

Nutrient Information

Prince William County Middle 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 | Bun, Hamburger | 130 | 6 | 27 | 2 | 0 | 3 | 0 | 4 | 220 | 1 | 0 | 0 | 20 |
| Cereal, Cinnamon Toast Crunch | 110 | 1 | 22 | 3 | 1 | 6 | 0 | 3 | 160 | 4 | 400 | 5 | 200 | Bun, Hot Dog | 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, Slider | 90 | 4 | 16 | 1 | 0 | 2 | 0 | 2 | 140 | 1 | 0 | 0 | 100 |
| Cereal, Frosted Flakes | 100 | 2 | 24 | 0 | 0 | 7 | 0 | 2 | 160 | 8 | 750 | 21 | 0 | Cilantro Lime Rice | 145 | 2 | 24 | 5 | 0 | 0 | 0 | 1 | 4 | 0 | 17 | 1 | 9 |
| Cereal, Frosted Mini-Wheats | 100 | 3 | 24 | 0 | 0 | 6 | 0 | 3 | 0 | 8 | 0 | 0 | 0 | Cinnamon Roll | 311 | 7 | 57 | 7 | 2 | 20 | 8 | 4 | 308 | 2 | 102 | 0 | 17 |
| Cereal, Frosted Mini-Wheats, Choc | 100 | 3 | 23 | 1 | 0 | 6 | 0 | 3 | 105 | 8 | 0 | 0 | 0 | Crackers, 2 Pkgs | 60 | 1 | 9 | 2 | 1 | 1 | 0 | 1 | 105 | 0 | 0 | 0 | 20 |
| 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 | 103 | 3 | 16 | 3 | 1 | 2 | 3 | 1 | 158 | 1 | 41 | 0 | 2 |
| Chicken Slider | 204 | 14 | 25 | 5 | 1 | 2 | 28 | 3 | 361 | 2 | 104 | 0 | 108 | Garlic Bread | 109 | 3 | 16 | 4 | 1 | 2 | 5 | 1 | 158 | 1 | 61 | 0 | 3 |
| Egg & Cheese Sandwich | 240 | 9 | 31 | 9 | 3 | 6 | 115 | 3 | 350 | 2 | 200 | 12 | 100 | Mini Pancakes - Blueberry | 240 | 5 | 42 | 6 | 1 | 15 | 3 | 3 | 190 | 2 | 0 | 0 | 40 |
| French Toast Sticks | 360 | 9 | 57 | 11 | 2 | 15 | 15 | 3 | 390 | 1 | 0 | 0 | 60 | Nacho Chips (2 oz) | 280 | 4 | 38 | 12 | 2 | 0 | 0 | 2 | 0 | 2 | 0 | 0 | 40 |
| Fruit Smoothie - Blueberry | 194 | 6 | 41 | 1 | 0 | 33 | 6 | 3 | 84 | 0 | 283 | 5 | 386 | Nutri-Grain Bar, Apple Cinnamon | 160 | 2 | 30 | 4 | 1 | 14 | 0 | 3 | 130 | 2 | 750 | 0 | 200 |
| Fruit Smoothie - Chocolate Banana | 300 | 9 | 68 | 1 | 0 | 45 | 5 | 5 | 134 | 1 | 359 | 15 | 460 | Pasta & Flame Roasted Veg | 92 | 2 | 13 | 3 | 1 | 2 | 0 | 2 | 205 | 1 | 770 | 9 | 21 |
| Fruit Smoothie - Green | 332 | 7 | 80 | 1 | 0 | 54 | 3 | 6 | 66 | 1 | 2988 | 61 | 368 | Rice | 144 | 2 | 23 | 5 | 0 | 0 | 0 | 1 | 3 | 0 | 0 | 0 | 8 |
| Fruit Smoothie - Orange | 270 | 9 | 56 | 1 | 1 | 47 | 9 | 2 | 113 | 0 | 416 | 96 | 483 | Spaghetti Noodles | 216 | 7 | 42 | 2 | 0 | 2 | 0 | 2 | 6 | 2 | 0 | 0 | 18 |
