

# Nutrient Information

## Prince William County Elementary 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>														
Cereal, Cinnamon Flakes	100	2	24	0	0	6	0	3	170	5	500	15	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	2	8	2	95	1	89	0	1	
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	3	160	5	500	15	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	126	3	21	3	1	7	3	2	80	1	41	0	4	
Cereal, Multigrain Cheerios	100	2	23	1	0	6	0	3	110	16	500	5	80	Cinnamon Bread Stick	105	3	17	3	1	4	5	2	95	1	59	0	2	
Cheese Stick, Mozzarella	90	7	0	7	5	0	20	0	95	3	400	0	250	Crackers, 2 Pkgs	60	1	9	2	1	1	0	1	105	0	0	0	20	
Chicken Slider	204	14	25	5	1	2	28	3	361	2	104	0	108	Crackers, 4 Pkgs	120	2	18	3	1	2	0	2	210	1	0	0	40	
Egg & Cheese Sandwich	240	9	31	9	3	6	115	3	350	2	200	12	100	Crackers, Graham	60	1	11	2	0	3	0	1	65	0	300	0	60	
French Toast Sticks	240	6	38	7	1	10	10	2	260	1	0	0	40	Dinner Roll	103	3	16	3	1	2	3	1	159	1	41	0	2	
Ham & Cheese Croissant	170	11	17	7	3	2	20	1	440	1	300	0	100	Garlic Bread	109	3	16	4	1	2	5	1	158	1	61	0	3	
Mini Pancakes - Blueberry	240	5	42	6	1	15	3	3	190	2	0	0	40	Gordita Bread	150	4	26	3	0	1	0	3	135	1	0	0	80	
Nutri-Grain Bar, Apple Cinnamon	160	2	30	4	1	14	0	3	130	2	750	0	200	Nutri-Grain Bar, Apple Cinnamon	160	2	30	4	1	14	0	3	130	2	750	0	200	
Pancake Puppy	200	7	17	10	3	4	25	3	310	2	0	0	20	Rice	143	2	23	5	0	0	0	1	3	0	0	0	4	
Sausage Breakfast Bagel	170	11	18	6	3	1	20	2	360	1	200	0	150	Stuffing	158	2	14	11	6	2	24	2	139	1	337	1	14	
Sausage Breakfast Pizza	210	10	25	8	2	9	15	2	430	1	200	0	150	Sub Roll	140	6	26	2	0	2	0	3	250	2	0	0	60	
<b>MILK</b>														Tortilla or Nacho Chips, 1 oz	140	2	19	6	1	0	0	1	0	1	0	0	0	20
1% Lowfat Unflavored	110	8	13	3	2	12	10	0	130	0	750	0	300	Tortilla or Nacho Chips, 2 oz	280	4	38	12	2	0	0	2	0	2	0	0	40	
Fat Free Chocolate	120	8	20	0	0	18	5	0	180	0	750	0	300	Tortilla, Soft	90	2	15	3	2	1	0	2	75	1	0	0	20	
Fat Free Strawberry	110	8	19	0	0	18	5	0	125	0	750	0	300	Tostitos Scoops, Baked	110	2	19	3	0	0	0	1	125	0	0	0	30	
Skim	90	8	13	0	0	12	5	0	130	0	750	2	300	Twisted Cheese Bread Stick	160	9	17	6	3	2	10	1	230	1	100	0	150	
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	



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)
<b>LUNCH ENTRÉE (PROTEINS/GRAINS)</b>														<b>LUNCH ENTRÉE (PROTEINS/GRAINS)</b>													
