Nutrient Information

Prince William County Elementary Schools

2016-2017

	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													
Cereal, Cinnamon Flakes	100	2	24	0	0	6	0	3	170	8	750	21	0
Cereal, Cinnamon Toast Crunch	110	1	22	3	1	6	0	3	160	4	400	5	200
Cereal, Frosted Flakes	100	2	24	0	0	7	0	2	160	8	750	21	0
Cereal, Frosted Mini-Wheats	100	3	24	0	0	6	0	3	0	8	0	0	0
Cereal, Frosted Mini-Wheats, Chocola	100	3	23	1	0	6	0	3	105	8	0	0	0
Cereal, Multigrain Cheerios	100	2	23	1	0	6	0	2	110	7	500	6	80
Cheese & Egg Pizza	280	17	20	15	9	1	120	2	360	2	500	0	350
Cheese Stick, Marble	110	7	1	9	5	0	30	0	170	0	300	0	200
Cheese Stick, Mozzarella	80	6	1	6	4	0	15	0	200	0	200	0	200
Chicken Slider	185	10	24	6	1	3	13	3	320	1	0	0	20
Egg Pop, Bacon Ranch	95	8	3	6	2	2	195	0	145	0	305	0	45
Egg Pop, Plain	70	6	1	5	2	1	190	0	55	0	300	0	20
Egg Pop, Sriracha	96	6	3	7	2	2	191	0	165	0	345	0	39
French Toast Sticks	240	6	38	7	1	10	10	2	260	1	0	0	40
Ham & Cheese Croissant	180	11	17	8	4	2	20	1	460	1	300	0	100
Mini Pancakes - Banana	190	4	34	4	0	12	5	3	230	1	0	0	40
Mini Pancakes - Blueberry	240	5	42	6	1	15	3	3	190	2	0	0	40
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
Sausage Breakfast Pizza	210	10	25	8	2	9	15	2	430	1	200	0	150
Skillet Frittata Wrap	180	10	14	9	4	1	175	2	410	1	300	0	100
MILK													
1% Lowfat Unflavored	110	9	12	2	2	12	15	0	115	0	500	2	250
Fat Free Chocolate	110	8	19	0	0	18	5	0	160	0	500	0	300
Fat Free Strawberry	110	8	20	0	0	18	5	0	125	0	500	0	300
Skim	90	8	11	0	0	11	5	0	125	0	500	2	300
Vanilla Soy Milk	150	9	18	5	1	17	0	1	180	1	500	0	350

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BREADS & GRAINS													
Banana Bread	280	5	44	10	2	25	0	2	220	1	100	0	80
Bread Stick	105	3	15	4	2	3	8	2	100	0	89	0	7
Bun, Hamburger	130	6	27	2	0	3	0	4	220	1	0	0	20
Bun, Hot Dog	130	6	27	2	0	3	0	4	220	1	0	0	20
Bun, Slider	100	3	18	2	0	3	0	2	125	1	0	0	0
Cinnamon Bread	125	3	22	3	1	7	3	1	80	1	41	0	4
Cinnamon Bread Stick	105	3	17	3	1	5	5	2	100	0	59	0	8
Corn Chips, Fritos	112	2	16	5	1	0	0	2	136	0	0	0	16
Crackers, 2 Pkgs	60	1	9	2	1	1	0	1	105	0	0	0	20
Crackers, 4 Pkgs	120	2	18	3	1	2	0	2	210	1	0	0	40
Crackers, Graham	60	1	11	2	0	3	0	1	65	0	300	0	60
Dinner Roll	103	3	16	3	1	2	3	1	158	1	41	0	2
Fiesta Cornbread	145	4	20	6	3	6	38	1	206	1	215	1	142
Garlic Bread	109	3	16	4	1	2	5	1	158	1	61	0	3
Garlic Bread Stick	107	3	15	4	2	3	8	2	101	0	89	0	8
Gordita Bread	130	4	26	1	0	1	0	3	140	1	0	0	80
Nutri-Grain Bar, Apple Cinnamon	160	2	30	4	1	14	0	3	130	2	750	0	200
Parmesan Bread Stick	104	4	15	3	2	3	7	2	126	0	73	0	26
Pasta & Flame Roasted Veg	92	2	13	3	1	2	0	2	205	1	770	9	21
Rice	144	2	23	5	0	0	0	1	107	0	0	0	8
Stuffing	188	3	19	12	6	2	25	2	172	1	349	1	15
Sub Roll	140	6	26	2	0	2	0	3	250	2	0	0	60
Tortilla or Nacho Chips, 1 oz	140	2	19	6	1	0	0	1	0	1	0	0	20
Tortilla or Nacho Chips, 2 oz	280	4	38	12	2	0	0	2	0	2	0	0	40
Tortilla, Soft	90	2	15	3	2	1	0	2	75	1	0	0	20
Wild Berry Bread	270	6	43	9	2	24	0	2	190	1	100	0	100

