

Nutrient Information

Prince William County High Schools

2019-2020

| | 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 | 5 | 500 | 15 | 0 | Bread Stick | 105 | 3 | 15 | 4 | 2 | 2 | 8 | 2 | 95 | 1 | 89 | 0 | 1 |
| Cereal, Cinnamon Toast Crunch | 110 | 1 | 22 | 3 | 1 | 6 | 0 | 3 | 160 | 4 | 400 | 5 | 200 | Broccoli & Cheese Rice | 177 | 8 | 22 | 7 | 3 | 2 | 16 | 2 | 292 | 1 | 901 | 15 | 246 |
| Cereal, Corn Chex | 100 | 2 | 24 | 1 | 0 | 3 | 0 | 1 | 200 | 7 | 500 | 5 | 80 | Bun, Hamburger | 140 | 6 | 29 | 2 | 0 | 3 | 0 | 4 | 240 | 2 | 0 | 0 | 20 |
| Cereal, Frosted Flakes | 100 | 2 | 24 | 0 | 0 | 7 | 0 | 3 | 160 | 5 | 500 | 15 | 0 | Bun, Hot Dog | 140 | 5 | 28 | 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 | Cinnamon Roll | 312 | 7 | 56 | 7 | 2 | 21 | 8 | 4 | 308 | 2 | 102 | 0 | 17 |
| Cereal, Frosted Mini-Wheats, Chocol | 100 | 3 | 23 | 1 | 0 | 6 | 0 | 3 | 105 | 8 | 0 | 0 | 0 | Crackers, 4 Pkgs | 120 | 2 | 18 | 3 | 1 | 2 | 0 | 2 | 210 | 1 | 0 | 0 | 40 |
| Cereal, Multigrain Cheerios | 100 | 2 | 23 | 1 | 0 | 6 | 0 | 3 | 110 | 16 | 500 | 5 | 80 | 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 | 181 | 5 | 27 | 6 | 2 | 3 | 6 | 3 | 278 | 1 | 71 | 0 | 4 |
| Chicken Slider | 204 | 14 | 25 | 5 | 1 | 2 | 28 | 3 | 361 | 2 | 104 | 0 | 108 | Fiesta Queso Mac & Cheese | 251 | 10 | 24 | 13 | 7 | 3 | 32 | 1 | 625 | 1 | 402 | 1 | 230 |
| Egg & Cheese Sandwich | 240 | 9 | 31 | 9 | 3 | 6 | 115 | 3 | 350 | 2 | 200 | 12 | 100 | Fiesta Rice | 173 | 3 | 29 | 5 | 0 | 1 | 0 | 2 | 73 | 1 | 468 | 5 | 29 |
| French Toast Sticks | 360 | 9 | 57 | 11 | 2 | 15 | 15 | 3 | 390 | 1 | 0 | 0 | 60 | Garlic Bread | 127 | 3 | 18 | 5 | 2 | 2 | 6 | 2 | 185 | 1 | 71 | 0 | 3 |
| Fruit Smoothie - Blueberry | 194 | 6 | 41 | 1 | 0 | 33 | 6 | 3 | 84 | 0 | 283 | 5 | 386 | Gordita Bread | 150 | 4 | 26 | 3 | 0 | 1 | 0 | 3 | 135 | 1 | 0 | 0 | 80 |
| Fruit Smoothie - Chocolate Banana | 303 | 9 | 68 | 1 | 0 | 45 | 5 | 5 | 144 | 1 | 484 | 15 | 460 | Mini Pancakes - Blueberry | 240 | 5 | 42 | 6 | 1 | 15 | 3 | 3 | 190 | 2 | 0 | 0 | 40 |
| Fruit Smoothie - Green | 351 | 8 | 82 | 2 | 0 | 55 | 3 | 10 | 108 | 2 | 4968 | 121 | 580 | 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 | Rice | 143 | 2 | 23 | 5 | 0 | 0 | 0 | 1 | 3 | 0 | 0 | 0 | 4 |
| Fruit Smoothie - Pumpkin | 194 | 8 | 38 | 1 | 1 | 29 | 9 | 3 | 112 | 1 | 9737 | 4 | 477 | Spaghetti Noodles | 216 | 7 | 42 | 2 | 0 | 2 | 0 | 2 | 9 | 2 | 0 | 0 | 18 |
| Fruit Smoothie - Strawberry | 194 | 8 | 39 | 1 | 1 | 28 | 9 | 3 | 109 | 1 | 307 | 63 | 477 | Stuffing | 213 | 3 | 18 | 14 | 8 | 3 | 32 | 2 | 187 | 1 | 454 | 2 | 19 |
