

# Nutrient Information

## Prince William County Middle Schools

### 2021-2022

	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)
<b>BREAKFAST PROTEINS &amp; GRAINS</b>														<b>BREADS &amp; GRAINS</b>													
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	Bun, Hamburger	140	6	29	2	0	3	0	4	240	2	0	0	20
Cereal, Corn Chex	100	2	24	1	0	3	0	1	200	7	500	5	80	Bun, Hot Dog	140	5	28	2	0	3	0	4	220	1	0	0	20
Cereal, Frosted Flakes	100	2	24	0	0	7	0	3	160	5	500	15	0	Cinnamon Roll	312	7	56	7	2	21	8	4	308	2	102	0	17
Cereal, Frosted Mini-Wheats	100	3	24	0	0	6	0	3	0	8	0	0	0	Crackers, 2 Pkgs	60	1	9	2	1	1	0	1	105	0	0	0	20
Cereal, Multigrain Cheerios	100	2	23	1	0	6	0	3	110	16	500	5	80	Crackers, 4 Pkgs	120	2	18	3	1	2	0	2	210	1	0	0	40
Cheese Stick, Mozzarella	90	7	0	7	5	0	20	0	95	3	400	0	250	Crackers, Graham	60	1	11	2	0	3	0	1	65	0	300	0	60
Chicken Slider	204	14	25	5	1	2	28	3	361	2	104	0	108	Dinner Roll	103	3	16	3	1	2	3	1	159	1	41	0	2
Egg & Cheese Sandwich	240	9	31	9	3	6	115	3	350	2	200	12	100	Garlic Bread	109	3	16	4	1	2	5	1	158	1	61	0	3
French Toast Sticks	360	9	57	11	2	15	15	3	390	1	0	0	60	Mini Pancakes - Blueberry	240	5	42	6	1	15	3	3	190	2	0	0	40
Fruit Smoothie - Blueberry	196	5	42	1	0	31	6	4	88	0	120	1	400	Nacho Chips (2 oz)	280	4	38	12	2	0	0	2	0	2	0	0	40
Fruit Smoothie - Chocolate Banana	303	9	68	1	0	45	5	5	144	1	484	15	460	Nutri-Grain Bar, Apple Cinnamon	160	2	30	4	1	14	0	3	130	2	750	0	200
Fruit Smoothie - Green	351	8	82	2	0	55	3	10	108	2	4968	121	580	Pasta & Flame Roasted Veg	99	3	16	3	0	2	0	2	330	1	922	12	21
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	202	7	40	1	1	29	9	3	110	1	239	40	477	Stuffing	158	2	14	11	6	2	24	2	139	1	337	1	14
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	Tortillas, Soft (2 6-inch)	180	4	30	5	3	2	0	4	150	1	0	0	40
Ham & Cheese Croissant	170	11	17	7	3	2	20	1	440	1	300	0	100	Tostitos Scoops, Baked	110	2	19	3	0	0	0	1	125	0	0	0	30
Mini Pancakes - Blueberry	240	5	42	6	1	15	3	3	190	2	0	0	40	Waffles (2 Waffles)	170	4	27	6	2	3	10	3	380	5	1000	0	100
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	<b>MILK</b>													
Pancake Sandwich	220	4	35	7	2	11	10	2	260	1	0	0	100	1% Lowfat Unflavored	110	8	13	3	2	12	10	0	130	0	750	0	250
Sausage Breakfast Bagel	170	11	18	6	3	1	20	2	360	1	200	0	150	Fat Free Chocolate	120	8	20	0	0	18	5	0	180	0	750	0	250
Sausage Breakfast Pizza	190	9	18	7	4	1	20	1	220	1	0	0	157	Fat Free Strawberry	110	8	19	0	0	18	5	0	125	0	2500	0	250
Strawberry Bagel-ful	180	6	32	3	2	6	5	3	160	2	100	2	20	Skim	90	8	13	0	0	12	5	0	130	0	750	0	250
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 (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>



VEGETABLES														VEGETABLES													