Baked Ziti	380	21	38	16	8	20	44	5	281	7	1542	33	519	Pizza, Cheese	360	20	34	17	8	4	30	3	510	3	500	6	500
Beef Burger (w/o Bun)	220	19	0	17	7	0	70	0	290	1	0	0	0	Pizza, Pepperoni	370	21	33	17	8	3	40	3	550	2	500	4	450
Beef Nachos (w/o Cheese Sauce)	414	20	41	21	5	1	51	3	168	4	634	9	78	Pizza, Stuffed Crust, Cheese	310	19	34	11	5	4	25	3	540	2	0	0	300
Carnita Nachos (w/o Cheese Sauce)	434	20	38	22	5	0	56	2	214	4	145	0	42	Pizza, Stuffed Crust, Pepperoni	338	20	34	14	6	4	30	3	646	2	0	0	300
Cheese Quesadilla	270	13	31	10	3	2	10	3	560	2	0	0	210	Popcorn Chicken	279	13	18	17	4	0	53	2	462	2	96	1	0
Cheeseburger/Bun	390	28	28	21	9	4	78	4	660	3	45	0	164	Roasted BBQ Chicken	253	19	19	10	4	18	100	0	484	1	244	1	1
Cheesy Bread	280	15	30	11	6	1	25	2	460	2	300	0	350	Roasted Chicken Wings	342	27	2	25	7	0	153	0	666	1	180	0	0
Chicken Enchilada	471	35	39	20	11	6	81	5	986	2	410	9	363	Roasted Turkey Breast	79	17	1	1	0	0	40	0	466	0	0	0	0
Chicken Fajita (w/o Cheese)	190	18	18	5	2	1	54	2	335	1	17	0	38	Rose' Bolognese	397	27	44	14	6	17	26	5	766	13	1244	22	494
Chicken for Chicken & Waffles	153	15	9	6	1	0	47	1	247	1	58	0	16	Salad Topping - Cheese, Cheddar	90	8	1	6	4	0	20	0	180	0	0	0	150
Chicken Pot Pie	401	26	39	17	7	7	95	5	516	4	1975	5	87	Salad Topping - Cheese, Mozzarella	90	7	0	7	5	0	20	0	95	3	400	0	350
Chicken Tenders	229	23	13	9	2	0	70	1	370	2	88	0	24	Salad Topping - Chicken, Diced	37	7	0	1	0	0	22	0	142	0	0	1	0
Chicken Teriyaki (w/o Rice)	136	20	8	2	0	6	65	0	407	1	0	0	0	Salad Topping - Roasted Chickpeas	90	4	13	2	0	3	0	4	136	1	0	0	0
Chili	249	18	33	4	2	6	24	12	435	6	1603	19	98	Salad Topping - Turkey Breast, Diced	45	10	0	1	0	0	20	0	230	0	0	0	0
Corn Dog Nuggets	254	10	30	9	2	1	60	3	418	2	0	2	90	Salad Topping - Turkey Ham, Diced	65	7	1	4	1	1	28	0	210	0	0	0	0
Crispy Chicken Fillet (w/o Bun)	220	21	15	8	1	2	63	1	491	2	59	0	31	Sloppy Joe (w/o Buns)	220	17	15	9	4	13	55	0	295	2	212	3	16
Fiesta Queso Mac & Cheese	319	13	30	16	9	4	40	1	795	1	511	1	293	Spaghetti & Meat Sauce	413	22	54	12	3	18	42	5	169	5	878	28	90
Fish Nuggets	240	16	18	12	3	0	45	2	750	1	1000	0	80	Spicy Chicken (w/o Bun)	230	23	15	9	2	2	70	1	440	2	100	0	40
Grilled Cheese Sandwich	365	18	34	19	11	7	50	6	841	2	407	0	576	SunWise Sandwich	310	9	33	15	2	11	0	5	310	5	0	0	20
Ham & Cheese Pull-Apart Bread Stick	270	22	28	8	4	2	25	3	590	2	300	0	250	Sweet & Sour Chicken (w/o Rice)	250	13	34	7	2	27	46	1	425	1	1350	6	10
