0	0	25	0	0	15	0	0	12	0
Honey Lime Fruit Toss (1/2 Cup)	84	1	22	0	0	19	0	1	3	0	323	23	15
Hot Spiced Apples	120	0	26	2	1	24	5	2	6	0	122	0	13
Juice, Apple	60	0	14	0	0	13	0	0	15	0	0	0	0
Juice, Blended Fruit	60	0	14	0	0	13	0	0	10	0	0	4	0
Juice, Orange	50	1	13	0	0	11	0	0	15	0	0	30	0
Juice, Veg/Fruit, Cherry Star	50	0	13	0	0	12	0	0	35	0	500	30	0
Kiwi Wedges (1/2 C=6 Wdgs)	70	1	17	1	0	10	0	3	3	0	99	106	39
Mandarin Oranges (1/2 Cup)	115	1	30	0	0	29	0	1	11	1	1578	37	13
Mango Pineapple Salsa	42	1	11	0	0	8	0	2	2	0	763	47	7
Mixed Fruit (1/2 Cup)	81	1	21	0	0	17	0	2	9	0	293	5	7
Orange Wedges (1/2 C=3 Wedges)	46	1	12	0	0	9	0	2	0	0	221	52	39
Peach Crisp w/Topping	216	2	45	5	2	36	0	3	11	1	635	5	13
Peaches (1/2 Cup)	90	1	24	0	0	22	0	2	8	1	587	4	5
Pear Wedges (1/2 C=6 Wdgs)	107	1	28	0	0	18	0	6	2	0	42	10	17
Pineapple (1/2 Cup)	98	1	26	0	0	24	0	1	2	0	62	16	23
Raisins (1 Box)	113	1	30	0	0	22	0	1	4	1	0	1	19
Strawberries (1/2 Cup)	28	1	7	0	0	4	0	2	1	0	10	51	14
Strawberry Shortcake	246	3	41	9	2	28	28	2	144	1	72	35	76
Tropical Fruit Salad (1/2 Cup)	73	1	18	0	0	16	0	2	0	0	784	31	21
Watermelon (1 Wedge)	45	1	11	0	0	9	0	1	2	0	860	12	11

	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)
CONDIMENTS													
Barbecue Sauce (1 Pkt)	15	0	4	0	0	2	0	0	150	0	0	0	0
Cheese Sauce (1 oz)	48	3	2	3	2	0	11	0	196	0	114	0	110
Cheese Sauce (2 oz)	95	6	3	6	4	0	22	0	392	0	227	0	220
Cheese, American (1 slice)	38	3	1	2	1	1	8	0	145	0	45	0	144
Cheese, Cheddar (1/2 oz)	40	4	0	3	2	0	8	0	102	0	89	0	127
Cheese, Mozzarella (1/2 oz)	45	4	0	4	3	0	10	0	48	1	200	0	175
Cheese, Parmesan (1 Tbsp)	22	2	0	1	1	0	4	0	76	0	43	0	55
Cheese, Pepper Jack (1 slice)	70	3	1	6	4	1	15	0	280	0	200	0	100
Cheese, Swiss (1 Slice)	55	3	1	4	3	1	13	0	200	0	150	0	75
Chili Hot Dog Sauce (1 2/3 Tbsp)	25	1	3	1	0	0	2	1	155	0	524	0	8
Crackers (1 Pkg)	30	1	5	1	0	1	0	1	53	0	0	0	10
Dip for Vegetables (2 Tbsp)	100	0	1	11	2	1	10	0	270	0	0	0	20
Gravy (2 oz)	16	0	3	0	0	0	0	0	46	0	58	0	13
Green Onions (1/4 Cup)	7	0	1	0	0	1	0	0	4	0	1008	3	13
Green Peppers (1/4 Cup)	13	1	3	0	0	1	0	1	2	0	216	47	6
Hot Sauce (1 Pkt)	0	0	0	0	0	0	0	0	100	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	0	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)	4	0	0	0	0	0	0	0	62	0	4	0	3
Onions (1/4 Cup)	22	1	5	0	0	2	0	1	2	0	1	4	13
Pickles (1/2 oz - 4 slices)	2	0	0	0	0	0	0	0	124	0	26	0	6
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
Sour Cream (2 Tbsp)	40	2	2	3	2	2	10	2	25	0	200	0	40
Sweet Chili Sauce (1 Tbsp)	27	0	7	0	0	6	0	0	151	0	125	3	1
Syrup, Pancake (1.5 oz)	123	0	31	0	0	19	0	0	1	0	0	0	0
Taco Sauce (1 Pkt)	5	0	1	0	0	1	0	0	73	0	56	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)	14	1	3	0	0	2	0	1	3	0	570	9	7
Tomatoes, Sliced (1/4 Cup)	12	1	2	0	0	2	0	1	3	0	508	8	6
Whipped Topping (1 Tbsp)	13	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

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SALAD DRESSINGS													
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)	50	0	1	6	1	1	5	0	135	0	0	0	10
COOKIES													
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
SNACKS													
Annie's Bunny Friends	160	3	25	6	1	9	0	3	110	1	0	0	250
Chips, Potato, Baked Lays BBQ	110	2	19	3	0	2	0	2	190	0	0	1	20
Chips, Potato, Baked Lays Original	100	2	20	2	0	2	0	2	160	0	0	1	20
Chips, Potato, Baked Lays Sour Cream	100	2	18	3	0	3	0	1	140	0	0	2	20
Cinnamon Toast Crunch	110	1	22	3	1	8	0	2	160	4	400	5	80
Cookies, Mini Butter Crunchers	150	2	22	6	2	11	10	2	135	1	0	0	0
Cookies, Mini Chocolate Chip	145	2	22	6	2	11	6	2	90	1	0	0	0
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	2	0	2	200	0	0	0	0
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	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