Nutrient Information

Prince William County High Schools

2021-2022

BREAKFAST 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)
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
Cereal, Cinnamon Toast Crunch	110	1	22	3	1	6	0	3	160	4	400	5	200
Cereal, Corn Chex	100	2	24	1	0	3	0	1	200	7	500	5	80
Cereal, Frosted Flakes	100	2	24	0	0	7	0	3	160	5	500	15	0
Cereal, Frosted Mini-Wheats	100	3	24	0	0	6	0	3	0	8	0	0	0
Cereal, Frosted Mini-Wheats, Choco	100	3	23	1	0	6	0	3	105	8	0	0	0
Cereal, Multigrain Cheerios	100	2	23	1	0	6	0	3	110	16	500	5	80
Cheese Stick, Mozzarella	90	7	0	7	5	0	20	0	95	3	400	0	250
Chicken Slider	204	14	25	5	1	2	28	3	361	2	104	0	108
Egg & Cheese Sandwich	240	9	31	9	3	6	115	3	350	2	200	12	100
French Toast Sticks	360	9	57	11	2	15	15	3	390	1	0	0	60
Fruit Smoothie - Blueberry	196	5	42	1	0	31	6	4	88	0	120	1	400
Fruit Smoothie - Chocolate Banana	303	9	68	1	0	45	5	5	144	1	484	15	460
Fruit Smoothie - Green	351	8	82	2	0	55	3	10	108	2	4968	121	580
Fruit Smoothie - Orange	270	9	56	1	1	47	9	2	113	0	416	96	483
Fruit Smoothie - Pumpkin	194	8	38	1	1	29	9	3	112	1	9737	4	477
Fruit Smoothie - Strawberry	202	7	40	1	1	29	9	3	110	1	239	40	477
Fruit Smoothie - Strawberry Banana	244	8	52	2	1	35	9	4	110	1	328	39	469
Fruit Smoothie - Sunrise	245	6	56	1	0	39	4	4	71	1	236	100	372
Fruit Smoothie - Tropical	289	5	69	0	0	53	3	4	57	1	188	67	334
Fruit Smoothie - Very Berry	206	8	41	2	1	31	9	4	108	1	308	34	471
Granola	130	3	20	5	1	6	0	2	30	1	0	0	12
Ham & Cheese Croissant	170	11	17	7	3	2	20	1	440	1	300	0	100
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
Pancake Sandwich	220	4	35	7	2	11	10	2	260	1	0	0	100
Sausage Breakfast Bagel	170	11	18	6	3	1	20	2	360	1	200	0	150
Sausage Breakfast Pizza	190	9	18	7	4	1	20	1	220	1	0	0	157
Strawberry Bagel-ful	180	6	32	3	2	6	5	3	160	2	100	2	20
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

BREADS & 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)
Banana Bread	280	5	44	10	2	25	0	2	220	1	100	0	80
Bread Stick	105	3	15	4	2	2	8	2	95	1	89	0	1
Broccoli & Cheese Rice	177	8	22	7	3	2	16	2	292	1	901	15	246
Bun, Hamburger	140	6	29	2	0	3	0	4	240	2	0	0	20
Bun, Hot Dog	140	5	28	2	0	3	0	4	220	1	0	0	20
Cinnamon Roll	312	7	56	7	2	21	8	4	308	2	102	0	17
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	181	5	27	6	2	3	6	3	278	1	71	0	4
Fiesta Queso Mac & Cheese	251	10	24	13	7	3	32	1	625	1	402	1	230
Fiesta Rice	173	3	29	5	0	1	0	2	73	1	468	5	29
Garlic Bread	127	3	18	5	2	2	6	2	185	1	71	0	3
Gordita Bread	150	4	26	3	0	1	0	3	135	1	0	0	80
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
Rice	143	2	23	5	0	0	0	1	3	0	0	0	4
Spaghetti Noodles	216	7	42	2	0	2	0	2	9	2	0	0	18
Stuffing	213	3	18	14	8	3	32	2	187	1	454	2	19
Sub Roll	140	6	27	2	1	2	0	3	270	2	0	0	60
Tortilla Chips (1 oz)	140	2	19	6	1	0	0	1	0	1	0	0	20
Tortilla Chips (2 oz)	280	4	38	12	2	0	0	2	0	2	0	0	40
Tortilla Wrap (9-inch)	170	4	29	5	3	2	0	3	150	1	0	0	40
Tostitos Scoops, Baked	110	2	19	3	0	0	0	1	125	0	0	0	30
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
MILK													
1% Lowfat Unflavored	110	8	13	3	2	12	10	0	130	0	750	0	250
Fat Free Chocolate	120	8	20	0	0	18	5	0	180	0	750	0	250
Fat Free Strawberry	110	8	19	0	0	18	5	0	125	0	2500	0	250
Skim	90	8	13	0	0	12	5	0	130	0	750	0	250
Vanilla Soy Milk	150	9	18	5	1	17	0	1	180	1	500	0	350

