

Nutrient Information

Prince William County Elementary 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)
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, Multigrain Cheerios	100	2	23	1	0	6	0	3	110	16	500	5	80	Cinnamon Bread	126	3	21	3	1	7	3	2	80	1	41	0	4
Cheese Stick, Mozzarella	90	7	0	7	5	0	20	0	95	3	400	0	250	Cinnamon Bread Stick	105	3	17	3	1	4	5	2	95	1	59	0	2
Chicken Slider	204	14	25	5	1	2	28	3	361	2	104	0	108	Crackers, 2 Pkgs	60	1	9	2	1	1	0	1	105	0	0	0	20
Egg & Cheese Sandwich	240	9	31	9	3	6	115	3	350	2	200	12	100	Crackers, 4 Pkgs	120	2	18	3	1	2	0	2	210	1	0	0	40
French Toast Sticks	240	6	38	7	1	10	10	2	260	1	0	0	40	Crackers, Graham	60	1	11	2	0	3	0	1	65	0	300	0	60
Ham & Cheese Croissant	170	11	17	7	3	2	20	1	440	1	300	0	100	Dinner Roll	103	3	16	3	1	2	3	1	159	1	41	0	2
Mini Pancakes - Blueberry	240	5	42	6	1	15	3	3	190	2	0	0	40	Garlic Bread	109	3	16	4	1	2	5	1	158	1	61	0	3
Nutri-Grain Bar, Apple Cinnamon	160	2	30	4	1	14	0	3	130	2	750	0	200	Gordita Bread	150	4	26	3	0	1	0	3	135	1	0	0	80
Pancake Puppy	200	7	17	10	3	4	25	3	310	2	0	0	20	Nutri-Grain Bar, Apple Cinnamon	160	2	30	4	1	14	0	3	130	2	750	0	200
Sausage Breakfast Bagel	170	11	18	6	3	1	20	2	360	1	200	0	150	Rice	143	2	23	5	0	0	0	1	3	0	0	0	4
Sausage Breakfast Pizza	190	9	18	7	4	1	20	1	220	1	0	0	157	Stuffing	158	2	14	11	6	2	24	2	139	1	337	1	14
MILK														Sub Roll													
1% Lowfat Unflavored	110	8	13	3	2	12	10	0	130	0	750	0	250	Tortilla or Nacho Chips, 1 oz	140	6	27	2	1	2	0	3	270	2	0	0	60
Fat Free Chocolate	120	8	20	0	0	18	5	0	180	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 Strawberry	110	8	19	0	0	18	5	0	125	0	2500	0	250	Tortilla, Soft	90	2	15	3	2	1	0	2	75	1	0	0	20
Skim	90	8	13	0	0	12	5	0	130	0	750	0	250	Tostitos Scoops, Baked	110	2	19	3	0	0	0	1	125	0	0	0	30
Vanilla Soy Milk	150	9	18	5	1	17	0	1	180	1	500	0	350	Twisted Cheese Bread Stick	160	9	17	6	3	2	10	1	230	1	100	0	150
														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>

LUNCH ENTRÉE (PROTEINS/GRAINS)														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)	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	380	21	38	16	8	20	44	5	281	7	1542	33	519	Pizza, Pepperoni	370	21	33	17	8	3	40	3	550	2	500	4	450
Beef Burger (w/o Bun)	207	16	1	16	6	0	63	0	251	2	0	0	0	Pizza, Stuffed Crust, Cheese	310	19	34	11	5	4	25	3	540	2	0	0	300