Calories	Protein (gm)	Carbohydrates (g)	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 (g)	Fat (gm)	Saturated Fat (gm)	Total Sugars (gm)	Cholesterol (mg)	Fiber (gm)	Sodium (mg)	Iron (mg)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)		
Baby Carrots (1/2 Cup)	25	0	6	0	0	3	0	2	55	1	9774	2	23	Teriyaki Sugar Snap Blend	50	2	10	0	0	6	0	2	126	1	460	32	29
Baby Carrots, Packaged	25	0	6	0	0	3	0	2	55	1	9774	2	23	Tossed Salad (1 Cup) (w/o Drsg)	10	1	2	0	0	1	0	1	8	1	2783	2	18
Baked Beans	259	11	54	0	0	21	0	11	478	4	405	0	125	FRUITS													
Baked Plantains	175	1	34	4	2	31	0	1	1	833	7	0	Apple Crisp w/Topping	211	1	42	5	2	38	0	3	8	1	65	1	23	
Black Beans	68	3	13	0	0	3	0	5	259	2	1187	15	119	Apple Slices, Packaged	30	0	8	0	0	6	0	1	0	0	0	72	0
BLT Salad (1 Cup) (w/o Dressing)	58	4	4	3	1	1	17	1	206	1	2638	4	12	Apple Wedges (1/2 Cup)	37	0	10	0	0	7	0	2	1	0	38	4	5
Broc & Cauliflower (w/o Cheese)	23	2	4	0	0	1	0	2	19	0	210	35	24	Applesauce (1/2 Cup)	53	0	14	0	0	12	0	1	3	0	37	1	5
Broccoli Florets (1/2 Cup)	10	1	2	0	0	1	0	1	9	0	1021	32	16	Applesauce Cup	60	0	14	0	0	12	0	0	17	0	0	60	0
Broccoli, Steamed	26	3	5	0	0	1	0	3	10	1	955	38	31	Blueberry Apple Crisp w/Topping	196	1	38	6	2	33	0	3	7	1	54	2	24
Brussels Sprouts (w/o Cheese)	35	3	7	0	0	2	0	3	12	0	764	38	21	Cantaloupe (1/2 Cup)	48	1	12	0	0	11	0	1	23	0	4794	52	13
Candy Corn	87	2	18	2	1	3	3	2	1	0	225	3	3	Craisins, Strawberry	110	0	28	0	0	24	0	3	0	0	0	0	0
Cauliflower Florets (1/2 Cup)	12	1	2	0	0	1	0	1	15	0	0	24	11	Diced Pears & Blueberries (1/2 Cup)	88	1	23	0	0	17	0	3	7	1	14	3	16
Celery Sticks (1/2 Cup)	13	1	3	0	0	1	0	1	71	0	401	3	36	Diced Pears & Red Grapes (1/2 Cup)	89	1	23	0	0	18	0	3	7	1	16	3	16
Chickpeas, Roasted (1/4 Cup)	90	4	13	2	0	3	0	4	136	1	0	0	0	Fresh Fruit, Apple	72	0	19	0	0	14	0	3	1	0	75	6	8
Confetti Collards	74	2	7	5	1	2	0	3	22	0	3705	52	147	Fresh Fruit, Banana	107	1	27	0	0	15	0	3	1	0	77	10	6
Corn Salad (1/2 Cup)	174	2	18	12	1	5	0	3	126	1	664	16	11	Fresh Fruit, Nectarine	63	2	15	0	0	11	0	2	0	0	475	8	9
Cran-Blueberry Spinach Salad (1 Cup) (w/o Drsg)	59	1	15	0	0	13	0	1	20	1	2455	18	26	Fresh Fruit, Orange	62	1	15	0	0	12	0	3	0	0	295	70	52
Cucumber Slices (1/2 Cup)	13	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
Golden Hash Brown Rounds	105	1	17	4	0	0	0	1	110	0	0	4	0	Fresh Fruit, Pear	101	1	27	0	0	17	0	6	2	0	45	8	16
Grape Tomatoes (1/2 Cup)	14	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 (1 Cup) (w/o Dressing)	14	1	3	0	0	1	0	1	4	0	2715	5	16	Fruit Salsa w/Graham Crackers	96	1	21	2	0	10	0	2	66	1	443	13	68
Green Beans	36	1	6	1	1	2	3	3	1	1	416	4	38	Graham Banana Bites	152	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	2478	3	15	Grapefruit Wdgs (1/2 C=2Wdgs)	34	1	9	0	0	6	0	1	0	0	943	26	18
Kickin' Roasted Veggies	41	1	4	3	0	2	0	1	39	0	971	45	19	Grapes (1/2 Cup)	63	1	16	0	0	14	0	1	2	0	60	3	9