| Fruit Smoothie - Strawberry Banana | 244 | 8 | 52 | 2 | 1 | 35 | 9 | 4 | 110 | 1 | 328 | 39 | 469 | Sub Roll | 140 | 6 | 27 | 2 | 1 | 2 | 0 | 3 | 270 | 2 | 0 | 0 | 60 |
| Fruit Smoothie - Sunrise | 245 | 6 | 56 | 1 | 0 | 39 | 4 | 4 | 71 | 1 | 236 | 100 | 372 | Tortilla Chips (1 oz) | 140 | 2 | 19 | 6 | 1 | 0 | 0 | 1 | 0 | 1 | 0 | 0 | 20 |
| Fruit Smoothie - Tropical | 289 | 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 | 130 | 3 | 20 | 5 | 1 | 6 | 0 | 2 | 30 | 1 | 0 | 0 | 12 | Tostitos Scoops, Baked | 110 | 2 | 19 | 3 | 0 | 0 | 0 | 1 | 125 | 0 | 0 | 0 | 30 |
| Ham & Cheese Croissant | 170 | 11 | 17 | 7 | 3 | 2 | 20 | 1 | 440 | 1 | 300 | 0 | 100 | 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 | Wild Berry Bread | 270 | 6 | 43 | 9 | 2 | 24 | 0 | 2 | 190 | 1 | 100 | 0 | 100 |
| Nutri-Grain Bar, Apple Cinnamon | 160 | 2 | 30 | 4 | 1 | 14 | 0 | 3 | 130 | 2 | 750 | 0 | 200 | MILK | | | | | | | | | | | | | |
| Pancake Puppy | 200 | 7 | 17 | 10 | 3 | 4 | 25 | 3 | 310 | 2 | 0 | 0 | 20 | 1% Lowfat Unflavored | 110 | 8 | 13 | 3 | 2 | 12 | 10 | 0 | 130 | 0 | 750 | 0 | 250 |
| Pancake Sandwich | 220 | 4 | 35 | 7 | 2 | 11 | 10 | 2 | 260 | 1 | 0 | 0 | 100 | Fat Free Chocolate | 120 | 8 | 20 | 0 | 0 | 18 | 5 | 0 | 180 | 0 | 750 | 0 | 250 |
| Sausage Breakfast Bagel | 170 | 11 | 18 | 6 | 3 | 1 | 20 | 2 | 360 | 1 | 200 | 0 | 150 | Fat Free Strawberry | 110 | 8 | 19 | 0 | 0 | 18 | 5 | 0 | 125 | 0 | 2500 | 0 | 250 |
| Sausage Breakfast Pizza | 210 | 10 | 25 | 8 | 2 | 9 | 15 | 2 | 430 | 1 | 200 | 0 | 150 | Skim | 90 | 8 | 13 | 0 | 0 | 12 | 5 | 0 | 130 | 0 | 750 | 0 | 250 |
| Strawberry Bagel-ful | 180 | 6 | 32 | 3 | 2 | 6 | 5 | 3 | 160 | 2 | 100 | 2 | 20 | 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 | | | | | | | | | | | | | | |
| Yogurt (4 oz) | 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>

| LUNCH ENTRÉE (PROTEINS/GRAINS) | | | | | | | | | | | | | LUNCH ENTRÉE (PROTEINS/GRAINS) | | | | | | | | | | | | | | |
|---------------------------------------|--------------|--------------------|----------|--------------------|-------------------|------------------|------------|-------------|-----------|----------------|----------------|--------------|--------------------------------|--|--------------------|----------|--------------------|-------------------|------------------|------------|-------------|-----------|----------------|----------------|--------------|----|-----|
