

Nutrient Information

Prince William County High 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
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
Cheese & Bacon English Muffin	281	14	27	13.9	7.1	0	37	5.0	773	1.5	410	0.0	265	Bread Stick	110	3	23	1.5	0.4	0	0	3.0	207	0.9	19	4.0	28
Cheese Omelet	110	8	1	8.0	3.5	0	195	0.0	215	0.6	405	2.0	35	Bun, Hamburger, White	150	5	30	2.0	0.0	0	0	1.0	290	1.8	0	0.0	150
Chicken Biscuit	275	10	29	14.0	6.8	0	13	2.0	665	2.2	0	0.0	60	Bun, Hamburger, 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	Bun, Hot Dog, White	130	4	26	1.5	0.0	0	0	1.0	210	1.4	0	0.0	60
Citrus Boat	48	1	12	0.1	0.0	0	0	2.2	0	0.1	619	47.6	35	Bun, Hot Dog, Whole Wheat	130	7	24	2.0	0.0	0	0	4.0	250	1.4	0	0.0	80
French Toast Sticks	335	6	52	10.5	1.5	0	0	3.0	375	3.0	489	4.0	129	Cheesy Breadstick	95	7	13	2.0	1.0	0	5	1.0	125	0.9	50	0.0	125
Ham & Cheese Biscuit	248	9	23	13.7	7.8	0	24	1.0	764	1.8	115	0.5	86	Cinnamon Bread	313	7	57	7.8	1.2	0	0	4.4	328	2.6	34	0.3	28
Ham & Cheese Croissant	321	15	29	15.7	8.0	0	44	3.0	802	2.0	223	2.0	171	Cinnamon Bread Sticks	174	5	32	3.6	0.6	0	0	2.9	215	1.7	12	0.1	12
Hot Spiced Apples	119	0	26	2.3	0.4	0	0	2.4	24	0.5	146	0.3	13	Dinner Rolls	239	7	37	8.0	1.2	0	0	3.8	364	2.2	28	0.0	13
Juice, Apple	60	0	14	0.0	0.0	0	0	0.0	15	0.0	0	0.0	0	French Bread	208	7	36	5.1	0.8	0	0	3.8	301	2.2	19	0.0	20
Juice, Blended Fruit	60	0	14	0.0	0.0	0	0	0.0	10	0.0	0	3.6	0	Fresh Baked Sub Roll	320	13	57	3.5	1.0	0	0	4.0	620	2.7	0	0.0	20
Juice, Orange	50	1	13	0.0	0.0	0	0	0.0	15	0.0	0	30.0	0	Fried Rice	138	2	24	4.0	0.7	0	0	0.6	332	1.0	27	0.0	21
Oatmeal to Go	150	3	29	2.5	0.5	0	10	4.0	135	3.6	500	0.0	100	Garlic Bread	214	6	36	5.1	0.8	0	0	1.5	300	2.3	18	0.0	16
Orange Wedges	62	1	15	0.2	0.0	0	0	3.1	0	0.1	295	69.7	52	Gordita Bread	140	5	25	2.5	0.5	0	0	3.0	260	1.4	0	0.0	60
Pancake Puppy	180	9	21	7.0	2.0	0	15	1.0	440	2.7	0	0.0	0	Granola Bar	90	2	15	3.0	0.0	0	0	1.0	80	0.4	0	0.0	0
Pancakes	185	8	30	2.0	0.0	0	4	4.0	149	0.4	6450	4.8	60	Italian Bread Stick	164	5	27	4.0	0.8	0	1	1.0	238	1.7	17	0.0	23
Potato, Spiced Breakfast	122	2	17	5.5	1.0	0	0	1.8	118	0.9	106	7.9	13	Mexican Rice	122	3	23	2.9	0.4	0	0	0.5	416	1.0	70	1.3	23
Sausage Biscuit	251	9	23	14.1	7.1	0	31	1.0	592	1.9	42	0.5	52	Pretzel, Soft	190	8	41	0.0	0.0	0	0	2.0	160	3.6	0	0.0	20
Sausage Breakfast Bagel	180	9	19	7.0	2.0	0	15	1.0	480	1.4	100	0.0	200	Rice	141	3	23	4.7	0.7	0	0	1.3	123	0.5	27	0.0	1
Sausage Breakfast Pizza	230	9	25	10.0	3.5	0	15	1.0	560	1.8	100	0.0	150	Tortilla Chips w/Salsa	222	3	37	6.8	1.5	0	0	3.5	139	2.4	178	1.3	4
Sausage Patty	61	6	0	4.1	1.1	0	31	0.0	122	0.5	42	0.5	12	Tortilla or Nacho Chips	210	3	35	6.8	1.5	0	0	3.0	0	1.6	0	0.0	0
Skillet Frittata	110	8	2	7.0	3.0	0	200	0.0	300	0.7	360	0.0	65	Tortilla Wrap for Deli Line	170	4	29	4.5	1.0	0	0	0.0	260	0.4	0	0.0	100
Sweet Crinkles	115	0	21	2.9	0.5	0	0	2.0	172	0.4	4765	9.2	21	Tortilla, Soft	80	2	13	2.0	0.0	0	0	0.0	120	0.4	0	0.0	40
Toast	108	3	12	5.5	0.8	0	0	2.0	172	0.7	32	3.6	60	Tostitos Scoops, Baked	110	2	19	2.5	0.0	0	0	2.0	115	0.4	0	0.0	20
Tri-taters	179	2	22	9.0	2.0	0	0	2.0	398	0.7	0	4.8	0														



School Food and Nutrition Services
Prince William County Public Schools
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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 (2 oz)	92	1	7	6.1	2.0	0	4	1.0	523	0.2	236	0.0	80
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
Chili Sauce (2 x 1 2/3 Tbsp)	50	3	5	2.1	0.8	0	3	1.7	310	0.9	1048	0.0	17
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

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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
Spicy Popcorn Chicken Large Salad	153	11	12	7.5	2.5	0	33	2.3	370	2.7	4116	21.7	61
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
MILK													
1% Lowfat Unflavored	110	8	13	2.5	1.5	0	15	0.0	130	0.0	500	1.2	300
1% Chocolate	150	8	24	2.5	1.5	0	10	0.0	200	0.0	500	1.2	300
1% Strawberry	140	7	24	2.0	1.5	0	10	0.0	130	0.0	500	2.4	250
Skim	90	9	13	0.0	0.0	0	5	0.0	130	0.0	500	2.4	300
Vanilla Soy Milk	110	7	11	3.5	0.5	0	0	0.0	90	1.4	1000	0.0	300