Beef Nachos (w/o Cheese Sauce)	414	20	41	21	5	1	51	3	168	4	634	9	78	Pizza, Stuffed Crust, Pepperoni	338	20	34	14	6	4	30	3	646	2	0	0	300
Cheese Quesadilla	270	13	31	10	3	2	10	3	560	2	0	0	210	Popcorn Chicken	279	13	18	17	4	0	53	2	462	2	96	1	0
Cheeseburger/Bun	387	25	31	20	8	4	71	4	631	3	0	0	9	Roasted BBQ Chicken	253	19	19	10	4	18	100	0	484	1	244	1	1
Cheesy Bread	280	15	30	11	6	1	25	2	460	2	300	0	350	Roasted Chicken Wings	342	27	2	25	7	0	153	0	666	1	180	0	0
Chicken Enchilada	471	35	39	20	11	6	81	5	986	2	410	9	363	Roasted Turkey Breast	79	17	1	1	0	0	40	0	466	0	0	0	0
Chicken Fajita (w/o Cheese)	190	18	18	5	2	1	54	2	335	1	17	0	38	Rose' Bolognese	397	27	44	14	6	17	26	5	766	13	1244	22	494
Chicken for Chicken & Waffles	164	14	15	5	1	0	34	1	387	1	97	1	19	Salad Topping - Cheese, Cheddar	90	8	1	6	4	0	20	0	180	0	0	0	150
Chicken Pot Pie	401	26	39	17	7	7	95	5	516	4	1975	5	87	Salad Topping - Cheese, Mozzarella	90	7	0	7	5	0	20	0	95	3	400	0	350
Chicken Tenders	252	21	22	7	1	0	52	1	593	2	148	2	30	Salad Topping - Chicken, Diced	37	7	0	1	0	0	22	0	142	0	0	1	0
Chicken Teriyaki (w/o Rice)	136	20	8	2	0	6	65	0	407	1	0	0	0	Salad Topping - Roasted Chickpeas	90	4	13	2	0	3	0	4	136	1	0	0	0
Chili	249	18	33	4	2	6	24	12	435	6	1603	19	98	Salad Topping - Turkey Breast, Diced	45	10	0	1	0	0	20	0	230	0	0	0	0
Corn Dog Nuggets	313	14	26	16	4	6	50	3	494	1	101	2	20	Salad Topping - Turkey Ham, Diced	65	7	1	4	1	1	28	0	210	0	0	0	0
Crispy Chicken Fillet (w/o Bun)	220	21	15	8	1	2	63	1	491	2	59	0	31	Sloppy Joe (w/o Buns)	220	17	15	9	4	13	55	0	295	2	212	3	16
Fiesta Queso Mac & Cheese	342	17	25	20	10	1	54	1	814	1	0	0	386	Spaghetti & Meat Sauce	413	22	54	12	3	18	42	5	169	5	878	28	90
Fish Nuggets	240	16	18	12	3	0	45	2	750	1	1000	0	80	Spicy Beef for Taco (w/o Tortilla)	161	16	3	9	3	1	51	1	168	2	634	9	38
Grilled Cheese Sandwich	385	18	34	20	11	5	50	4	851	2	407	0	676	Spicy Chicken (w/o Bun)	230	23	15	9	2	2	70	1	440	2	100	0	40
Ham & Cheese Pull-Apart Bread Stix	270	22	28	8	4	2	25	3	590	2	300	0	250	SunWise Sandwich	310	9	33	15	2	11	0	5	310	5	0	0	20
Honey Fire Chicken (w/o Rice)	202	12	22	7	2	16	46	0	374	1	0	0	0	Sweet & Sour Chicken (w/o Rice)	250	13	34	7	2	27	46	1	425	1	1350	6	10
Hot Dog (w/o Bun)	146	8	1	12	6	0	29	0	320	1	28	0	14	Teriyaki Chicken Drumstick	217	21	9	10	3	7	100	0	577	1	100	0	20
Italian Stuffed Peppers	354	23	39	13	6	10	30	5	560	6	693	78	280	Tuna Salad for Sub (w/o Roll)	261	14	0	22	4	0	44	0	237	1	37	0	4