Per Serving ZERO g trans FAT

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

3/8/21

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)
Alfredo Sauce	198	13	4	14	9	1	41	0	799	0	31	0	494
Baked Pinwheel	280	15	34	10	5	3	25	4	480	2	0	0	327
Beef & Broccoli (w/o Rice)	265	23	31	5	2	26	69	1	437	2	2647	25	33
Beef & Snow Peas (w/o Rice)	173	22	12	4	2	10	66	1	373	3	275	15	21
Beef Burger (w/o Bun)	207	16	1	16	6	0	63	0	251	2	0	0	0
Broccoli & Cheese Rice (w/o Wings)	177	8	22	7	3	2	16	2	292	1	901	15	246
Cheesy Bread	280	15	30	11	6	1	25	2	460	2	300	0	350
Chicken Enchilada	471	35	39	20	11	6	81	5	986	2	410	9	363
Chicken for Chicken & Waffles	252	21	22	7	1	0	52	1	593	2	148	2	30
Chicken Tenders	252	21	22	7	1	0	52	1	593	2	148	2	30
Chicken Teriyaki (w/o Rice)	136	20	8	2	0	6	65	0	407	1	0	0	0
Chicken Wings	342	27	2	25	7	0	153	0	666	1	180	0	0
Chili	249	18	33	4	2	6	24	12	435	6	1603	19	98
Crispy Chicken Fillet (w/o Bun)	220	21	15	8	1	2	63	1	491	2	59	0	31
Dragon Fire Chicken (w/o Rice)	215	13	24	7	2	18	46	0	507	1	103	0	1
Fiesta Queso Mac & Cheese	517	26	37	30	8	2	81	2	1229	2	0	0	584
Fish Fillet (w/o Bun)	160	11	16	6	1	1	35	2	250	1	0	0	20
General Tso's Chicken (w/o Rice)	239	13	28	8	2	20	46	1	396	1	843	23	16
Golden Queso (2 oz)	122	7	2	9	5	0	30	0	435	0	417	0	207
Grilled Cheese Sandwich	385	18	34	20	11	5	50	4	851	2	407	0	676
Ham & Cheese Croissant	387	21	33	19	8	8	57	2	880	2	90	0	320
Hippie Roll	497	36	68	10	1	10	5	11	1159	21	393	28	73
Honey Fire Chicken (w/o Rice)	202	12	22	7	2	16	46	0	374	1	0	0	0
Hot Dog (w/o Bun)	146	8	1	12	6	0	29	0	320	1	28	0	14
Italian Stuffed Peppers	354	23	39	13	6	10	30	5	560	6	693	78	280
Kung Pao Chicken (w/o Rice)	168	19	15	4	1	7	58	0	481	7	662	11	0