| Fruit Smoothie - Pumpkin | 194 | 8 | 38 | 1 | 1 | 29 | 9 | 3 | 112 | 1 | 9737 | 4 | 477 | Stuffing | 188 | 3 | 18 | 12 | 6 | 3 | 25 | 2 | 185 | 1 | 249 | 1 | 15 |
| Fruit Smoothie - Strawberry | 194 | 8 | 39 | 1 | 1 | 28 | 9 | 3 | 109 | 1 | 307 | 63 | 477 | Sub Roll | 140 | 6 | 26 | 2 | 0 | 2 | 0 | 3 | 250 | 2 | 0 | 0 | 60 |
| Fruit Smoothie - Strawberry Banana | 245 | 8 | 52 | 2 | 1 | 35 | 9 | 4 | 110 | 1 | 328 | 39 | 469 | Tortilla Chips (1 oz) | 140 | 2 | 19 | 6 | 1 | 0 | 0 | 1 | 0 | 1 | 0 | 0 | 20 |
| Fruit Smoothie - Tropical | 290 | 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 | 120 | 3 | 20 | 4 | 0 | 6 | 0 | 2 | 75 | 1 | 0 | 0 | 0 | Tortillas, Soft (2 6-inch) | 180 | 4 | 30 | 5 | 3 | 2 | 0 | 4 | 150 | 1 | 0 | 0 | 40 |
| Ham & Cheese Croissant | 180 | 11 | 17 | 8 | 4 | 2 | 20 | 1 | 460 | 1 | 300 | 0 | 100 | Tostitos Scoops, Baked | 110 | 2 | 19 | 3 | 0 | 1 | 0 | 2 | 115 | 0 | 0 | 0 | 20 |
| Mini Pancakes - Blueberry | 240 | 5 | 42 | 6 | 1 | 15 | 3 | 3 | 190 | 2 | 0 | 0 | 40 | Waffles (2 Waffles) | 170 | 4 | 27 | 6 | 2 | 3 | 10 | 3 | 380 | 5 | 1000 | 0 | 100 |
| Nutri-Grain Bar, Apple Cinnamon | 160 | 2 | 30 | 4 | 1 | 14 | 0 | 3 | 130 | 2 | 750 | 0 | 200 | Wild Berry Bread | 270 | 6 | 43 | 9 | 2 | 24 | 0 | 2 | 190 | 1 | 100 | 0 | 100 |
| Pancake Puppy | 200 | 7 | 17 | 10 | 3 | 4 | 25 | 3 | 310 | 2 | 0 | 0 | 20 | MILK | | | | | | | | | | | | | |
| Pancake Sandwich | 220 | 4 | 35 | 7 | 1 | 11 | 10 | 2 | 260 | 1 | 0 | 0 | 100 | 1% Lowfat Unflavored | 110 | 9 | 12 | 2 | 2 | 12 | 15 | 0 | 115 | 0 | 500 | 2 | 250 |
| Sausage & Cheese Pita | 140 | 9 | 12 | 7 | 3 | 1 | 30 | 1 | 470 | 1 | 0 | 0 | 80 | Fat Free Chocolate | 110 | 8 | 19 | 0 | 0 | 18 | 5 | 0 | 160 | 0 | 500 | 0 | 300 |
| Sausage Breakfast Pizza | 210 | 10 | 25 | 8 | 2 | 9 | 15 | 2 | 430 | 1 | 200 | 0 | 150 | Fat Free Strawberry | 110 | 8 | 20 | 0 | 0 | 18 | 5 | 0 | 125 | 0 | 500 | 0 | 300 |
| Strawberry Bagel-ful | 180 | 6 | 32 | 3 | 2 | 6 | 5 | 3 | 160 | 2 | 100 | 2 | 20 | Skim | 90 | 8 | 11 | 0 | 0 | 11 | 5 | 0 | 125 | 0 | 500 | 2 | 300 |
| Wild Berry Bread | 270 | 6 | 43 | 9 | 2 | 24 | 0 | 2 | 190 | 1 | 100 | 0 | 100 | Vanilla Soy Milk | 150 | 9 | 18 | 5 | 1 | 17 | 0 | 1 | 180 | 1 | 500 | 0 | 350 |
| Yogurt | 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>