Macaroni & Cheese	328	19	33	13	7	7	37	1	633	2	355	0	666	Turkey Sausage Links (3 Links)	90	12	0	4	0	0	45	0	239	6	0	0	0
Mini Calzones (w/o Dipping Sauce)	320	17	40	11	5	6	20	4	470	2	0	0	250	Vegetable Baked Ziti	436	23	47	19	10	21	40	7	340	9	2476	57	795
Mini Pancakes - Blueberry	240	5	42	6	1	15	3	3	190	2	0	0	40	Vegetarian Stuffed Peppers	346	18	43	12	6	10	30	6	366	2	717	78	305
Morningstar Chik'n Nuggets	198	12	20	9	1	2	0	3	366	2	0	0	30	Waffles (2 Waffles)	170	4	27	6	2	3	10	3	380	5	1000	0	100
Pepperoni & Cheese Calzone	340	20	35	13	5	5	30	3	510	2	500	8	250	Western Omelette	186	15	4	12	4	2	400	1	231	2	896	29	116
Pizza Sticks	320	14	32	14	5	2	20	2	680	2	0	0	300	Yogurt, All Varieties	180	6	38	0	0	29	5	0	105	0	0	2	600
Pizza, Cheese	360	20	34	17	8	4	30	3	510	3	500	6	500	Zesty Meatloaf	310	19	32	11	4	34	106	2	423	3	204	2	37

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, Grated Cheddar (1/2 oz)	45	4	1	3	2	0	10	0	90	0	0	0	75	Pomegranate Dressing (1 Tbsp)	35	0	5	2	0	5	0	0	90	0	0	1	0
Cheese, Pamesan (1 Tbsp)	21	1	1	1	1	0	4	0	90	0	49	0	43	Ranch Dressing (1 Tbsp)	60	1	1	6	1	1	8	0	130	0	0	0	0
Chili Hot Dog Sauce (1 2/3 Tbsp)	21	1	3	1	0	0	0	1	142	0	0	0	8	Raspberry Acai Dressing (1 Tbsp)	20	0	5	0	0	5	0	0	85	0	0	0	0
Chocolate Yogurt Dip (2 Tbsp)	58	2	8	2	2	8	8	0	24	0	150	0	54	COOKIES													
Crackers (1 Pkg)	30	1	5	1	0	1	0	1	53	0	0	0	10	Cookie, Choc. Chip	138	2	25	4	1	12	14	3	125	1	41	0	14
Gravy (2 oz)	15	0	3	0	0	0	0	0	46	0	57	0	11	Cookie, Double Choc. Chip	137	2	24	4	2	13	17	2	135	1	44	0	13
Honey Fire Sauce (1 Tbsp)	20	0	5	0	0	5	0	0	73	0	0	0	0	Cookie, Oatmeal Choc. Chip	140	3	23	5	2	11	16	3	147	1	43	0	13
Hot Sauce (1 Pkt)	0	0	0	0	0	0	0	0	90	0	0	0	0	Cookie, Sugar	139	2	25	4	2	12	13	3	146	1	77	0	11
Ketchup (1 Pkt)	10	0	2	0	0	2	0	0	25	0	0	0	0	SNACKS													
Margarine (1 Pat)	25	0	0	3	1	0	0	0	40	0	200	0	0	Annie's Bunny Cheddar Crackers	90	2	13	4	0	0	0	1	130	0	0	0	0
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	Fruit Slushie Cup, SideKicks	80	0	20	0	0	19	0	0	45	0	1000	60	80
Ranch Dressing Cup	70	0	5	6	1	3	5	0	125	0	0	0	20	Granola	130	3	20	5	1	6	0	2	30	1	0	0	12
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	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	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
Whipped Topping (1 Tbsp)	16	0	1	1	1	1	0	0	0	0	0	0	0	Tostitos Scoops, Baked	110	2	19	3	0	0	0	1	125	0	0	0	30
Yogurt Dip (2 Tbsp)	56	2	8	2	2	8	8	0	24	0	150	0	54														