| 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) | | |
| Alfredo Sauce | 198 | 13 | 4 | 14 | 9 | 1 | 41 | 0 | 799 | 0 | 31 | 0 | 494 | Marinara Sauce | 108 | 3 | 17 | 3 | 1 | 14 | 1 | 3 | 136 | 1 | 796 | 24 | 69 |
| Baked Pinwheel | 280 | 15 | 34 | 10 | 5 | 3 | 25 | 4 | 480 | 2 | 0 | 0 | 327 | Meatballs (Italian) | 155 | 12 | 5 | 10 | 4 | 0 | 33 | 0 | 240 | 2 | 30 | 1 | 24 |
| BBQ Pulled Pork (w/o Bun) | 173 | 16 | 5 | 10 | 3 | 5 | 56 | 0 | 297 | 2 | 35 | 0 | 0 | Peanut Butter & Jelly Pocket Sandwich | 300 | 10 | 34 | 16 | 3 | 11 | 0 | 4 | 300 | 1 | 0 | 0 | 60 |
| Beef & Broccoli (w/o Rice) | 265 | 23 | 31 | 5 | 2 | 26 | 69 | 1 | 437 | 2 | 2647 | 25 | 33 | Pepperoni & Cheese Stromboli | 537 | 26 | 54 | 23 | 12 | 6 | 51 | 6 | 694 | 8 | 726 | 0 | 584 |
| Beef & Snow Peas (w/o Rice) | 173 | 22 | 12 | 4 | 2 | 10 | 66 | 1 | 373 | 3 | 275 | 15 | 21 | Philly Cheese Steak | 357 | 27 | 29 | 16 | 8 | 2 | 73 | 3 | 966 | 3 | 421 | 1 | 273 |
| Beef Burger (w/o Bun) | 220 | 19 | 0 | 17 | 7 | 0 | 70 | 0 | 290 | 1 | 0 | 0 | 0 | Pizza Sticks | 480 | 21 | 48 | 21 | 8 | 3 | 30 | 3 | 1020 | 2 | 0 | 0 | 450 |
| Broccoli & Cheese Rice (w/o Wings) | 177 | 8 | 22 | 7 | 3 | 2 | 16 | 2 | 292 | 1 | 901 | 15 | 246 | Pizza, Cheese | 310 | 21 | 29 | 13 | 7 | 3 | 30 | 3 | 470 | 3 | 500 | 9 | 450 |
| Chicken Enchilada | 471 | 35 | 39 | 20 | 11 | 6 | 81 | 5 | 986 | 2 | 410 | 9 | 363 | Pizza, Pepperoni | 338 | 22 | 29 | 16 | 8 | 3 | 35 | 3 | 576 | 3 | 500 | 9 | 450 |
| Chicken for Chicken & Waffles | 252 | 21 | 22 | 7 | 1 | 0 | 52 | 1 | 593 | 2 | 148 | 2 | 30 | Pizza, Stuffed Crust, Cheese | 310 | 19 | 34 | 11 | 5 | 4 | 25 | 3 | 540 | 2 | 0 | 0 | 300 |
| Chicken Tenders | 252 | 21 | 22 | 7 | 1 | 0 | 52 | 1 | 593 | 2 | 148 | 2 | 30 | Popcorn Chicken | 279 | 13 | 18 | 17 | 4 | 0 | 53 | 2 | 462 | 2 | 96 | 1 | 0 |
| Chicken Teriyaki (w/o Rice) | 136 | 20 | 8 | 2 | 0 | 6 | 65 | 0 | 407 | 1 | 0 | 0 | 0 | Queso Cheese Sauce 2 oz | 122 | 7 | 2 | 9 | 5 | 0 | 30 | 0 | 435 | 0 | 417 | 0 | 207 |
| Chicken Wings | 342 | 27 | 2 | 25 | 7 | 0 | 153 | 0 | 666 | 1 | 180 | 0 | 0 | Roasted BBQ Chicken | 253 | 19 | 19 | 10 | 4 | 18 | 100 | 0 | 484 | 1 | 244 | 1 | 1 |
| Chili | 249 | 18 | 33 | 4 | 2 | 6 | 24 | 12 | 435 | 6 | 1603 | 19 | 98 | Roasted Turkey Breast | 79 | 17 | 1 | 1 | 0 | 0 | 40 | 0 | 466 | 0 | 0 | 0 | 0 |
| Crispy Chicken Fillet (w/o Bun) | 220 | 21 | 15 | 8 | 1 | 2 | 63 | 1 | 491 | 2 | 59 | 0 | 31 | Rose' Bolognese | 397 | 27 | 44 | 14 | 6 | 17 | 26 | 5 | 766 | 13 | 1244 | 22 | 494 |
