

Nutrient Information

Prince William County Middle 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)		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	Biscuit	210	4	27	10	9	2	0	2	460	1	0	0	150
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, Frosted Flakes	100	2	24	0	0	7	0	2	160	8	750	21	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	Cilantro Lime Rice	145	2	24	5	0	0	0	1	107	0	17	1	9
Cereal, Frosted Mini-Wheats, Choc	100	3	23	1	0	6	0	3	105	8	0	0	0	Cinnamon Bread Stick	105	3	17	3	1	5	5	2	100	0	59	0	8
Cereal, Multigrain Cheerios	100	2	23	1	0	6	0	2	110	7	500	6	80	Cinnamon Roll	311	7	57	7	2	20	8	4	308	2	102	0	17
Cheese & Egg Pizza	280	17	20	15	9	1	120	2	360	2	500	0	350	Corn Chips, Fritos	112	2	16	5	1	0	0	2	136	0	0	0	16
Cheese Stick, Marble	110	7	1	9	5	0	30	0	170	0	300	0	200	Crackers, 2 Pkgs	60	1	9	2	1	1	0	1	105	0	0	0	20
Cheese Stick, Mozzarella	80	6	1	6	4	0	15	0	200	0	200	0	200	Crackers, 4 Pkgs	120	2	18	3	1	2	0	2	210	1	0	0	40
Chicken Biscuit	295	11	33	14	10	2	13	3	655	2	0	0	170	Crackers, Graham	60	1	11	2	0	3	0	1	65	0	300	0	60
Egg Pop, Bacon Ranch	95	8	3	6	2	2	195	0	145	0	305	0	45	Dinner Roll	103	3	16	3	1	2	3	1	158	1	41	0	2
Egg Pop, Plain	70	6	1	5	2	1	190	0	55	0	300	0	20	Garlic Bread	109	3	16	4	1	2	5	1	158	1	61	0	3
Egg Pop, Sriracha	96	6	3	7	2	2	191	0	165	0	345	0	39	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 - Chocolate Banana	330	12	71	2	1	48	10	5	182	1	359	16	335	Nutri-Grain Bar, Apple Cinnamon	160	2	30	4	1	14	0	3	130	2	750	0	200
Fruit Smoothie - Green	362	9	83	2	1	58	8	6	119	1	2988	62	243	Pasta & Flame Roasted Veg	92	2	13	3	1	2	0	2	205	1	770	9	21
Fruit Smoothie - Orange	300	11	59	2	2	50	14	2	166	0	416	97	358	Rice	144	2	23	5	0	0	0	1	107	0	0	0	8
Fruit Smoothie - Pumpkin	224	10	41	2	2	33	14	3	164	1	9737	5	352	Spaghetti Noodles	216	7	42	2	0	2	0	2	6	2	0	0	18
Fruit Smoothie - Strawberry	224	10	42	2	2	32	14	3	162	1	307	63	352	Stuffing	188	3	19	12	6	2	25	2	172	1	349	1	15
Fruit Smoothie - Strawberry Banana	275	10	55	3	2	39	14	4	163	1	328	40	344	Sub Roll	250	10	44	5	1	5	0	5	370	1	0	0	18
Fruit Smoothie - Tropical	320	7	73	1	1	57	8	4	109	1	188	68	209	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 - Banana	190	4	34	4	0	12	5	3	230	1	0	0	40	Tortillas, Soft (2 6-inch)	180	4	30	5	3	2	0	4	150	1	0	0	40
Mini Pancakes - Blueberry	240	5	42	6	1	15	3	3	190	2	0	0	40	Waffles (2 Waffles)	200	5	32	7	1	4	0	3	490	4	0	0	80
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	2	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 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