Layered Lettuce Sld (1 Cup) (w/o Drsg)	62	5	6	2	1	2	11	2	147	1	3084	13	51	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	21	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)	84	1	5	7	1	3	0	2	154	0	1280	17	19	Juice, Apple	60	0	14	0	0	13	0	0	15	0	0	0	0
Pom-Blueberry Spinach Salad (1 Cup) (w/o Drsg)	49	1	12	0	0	10	0	1	21	1	2453	18	27	Juice, Blended Fruit	60	0	14	0	0	13	0	0	10	0	0	4	0
Potato Wedges	138	2	23	5	1	0	0	2	161	0	0	4	0	Juice, Orange	50	1	12	0	0	10	0	0	15	0	0	42	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	126	1	21	4	0	0	0	1	189	0	0	3	0	Kiwi Wedges (1/2 C = 6 Wedges)	70	1	17	1	0	10	0	3	3	0	99	106	39
Potatoes, French Fries	149	3	23	5	0	0	0	1	176	0	0	5	0	Kiwi Wedges & Fresh Strawberries	49	1	12	0	0	7	0	3	0	0	42	84	26
Potatoes, Mashed	125	2	20	3	1	0	0	2	216	1	0	1	23	Mandarin Orange Cup	59	0	14	0	0	12	0	1	4	1	0	27	0
Pumpkin Souffle'	189	5	31	6	4	25	67	4	124	2	18479	5	112	Mango Pineapple Salsa	41	1	11	0	0	8	0	2	2	0	763	47	7
Rainbow Veggie Sticks	45	1	6	2	1	3	4	2	42	0	1092	3	21	Mixed Berry Cup	90	0	20	0	0	16	0	2	0	1	0	24	0
Refried Beans	116	6	19	2	0	1	0	6	153	2	248	2	44	Mixed Fruit (1/2 Cup)	81	1	21	0	0	17	0	2	9	0	293	5	7
Roasted Sweet Potatoes & Apples	166	2	30	5	2	17	6	4	36	1	17522	18	35	Orange Wedges (1/2 C=3 Wedges)	46	1	12	0	0	9	0	2	0	0	221	52	39
Sauteed Peppers & Onions	47	1	4	3	0	2	0	1	0	0	334	28	13	Peach Crisp w/Topping	216	2	45	5	2	41	0	3	11	1	635	5	13
Sesame Green Beans	52	2	10	1	0	5	0	3	113	1	380	4	56	Peaches (1/2 Cup)	68	1	18	0	0	17	0	2	6	0	444	3	4
Shredded Romaine Lettuce (1 Cup)	8	1	2	0	0	1	0	1	4	0	4198	2	16	Pear Wedges (1/2 C=6 Wdgs)	104	1	28	0	0	18	0	6	3	0	46	12	18
Sliced Tomatoes (1/2 Cup)	22	1	5	0	0	3	0	1	6	0	1015	17	12	Pineapple (1/2 Cup)	98	1	26	0	0	24	0	1	2	0	62	16	23
Soup, Tomato Basil (1 Cup)	181	7	27	6	2	23	8	4	183	2	1324	32	179	Raisins (1 Box)	113	1	30	0	0	25	0	2	10	1	0	1	23
Stir Fried Cabbage	63	2	6	4	0	4	2	2	116	0	74	28	32	Strawberries (1/2 Cup)	28	1	7	0	0	4	0	2	1	0	10	51	14
Sunny Broc & Cauli Toss (1/2 Cup)	147	2	8	12	2	6	9	1	78	0	619	29	18	Strawberry Shortcake	261	3	45	9	2	30	28	3	145	2	116	53	82
Super Food Kale Salad (1/2 Cup)	172	5	24	8	1	16	0	6	173	2	5311	110	286	Tropical Fruit Salad (1/2 Cup)	73	1	18	0	0	16	0	2	0	0	784	31	21
Sweet Potato Fries	125	1	20	5	0	7	0	3	270	0	2893	1	19	Watermelon (1 Wedge)	45	1	11	0	0	9	0	1	2	0	860	12	11

CONDIMENTS														SALAD DRESSINGS													
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)		
Barbecue Sauce (1 Pkt)	25	0	7	0	0	4	0	0	50	0	0	0	French Dressing (1 Tbsp)	65	0	4	6	1	3	0	0	105	0	50	0	0	
Barbecue Sauce, Bottle (1 Tbsp)	26	0	6	0	0	6	0	0	122	0	43	0	Greek Dressing (1 Tbsp)	50	0	1	6	1	0	0	0	140	0	0	0	0	
Golden Queso (1 oz)	61	4	1	5	3	0	16	0	218	0	215	0	107	Honey Mustard Dressing (1 Tbsp)	80	0	4	7	1	4	5	0	68	0	0	0	0