Honey Fire Chicken (w/o Rice)	202	12	22	7	2	16	46	0	374	1	0	0	0	Teriyaki Chicken Drumstick	217	21	9	10	3	7	100	0	577	1	100	0	20
Hot Dog (w/o Bun)	190	7	1	16	7	1	35	0	340	0	0	0	0	Tuna Salad for Sub (w/o Roll)	261	14	0	22	4	0	44	0	237	1	37	0	4
Italian Stuffed Peppers	354	23	39	13	6	10	30	5	560	6	693	78	280	Turkey Sausage Links (3 Links)	90	12	0	4	0	0	45	0	239	6	0	0	0
Macaroni & Cheese	328	19	33	13	7	7	37	1	633	2	355	0	666	Vegetable Baked Ziti	436	23	47	19	10	21	40	7	340	9	2476	57	795
Mini Calzones (w/o Dipping Sauce)	320	17	40	11	5	6	20	4	470	2	0	0	250	Vegetarian Stuffed Peppers	346	18	43	12	6	10	30	6	366	2	717	78	305
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
Morningstar Chik'n Nuggets	188	12	19	9	1	2	0	4	597	2	33	0	64	Western Omelette	186	15	4	12	4	2	400	1	231	2	896	29	116
Pepperoni & Cheese Calzone	340	20	35	13	5	5	30	3	510	2	500	8	250	Yogurt, All Varieties	180	6	38	0	0	29	5	0	105	0	0	2	600
Pizza Sticks	320	14	32	14	5	2	20	2	680	2	0	0	300	Zesty Meatloaf	310	19	32	11	4	34	106	2	423	3	204	2	37

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<b>VEGETABLES</b>														<b>FRUITS</b>													
Baby Carrots (1/2 Cup)	25	0	6	0	0	3	0	2	55	1	9774	2	23	Apple Crisp w/Topping	211	1	42	5	2	38	0	3	8	1	65	1	23
Baby Carrots, Packaged	25	0	6	0	0	3	0	2	55	1	9774	2	23	Apple Slices, Packaged	30	0	8	0	0	6	0	1	0	0	0	72	0
Baked Beans	259	11	54	0	0	21	0	11	478	4	405	0	125	Apple Wedges (1/2 Cup)	37	0	10	0	0	7	0	2	1	0	38	4	5
Baked Plantains	175	1	34	4	2	31	0	1	1	833	7	0	Applesauce (1/2 Cup)	53	0	14	0	0	12	0	1	3	0	37	1	5	
BLT Salad (1 Cup) (w/o Dressing)	58	4	4	3	1	1	17	1	206	1	2638	4	12	Applesauce Cup	60	0	14	0	0	12	0	0	17	0	0	60	0
Broc & Cauliflower (w/o Cheese)	23	2	4	0	0	1	0	2	19	0	210	35	24	Blueberry Apple Crisp w/Topping	196	1	38	6	2	33	0	3	7	1	54	2	24
Broccoli Florets (1/2 Cup)	10	1	2	0	0	1	0	1	9	0	1021	32	16	Cantaloupe (1/2 Cup)	48	1	12	0	0	11	0	1	23	0	4794	52	13
Broccoli, Steamed	26	3	5	0	0	1	0	3	10	1	955	38	31	Citrus Boat	48	1	12	0	0	9	0	2	0	0	619	48	35
Candy Corn	87	2	18	2	1	3	3	2	1	0	225	3	3	Craisins, Strawberry	110	0	28	0	0	24	0	3	0	0	0	0	0
Cauliflower Florets (1/2 Cup)	12	1	2	0	0	1	0	1	15	0	0	24	11	Diced Pears & Blueberries (1/2 Cup)	88	1	23	0	0	17	0	3	7	1	14	3	16
Celery Sticks (1/2 Cup)	13	1	3	0	0	1	0	1	71	0	401	3	36	Diced Pears & Red Grapes (1/2 Cup)	89	1	23	0	0	18	0	3	7	1	16	3	16