| Dragon Fire Chicken (w/o Rice) | 215 | 13 | 24 | 7 | 2 | 18 | 46 | 0 | 507 | 1 | 103 | 0 | 1 | Shredded Pork Carnita (w/o Tortilla or R | 154 | 16 | 0 | 10 | 3 | 0 | 56 | 0 | 214 | 2 | 145 | 0 | 2 |
| Fiesta Queso Mac & Cheese (w/o Wings) | 261 | 13 | 21 | 13 | 8 | 1 | 43 | 1 | 619 | 1 | 568 | 0 | 293 | Southwest Chicken (w/o Tortilla or Rice) | 120 | 20 | 3 | 2 | 0 | 1 | 65 | 0 | 312 | 0 | 21 | 0 | 22 |
| Fish Fillet (w/o Bun) | 160 | 11 | 16 | 6 | 1 | 1 | 35 | 2 | 250 | 1 | 0 | 0 | 20 | Spicy Beef (w/o Tortilla or Rice) | 161 | 16 | 3 | 9 | 3 | 1 | 51 | 1 | 168 | 2 | 634 | 9 | 38 |
| General Tso's Chicken (w/o Rice) | 239 | 13 | 28 | 8 | 2 | 20 | 46 | 1 | 396 | 1 | 843 | 23 | 16 | Spicy Chicken (w/o Bun) | 230 | 23 | 15 | 9 | 2 | 2 | 70 | 1 | 440 | 2 | 100 | 0 | 40 |
| Grilled Cheese Sandwich | 385 | 18 | 34 | 20 | 11 | 5 | 50 | 4 | 851 | 2 | 407 | 0 | 676 | Steak & Cheese Stromboli | 475 | 24 | 56 | 15 | 7 | 7 | 52 | 6 | 803 | 3 | 361 | 0 | 153 |
| Ham & Cheese Croissant | 387 | 21 | 33 | 19 | 8 | 8 | 57 | 2 | 880 | 2 | 90 | 0 | 320 | Steak Meat for Sub (w/o Roll) | 95 | 14 | 0 | 4 | 2 | 0 | 43 | 0 | 261 | 1 | 4 | 1 | 6 |
| Hippie Roll | 497 | 36 | 68 | 10 | 1 | 10 | 5 | 11 | 1159 | 21 | 393 | 28 | 73 | Stuffed Shells | 406 | 24 | 45 | 15 | 8 | 18 | 38 | 5 | 566 | 5 | 1489 | 28 | 674 |
| Honey Fire Chicken (w/o Rice) | 202 | 12 | 22 | 7 | 2 | 16 | 46 | 0 | 374 | 1 | 0 | 0 | 0 | SunWise Sandwich | 310 | 9 | 33 | 15 | 2 | 11 | 0 | 5 | 310 | 5 | 0 | 0 | 20 |
| Hot Dog (w/o Bun) | 146 | 8 | 1 | 12 | 6 | 0 | 29 | 0 | 320 | 1 | 28 | 0 | 14 | Sweet & Sour Chicken (w/o Rice) | 250 | 13 | 34 | 7 | 2 | 27 | 46 | 1 | 425 | 1 | 1350 | 6 | 10 |
| Italian Stuffed Peppers | 354 | 23 | 39 | 13 | 6 | 10 | 30 | 5 | 560 | 6 | 693 | 78 | 280 | Tuna Salad for Sub (w/o Roll) | 261 | 14 | 0 | 22 | 4 | 0 | 44 | 0 | 237 | 1 | 37 | 0 | 4 |
| Kung Pao Chicken (w/o Rice) | 168 | 19 | 15 | 4 | 1 | 7 | 58 | 0 | 481 | 7 | 662 | 11 | 0 | Turkey Sausage Links (4 Links) | 119 | 16 | 0 | 6 | 0 | 0 | 60 | 0 | 318 | 8 | 0 | 0 | 0 |
| Lasagna | 445 | 25 | 45 | 18 | 9 | 20 | 52 | 6 | 307 | 7 | 1619 | 34 | 558 | 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) |
|----------------------------------|----------|--------------|--------------------|----------|--------------------|-------------------|------------------|------------|-------------|-----------|----------------|----------------|--------------|
| CONDIMENTS | | | | | | | | | | | | | |
| 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) | 61 | 4 | 1 | 5 | 3 | 0 | 15 | 0 | 217 | 0 | 208 | 0 | 104 |