Golden Queso (for Nachos)	123	7	2	9	5	0	31	0	436	0	430	0	213	Italian Dressing (1 Tbsp)	60	0	1	6	1	1	0	0	135	0	100	1	0
Cheese, American (1 slice)	40	3	1	3	2	1	8	0	150	0	45	0	144	Pomegranate Dressing (1 Tbsp)	35	0	5	2	0	5	0	0	90	0	0	1	0
Cheese, Cheddar (1/2 oz)	45	4	1	3	2	0	10	0	90	0	0	0	75	Ranch Dressing (1 Tbsp)	60	1	1	6	1	1	8	0	130	0	0	0	0
Cheese, Mozzarella (1/2 oz)	45	4	0	4	3	0	10	0	48	1	200	0	175	Raspberry Acai Dressing (1 Tbsp)	20	0	5	0	0	5	0	0	85	0	0	0	0
Cheese, Pamesan (1 Tbsp)	21	1	1	1	1	0	4	0	90	0	49	0	43	<b>COOKIES</b>													
Chili Hot Dog Sauce (1 2/3 Tbsp)	21	1	3	1	0	0	0	1	142	0	0	0	8	Cookie, Choc. Chip	138	2	25	4	1	12	14	3	125	1	41	0	14
Chocolate Yogurt Dip (2 Tbsp)	58	2	8	2	2	8	8	0	24	0	150	0	54	Cookie, Double Choc. Chip	137	2	24	4	2	13	17	2	135	1	44	0	13
Crackers (1 Pkg)	30	1	5	1	0	1	0	1	53	0	0	0	10	Cookie, Oatmeal Choc. Chip	140	3	23	5	2	11	16	3	147	1	43	0	13
Gravy (2 oz)	15	0	3	0	0	0	0	0	46	0	57	0	11	Cookie, Sugar	139	2	25	4	2	12	13	3	146	1	77	0	11
Honey Fire Sauce (1 Tbsp)	20	0	5	0	0	5	0	0	73	0	0	0	0	<b>SNACKS</b>													
Hot Sauce (1 Pkt)	0	0	0	0	0	0	0	0	90	0	0	0	0	Annie's Bunny Cheddar Crackers	90	2	13	4	0	0	0	1	130	0	0	0	0
Ketchup (1 Pkt)	10	0	2	0	0	2	0	0	25	0	0	0	0	Baked Potato Chips, BBQ	110	2	19	3	0	3	0	1	140	0	0	0	7
Margarine (1 Pat)	25	0	0	3	1	0	0	0	40	0	200	0	0	Baked Potato Chips, Original	110	2	19	3	0	2	0	1	140	0	0	0	5
Marinara Dipping Cup	20	1	4	0	0	2	0	1	100	0	181	3	7	Capri Sun, 100% Juice	100	0	24	0	0	20	0	0	20	0	0	0	0
Mayonnaise (1 Pkt)	82	0	0	9	1	0	5	0	76	0	8	0	1	Cinnamon Toast Crunch	110	1	22	3	1	8	0	2	160	4	400	5	80
Mustard (1 Pkt)	3	0	0	0	0	0	0	0	61	0	6	0	3	Crispy Bites, Blueberry Lemon	120	2	21	4	1	8	0	2	60	1	0	0	0
Pickles (1/2 oz - 4 slices)	2	0	0	0	0	0	0	0	115	0	18	0	8	Frozen Yogurt Cup, Holiday	80	2	14	1	1	7	5	2	25	0	0	0	50
Ranch Dressing Cup	70	0	5	6	1	3	5	0	125	0	0	0	20	Fruit Slushie Cup, SideKicks	80	0	20	0	0	19	0	0	45	0	1000	60	80
Salsa (2 Tbsp)	10	0	2	0	0	1	0	1	70	0	500	6	20	Harvest Cheddar SunChips Mix	110	2	15	4	0	1	0	2	200	0	0	0	0
Sour Cream (2 Tbsp)	40	2	2	3	2	2	10	0	25	0	200	0	40	Juice Bowl	120	0	30	0	0	30	0	0	15	0	0	75	100
Sriracha Sauce (1 Tsp)	5	0	1	0	0	1	0	0	190	0	100	1	0	Oatmeal Bites, S'Mores	150	2	24	6	2	9	0	2	125	0	0	0	0
Syrup, Pancake (1.5 oz)	110	0	27	0	0	18	0	0	10	0	0	0	0	Popcom, Kettle Style	120	2	21	5	0	9	0	2	100	1	0	0	0
Taco Sauce (1 Pkt)	5	0	1	0	0	0	0	0	60	0	100	0	0	Popcom, White Cheddar	70	2	9	3	0	0	0	2	100	0	0	0	0
Teriyaki Sauce (1 Tbsp)	20	0	5	0	0	4	0	0	140	0	0	0	0	Sunflower Kemels, Honey Roasted	190	6	11	15	2	5	0	3	65	1	0	0	20
Tomatoes, Diced (1/4 Cup)	12	1	3	0	0	2	0	1	3	0	570	9	7	Tostitos Scoops	110	2	19	3	0	0	0	1	125	0	0	0	30
Whipped Topping (1 Tbsp)	16	0	1	1	1	1	0	0	0	0	0	0	0	White Nacho Doritos	130	2	20	5	1	1	0	2	170	0	0	0	40
Yogurt Dip (2 Tbsp)	56	2	8	2	2	8	8	0	24	0	150	0	54														