

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)
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