Skillet Frittata Wrap	180	10	14	9	4	1	175	2	410	1	300	0	100	Fat Free Strawberry	110	8	20	0	0	18	5	0	125	0	500	0	300
SunWise Sandwich	310	9	33	15	2	11	0	5	310	5	0	0	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	16	0	0	75	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)													
Baja Fish Sticks	230	14	20	10	2	0	50	2	470	0	500	1	20	Pepperoni & Cheese Calzone	340	20	35	13	5	5	30	3	510	2	500	8	250
BBQ Pulled Pork	176	16	6	10	3	5	56	0	298	2	0	1	0	Pizza Sticks	300	14	32	14	5	2	10	4	780	1	0	0	300
Beef Enchilada Pie	299	21	20	15	7	4	53	3	495	2	633	8	283	Pizza, Cheese	330	24	36	11	6	6	25	5	400	3	400	12	350
Cheese Quesadilla	260	14	30	10	3	2	10	3	600	2	100	0	200	Pizza, Cheese & Egg	350	22	25	18	11	1	150	3	450	2	500	0	450
Cheeseburger/Bun	347	20	28	18	7	4	58	4	690	3	45	0	171	Pizza, Pepperoni	358	25	36	13	7	6	31	5	493	3	400	12	351
Cheesy Bread	280	16	30	11	6	1	25	2	460	2	300	0	350	Pizza, Personal Pan	310	22	30	12	6	9	30	3	440	3	400	9	450
Chicken Enchilada	492	35	37	23	13	6	83	5	999	2	787	8	563	Pizza, Southwest	330	23	36	11	6	5	30	6	560	3	300	4	300
Chicken Fajita (w/o Tortillas or Cheese)	168	29	7	2	0	3	76	0	396	1	46	3	67	Pizza, Stuffed Crust, Cheese	310	19	34	11	5	4	25	3	530	2	750	4	400
Chicken for Chicken & Waffles	229	23	13	9	2	0	70	1	370	2	88	0	24	Pizza, Stuffed Crust, Pepperoni	338	20	34	13	6	4	31	3	623	2	750	4	401
Chicken for Chicken Parmesan	220	21	15	8	1	2	63	1	491	2	59	0	31	Popcorn Chicken	279	13	18	17	4	0	53	2	462	2	96	1	0
Chicken Pot Pie	427	26	40	19	8	8	91	5	284	4	1975	4	87	Pork Carnitas (w/o Tortillas or Cheese))	237	25	1	16	5	0	86	0	318	3	288	1	4
Chicken Tenders	229	23	13	9	2	0	70	1	370	2	88	0	24	Pork Fried Rice	272	17	22	13	3	1	111	2	435	2	1379	3	22
Chicken Teriyaki (w/o Rice)	154	19	12	4	1	11	83	0	567	1	0	0	0	Roasted BBQ Chicken	265	19	23	10	4	22	100	0	487	1	105	6	1
Chicken Teriyaki for Sub (w/o Roll)	112	17	9	1	0	6	44	0	321	1	0	1	17	Roasted Turkey Breast	81	17	1	1	0	0	35	0	564	0	0	0	0
Chili	243	17	33	4	1	6	23	12	407	6	1697	20	98	Salad Topping - Cheese, Cheddar	79	8	1	5	3	0	16	0	203	0	177	0	253
Corn Dog Nuggets	254	10	30	9	2	1	60	3	418	2	0	2	90	Salad Topping - Cheese, Mozzarella	85	7	1	6	4	0	15	0	158	7	172	0	207
Crispy Chicken Fillet (w/o Bun)	220	21	15	8	1	2	63	1	491	2	59	0	31	Salad Topping - Chicken, Diced	56	9	0	2	0	0	23	0	54	0	0	0	0
Dragon Fire Chicken (w/o Rice)	213	13	25	7	2	18	46	0	507	1	214	6	2	Salad Topping - Egg, Hard Cooked, Sliced	70	6	1	5	2	1	190	0	55	0	300	0	20
