

Nutrient Information

Prince William County Elementary Schools

2009-2010

	Calories	Protein (gm)	Carbohydrates (gm)	Fat (gm)	Saturated Fat (gm)	Trans Fat (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)	Trans Fat (gm)	Cholesterol (mg)	Fiber (gm)	Sodium (mg)	Iron (mg)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)
BREAKFAST														BREADS													
Apple Roll	200	5	32	6.0	1.5	0	20	3.0	230	1.4	1500	0.0	60	Banana Bread	313	5	55	8.8	1.3	0	40	2.0	248	1.9	78	4.0	104
Applesauce	96	0	25	0.2	0.0	0	0	1.5	4	0.4	6	2.1	5	Biscuit	190	3	23	10.0	6.0	0	0	1.0	470	1.4	0	0.0	40
Biscuit	190	3	23	10.0	6.0	0	0	1.0	470	1.4	0	0.0	40	Bread Stick	110	3	23	1.5	0.4	0	0	3.0	207	0.9	19	4.0	28
Cheese & Bacon English Muffin	281	14	27	13.9	7.1	0	37	5.0	773	1.5	410	0.0	265	Bun, Hamburger, White	150	5	30	2.0	0.0	0	0	1.0	290	1.8	0	0.0	150
Cheese Omelet	110	8	1	8.0	3.5	0	195	0.0	215	0.6	405	2.0	35	Bun, Hamburger, Whole Wheat	130	7	24	2.0	0.0	0	0	4.0	250	1.4	0	0.0	80
Chicken Biscuit	275	10	29	14.0	6.8	0	13	2.0	665	2.2	0	0.0	60	Bun, Hot Dog, White	130	4	26	1.5	0.0	0	0	1.0	210	1.4	0	0.0	60
Cinn Sprinkled Bagel	99	3	15	3.3	0.5	0	0	0.6	144	0.9	20	0.0	1	Bun, Hot Dog, Whole Wheat	130	7	24	2.0	0.0	0	0	4.0	250	1.4	0	0.0	80
Cinnamon Toast	137	3	16	6.8	1.0	0	0	2.2	179	0.8	42	3.7	64	Cheesy Breadstick	95	7	13	2.0	1.0	0	5	1.0	125	0.9	50	0.0	125
Citrus Boat	48	1	12	0.1	0.0	0	0	2.2	0	0.1	619	47.6	35	Cinnamon Bread	269	6	49	6.6	1.0	0	0	3.8	281	2.2	29	0.3	24
Fresh Banana	107	1	27	0.4	0.1	0	0	3.1	1	0.3	77	10.4	6	Cinnamon Bread Sticks	174	5	32	3.6	0.6	0	0	2.9	215	1.7	12	0.1	12
Ham & Cheese Croissant	321	15	29	15.7	8.0	0	44	3.0	802	2.0	223	2.0	171	Dinner Rolls	153	4	24	5.1	0.8	0	0	2.4	233	1.4	18	0.0	9
Hot Spiced Apples	123	0	26	2.7	0.5	0	0	2.4	17.4	0.5	81	0.3	13	French Bread	179	6	30	4.4	0.7	0	0	3.2	258	1.9	17	0.0	17
Juice, Apple	60	0	14	0.0	0.0	0	0	0.0	15	0.0	0	0.0	0	Garlic Bread	184	5	31	4.4	0.7	0	0	1.3	257	2.0	15	0.0	14
Juice, Blended Fruit	60	0	14	0.0	0.0	0	0	0.0	10	0.0	0	3.6	0	Gordita Bread	140	5	25	2.5	0.5	0	0	3.0	260	1.4	0	0.0	60
Juice, Orange	50	1	13	0.0	0.0	0	0	0.0	15	0.0	0	30.0	0	Granola Bar	90	2	15	3.0	0.0	0	0	1.0	80	0.4	0	0.0	0
Mini Pancakes	200	4	34	6.0	1.0	0	10	2.0	370	1.1	0	0.0	40	Italian Bread Stick	164	5	27	4.0	0.8	0	1	1.0	238	1.7	17	0.0	23