| | 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) | | | | | | | | | | | | | |
| Alfredo Sauce | 194 | 12 | 5 | 15 | 9 | 2 | 44 | 0 | 793 | 0 | 167 | 0 | 448 | Meatloaf | 190 | 11 | 8 | 12 | 6 | 5 | 40 | 1 | 390 | 1 | 200 | 9 | 60 |
| Baja Fish Sticks | 230 | 14 | 20 | 10 | 2 | 0 | 50 | 2 | 470 | 0 | 500 | 1 | 20 | Mini Calzones (w/o Dipping Sauce) | 350 | 24 | 34 | 13 | 7 | 6 | 30 | 5 | 390 | 2 | 400 | 15 | 350 |
| BBQ Pulled Pork (w/o Bun) | 176 | 16 | 6 | 10 | 3 | 5 | 56 | 0 | 298 | 2 | 0 | 1 | 0 | Peanut Butter & Jelly Pocket Sandwich | 310 | 10 | 34 | 16 | 3 | 12 | 0 | 4 | 310 | 1 | 0 | 0 | 60 |
| Beef & Broccoli (w/o Rice) | 264 | 23 | 31 | 5 | 2 | 25 | 69 | 1 | 437 | 2 | 2647 | 25 | 33 | Pepperoni & Cheese Calzone | 340 | 20 | 35 | 13 | 5 | 5 | 30 | 3 | 510 | 2 | 500 | 8 | 250 |
| Beef Burger (w/o Bun) | 220 | 19 | 0 | 17 | 7 | 0 | 70 | 0 | 290 | 1 | 0 | 0 | 0 | Philly Cheese Steak | 400 | 24 | 34 | 19 | 8 | 4 | 60 | 4 | 744 | 3 | 447 | 28 | 190 |
| Cheese Quesadilla | 260 | 14 | 30 | 10 | 3 | 2 | 10 | 3 | 600 | 2 | 100 | 0 | 200 | Pizza Sticks | 300 | 14 | 32 | 14 | 5 | 2 | 10 | 4 | 780 | 1 | 0 | 0 | 300 |
| Cheesy Bread | 280 | 16 | 30 | 11 | 6 | 1 | 25 | 2 | 460 | 2 | 300 | 0 | 350 | Pizza, Cheese | 310 | 21 | 29 | 13 | 7 | 3 | 30 | 3 | 470 | 3 | 500 | 9 | 450 |
| Chicken Enchilada | 449 | 34 | 38 | 18 | 10 | 6 | 73 | 5 | 1032 | 2 | 804 | 9 | 567 | Pizza, Pepperoni | 325 | 23 | 29 | 14 | 7 | 3 | 35 | 3 | 523 | 3 | 538 | 9 | 450 |
| Chicken for Chicken & Waffles | 229 | 23 | 13 | 9 | 2 | 0 | 70 | 1 | 370 | 2 | 88 | 0 | 24 | Pizza, Personal Pan | 310 | 22 | 30 | 12 | 6 | 9 | 30 | 3 | 440 | 3 | 400 | 9 | 450 |
| Chicken for Chicken Parmesan | 220 | 21 | 15 | 8 | 1 | 2 | 63 | 1 | 491 | 2 | 59 | 0 | 31 | Pizza, Southwest | 330 | 23 | 36 | 11 | 6 | 5 | 30 | 6 | 560 | 3 | 300 | 4 | 300 |
| Chicken Pot Pie | 401 | 26 | 39 | 17 | 7 | 8 | 95 | 5 | 516 | 4 | 1975 | 5 | 87 | Pizza, Stuffed Crust, Cheese | 310 | 19 | 34 | 11 | 5 | 4 | 25 | 3 | 530 | 2 | 750 | 4 | 400 |
| Chicken Strips (w/o Noodles or Bread) | 108 | 19 | 1 | 2 | 0 | 0 | 65 | 0 | 432 | 0 | 0 | 0 | 0 | Pizza, Stuffed Crust, Pepperoni | 325 | 21 | 34 | 12 | 5 | 4 | 30 | 3 | 583 | 2 | 788 | 4 | 400 |