Per Serving ZERO g trans FAT

School Food and Nutrition Services
Prince William County Public Schools
http://pwcsnutrition.com

3/29/2017

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)
Baked Ziti	368	20	39	15	7	20	37	6	352	12	1255	33	340
BBQ Pulled Pork	176	16	6	10	3	5	56	0	298	2	0	1	0
Beef Enchilada Pie	299	21	20	15	7	4	53	3	495	2	633	8	283
Beef Nachos (w/o Cheese Sauce)	436	18	41	21	5	1	49	3	147	4	719	9	74
Cheese Quesadilla	260	14	30	10	3	2	10	3	600	2	100	0	200
Cheeseburger/Bun	347	20	28	18	7	4	58	4	690	3	45	0	171
Cheesy Bread	280	16	30	11	6	1	25	2	460	2	300	0	350
Cheesy Taco Rice	396	23	30	20	8	2	71	2	646	3	946	9	261
Chicken Enchilada	492	35	37	23	13	6	83	5	999	2	787	8	563
Chicken Enchilada Pie	288	21	25	11	6	2	45	3	600	1	471	3	276
Chicken Fajita (w/o Cheese)	174	17	19	4	2	2	38	2	273	1	23	2	54
Chicken for Chicken & Waffles	153	15	9	6	1	0	47	1	247	1	58	0	16
Chicken Pot Pie	427	26	40	19	8	8	91	5	284	4	1975	4	87
Chicken Tenders	229	23	13	9	2	0	70	1	370	2	88	0	24
Chicken Teriyaki (w/o Rice)	154	19	12	4	1	11	83	0	567	1	0	0	0
Chili	243	17	33	4	1	6	23	12	407	6	1697	20	98
Corn Dog Nuggets	254	10	30	9	2	1	60	3	418	2	0	2	90
Crispy Chicken Fillet (w/o Bun)	220	21	15	8	1	2	63	1	491	2	59	0	31
Fish Nuggets	250	15	20	13	3	1	40	3	680	1	1000	0	80
Grilled Cheese Sandwich	355	18	34	18	10	7	50	6	821	2	407	0	576
Ham & Cheese Pull-Apart Bread Stick	270	22	28	8	4	2	25	3	590	2	300	0	250
Hamburger (w/o Bun)	179	11	0	15	6	0	50	0	325	1	0	0	7
Honey Fire Chicken (w/o Rice)	202	12	22	7	2	16	46	0	374	1	0	0	0
Hot Dog (w/o Bun)	190	7	1	16	7	1	35	0	340	1	0	0	20
Italian Sausage Stuffed Peppers	354	18	37	15	5	10	37	5	665	2	914	78	378
Lasagna	359	21	37	15	7	16	40	5	330	11	1065	27	323
Macaroni & Cheese	318	19	33	12	6	7	37	1	613	2	355	0	666
Mini Calzones (w/o Dipping Sauce)	350	24	34	13	7	6	30	5	390	2	400	15	350
Mini Pancakes - Blueberry	240	5	42	6	1	15	3	3	190	2	0	0	40
Morningstar Chik'n Nuggets	188	12	19	9	1	2	0	4	597	2	33	0	64
Pepperoni & Cheese Calzone	340	20	35	13	5	5	30	3	510	2	500	8	250