Mixed Fruit	106	0	28	0.2	0.0	0	0	1.6	5	0.5	249	86.9	6	Pretzel, Soft	190	8	41	0.0	0.0	0	0	2.0	160	3.6	0	0.0	20
Oatmeal to Go	150	3	29	2.5	0.5	0	10	4.0	135	3.6	500	0.0	100	Rice	141	3	23	4.7	0.7	0	0	1.3	123	0.5	27	0.0	1
Orange Wedges	62	1	15	0.2	0.0	0	0	3.1	0	0.1	295	69.7	52	Tortilla Chips w/Salsa	222	3	37	6.8	1.5	0	0	3.5	139	2.4	178	1.3	4
Pancake Puppy	180	9	21	7.0	2.0	0	15	1.0	440	2.7	0	0.0	0	Tortilla or Nacho Chips	210	3	35	6.8	1.5	0	0	3.0	0	1.6	0	0.0	0
Pancakes	185	8	30	2.0	0.0	0	4	4.0	149	0.4	6450	4.8	60	Tortilla, Soft	80	2	13	2.0	0.0	0	0	0.0	120	0.4	0	0.0	40
Peaches, Diced/Sliced	68	1	18	0.0	0.0	0	0	1.6	6	0.5	220	3.0	4	Tostitos Scoops, Baked	110	2	19	2.5	0.0	0	0	2.0	115	0.4	0	0.0	20
Potato, Spiced Breakfast	122	2	17	5.5	1.0	0	0	1.8	118	0.9	106	7.9	13	MILK													
Sausage Biscuit	251	9	23	14.1	7.1	0	31	1.0	592	1.9	42	0.5	52	1% Lowfat Unflavored	110	8	13	2.5	1.5	0	15	0.0	130	0.0	500	1.2	300
Sausage Breakfast Pizza	230	9	25	10.0	3.5	0	15	1.0	560	1.8	100	0.0	150	1% Chocolate	150	8	24	2.5	1.5	0	10	0.0	200	0.0	500	1.2	300
Sausage Patty	61	6	0	4.1	1.1	0	31	0.0	122	0.5	42	0.5	12	1% Strawberry	140	7	24	2.0	1.5	0	10	0.0	130	0.0	500	2.4	250
Skillet Frittata	110	8	2	7.0	3.0	0	200	0.0	300	0.7	360	0.0	65	Skim	90	9	13	0.0	0.0	0	5	0.0	130	0.0	500	2.4	300
Sweet Crinkles	115	0	21	2.9	0.5	0	0	2.0	172	0.4	4765	9.2	21	Vanilla Soy Milk	110	7	11	3.5	0.5	0	0	0.0	90	1.4	1000	0.0	300
Toast	108	3	12	5.5	0.8	0	0	2.0	172	0.7	32	3.6	60														



School Food and Nutrition Services
 Prince William County Public Schools
 www.pwcs.edu

	Calories	Protein (gm)	Carbohydrates (gm)	Fat (gm)	Saturated Fat (gm)	Trans Fat (gm)	Cholesterol (mg)	Fiber (gm)	Sodium (mg)	Iron (mg)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)
ENTREES													
Black Bean & Corn Salsa	60	3	12	0.4	0.0	0	0	2.8	423	2.7	479	4.3	17
Black Bean Empanadas	280	9	38	10.0	5.0	0	20	2.0	880	1.1	200	1.2	150
Cheeseburger/Bun	303	23	25	14.5	6.3	0	54	5.0	573	3.3	205	0.0	188
Chicken Fajita	178	14	15	7.2	1.5	0	57	0.8	409	1.2	18	0.5	54
Chicken Tenders	206	15	12	10.5	2.4	0	42	0.6	719	1.2	16	0.0	12
Chicken Teriyaki (w/o Rice)	88	12	4	2.4	0.6	0	50	0.0	165	0.6	59	2.1	12