| 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) | 134 | 20 | 7 | 2 | 0 | 6 | 65 | 0 | 611 | 1 | 0 | 0 | 0 | Pork Carnita (w/o Tortilla or Rice) | 154 | 16 | 0 | 10 | 3 | 0 | 56 | 0 | 214 | 2 | 145 | 0 | 2 |
| Chicken Teriyaki for Sub (w/o Roll) | 134 | 20 | 7 | 2 | 0 | 6 | 65 | 0 | 611 | 1 | 0 | 0 | 0 | Roasted BBQ Chicken | 265 | 19 | 23 | 10 | 4 | 22 | 100 | 0 | 487 | 1 | 105 | 6 | 1 |
| Chili | 257 | 17 | 33 | 6 | 2 | 6 | 25 | 12 | 435 | 6 | 1600 | 20 | 97 | Roasted Turkey Breast | 81 | 18 | 1 | 1 | 0 | 0 | 35 | 0 | 564 | 0 | 0 | 0 | 0 |
| Corn Dog Nuggets | 254 | 10 | 30 | 9 | 2 | 1 | 60 | 3 | 418 | 2 | 0 | 2 | 90 | Salad Topping - Cheese, Cheddar | 79 | 8 | 1 | 5 | 3 | 0 | 16 | 0 | 203 | 0 | 177 | 0 | 253 |
| Crispy Chicken Fillet (w/o Bun) | 220 | 21 | 15 | 8 | 1 | 2 | 63 | 1 | 491 | 2 | 59 | 0 | 31 | Salad Topping - Cheese, Mozzarella | 90 | 7 | 0 | 7 | 5 | 0 | 20 | 0 | 95 | 3 | 400 | 0 | 350 |
| Dragon Fire Chicken (w/o Rice) | 213 | 13 | 25 | 7 | 2 | 18 | 46 | 0 | 507 | 1 | 214 | 6 | 2 | Salad Topping - Chicken, Diced | 37 | 7 | 0 | 1 | 0 | 0 | 22 | 0 | 142 | 0 | 0 | 1 | 0 |
| Fish Fillet (w/o Bun) | 160 | 11 | 16 | 6 | 1 | 1 | 35 | 2 | 250 | 1 | 0 | 0 | 20 | Salad Topping - Roasted Chickpeas | 90 | 4 | 13 | 2 | 0 | 3 | 0 | 4 | 136 | 1 | 0 | 0 | 0 |
| General Tso's Chicken (w/o Rice) | 239 | 13 | 28 | 8 | 2 | 19 | 46 | 1 | 396 | 1 | 843 | 23 | 16 | Salad Topping - Turkey Breast, Diced | 40 | 9 | 0 | 1 | 0 | 0 | 18 | 0 | 210 | 0 | 0 | 0 | 0 |
| Grilled Cheese Sandwich | 355 | 18 | 34 | 18 | 10 | 7 | 50 | 6 | 821 | 2 | 407 | 0 | 576 | Salad Topping - Turkey Ham, Diced | 60 | 5 | 1 | 2 | 1 | 1 | 30 | 0 | 205 | 0 | 0 | 0 | 10 |
| Ham & Cheese Croissant | 375 | 19 | 33 | 17 | 7 | 8 | 60 | 2 | 863 | 2 | 90 | 0 | 320 | Southwest Chicken (w/o Tortilla or Rice) | 117 | 20 | 2 | 2 | 0 | 1 | 65 | 0 | 516 | 0 | 21 | 0 | 22 |
| Ham & Cheese Pull-Apart Bread Stic | 270 | 22 | 28 | 8 | 4 | 2 | 25 | 3 | 590 | 2 | 300 | 0 | 250 | Spicy Beef (for soft tacos w/o tortillas) | 261 | 21 | 4 | 17 | 7 | 2 | 76 | 2 | 247 | 3 | 1002 | 13 | 49 |
| Honey Fire Chicken (w/o Rice) | 202 | 12 | 22 | 7 | 2 | 16 | 46 | 0 | 374 | 1 | 0 | 0 | 0 | Spicy Beef (w/o Tortilla or Rice) | 178 | 14 | 3 | 12 | 4 | 1 | 52 | 1 | 168 | 2 | 681 | 9 | 33 |