| Cheese Sauce (2 oz) | 122 | 7 | 2 | 9 | 5 | 0 | 30 | 0 | 435 | 0 | 417 | 0 | 207 |
| Cheese, American (1 slice) | 40 | 3 | 1 | 3 | 2 | 1 | 8 | 0 | 150 | 0 | 45 | 0 | 144 |
| Cheese, Cheddar (1/2 oz) | 45 | 4 | 1 | 3 | 2 | 0 | 10 | 0 | 90 | 0 | 0 | 0 | 75 |
| Cheese, Mozzarella (1/2 oz) | 45 | 4 | 0 | 4 | 3 | 0 | 10 | 0 | 48 | 1 | 200 | 0 | 175 |
| 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 |
| 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 |
| Salsa Verde (2 Tbsp) | 10 | 0 | 2 | 0 | 0 | 1 | 0 | 1 | 200 | 0 | 100 | 6 | 0 |
| Sliced Onions (1/4 Cup) | 13 | 0 | 3 | 0 | 0 | 1 | 0 | 1 | 1 | 0 | 1 | 2 | 7 |
| Sour Cream (2 Tbsp) | 40 | 2 | 2 | 3 | 2 | 2 | 10 | 0 | 25 | 0 | 200 | 0 | 40 |
| Sriracha Sauce (1 Tsp) | 5 | 0 | 1 | 0 | 0 | 1 | 0 | 0 | 190 | 0 | 100 | 1 | 0 |
| 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 |
| Teriyaki Sauce (1 Tbsp) | 20 | 0 | 5 | 0 | 0 | 4 | 0 | 0 | 140 | 0 | 0 | 0 | 0 |
| Tomatoes, Diced (1/4 Cup) | 12 | 1 | 3 | 0 | 0 | 2 | 0 | 1 | 3 | 0 | 570 | 9 | 7 |
| Tomatoes, Sliced (1/4 Cup) | 11 | 1 | 2 | 0 | 0 | 2 | 0 | 1 | 3 | 0 | 508 | 8 | 6 |
| 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) |
|----------------------------------|----------|--------------|--------------------|----------|--------------------|-------------------|------------------|------------|-------------|-----------|----------------|----------------|--------------|
| SALAD DRESSINGS | | | | | | | | | | | | | |
| French Dressing (1 Tbsp) | 65 | 0 | 4 | 6 | 1 | 3 | 0 | 0 | 105 | 0 | 50 | 0 | 0 |
| Greek Dressing (1 Tbsp) | 50 | 0 | 1 | 6 | 1 | 0 | 0 | 0 | 140 | 0 | 0 | 0 | 0 |
| 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 |
| 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 Cheddar Crackers | 90 | 2 | 13 | 4 | 0 | 0 | 0 | 1 | 130 | 0 | 0 | 0 | 0 |
| Baked Potato Chips, BBQ | 110 | 2 | 19 | 3 | 0 | 3 | 0 | 1 | 140 | 0 | 0 | 0 | 7 |
| Baked Potato Chips, Original | 110 | 2 | 19 | 3 | 0 | 2 | 0 | 1 | 140 | 0 | 0 | 0 | 5 |
| 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 |
| Frozen Yogurt Cup, Holiday | 80 | 2 | 14 | 1 | 1 | 7 | 5 | 2 | 25 | 0 | 0 | 0 | 50 |
| 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 | 1 | 0 | 2 | 200 | 0 | 0 | 0 | 0 |
| Juice Bowl | 120 | 0 | 30 | 0 | 0 | 30 | 0 | 0 | 15 | 0 | 0 | 75 | 100 |
| 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 | 110 | 2 | 19 | 3 | 0 | 0 | 0 | 1 | 125 | 0 | 0 | 0 | 30 |
| White Nacho Doritos | 130 | 2 | 20 | 5 | 1 | 1 | 0 | 2 | 170 | 0 | 0 | 0 | 40 |