Chili	210	16	30	3.5	1.0	0	26	11.2	594	4.0	1100	13.2	73
Chili Cheese Wrap	300	16	36	11.0	3.0	0	10	4.0	670	2.7	100	0.0	200
Corn Dog Nuggets	298	10	33	13.4	3.7	0	37	4.5	671	1.6	0	0.0	119
Crispy Chicken Patty (w/o Bun)	207	13	8	12.1	2.9	0	36	0.3	540	1.1	69	0.0	22
Enchilida Pie	407	28	26	20.9	9.4	0	84	0.7	759	1.8	682	3.4	364
Fish Nuggets	280	16	20	15.0	3.5	0	40	1.0	810	1.1	200	0.0	60
French Toast Sticks, Lunch	440	8	68	14.0	2.0	0	0	4.0	500	4.0	652	5.4	172
Gordita on Gordita Bread	351	20	32	15.5	5.4	0	52	4.3	733	4.0	470	3.7	120
Grilled Cheese Sandwich	323	12	20	19.9	7.2	0	27	4.0	751	1.5	474	7.2	295
Ham & Cheese Sub	357	21	35	14.4	7.2	0	60	3.0	1104	2.5	379	1.1	492
Hamburger (w/o Bun)	120	13	1	8.0	3.5	0	40	1.0	120	1.8	0	0.0	20
Hamburger Sliders	306	22	33	11.1	3.4	0	36	7.3	736	3.8	0	0.0	173
Honey BBQ Beef Rib (w/o Bun)	212	13	12	12.8	5.2	0	35	1.4	621	2.0	181	1.3	33
Hot Dog (w/o Bun)	140	6	3	12.0	3.0	0	30	0.0	400	1.1	0	1.2	20
Hummus/Pita Chips	264	6	33	12.2	0.7	0	0	4.9	638	1.5	0	5.1	0
Italian Hot Pocket	350	15	41	12.0	4.5	0	5	2.0	560	3.6	1000	0.0	350
Lasagna	331	24	32	10.9	5.9	0	51	3.3	649	3.4	1268	13.1	405
Little Smokies	86	4	0	7.7	2.7	0	18	0.0	285	0.3	0	0.0	3
Macaroni & Cheese	295	9	48	7.9	3.4	0	11	0.0	1070	1.6	0	0.0	95
Morningstar Chik'n Nuggets	188	12	19	8.9	1.5	0	0	4.0	593	1.8	0	0.0	59
Nachos	251	16	20	11.5	3.5	0	55	2.3	222	3.0	355	3.6	19
Pig in a Blanket	273	10	26	15.0	3.5	0	30	0.9	642	2.4	13	1.2	31
Pizza Sticks	320	16	34	14.0	5.0	0	20	0.0	740	2.9	400	0.0	400
Pizza, Cheese	330	22	39	10.0	5.5	0	25	5.0	460	2.7	500	12.0	350
Pizza, Pepperoni	356	23	39	12.4	6.3	0	31	5.0	559	2.8	500	12.0	350
Pizza, Stuffed Crust, Cheese	370	21	43	12.0	6.0	0	25	3.0	440	2.7	750	3.6	400
Pizza, Stuffed Crust, Pepperoni	396	22	43	14.4	6.8	0	31	3.0	539	2.8	750	3.6	400
Popcorn Chicken	219	13	13	11.9	5.0	0	50	0.0	676	1.8	99	0.0	0
Sloppy Joe (w/o Bun)	230	16	15	11.9	4.6	0	55	0.3	547	1.9	255	4.3	22
Spaghetti & Meat Sauce	345	22	46	9.1	3.0	0	42	7.8	481	5.4	652	13.3	57

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ENTREES													
Spicy Chicken Breast (w/o Bun)	202	14	13	9.9	2.2	0	37	0.8	990	1.2	137	0.0	26
Steak & Cheese Stromboli	429	23	48	15.6	6.1	0	42	1.9	778	1.2	267	0.0	314