| Hot Dog (w/o Bun) | 190 | 7 | 1 | 16 | 7 | 1 | 35 | 0 | 340 | 1 | 0 | 0 | 20 | Spicy Chicken (w/o Bun) | 200 | 24 | 16 | 5 | 1 | 0 | 75 | 2 | 370 | 2 | 250 | 0 | 25 |
| Kung Pao Chicken (w/o Rice) | 177 | 11 | 17 | 7 | 1 | 7 | 42 | 1 | 412 | 1 | 421 | 20 | 17 | Steak & Cheese Stromboli | 477 | 22 | 54 | 18 | 9 | 4 | 55 | 5 | 925 | 2 | 359 | 0 | 174 |
| Lasagna | 380 | 21 | 36 | 17 | 8 | 16 | 47 | 5 | 260 | 6 | 1338 | 27 | 493 | Steak Meat for Sub (w/o Roll) | 131 | 11 | 2 | 9 | 4 | 0 | 39 | 0 | 237 | 1 | 0 | 0 | 5 |
| Macaroni & Cheese | 318 | 19 | 33 | 12 | 6 | 7 | 37 | 1 | 613 | 2 | 355 | 0 | 666 | SunWise Sandwich | 310 | 9 | 33 | 15 | 2 | 11 | 0 | 5 | 310 | 5 | 0 | 0 | 20 |
| Marinara Sauce | 108 | 3 | 17 | 3 | 1 | 14 | 1 | 3 | 132 | 1 | 794 | 24 | 74 | Sweet & Sour Chicken (w/o Rice) | 234 | 13 | 30 | 7 | 2 | 25 | 46 | 1 | 288 | 1 | 1121 | 6 | 10 |
| Meat Sauce for Spaghetti | 350 | 21 | 27 | 18 | 6 | 22 | 60 | 4 | 259 | 4 | 1181 | 37 | 133 | Turkey Bacon Pieces | 40 | 4 | 0 | 3 | 1 | 0 | 20 | 0 | 241 | 0 | 0 | 0 | 0 |
| Meatballs (no sauce) | 155 | 12 | 5 | 10 | 4 | 0 | 33 | 0 | 240 | 2 | 30 | 1 | 24 | Turkey Sausage Links (4 Links) | 119 | 16 | 0 | 6 | 0 | 0 | 60 | 0 | 318 | 8 | 0 | 0 | 0 |
| Meatballs for Sub (w/o Roll) | 196 | 13 | 12 | 11 | 4 | 6 | 33 | 1 | 282 | 2 | 342 | 10 | 47 | 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) |
|--|----------|--------------|--------------------|----------|--------------------|-------------------|------------------|------------|-------------|-----------|----------------|----------------|--------------|
| 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 Drs) | 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 |
| 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 |
| 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 |
| Maui Vegetable Blend | 44 | 1 | 8 | 0 | 0 | 4 | 0 | 2 | 17 | 0 | 445 | 30 | 22 |
| 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 Drs) | 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 | 0 | 2 | 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 Romaine Lettuce (1 Cup) | 8 | 1 | 2 | 0 | 0 | 1 | 0 | 1 | 4 | 0 | 4198 | 2 | 16 |
| Sliced Tomatoes (1/2 Cup) | 24 | 1 | 5 | 0 | 0 | 3 | 0 | 1 | 6 | 0 | 1015 | 15 | 12 |
| Soup, Tomato Basil (1 Cup) | 181 | 7 | 27 | 6 | 2 | 23 | 8 | 4 | 183 | 2 | 1324 | 32 | 179 |