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Pizza Sticks	300	14	32	14	5	2	10	4	780	1	0	0	300
Pizza, Cheese	330	24	36	11	6	6	25	5	400	3	400	12	350
Pizza, Pepperoni	358	25	36	13	7	6	31	5	493	3	400	12	351
Pizza, Southwest	330	23	36	11	6	5	30	6	560	3	300	4	300
Pizza, Stuffed Crust, Cheese	310	19	34	11	5	4	25	3	530	2	750	4	400
Pizza, Stuffed Crust, Pepperoni	338	20	34	13	6	4	31	3	623	2	750	4	401
Popcorn Chicken	279	13	18	17	4	0	53	2	462	2	96	1	0
Roasted BBQ Chicken	265	19	23	10	4	22	100	0	487	1	105	6	1
Roasted Turkey Breast	81	17	1	1	0	0	35	0	564	0	0	0	0
Salad Topping - Cheese, Cheddar	79	8	1	5	3	0	16	0	203	0	177	0	253
Salad Topping - Cheese, Mozzarella	85	7	1	6	4	0	15	0	158	7	172	0	207
Salad Topping - Chicken, Diced	56	9	0	2	0	0	23	0	54	0	0	0	0
Salad Topping - Egg, Hard Cooked, Slice	70	6	1	5	2	1	190	0	55	0	300	0	20
Salad Topping - Roasted Chickpeas	90	4	13	2	0	3	0	4	136	1	0	0	0
Salad Topping - Turkey Breast, Diced	40	9	0	1	0	0	18	0	210	0	0	0	0
Salad Topping - Turkey Ham, Diced	60	5	1	2	1	1	30	0	205	0	0	0	10
Sloppy Joe (w/o Bun)	246	15	17	12	5	16	55	0	300	2	144	5	15
Spaghetti & Meat Sauce	409	21	54	12	3	18	41	5	155	4	873	28	89
Spicy Chicken (w/o Bun)	200	24	16	5	1	0	75	2	370	2	250	0	25
SunWise Sandwich	310	9	33	15	2	11	0	5	310	5	0	0	20
Sweet & Sour Chicken (w/o Rice)	234	13	30	7	2	25	46	1	288	1	1121	6	10
Teriyaki Chicken Drumstick	177	18	3	9	3	3	94	0	250	1	0	0	0
Tuna Salad for Sub	139	15	5	6	1	2	22	0	329	1	107	0	36
Turkey Sausage Links (3 Links)	90	12	0	4	0	0	45	0	239	6	0	0	0
Vegetable Lasagna	427	24	49	17	9	20	30	8	474	17	2022	57	517
Vegetarian Stuffed Peppers	366	18	43	14	6	11	24	6	505	2	982	78	464
Waffles (2 Waffles)	200	5	32	7	1	4	0	3	490	4	0	0	80
Western Omelette	182	15	4	11	4	2	399	1	238	2	1008	28	146
Yogurt, All Varieties	180	6	38	0	0	32	5	0	150	0	0	2	600
Zesty Meatloaf	278	18	35	7	2	22	100	2	389	3	72	7	36

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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
BLT Romaine Salad (1 Cup)	69	4	6	3	1	1	14	1	174	1	2663	9	13
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 on the Cob (Fresh)	56	2	13	1	0	4	0	2	2	0	1	4	1
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 Cole Slaw (1/2 Cup)	72	1	10	3	0	6	3	2	136	0	1928	18	42
Creamy Cucumber Moons (1/2 Cup)	63	1	8	4	1	4	3	0	77	0	94	2	21
Cucumber Slices (1/2 Cup)	15	1	3	0	0	1	0	0	2	0	92	2	14
Fiesta Veggie Dip & Chips	258	9	29	11	5	4	17	6	318	5	1191	12	226
Garbanzo Beans (1/2 Cup)	70	4	11	1	1	2	0	5	89	0	0	0	33
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)	56	5	6	2	1	2	8	2	131	1	3124	19	74
Lettuce & Tomato (1/4 Cup)	18	1	3	0	0	2	0	2	6	1	4376	8	20
Parmesan Broccolini	31	2	4	1	1	1	3	1	20	0	954	48	40
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	136	2	17	7	4	1	17	1	208	0	200	6	25
Potatoes, Sidewinders Fries	108	2	15	4	0	0	0	1	297	0	0	3	0
Pumpkin Souffle'	188	5	31	6	4	25	67	4	123	2	18386	5	113
Roasted Sweet Potatoes & Apples	159	1	29	5	2	16	6	3	81	1	12473	2	35
Soup, Broccoli and Cheese	189	13	13	9	5	4	29	2	613	1	2845	21	588
Soup, Tomato Basil	188	6	27	7	2	23	10	4	182	2	1308	32	175
Stir Fried Cabbage	62	2	6	4	0	4	1	2	102	0	74	28	32
Sunny Broc & Cauli Toss (1/2 Cup)	84	2	10	5	1	6	2	1	91	1	642	29	27
Sunshine Carrots	104	1	17	4	2	13	9	3	77	0	1906	2	26
Super Food Kale Salad (1/2 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