Stuffed Shells & Meat Sauce	285	18	34	9.2	4.5	0	52	2.7	510	3.8	780	10.5	134
Taco	223	16	16	9.8	2.7	0	55	0.8	342	2.6	355	3.6	59
Teriyaki Beef Dippers	179	16	7	9.5	3.8	0	41	1.0	503	2.2	51	0.0	28
Toasted Pierogies	270	9	42	7.0	4.0	0	10	9.0	530	2.5	200	0.0	100
Tuna Salad Croissant	391	25	35	16.0	5.6	0	33	3.5	728	2.7	207	2.1	128
Tuna Salad Sub	361	26	40	10.0	2.1	0	28	3.5	768	3.1	207	0.9	348
Turkey & Bacon Sub	300	18	36	9.0	3.6	0	37	3.0	853	2.1	0	0.5	304
Turkey & Cheese Sub	355	22	36	13.3	6.8	0	49	3.0	1036	2.1	355	0.5	491
Turkey Pot Pie	489	39	37	21.1	12.5	0	99	2.4	1735	3.7	2590	5.9	54
Uncrustable PB&J Sandwich	600	20	57	33.0	7.0	0	0	7.0	590	1.8	0	0.0	40
Yogurt	180	6	39	0.0	0.0	0	5	0.0	150	0.0	0	2.4	600
Vegetable Lasagna	336	22	35	11.3	6.5	0	33	5.4	527	3.4	2131	49.5	512
Zesty Meatloaf	352	27	25	14.9	5.5	0	135	1.0	666	3.4	172	1.8	69
ENTREE SALADS W/O DRESSING													
Asian Chicken Entrée Salad	154	17	9	5.5	1.4	0	47	1.2	100	1.7	2278	11.7	31
Cheese & Bacon Entrée Salad	232	14	4	18.4	10.5	0	56	1.1	463	0.8	4686	3.3	310
Chicken BLT Entrée Salad	229	21	10	11.8	3.8	0	61	1.4	323	1.9	2276	5.8	49
Chicken Caesar Entrée Salad	225	18	10	12.6	4.5	0	66	1.7	538	2.0	2074	2.2	195
Chicken Fajita Entrée Salad	235	17	16	12.3	4.8	0	71	2.6	383	2.1	2155	4.4	130
Chicken Salad Entrée Salad	211	23	8	9.5	2.1	0	68	1.4	178	1.8	4407	3.9	80
Chicken Strip Entrée Salad	169	16	14	5.4	1.2	0	36	1.6	543	1.6	4291	3.3	49
Chicken Tender Entrée Salad	135	12	11	4.8	1.0	0	50	1.1	353	1.4	4357	3.3	44
Double Cheese Entrée Salad	208	15	4	14.4	8.7	0	43	1.1	341	0.8	4794	3.3	423
Ham & Cheese Entrée Salad	126	12	3	6.4	3.5	0	32	1.1	355	1.1	4523	3.9	236
Pepperoni & Cheese Entrée Salad	160	13	3	9.8	5.4	0	28	1.1	336	0.9	4636	3.3	337
Popcorn Chicken Entrée Salad	145	9	11	7.3	3.0	0	30	1.1	415	1.9	4320	3.3	27
Taco Entrée Salad	307	20	17	17.7	7.5	0	65	2.6	305	3.8	2490	7.5	136
Tuna Salad Entrée Salad	186	21	9	7.1	1.1	0	28	1.6	431	2.1	4468	4.2	75
Turkey & Cheese Entrée Salad	160	12	5	10.5	6.0	0	40	1.1	351	0.9	4544	3.6	218

SIDES	Calories	Protein (gm)	Carbohydrates (gm)	Fat (gm)	Saturated Fat (gm)	Trans Fat (gm)	Cholesterol (mg)	Fiber (gm)	Sodium (mg)	Iron (mg)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)	SIDES	Calories	Protein (gm)	Carbohydrates (gm)	Fat (gm)	Saturated Fat (gm)	Trans Fat (gm)	Cholesterol (mg)	Fiber (gm)	Sodium (mg)	Iron (mg)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)