Fiesta Fish Fillet	130	13	10	3	1	1	85	0	230	1	100	2	20	Salad Topping - Roasted Chickpeas	90	4	13	2	0	3	0	4	136	1	0	0	0
Fish Fillet (w/o Bun)	160	11	16	6	1	1	35	2	250	1	0	0	20	Salad Topping - Turkey Breast, Diced	40	9	0	1	0	0	18	0	210	0	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 Ham, Diced	60	5	1	2	1	1	30	0	205	0	0	0	10
Grilled Cheese Sandwich	355	18	34	18	10	7	50	6	821	2	407	0	576	Southwest Chicken (w/o Tortilla or Rice)	140	24	6	2	0	2	64	0	330	1	39	3	56
Ham & Cheese Pull-Apart Bread Sticks	270	22	28	8	4	2	25	3	590	2	300	0	250	Spicy Beef (for soft tacos w/o tortillas)	230	21	4	13	5	2	72	2	216	3	1057	13	49
Hamburger (w/o Bun)	179	11	0	15	6	0	50	0	325	1	0	0	7	Spicy Beef (w/o Tortilla or Rice)	156	14	3	9	3	1	49	1	147	2	719	9	34
Honey Fire Chicken (w/o Rice)	202	12	22	7	2	16	46	0	374	1	0	0	0	Spicy Chicken (w/o Bun)	200	24	16	5	1	0	75	2	370	2	250	0	25
Hot Dog (w/o Bun)	190	7	1	16	7	1	35	0	340	1	0	0	20	Steak & Cheese Stromboli	477	22	54	18	9	4	55	5	925	2	359	0	174
Italian Sausage Stuffed Peppers	354	18	37	15	5	10	37	5	665	2	914	78	378	Steak Meat for Sub (w/o Roll)	131	11	2	9	4	0	39	0	237	1	0	0	5
Kung Pao Chicken (w/o Rice)	177	11	17	7	1	7	42	1	412	1	421	20	17	SunWise Sandwich	310	9	33	15	2	11	0	5	310	5	0	0	20
Lasagna	359	21	37	15	7	16	40	5	330	11	1065	27	323	Sweet & Sour Chicken (w/o Rice)	234	13	30	7	2	25	46	1	288	1	1121	6	10
Macaroni & Cheese	318	19	33	12	6	7	37	1	613	2	355	0	666	Sweet & Sour Meatballs (w/o Rice)	215	12	20	10	4	15	33	0	389	2	30	1	24
Marinara Sauce	108	3	17	3	1	14	1	3	132	1	794	24	74	Teriyaki Chicken Drumstick	177	18	3	9	3	3	94	0	250	1	0	0	0
Meat Sauce for Spaghetti	331	21	27	16	5	22	58	4	247	4	1181	37	133	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	Vegetarian Stuffed Peppers	366	18	43	14	6	11	24	6	505	2	982	78	464
Mini Calzones (w/o Dipping Sauce)	350	24	34	13	7	6	30	5	390	2	400	15	350	Yogurt, All Varieties	180	6	38	0	0	32	5	0	150	0	0	2	600
Peanut Butter & Jelly Pocket Sandwich	310	10	34	16	3	12	0	4	310	1	0	0	60	Zesty Meatloaf	278	18	35	7	2	22	100	2	389	3	72	7	36

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VEGETABLES														VEGETABLES															
Baby Carrots (1/2 Cup)	25	0	6	0	0	3	0	2	55	1	9774	2	23	Sunshine Carrots	104	1	17	4	2	13	9	3	77	0	1906	2	26		
Baked Beans	266	11	56	0	0	24	0	11	480	4	313	3	125	Super Food Kale Salad (1 Cup)	159	3	19	8	1	14	0	3	149	1	3195	47	60		
Baked Plantains	175	1	34	4	2	31	0	1	1	1	833	7	0	Sweet Potato Fries	148	1	21	7	0	5	0	2	227	0	2963	4	20		