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VEGETABLES													
Teriyaki Sugar Snap Blend	53	3	9	0	0	6	0	2	128	1	107	22	21
Tomatoes, Sliced (1/4 Cup)	12	1	2	0	0	2	0	1	3	0	508	8	6
Tossed Salad (1 Cup) (w/o Drsg)	11	1	2	0	0	1	0	1	8	1	2783	2	18
Trees, Clouds and Sunshine	47	2	6	2	1	2	5	3	46	0	1264	20	22
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)	53	0	14	0	0	12	0	1	3	0	37	1	5
Cantaloupe (1/2 Cup)	48	1	12	0	0	11	0	1	23	0	4794	52	13
Citrus Boat	48	1	12	0	0	9	0	2	0	0	619	48	35
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
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	10	0	500	60	80
Fruit Salsa w/Graham Crackers	97	1	21	2	0	10	0	2	66	1	443	13	68
Graham Banana Bites	153	1	28	4	2	14	0	2	37	0	57	8	4
Grapes (1/2 Cup)	63	1	16	0	0	14	0	1	2	0	60	10	9
Happy Birthday 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, Calypso Crush	40	0	10	0	0	9	0	0	10	0	500	60	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 Wedges)	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
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	245	3	41	8	2	28	28	2	143	1	72	35	76
Tropical Fruit Salad (1/2 Cup)	76	1	20	0	0	16	0	2	1	0	228	15	9
Watermelon (1 Wedge)	45	1	11	0	0	9	0	1	2	0	860	12	11

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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 (for Nachos)	95	6	3	6	4	0	22	0	392	0	227	0	220
Cheese, Grated Cheddar (1/2 oz)	40	4	0	3	2	0	8	0	102	0	89	0	127
Cheese, Parmesan (1 Tbsp)	22	2	0	1	1	0	4	0	76	0	43	0	55
Chili Hot Dog Sauce (1 2/3 Tbsp)	25	1	3	1	0	0	2	1	155	0	524	0	8
Chocolate Yogurt Dip (2 Tbsp)	65	1	9	3	2	8	7	0	26	0	83	0	64
Crackers (1 Pkg)	30	1	5	1	0	1	0	1	53	0	0	0	10
Dip for Vegetables (2 Tbsp)	34	1	3	2	0	2	2	0	71	0	12	0	56
Dipping Sauce (2 oz)	50	1	9	1	0	7	0	1	53	1	390	12	28
Gravy (2 oz)	16	0	3	0	0	0	0	0	46	0	58	0	13
Hot Sauce (1 Pkt)	0	0	0	0	0	0	0	0	100	0	0	0	0
Hot Sauce (1 tsp)	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
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
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
Seafood Cocktail Sauce (1 Pkt)	10	0	3	0	0	2	0	0	140	0	100	0	0
Sour Cream (2 Tbsp)	46	1	1	4	2	1	11	0	23	0	124	0	44
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
Whipped Topping (1 Tbsp)	13	0	1	1	1	1	0	0	0	0	0	0	0
Yogurt Dip (2 Tbsp)	73	1	8	4	2	8	11	0	25	0	124	0	50

	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 (2 Tbsp)	141	0	10	11	2	7	0	0	211	0	201	1	0
French Dressing, Pouch	170	0	9	16	3	8	0	0	170	0	200	0	0
Greek Dressing (2 Tbsp)	90	0	2	9	2	1	5	0	270	0	0	0	20
Italian Dressing (2 Tbsp)	110	0	6	10	2	6	0	0	261	0	0	0	0
Italian Dressing, Pouch	180	0	4	18	3	3	0	0	420	0	100	0	0
Pomegranate Dressing (2 Tbsp)	70	0	9	3	0	9	0	0	180	0	0	1	0
Ranch Dressing (2 Tbsp)	34	1	3	2	0	2	2	0	71	0	12	0	56
Ranch Dressing, Pouch	140	0	7	13	2	2	10	0	380	0	0	0	20
Spinach Salad Dressing (2 Tbsp)	86	0	9	6	1	6	4	0	126	0	38	0	16
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
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
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
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	0	0	2	115	0	0	0	20