Apple Crisp w/Topping	227	2	41	7.1	2.0	0	0	2.5	33	1.1	49	0.5	22	Fruit Juice Gelatin	127	1	31	0.1	0.0	0	0	0.1	135	0.4	1	62.9	8
Apple Half & Kiwi Wedges	59	1	15	0.3	0.0	0	0	2.8	2	0.2	70	38.4	17	Fruit Medley	134	1	34	0.3	0.1	0	0	2.6	14	0.7	205	11.4	15
Apple Wedges & Grapes	68	1	18	0.2	0.0	0	0	2.1	2	0.3	67	8.5	9	Fruit Sherbet	120	0	27	1.5	1.0	0	5	0.0	35	0.4	0	60.0	20
Apple Wedges w/Caramel Dip	212	2	53	0.3	0.0	0	0	3.3	154	0.2	75	7.9	35	Graham Banana Bites	139	1	26	4.6	0.9	0	0	2.0	20	0.4	49	6.7	4
Apple Wedges w/Yogurt Dip	150	1	28	4.8	2.9	0	9	3.4	23	0.3	215	8.1	61	Green Beans	25	1	6	0.1	0.0	0	0	2.3	323	1.1	536	5.9	32
Appleberry Crunch w/Topping	274	3	40	12.3	2.7	0	0	1.7	73	1.2	13	1.0	16	Hot Spiced Apples	123	0	26	2.7	0.5	0	0	2.4	17.4	0.5	81	0.3	13
Applesauce	96	0	25	0.2	0.0	0	0	1.5	4	0.4	6	2.1	5	Mandarin Oranges	76	1	20	0.1	0.0	0	0	0.9	8	0.5	1052	24.8	9
Applesauce, Cinnamon	104	0	27	0.2	0.0	0	0	1.7	4	0.6	7	2.2	9	Mixed Fruit	106	0	28	0.2	0.0	0	0	1.6	5	0.5	249	86.9	6
Baby Carrots & Broccoli w/Dip	63	3	9	2.2	0.3	0	2	1.6	231	0.7	7043	29.7	77	Mixed Vegetables	80	3	15	0.0	0.0	0	0	4.0	53	1.0	1666	12.0	27
Baby Carrots & Celery w/Dip	56	2	8	2.1	0.3	0	2	1.3	244	0.5	6037	4.9	76	Orange & Kiwi Quarters	54	1	13	0.3	0.0	0	0	2.7	1	0.2	180	70.1	39
Baby Carrots w/Dip	58	2	8	2.1	0.3	0	2	1.2	233	0.6	8810	5.6	68	Orange Wedges & Apple Half	67	1	17	0.2	0.0	0	0	3.2	1	0.2	185	38.5	31
Baked Beans	180	7	41	0.8	0.2	0	0	7.1	792	0.7	348	7.5	82	Orange Wedges & Grape Clus.	62	1	16	0.2	0.0	0	0	2.0	1	0.2	177	39.7	31
Banana & Kiwi Halves	77	1	19	0.4	0.1	0	0	2.7	2	0.3	72	40.7	16	Orange Wedges & Straw.	45	1	11	0.2	0.0	0	0	2.4	0	0.3	153	60.2	33
Banana & Strawberries	67	1	17	0.3	0.1	0	0	2.4	1	0.3	44	30.9	10	Pasta & Flame Roasted Veg	92	2	13	3.1	1.0	0	0	2.1	205	0.7	769	9.2	21
Banana w/Chocolate Dip	119	1	25	2.5	2.1	0	0	1.6	91	0.5	39	5.5	13	Peach Cobbler w/Topping	224	3	40	7.1	2.1	0	22	1.9	135	1.1	236	2.9	61
Blueberry Crisp w/Topping	193	2	32	7.1	2.0	0	0	2.2	28	0.8	25	1.7	16	Peach Crisp w/Topping	230	2	43	6.7	2.0	0	0	2.3	33	1.2	209	3.2	15