Black Beans	69	3	13	0	0	3	0	5	252	2	1271	15	116	Teriyaki Sugar Snap Blend	53	3	9	0	0	6	0	2	128	1	107	22	21		
BLT Romaine Salad (1 Cup)	69	4	6	3	1	1	14	1	174	1	2663	9	13	Tossed Salad (w/o Drsg) (1 Cup)	11	1	2	0	0	1	0	1	0	1	8	1	2783	2	18
Broc & Cauliflower (w/o Cheese)	24	2	4	0	0	1	0	2	24	0	504	35	19	FRUITS															
Broccoli Florets (1/2 Cup)	10	1	2	0	0	0	0	1	9	0	1021	32	16	Apple Crisp w/Topping	211	1	42	5	2	33	0	3	8	1	66	1	23		
Broccoli, Steamed	26	3	5	0	0	1	0	3	10	1	955	38	31	Apple Wedges (1/2 Cup)	37	0	10	0	0	7	0	2	1	0	38	4	5		
Brussels Sprouts (w/o Cheese)	39	3	6	0	0	2	0	4	10	1	485	58	19	Applesauce (1/2 Cup)	53	0	14	0	0	12	0	1	3	0	37	1	5		
Candy Corn	95	3	15	2	1	7	3	3	5	1	226	2	0	Cantaloupe (1/2 Cup)	48	1	12	0	0	11	0	1	23	0	4794	52	13		
Cauliflower Florets (1/2 Cup)	12	1	3	0	0	1	0	1	15	0	6	23	11	Craisins, Strawberry	110	0	28	0	0	24	0	3	0	0	0	0	0		
Celery Sticks (1/2 Cup)	14	1	3	0	0	2	0	1	71	0	401	3	36	Diced Pears & Blueberries (1/2 Cup)	88	1	23	0	0	17	0	3	7	1	14	3	16		
Chickpeas, Roasted (1/4 Cup)	90	4	13	2	0	3	0	4	136	1	0	0	0	Diced Pears & Red Grapes (1/2 Cup)	89	1	23	0	0	18	0	3	7	1	16	4	16		
Confetti Collards	75	2	7	5	1	2	0	3	22	0	3705	52	147	Fresh Fruit, Apple	73	0	19	0	0	14	0	3	1	0	75	6	8		
Corn Salad (1/2 Cup)	182	3	16	12	1	8	0	3	126	1	662	15	9	Fresh Fruit, Banana	108	1	27	0	0	15	0	3	1	0	77	10	6		
Cran-Blueberry Spinach Salad (w/o Drsg) (1 Cup)	59	1	15	0	0	13	0	1	20	1	2453	18	26	Fresh Fruit, Nectarine	63	2	15	0	0	11	0	2	0	0	475	8	9		
Creamy Cucumber Moons (1/2 Cup)	63	1	8	4	1	4	3	0	77	0	94	2	21	Fresh Fruit, Orange	62	1	15	0	0	12	0	3	0	0	295	70	52		
Cucumber Slices (1/2 Cup)	15	1	3	0	0	1	0	0	2	0	92	2	14	Fresh Fruit, Peach	59	1	14	0	0	13	0	2	0	0	489	10	9		
Fiesta Veggie Dip & Chips	258	9	29	11	5	4	17	6	318	5	1191	12	226	Fresh Fruit, Pear	105	1	28	0	0	17	0	6	2	0	41	7	16		
Garbanzo Beans	70	4	11	1	1	2	0	5	89	0	0	0	38	Fresh Fruit, Plum	30	0	8	0	0	7	0	1	0	0	228	6	4		
Grape Tomatoes (1/2 Cup)	15	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 (w/o Dressing) (1 Cup)	15	1	3	0	0	1	0	1	4	0	2715	11	16	Fruit Salsa w/Graham Crackers	97	1	21	2	0	10	0	2	66	1	443	13	68		
Green Beans	36	1	6	1	1	1	3	3	1	1	541	4	38	Graham Banana Bites	153	1	28	4	2	14	0	2	37	0	57	8	4		
Harvest Romaine Salad (1 Cup)	56	0	9	2	0	7	0	1	3	0	2476	9	15	Grapefruit Wdgs (1/2 C=2Wdgs)	34	1	9	0	0	6	0	1	0	0	943	26	18		
Kickin' Roasted Veggies	42	1	4	3	0	2	0	2	39	0	973	44	19	Grapes (1/2 Cup)	63	1	16	0	0	14	0	1	2	0	60	10	9		