| 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 |
| 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 |

| | 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 | | | | | | | | | | | | | |
| 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) | | 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 | | | | | | | | | | | | | | SALAD DRESSINGS | | | | | | | | | | | | | |
| 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, American (1 slice) | 38 | 3 | 1 | 2 | 1 | 1 | 8 | 0 | 145 | 0 | 45 | 0 | 144 | Honey Mustard Dressing (1 Tbsp) | 80 | 0 | 4 | 7 | 1 | 4 | 5 | 0 | 68 | 0 | 0 | 0 | 0 |
| Cheese, Cheddar (1/2 oz) | 40 | 4 | 0 | 3 | 2 | 0 | 8 | 0 | 102 | 0 | 89 | 0 | 127 | Italian Dressing (1 Tbsp) | 60 | 0 | 1 | 6 | 1 | 1 | 0 | 0 | 135 | 0 | 100 | 1 | 0 |
| Cheese, Mozzarella (1/2 oz) | 45 | 4 | 0 | 4 | 3 | 0 | 10 | 0 | 48 | 1 | 200 | 0 | 175 | Italian Dressing, Pouch | 180 | 0 | 4 | 18 | 3 | 3 | 0 | 0 | 420 | 0 | 100 | 0 | 0 |
| Cheese, Parmesan (1 Tbsp) | 22 | 2 | 0 | 1 | 1 | 0 | 4 | 0 | 76 | 0 | 43 | 0 | 55 | Pomegranate Dressing (1 Tbsp) | 35 | 0 | 5 | 2 | 0 | 5 | 0 | 0 | 90 | 0 | 0 | 1 | 0 |
| Cheese, Pepper Jack (1 slice) | 70 | 3 | 1 | 6 | 4 | 1 | 15 | 0 | 280 | 0 | 200 | 0 | 100 | Ranch Dressing (1 Tbsp) | 50 | 0 | 1 | 6 | 1 | 1 | 5 | 0 | 135 | 0 | 0 | 0 | 10 |
| Chili Hot Dog Sauce (1 2/3 Tbsp) | 25 | 1 | 3 | 1 | 0 | 0 | 2 | 1 | 155 | 0 | 524 | 0 | 8 | Ranch Dressing, Pouch | 140 | 0 | 7 | 13 | 2 | 2 | 10 | 0 | 380 | 0 | 0 | 0 | 20 |
| Chocolate Yogurt Dip (2 Tbsp) | 58 | 2 | 8 | 2 | 2 | 8 | 8 | 0 | 24 | 0 | 150 | 0 | 54 | COOKIES | | | | | | | | | | | | | |
| Crackers (1 Pkg) | 30 | 1 | 5 | 1 | 0 | 1 | 0 | 1 | 53 | 0 | 0 | 0 | 10 | Cookie, Choc. Chip | 138 | 2 | 25 | 4 | 1 | 12 | 14 | 3 | 125 | 1 | 41 | 0 | 14 |
| Dip for Vegetables (2 Tbsp) | 100 | 0 | 1 | 11 | 2 | 1 | 10 | 0 | 270 | 0 | 0 | 0 | 20 | Cookie, Double Choc. Chip | 137 | 2 | 24 | 4 | 2 | 13 | 17 | 2 | 135 | 1 | 44 | 0 | 13 |
| Gravy (2 oz) | 16 | 0 | 3 | 0 | 0 | 0 | 0 | 0 | 46 | 0 | 58 | 0 | 13 | Cookie, Oatmeal Choc. Chip | 140 | 3 | 23 | 5 | 2 | 11 | 16 | 3 | 147 | 1 | 43 | 0 | 13 |
| Hot Sauce (1 Pkt) | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 100 | 0 | 0 | 0 | 0 | Cookie, Sugar | 139 | 2 | 25 | 4 | 2 | 12 | 13 | 3 | 146 | 1 | 77 | 0 | 11 |