Broc., Caulif. & Carrots w/Dip	60	3	8	2.1	0.3	0	2	1.8	217	0.6	3137	40.5	74	Peaches, Diced/Sliced	68	1	18	0.0	0.0	0	0	1.6	6	0.5	220	3.0	4
Broccoli	25	3	5	0.3	0.0	0	0	2.8	23	0.8	972	53.3	53	Pear Halves	147	0	39	0.1	0.0	0	0	4.0	12	0.7	4	1.6	17
Broccoli & Cauliflower	24	2	4	0.0	0.0	0	0	1.9	24	0.4	194	34.9	19	Pears, Diced/Sliced	87	0	23	0.1	0.0	0	0	2.3	7	0.4	4	0.9	11
Broccoli & Cheese Rice	197	8	19	10.3	4.9	0	22	2.2	401	0.8	757	21.8	165	Pear Wedges w/Yogurt Dip	175	2	35	4.7	2.8	0	9	5.2	23	0.5	179	8.7	68
Broccoli Salad	100	3	7	6.8	2.4	0	13	1.0	167	0.3	332	32.6	67	Peas	71	5	13	0.2	0.1	0	0	5.0	65	1.4	606	9.0	22
Brussel Sprouts	38	3	6	0.0	0.0	0	0	3.9	10	0.7	485	58.2	19	Pineapple	65	0	17	0.2	0.0	0	0	1.0	1	0.5	48	9.4	18
Carrot & Cucumber Coins w/Dip	57	2	8	2.1	0.3	0	2	1.2	208	0.2	6009	3.3	65	Potato, Baked	211	6	48	0.3	0.1	0	0	5.0	23	2.5	23	21.8	34
Carrots & Snow Peas w/Dip	62	2	9	2.1	0.3	0	2	1.4	228	0.8	7987	13.5	72	Potato Wedges, Seasoned	116	2	20	3.1	0.0	0	0	1.8	264	0.6	50	5.9	18
Cherry Crisp w/Topping	198	2	34	6.8	2.0	0	0	1.7	34	2.0	684	2.2	21	Potatoes, Curly Fries	114	2	15	4.6	1.1	0	0	2.3	267	0.6	0	0.9	15
Cherry Upside Down Cake	270	4	43	9.7	2.5	0	32	1.7	203	2.6	904	2.5	101	Potatoes, French Fries	130	2	19	5.3	0.4	0	0	1.5	175	0.6	381	4.6	0
Citrus Boat	48	1	12	0.1	0.0	0	0	2.2	0	0.1	619	47.6	35	Potatoes, Mashed	89	2	17	1.0	0.0	0	0	2.0	397	0.4	0	3.6	2
Collard Greens	30	1	5	0.5	0.0	0	0	3.0	20	1.1	3000	12.0	150	Potatoes, Tater Tots	168	2	19	9.9	2.5	0	0	2.0	336	0.4	0	4.7	0
Corn	68	2	16	0.6	0.1	0	0	2.0	1	0.4	167	2.9	3	Pumpkin Pie Squares	200	5	29	7.8	2.5	0	51	3.0	183	1.7	1169	1.3	124
Creamy Cucumber Moons	66	1	8	4.0	0.6	0	3	0.3	85	0.2	97	1.9	13	Raw Vegetables w/Dip	52	2	7	2.0	0.3	0	2	1.0	149	0.4	4094	4.8	67
Cucumber Wedges/Carrots w/FD	93	0	10	5.4	0.6	0	0	0.8	162	0.4	5036	4.1	18	Soup, Broccoli & Cheese	248	13	9	17.8	10.8	0	52	2.0	853	0.8	2628	29.2	372
Fresh Apple	72	0	19	0.2	0.0	0	0	3.3	1	0.2	75	6.4	8	Soup, Chicken Salsa	130	13	11	2.9	0.8	0	34	2.4	407	2.4	1002	7.1	26
Fresh Banana	107	1	27	0.4	0.1	0	0	3.1	1	0.3	77	10.4	6	Soup, Vegetable	121	3	18	3.8	0.6	0	0	3.8	242	1.6	1356	13.8	49
Fresh Grapes	63	1	16	0.2	0.1	0	0	0.8	2	0.3	60	9.8	9	Strawberry Shortcake	248	3	42	8.6	2.3	0	29	2.1	143	1.4	74	35.1	77