Chickpeas, Roasted (1/4 Cup)	90	4	13	2	0	3	0	4	136	1	0	0	0	Fresh Fruit, Apple	72	0	19	0	0	14	0	3	1	0	75	6	8
Confetti Collards	74	2	7	5	1	2	0	3	22	0	3705	52	147	Fresh Fruit, Banana	107	1	27	0	0	15	0	3	1	0	77	10	6
Corn on the Cob (Fresh)	56	2	13	1	0	4	0	2	2	0	1	4	1	Fresh Fruit, Nectarine	63	2	15	0	0	11	0	2	0	0	475	8	9
Corn Salad (1/2 Cup)	174	2	18	12	1	5	0	3	126	1	664	16	11	Fresh Fruit, Orange	62	1	15	0	0	12	0	3	0	0	295	70	52
Cran-Blueberry Spinach Salad (1 Cup) (w/o Drsg)	59	1	15	0	0	13	0	1	20	1	2455	18	26	Fresh Fruit, Peach	59	1	14	0	0	13	0	2	0	0	489	10	9
Cucumber Slices (1/2 Cup)	13	1	3	0	0	1	0	0	2	0	92	2	14	Fresh Fruit, Pear	101	1	27	0	0	17	0	6	2	0	45	8	16
Fiesta Veggie Dip & Chips	264	10	30	11	5	4	18	6	301	3	1317	12	234	Fresh Fruit, Plum	30	0	8	0	0	7	0	1	0	0	228	6	4
Grape Tomatoes (1/2 Cup)	14	1	3	0	0	2	0	1	4	0	630	10	8	Frozen Fruit Juice Cup	70	0	18	0	0	15	0	3	10	0	500	60	80
Greek Salad (1 Cup) (w/o Dressing)	14	1	3	0	0	1	0	1	4	0	2715	5	16	Fruit Salsa w/Graham Crackers	96	1	21	2	0	10	0	2	66	1	443	13	68
Green Beans	36	1	6	1	1	2	3	3	1	1	416	4	38	Graham Banana Bites	152	1	28	4	2	14	0	2	37	0	57	8	4
Kickin' Roasted Veggies	41	1	4	3	0	2	0	1	39	0	971	45	19	Grapes (1/2 Cup)	63	1	16	0	0	14	0	1	2	0	60	3	9
Layered Lettuce Sld (1 Cup) (w/o Drsg)	62	5	6	2	1	2	11	2	147	1	3084	13	51	Happy Birthday Frozen Juice Cup	99	0	25	0	0	25	0	0	15	0	0	12	0
Lettuce & Tomato (1/4 Cup)	17	1	3	0	0	2	0	2	6	1	4376	9	20	Honey Lime Fruit Toss (1/2 Cup)	84	1	22	0	0	19	0	1	3	0	323	23	15
Parmesan Broccolini	31	2	4	1	1	1	3	1	21	0	954	48	40	Hot Spiced Apples	120	0	26	2	1	24	5	2	6	0	122	0	13
Pom-Blueberry Spinach Salad (1 Cup) (w/o Drsg)	49	1	12	0	0	10	0	1	21	1	2453	18	27	Juice, Apple	60	0	14	0	0	13	0	0	15	0	0	0	0
Potato Wedges	138	2	23	5	1	0	0	2	161	0	0	4	0	Juice, Blended Fruit	60	0	14	0	0	13	0	0	10	0	0	4	0
Potato, Baked	211	6	48	0	0	3	0	5	23	2	23	22	34	Juice, Orange	50	1	12	0	0	10	0	0	15	0	0	42	0
Potatoes, Curly Fries	126	1	21	4	0	0	0	1	189	0	0	3	0	Juice, Veg/Fruit, Cherry Star	50	0	13	0	0	12	0	0	35	0	500	30	0
Potatoes, French Fries	149	3	23	5	0	0	0	1	176	0	0	5	0	Kiwi Wedges (1/2 C = 6 Wedges)	70	1	17	1	0	10	0	3	3	0	99	106	39
Potatoes, Mashed	125	2	20	3	1	0	0	2	216	1	0	1	23	Mandarin Orange Cup	59	0	14	0	0	12	0	1	4	1	0	27	0
Pumpkin Souffle'	189	5	31	6	4	25	67	4	124	2	18479	5	112	Mandarin Oranges (1/2 Cup)	115	1	30	0	0	29	0	1	11	1	1578	37	13