| Hot Sauce (1 tsp) | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 100 | 0 | 0 | 0 | 0 | SNACKS | | | | | | | | | | | | | |
| Ketchup (1 Pkt) | 10 | 0 | 2 | 0 | 0 | 2 | 0 | 0 | 25 | 0 | 0 | 0 | 0 | Annie's Bunny Friends | 160 | 3 | 25 | 6 | 1 | 9 | 0 | 3 | 110 | 1 | 0 | 0 | 250 |
| Margarine (1 Pat) | 25 | 0 | 0 | 3 | 0 | 0 | 0 | 0 | 40 | 0 | 200 | 0 | 0 | Chips, Potato, Baked Lays BBQ | 110 | 2 | 19 | 3 | 0 | 2 | 0 | 2 | 190 | 0 | 0 | 1 | 20 |
| Marinara Dipping Cup | 20 | 1 | 4 | 0 | 0 | 2 | 0 | 1 | 100 | 0 | 181 | 3 | 7 | Chips, Potato, Baked Lays Original | 100 | 2 | 20 | 2 | 0 | 2 | 0 | 2 | 160 | 0 | 0 | 1 | 20 |
| Mayonnaise (1 Pkt) | 82 | 0 | 0 | 9 | 1 | 0 | 5 | 0 | 76 | 0 | 8 | 0 | 1 | Chips, Potato, Baked Lays Sour Cream | 100 | 2 | 18 | 3 | 0 | 3 | 0 | 1 | 140 | 0 | 0 | 2 | 20 |
| 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 |
| Salsa Verde (2 Tbsp) | 10 | 0 | 2 | 0 | 0 | 1 | 0 | 1 | 200 | 0 | 100 | 6 | 0 | Crispy Bites, Blueberry Lemon | 120 | 2 | 21 | 4 | 1 | 8 | 0 | 2 | 60 | 1 | 0 | 0 | 0 |
| Sour Cream (2 Tbsp) | 40 | 2 | 2 | 3 | 2 | 2 | 10 | 2 | 25 | 0 | 200 | 0 | 40 | Fruit Slushie Cup, SideKicks | 80 | 0 | 20 | 0 | 0 | 19 | 0 | 0 | 45 | 0 | 1000 | 60 | 80 |
| Syrup, Pancake (1.5 oz) | 123 | 0 | 31 | 0 | 0 | 19 | 0 | 0 | 1 | 0 | 0 | 0 | 0 | Harvest Cheddar SunChips Mix | 110 | 2 | 15 | 4 | 0 | 2 | 0 | 2 | 200 | 0 | 0 | 0 | 0 |
| Taco Sauce (1 Pkt) | 5 | 0 | 1 | 0 | 0 | 1 | 0 | 0 | 73 | 0 | 56 | 0 | 0 | Oatmeal Bites, S'Mores | 150 | 2 | 24 | 6 | 2 | 9 | 0 | 2 | 125 | 0 | 0 | 0 | 0 |
| Tartar Sauce (1 Pkt) | 20 | 0 | 1 | 2 | 0 | 1 | 0 | 0 | 85 | 0 | 0 | 0 | 0 | Popcorn, Kettle Style | 120 | 2 | 21 | 5 | 0 | 9 | 0 | 2 | 100 | 1 | 0 | 0 | 0 |
| Tomatoes, Diced (1/4 Cup) | 14 | 1 | 3 | 0 | 0 | 2 | 0 | 1 | 3 | 0 | 570 | 9 | 7 | Popcorn, White Cheddar | 70 | 2 | 9 | 3 | 0 | 0 | 0 | 2 | 110 | 0 | 0 | 0 | 0 |
| Whipped Topping (1 Tbsp) | 13 | 0 | 1 | 1 | 1 | 1 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | Sunflower Kernels, Honey Roasted | 170 | 5 | 4 | 14 | 2 | 1 | 0 | 2 | 110 | 2 | 0 | 0 | 20 |
| Yogurt Dip (2 Tbsp) | 56 | 2 | 8 | 2 | 2 | 8 | 8 | 0 | 24 | 0 | 150 | 0 | 54 | Tostitos Scoops, Baked | 110 | 2 | 19 | 3 | 0 | 1 | 0 | 2 | 115 | 0 | 0 | 0 | 20 |