

Nutrient Information

Prince William County Elementary Schools

2020-21

	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														
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	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	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	180	11	17	8	4	2	20	1	480	1	0	0	140	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	27	2	1	2	0	3	270	2	0	0	60	
MILK														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	250	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	250	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	2500	0	250	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	0	250	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	Waffles (2 Waffles)	170	4	27	6	2	3	10	3	380	5	1000	0	100	
														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)
VEGETABLES													
Baby Carrots (1/2 Cup)	25	0	6	0	0	3	0	2	55	1	9774	2	23
Baby Carrots, Packaged	25	0	6	0	0	3	0	2	55	1	9774	2	23
Baked Beans	259	11	54	0	0	21	0	11	478	4	405	0	125
Baked Plantains	175	1	34	4	2	31	0	1	1	1	833	7	0
BLT Salad (1 Cup) (w/o Dressing)	58	4	4	3	1	1	17	1	206	1	2638	4	12
Broc & Cauliflower (w/o Cheese)	23	2	4	0	0	1	0	2	19	0	210	35	24
Broccoli Florets (1/2 Cup)	10	1	2	0	0	1	0	1	9	0	1021	32	16
Broccoli, Steamed	26	3	5	0	0	1	0	3	10	1	955	38	31
Candy Corn	87	2	18	2	1	3	3	2	1	0	225	3	3
Cauliflower Florets (1/2 Cup)	12	1	2	0	0	1	0	1	15	0	0	24	11
Celery Sticks (1/2 Cup)	13	1	3	0	0	1	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	74	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)	174	2	18	12	1	5	0	3	126	1	664	16	11
Cran-Blueberry Spinach Salad (1 Cup) (w/o Drsg)	59	1	15	0	0	13	0	1	20	1	2455	18	26
Cucumber Slices (1/2 Cup)	13	1	3	0	0	1	0	0	2	0	92	2	14
Fiesta Veggie Dip & Chips	264	10	30	11	5	4	18	6	301	3	1317	12	234
Grape Tomatoes (1/2 Cup)	14	1	3	0	0	2	0	1	4	0	630	10	8
Greek Salad (1 Cup) (w/o Dressing)	14	1	3	0	0	1	0	1	4	0	2715	5	16
Green Beans	36	1	6	1	1	2	3	3	1	1	416	4	38
Kickin' Roasted Veggies	41	1	4	3	0	2	0	1	39	0	971	45	19
Layered Lettuce Sld (1 Cup) (w/o Drsg)	62	5	6	2	1	2	11	2	147	1	3084	13	51
Lettuce & Tomato (1/4 Cup)	17	1	3	0	0	2	0	2	6	1	4376	9	20
Parmesan Broccolini	31	2	4	1	1	1	3	1	21	0	954	48	40
Pom-Blueberry Spinach Salad (1 Cup) (w/o Drsg)	49	1	12	0	0	10	0	1	21	1	2453	18	27
Potato Wedges	138	2	23	5	1	0	0	2	161	0	0	4	0
Potato, Baked	211	6	48	0	0	3	0	5	23	2	23	22	34
Potatoes, Curly Fries	126	1	21	4	0	0	0	1	189	0	0	3	0
Potatoes, French Fries	149	3	23	5	0	0	0	1	176	0	0	5	0
Potatoes, Mashed	125	2	20	3	1	0	0	2	216	1	0	1	23
Pumpkin Souffle'	189	5	31	6	4	25	67	4	124	2	18479	5	112
Rainbow Veggie Sticks	45	1	6	2	1	3	4	2	42	0	1092	3	21
Roasted Brussels Sprouts	78	3	7	5	1	2	0	3	12	0	764	38	21
Roasted Sweet Potatoes & Apples	166	2	30	5	2	17	6	4	36	1	17522	18	35
Soup, Broccoli and Cheese (1 Cup)	196	13	13	10	6	4	29	2	633	1	2837	21	574
Soup, Tomato Basil (1 Cup)	181	7	27	6	2	23	8	4	183	2	1324	32	179
Stir Fried Cabbage	63	2	6	4	0	4	2	2	116	0	74	28	32
Sugar Snap Blend	34	2	6	0	0	2	0	2	14	1	460	32	29
Sunny Broc & Cauli Toss (1/2 Cup)	147	2	8	12	2	6	9	1	78	0	619	29	18
Sunshine Carrots	104	1	17	4	2	13	9	3	77	0	1906	2	26
Super Food Kale Salad (1/2 Cup)	172	5	24	8	1	16	0	6	173	2	5311	110	286
Sweet Potato Fries	125	1	20	5	0	7	0	3	270	0	2893	1	19
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

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FRUITS													
Apple Crisp w/Topping	211	1	42	5	2	38	0	3	8	1	65	1	23
Apple Slices, Packaged	30	0	8	0	0	6	0	1	0	0	0	72	0
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
Applesauce Cup	60	0	14	0	0	12	0	0	17	0	0	60	0
Blueberry Apple Crisp w/Topping	196	1	38	6	2	33	0	3	7	1	54	2	24
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	3	16
Fresh Fruit, Apple	72	0	19	0	0	14	0	3	1	0	75	6	8
Fresh Fruit, Banana	107	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	101	1	27	0	0	17	0	6	2	0	45	8	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	96	1	21	2	0	10	0	2	66	1	443	13	68
Graham Banana Bites	152	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	3	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	12	0	0	10	0	0	15	0	0	42	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 Orange Cup	59	0	14	0	0	12	0	1	4	1	0	27	0
Mandarin Oranges (1/2 Cup)	115	1	30	0	0	29	0	1	11	1	1578	37	13
Mixed Berry Cup	90	0	20	0	0	16	0	2	0	1	0	24	0
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	41	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)	104	1	28	0	0	18	0	6	3	0	46	12	18
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	25	0	2	10	1	0	1	23
Strawberries (1/2 Cup)	28	1	7	0	0	4	0	2	1	0	10	51	14
Strawberry Shortcake	261	3	45	9	2	30	28	3	145	2	116	53	82
Tropical Fruit Salad (1/2 Cup)	73	1	18	0	0	16	0	2	0	0	784	31	21
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)	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 (for Nachos)	122	7	2	9	5	0	30	0	435	0	417	0	207
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
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

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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)	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
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