Fresh Nectarine	60	1	14	0.4	0.0	0	0	2.3	0	0.4	452	7.3	8	Sweet Potato Pie Squares	228	4	37	7.6	2.5	0	51	2.2	214	1.5	5355	7.9	112
Fresh Orange	62	1	15	0.2	0.0	0	0	3.1	0	0.1	295	69.7	52	Tossed Salad w/Fr. Dressing	30	1	3	1.5	0.2	0	0	0.7	43	0.5	2811	2.2	18
Fresh Peach	38	1	9	0.3	0.0	0	0	1.5	0	0.3	319	6.5	6	Tossed Salad w/Ital. Dressing	17	1	3	0.7	0.0	0	0	0.7	104	0.5	2783	2.2	18
Fresh Pear	96	1	26	0.2	0.0	0	0	5.2	2	0.3	38	7.0	15	Tossed Salad w/Ranch Dressing	19	1	3	0.6	0.1	0	0	0.7	57	0.5	2787	2.2	33
Frozen Fruit Juicee	40	0	10	0.0	0.0	0	0	2.0	5	0.0	500	60.0	100	Tropical Fruit Salad	73	1	19	0.0	0.0	0	0	1.7	2	0.3	229	14.5	10

	Calories	Protein (gm)	Carbohydrates (gm)	Fat (gm)	Saturated Fat (gm)	Trans Fat (gm)	Cholesterol (mg)	Fiber (gm)	Sodium (mg)	Iron (mg)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)
CONDIMENTS													
Barbecue Sauce	14	0	3	0.0	0.0	0	0	0.1	150	0.1	40	0.0	2
Caramel Dip (2 Tbsp)	110	1	27	0.0	0.0	0	0	0.0	120	0.0	0	0.0	20
Cheese Sauce (1 oz)	46	1	4	3.0	1.0	0	2	0.5	262	0.1	118	0.0	40
Cheese Sauce Cups (2 oz)	160	8	4	12.0	7.0	0	4	0.0	840	0.0	300	0.0	250
Cheese, Grated (1/2 oz)	57	3	0	4.7	2.8	0	14	0.0	90	0.0	142	0.0	95
Chili Sauce (1 2/3 Tbsp)	25	1	3	1.1	0.4	0	2	0.8	155	0.5	524	0.0	8
Crackers (1 Pkg)	35	1	5	1.5	0.0	0	0	0.5	50	0.4	0	0.0	0
CROUTONS (1/2 oz)	60	1	7	3.0	0.4	0	0	0.6	80	0.4	111	0.1	13
Dip (2 Tbsp)	34	1	3	1.9	0.3	0	2	0.0	171	0.0	13	0.2	45
Dipping Sauce (2 oz)	26	1	6	0.1	0.0	0	0	1.1	155	0.8	320	5.1	11
Gravy (2 oz)	16	0	3	0.2	0.1	0	1	0.0	47	0.0	1	0.0	11
Jelly (1 Pkt)	35	0	9	0.0	0.0	0	0	0.0	10	0.0	0	0.0	0
Ketchup (1 Pkt)	9	0	2	0.1	0.0	0	0	0.1	100	0.1	84	1.4	2
Lettuce & Pickles (1/4 Cup)	3	0	1	0.0	0.0	0	0	0.2	92	0.1	57	0.7	3
Lettuce & Tomato (1/4 Cup)	3	0	1	0.0	0.0	0	0	0.2	2	0.1	101	1.4	3
Margarine (1 Pat)	33	0	0	3.7	0.7	0	0	0.0	37	0.0	167	0.0	0
Mustard (1 Pkt)	4	0	0	0.2	0.0	0	0	0.2	62	0.1	7	0.2	4
Salad Dressing (1 Pkt)	47	0	3	4.0	0.6	0	3	0.0	85	0.0	26	0.0	2
Salsa (Commodity) (2 Tbsp)	12	0	2	0.1	0.0	0	0	0.5	139	0.7	178	1.3	4
Salsa (Purchased) (2 Tbsp)	22	0	4	0.0	0.0	0	0	0.4	511	0.3	267	6.3	14
Seafood Cocktail Sauce (1 Pkt)	12	0	3	0.0	0.0	0	0	0.0	135	0.0	0	0.0	0
Sour Cream (2 Tbsp)	49	1	1	4.4	2.7	0	9	0.0	17	0.0	136	0.3	39