Rainbow Veggie Sticks	45	1	6	2	1	3	4	2	42	0	1092	3	21	Mixed Fruit (1/2 Cup)	81	1	21	0	0	17	0	2	9	0	293	5	7
Roasted Brussels Sprouts	78	3	7	5	1	2	0	3	12	0	764	38	21	Orange Wedges (1/2 C=3 Wedges)	46	1	12	0	0	9	0	2	0	0	221	52	39
Roasted Sweet Potatoes & Apples	166	2	30	5	2	17	6	4	36	1	17522	18	35	Peach Crisp w/Topping	216	2	45	5	2	41	0	3	11	1	635	5	13
Soup, Broccoli and Cheese (1 Cup)	196	13	13	10	6	4	29	2	633	1	2837	21	574	Peaches (1/2 Cup)	90	1	24	0	0	22	0	2	8	1	587	4	5
Soup, Tomato Basil (1 Cup)	181	7	27	6	2	23	8	4	183	2	1324	32	179	Pear Wedges (1/2 C=6 Wdgs)	104	1	28	0	0	18	0	6	3	0	46	12	18
Stir Fried Cabbage	63	2	6	4	0	4	2	2	116	0	74	28	32	Pineapple (1/2 Cup)	98	1	26	0	0	24	0	1	2	0	62	16	23
Sugar Snap Blend	34	2	6	0	0	2	0	2	14	1	460	32	29	Raisins (1 Box)	113	1	30	0	0	25	0	2	10	1	0	1	23
Sunny Broc & Cauli Toss (1/2 Cup)	147	2	8	12	2	6	9	1	78	0	619	29	18	Strawberries (1/2 Cup)	28	1	7	0	0	4	0	2	1	0	10	51	14
Sunshine Carrots	104	1	17	4	2	13	9	3	77	0	1906	2	26	Strawberry Shortcake	246	3	41	9	2	28	28	2	144	1	96	35	75
Super Food Kale Salad (1/2 Cup)	172	5	24	8	1	16	0	6	173	2	5311	110	286	Tropical Fruit Salad (1/2 Cup)	73	1	18	0	0	16	0	2	0	0	784	31	21
Sweet Potato Fries	125	1	20	5	0	7	0	3	270	0	2893	1	19	Watermelon (1 Wedge)	45	1	11	0	0	9	0	1	2	0	860	12	11
Tomatoes, Sliced (1/4 Cup)	11	1	2	0	0	2	0	1	3	0	508	8	6														
Tossed Salad (1 Cup) (w/o Drsg)	10	1	2	0	0	1	0	1	8	1	2783	2	18														
Trees, Clouds and Sunshine	47	2	6	2	1	2	5	3	42	0	1103	20	25														

	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 (for Nachos)	115	5	4	9	5	2	22	0	439	0	294	1	163
Cheese, Grated Cheddar (1/2 oz)	45	4	1	3	2	0	10	0	90	0	0	0	75
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
Chocolate Yogurt Dip (2 Tbsp)	58	2	8	2	2	8	8	0	24	0	150	0	54
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
Sour Cream (2 Tbsp)	40	2	2	3	2	2	10	0	25	0	200	0	40
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
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
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
Granola	130	3	20	5	1	6	0	2	30	1	0	0	12
Harvest Cheddar SunChips Mix	110	2	15	4	0	1	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	100	0	0	0	0
Sunflower Kernels, Honey Roasted	190	6	11	15	2	5	0	3	65	1	0	0	20
Tostitos Scoops, Baked	110	2	19	3	0	0	0	1	125	0	0	0	30