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)
Lasagna	445	25	45	18	9	20	52	6	307	7	1619	34	558
Marinara Sauce	108	3	17	3	1	14	1	3	136	1	796	24	69
Meatballs (Italian)	155	12	5	10	4	0	33	0	240	2	30	1	24
Peanut Butter & Jelly Uncrustable	300	9	32	17	3	14	0	4	280	1	0	0	26
Pepperoni & Cheese Stromboli	537	26	54	23	12	6	51	6	694	8	726	0	584
Philly Cheese Steak	357	27	29	16	8	2	73	3	966	3	421	1	273
Pizza Sticks	480	21	48	21	8	3	30	3	1020	2	0	0	450
Pizza, Cheese	310	21	29	13	7	3	30	3	470	3	500	9	450
Pizza, Pepperoni	338	22	29	16	8	3	35	3	576	3	500	9	450
Pizza, Stuffed Crust, Cheese	310	19	34	11	5	4	25	3	540	2	0	0	300
Popcom Chicken	279	13	18	17	4	0	53	2	462	2	96	1	0
Roasted BBQ Chicken	253	19	19	10	4	18	100	0	484	1	244	1	1
Roasted Turkey Breast	79	17	1	1	0	0	40	0	466	0	0	0	0
Rose' Bolognese	397	27	44	14	6	17	26	5	766	13	1244	22	494
Southwest Chicken (w/o Tortilla or Rice)	120	20	3	2	0	1	65	0	312	0	21	0	22
Spicy Beef (w/o Tortilla or Rice)	161	16	3	9	3	1	51	1	168	2	634	9	38
Spicy Chicken (w/o Bun)	230	23	15	9	2	2	70	1	440	2	100	0	40
Steak & Cheese Stromboli	482	22	58	15	7	7	47	6	789	3	359	0	150
Steak Meat for Sub (w/o Roll)	95	14	0	4	2	0	43	0	261	1	4	1	6
Stuffed Shells	406	24	45	15	8	18	38	5	566	5	1489	28	674
SunWise Sandwich	310	9	33	15	2	11	0	5	310	5	0	0	20
Sweet & Sour Chicken (w/o Rice)	250	13	34	7	2	27	46	1	425	1	1350	6	10
Tuna Salad for Sub (w/o Roll)	261	14	0	22	4	0	44	0	237	1	37	0	4
Turkey Sausage Links (4 Links)	119	16	0	6	0	0	60	0	318	8	0	0	0
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)
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
Black Beans	68	3	13	0	0	3	0	5	259	2	1187	15	119
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
Brussels Sprouts (w/o Cheese)	35	3	7	0	0	2	0	3	12	0	764	38	21
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 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
Garbanzo Beans	70	4	11	1	1	2	0	5	89	0	0	0	38
Golden Hash Brown Rounds	105	1	17	4	0	0	0	1	110	0	0	4	0
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
Green Peas, Steamed	77	5	14	0	0	5	0	5	108	2	2058	18	22
Harvest Romaine Salad (1 Cup)	56	0	9	2	0	7	0	1	3	0	2478	3	15
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
Parmesan Broccolini	31	2	4	1	1	1	3	1	21	0	954	48	40
Pico de Gallo (1/2 Cup)	84	1	5	7	1	3	0	2	154	0	1280	17	19
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
Refried Beans	116	6	19	2	0	1	0	6	153	2	248	2	44
Roasted Sweet Potatoes & Apples	166	2	30	5	2	17	6	4	36	1	17522	18	35
Sauteed Peppers & Onions	47	1	4	3	0	2	0	1	0	0	334	28	13
Sesame Green Beans	52	2	10	1	0	5	0	3	113	1	380	4	56
Shredded Romaine Lettuce (1 Cup)	8	1	2	0	0	1	0	1	4	0	4198	2	16
Sliced Beets (1/2 Cup)	46	1	11	0	0	10	0	2	221	1	36	4	28
Stir Fried Cabbage	63	2	6	4	0	4	2	2	116	0	74	28	32
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

	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													
Sweet Potato Fries	125	1	20	5	0	7	0	3	270	0	2893	1	19
Teriyaki Sugar Snap Blend	50	2	10	0	0	6	0	2	126	1	460	32	29
Tossed Salad (1 Cup) (w/o Drsg)	10	1	2	0	0	1	0	1	8	1	2783	2	18
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
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
Frozen Fruit Juice Cup	70	0	18	0	0	15	0	3	10	0	500	60	80
Graham Banana Bites	152	1	28	4	2	14	0	2	37	0	57	8	4
Grapefruit Wdgs (1/2 C=2Wdgs)	34	1	9	0	0	6	0	1	0	0	943	26	18
Grapes (1/2 Cup)	63	1	16	0	0	14	0	1	2	0	60	3	9
Holiday 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
Kiwi Wedges & Fresh Strawberries	49	1	12	0	0	7	0	3	0	0	42	84	26
Mandarin Orange Cup	59	0	14	0	0	12	0	1	4	1	0	27	0
Mango Pineapple Salsa	41	1	11	0	0	8	0	2	2	0	763	47	7
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)	68	1	18	0	0	17	0	2	6	0	444	3	4
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

	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
Golden Queso (1 oz)	61	4	1	5	3	0	16	0	218	0	215	0	107
Golden Queso (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