Layered Lettuce Slid (w/o Drsg) (1/2 Cup)	56	5	6	2	1	2	8	2	131	1	3124	19	74	Holiday Frozen Juice Cup	99	0	25	0	0	25	0	0	15	0	0	12	0		
Maui Vegetable Blend	44	1	8	0	0	4	0	2	17	0	445	30	22	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	20	0	954	48	40	Hot Spiced Apples	120	0	26	2	1	24	5	2	6	0	122	0	13		
Pico de Gallo (1/2 Cup)	86	1	5	7	1	3	0	2	154	0	1280	16	19	Juice, Apple	60	0	14	0	0	13	0	0	15	0	0	0	0		
Pom Blueberry Spinach Salad (w/o Drsg) (1 Cup)	52	1	13	0	0	11	0	2	20	1	2453	19	26	Juice, Blended Fruit	60	0	14	0	0	13	0	0	10	0	0	4	0		
Potato Salad (1/2 Cup)	250	2	19	19	4	1	14	2	555	1	93	3	0	Juice, Orange	50	1	13	0	0	11	0	0	15	0	0	30	0		
Potato Wedges	145	2	22	6	1	0	0	2	178	1	0	3	0	Juice, Veg/Fruit, Calypso Crush	40	0	10	0	0	9	0	0	10	0	500	60	0		
Potato, Baked	211	6	48	0	0	3	0	5	23	2	23	22	34	Juice, Veg/Fruit, Cherry Star	50	0	13	0	0	12	0	0	35	0	500	30	0		
Potatoes, Curly Fries	125	2	17	5	1	0	0	3	292	1	0	1	17	Kiwi Wedges (1/2 C=6 Wdgs)	70	1	17	1	0	10	0	3	3	0	99	106	39		
Potatoes, French Fries	139	2	23	5	1	1	0	2	171	1	0	4	0	Mandarin Oranges (1/2 Cup)	115	1	30	0	0	29	0	1	11	1	1578	37	13		
Potatoes, Mashed	136	2	17	7	4	1	17	1	208	0	200	6	25	Mixed Fruit (1/2 Cup)	81	1	21	0	0	17	0	2	9	0	293	5	7		
Potatoes, Sidewinders Fries	108	2	15	4	0	0	0	1	297	0	0	3	0	Orange Wedges (1/2 C=3 Wedges)	46	1	12	0	0	9	0	2	0	0	221	52	39		
Pumpkin Souffle'	188	5	31	6	4	25	67	4	123	2	18386	5	113	Peach Crisp w/Topping	216	2	45	5	2	36	0	3	11	1	635	5	13		
Refried Beans	102	6	18	0	0	1	0	6	148	3	154	2	42	Peaches (1/2 Cup)	90	1	24	0	0	22	0	2	8	1	587	4	5		
Roasted Sweet Potatoes & Apples	159	1	29	5	2	16	6	3	81	1	12473	2	35	Pear Wedges (1/2 C=6 Wdgs)	107	1	28	0	0	18	0	6	2	0	42	10	17		
Sesame Green Beans	52	2	10	1	0	5	0	3	113	1	505	4	56	Pineapple (1/2 Cup)	98	1	26	0	0	24	0	1	2	0	62	16	23		
Shredded Asian Carrots	23	0	6	0	0	4	0	1	48	0	4736	2	9	Raisins (1 Box)	113	1	30	0	0	22	0	1	4	1	0	1	19		
Shredded Romaine Lettuce (1 Cup)	8	1	2	0	0	1	0	1	4	0	4198	2	16	Strawberries (1/2 Cup)	28	1	7	0	0	4	0	2	1	0	10	51	14		
Sliced Tomatoes (1/2 Cup)	24	1	5	0	0	3	0	1	6	0	1015	15	12	Strawberry Shortcake	245	3	41	8	2	28	28	2	143	1	72	35	76		
Soup, Tomato Basil (1 Cup)	188	6	27	7	2	23	10	4	182	2	1308	32	175	Sweet & Sour Pineapple (1/4 Cup)	65	0	17	0	0	16	0	1	18	0	37	9	14		
Stir Fried Cabbage	62	2	6	4	0	4	1	2	102	0	74	28	32	Tropical Fruit Salad (1/2 Cup)	76	1	20	0	0	16	0	2	1	0	228	15	9		
Sunny Broc & Cauli Toss (1/2 Cup)	84	2	10	5	1	6	2	1	91	1	642	29	27	Watermelon (1 Wedge)	45	1	11	0	0	9	0	1	2	0	860	12	11		