Syrup (1.5 oz)	118	0	30	0.0	0.0	0	0	0.0	29	0.0	0	0.0	0
Taco Sauce (1 Pkt)	5	0	1	0.0	0.0	0	0	0.0	73	0.0	56	0.0	0
Tarter Sauce (1 Pkt)	37	0	2	3.3	0.5	0	3	0.0	151	0.0	0	0.0	0
Whipped Topping (1 Tbsp)	15	0	1	1.3	1.3	0	0	0.0	0	0.0	0	0.0	0
Yogurt Dip (2 Tbsp)	77	1	9	4.5	2.8	0	9	0.0	20	0.2	140	0.2	52
COOKIES													
Cookie, Choc. Chip	147	2	24	4.9	1.6	0	11	1.3	159	1.1	57	0.0	0
Cookie, Double Choc. Chip	140	2	24	4.5	1.5	0	10	2.0	135	1.1	0	0.0	0
Cookie, Oatmeal Choc. Chip	148	2	24	4.9	1.6	0	10	1.5	133	2.7	22	0.0	0

	Calories	Protein (gm)	Carbohydrates (gm)	Fat (gm)	Saturated Fat (gm)	Trans Fat (gm)	Cholesterol (mg)	Fiber (gm)	Sodium (mg)	Iron (mg)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)
LARGE ALACARTE SALADS W/O DRESSING													
Asian Chicken Large Salad	172	18	13	5.6	1.5	0	47	2.2	104	2.5	4528	23.4	54
Cheese & Bacon Large Salad	241	15	5	18.5	10.6	0	56	1.7	457	1.6	4447	8.6	331
Chicken BLT Large Salad	237	22	11	11.9	3.8	0	61	2.0	326	2.6	4153	7.9	69
Chicken Caesar Large Salad	276	25	12	15.1	5.2	0	93	2.7	651	3.0	3952	4.3	215
Chicken Fajita Large Salad	302	21	18	17.2	7.7	0	85	3.3	476	2.9	4293	8.3	245
Chicken Salad Large Salad	223	25	10	9.8	2.1	0	68	2.6	180	2.7	4988	34.8	110
Chicken Strip Large Salad	178	17	16	5.6	1.2	0	36	2.2	537	2.4	4052	8.6	69
Chicken Tender Large Salad	146	13	13	5.0	1.1	0	50	2.1	348	2.2	4193	30.6	62
Double Cheese Large Salad	220	16	6	14.7	8.7	0	43	2.3	343	1.7	5376	34.2	452
Ham & Cheese Large Salad	136	14	5	6.6	3.5	0	32	2.1	350	1.9	4359	31.1	255
Pepperoni & Cheese Large Salad	169	14	5	10.0	5.4	0	28	1.9	330	1.7	4265	27.8	358
Popcorn Chicken Large Salad	157	10	13	7.4	3.0	0	30	2.3	417	2.7	4055	21.0	49
Taco Large Salad	374	24	19	22.6	10.3	0	79	3.4	398	4.5	4628	11.4	252
Tuna Salad Large Salad	196	22	11	7.3	1.2	0	28	2.5	426	2.9	4304	31.5	93
Turkey & Cheese Large Salad	170	13	6	10.7	6.0	0	40	2.1	346	1.7	4380	30.8	236
SALAD DRESSINGS													
Caesar Dressing (3 Tbsp)	102	1	4	8.7	1.5	0	0	0.0	904	0.0	0	0.0	0
French Dressing (3 Tbsp)	105	0	8	7.5	0.8	0	0	0.0	188	0.0	151	0.0	0
Italian Dressing (3 Tbsp)	36	0	6	3.0	0.0	0	0	0.0	512	0.0	0	0.0	0
Oriental Dressing (3 Tbsp)	136	0	18	6.8	0.8	0	0	0.0	482	0.0	0	0.0	0
Ranch Dressing (3 Tbsp)	50	2	5	2.8	0.4	0	3	0.0	257	0.0	20	0.3	67