

# Nutrient Information

## Prince William County Middle 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
Chicken Biscuit	275	10	29	14.0	6.8	0	13	2.0	665	2.2	0	0.0	60	Bun, Hamburger, White	150	5	30	2.0	0.0	0	0	1.0	290	1.8	0	0.0	150
Cinnamon Toast	137	3	16	6.8	1.0	0	0	2.2	179	0.8	42	3.7	64	Bun, Hamburger, Whole Wheat	130	7	24	2.0	0.0	0	0	4.0	250	1.4	0	0.0	80
Citrus Boat	48	1	12	0.1	0.0	0	0	2.2	0	0.1	619	47.6	35	Bun, Hot Dog, White	130	4	26	1.5	0.0	0	0	1.0	210	1.4	0	0.0	60
French Toast Sticks	335	6	52	10.5	1.5	0	0	3.0	375	3.0	489	4.0	129	Bun, Hot Dog, Whole Wheat	130	7	24	2.0	0.0	0	0	4.0	250	1.4	0	0.0	80
Ham & Cheese Biscuit	248	9	23	13.7	7.8	0	24	1.0	764	1.8	115	0.5	86	Cheesy Breadstick	95	7	13	2.0	1.0	0	5	1.0	125	0.9	50	0.0	125
Ham & Cheese Croissant	321	15	29	15.7	8.0	0	44	3.0	802	2.0	223	2.0	171	Cinnamon Bread	313	7	57	7.8	1.2	0	0	4.4	328	2.6	34	0.3	28
Juice, Apple	60	0	14	0.0	0.0	0	0	0.0	15	0.0	0	0.0	0	Cinnamon Bread Sticks	174	5	32	3.6	0.6	0	0	2.9	215	1.7	12	0.1	12
Juice, Blended Fruit	60	0	14	0.0	0.0	0	0	0.0	10	0.0	0	3.6	0	Dinner Rolls	239	7	37	8.0	1.2	0	0	3.8	364	2.2	28	0.0	13
Juice, Orange	50	1	13	0.0	0.0	0	0	0.0	15	0.0	0	30.0	0	French Bread	208	7	36	5.1	0.8	0	0	3.8	301	2.2	19	0.0	20
Mini Pancakes	200	4	34	6.0	1.0	0	10	2.0	370	1.1	0	0.0	40	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	Pretzel, Soft	190	8	41	0.0	0.0	0	0	2.0	160	3.6	0	0.0	20
Sausage Biscuit	251	9	23	14.1	7.1	0	31	1.0	592	1.9	42	0.5	52	Rice	141	3	23	4.7	0.7	0	0	1.3	123	0.5	27	0.0	1
Sausage Breakfast Bagel	180	9	19	7.0	2.0	0	15	1.0	480	1.4	100	0.0	200	Tortilla Chips w/Salsa	222	3	37	6.8	1.5	0	0	3.5	139	2.4	178	1.3	4
Sausage Breakfast Pizza	230	9	25	10.0	3.5	0	15	1.0	560	1.8	100	0.0	150	Tortilla or Nacho Chips	210	3	35	6.8	1.5	0	0	3.0	0	1.6	0	0.0	0
Sausage Patty	61	6	0	4.1	1.1	0	31	0.0	122	0.5	42	0.5	12	Tortilla, Soft	80	2	13	2.0	0.0	0	0	0.0	120	0.4	0	0.0	40
Skillet Frittata	110	8	2	7.0	3.0	0	200	0.0	300	0.7	360	0.0	65	Tostitos Scoops, Baked	110	2	19	2.5	0.0	0	0	2.0	115	0.4	0	0.0	20
Sweet Crinkles	115	0	21	2.9	0.5	0	0	2.0	172	0.4	4765	9.2	21														
Toast	108	3	12	5.5	0.8	0	0	2.0	172	0.7	32	3.6	60														
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  
[www.pwcs.edu](http://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)
<b>ENTREES</b>													
Black Bean & Corn Salsa	60	3	12	0.4	0.0	0	2.8	423	2.7	479	4.3	17	
Black Bean Empanadas	280	9	38	10.0	5.0	0	2.0	880	1.1	200	1.2	150	
Cheeseburger/Bun	303	23	25	14.5	6.3	0	5.4	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 Parmesan	479	25	56	16.7	4.8	0	4.4	4.5	1212	4.6	1017	10.9	184
Chicken Tenders	206	15	12	10.5	2.4	0	4.2	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
Chicken Teriyaki Sub	326	18	41	10.2	2.7	0	59	3.7	737	2.6	0	0.0	300
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
Chipotle Chicken (w/o Bun)	181	25	5	6.1	1.7	0	69	0.2	240	1.0	72	0.5	18
Crispy Chicken Patty (w/o Bun)	207	13	8	12.1	2.9	0	36	0.3	540	1.1	69	0.0	22
Egg Roll	144	4	23	4.5	1.0	0	3	1.9	445	1.4	1806	14.3	24
Enchilida Pie	407	28	26	20.9	9.4	0	84	0.7	759	1.8	682	3.4	364
Fish Fillet (w/o Bun)	180	9	23	5.0	2.0	0	30	0.0	300	0.7	0	0.0	20
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 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 Dogs (2) (w/o Bun)	280	12	6	24.0	6.0	0	60	0.0	800	2.2	0	2.4	40
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
Kung Pao Chicken (w/o Rice)	104	6	13	2.6	0.5	0	18	0.5	301	0.4	518	28.0	10
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	356	17	38	14.8	4.3	0	55	3.8	222	3.8	355	3.6	19
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, Chicken Quesadilla	290	16	40	8.0	2.0	0	10	6.0	730	2.7	400	0.0	200
Pizza, Pepperoni	356	23	39	12.4	6.3	0	31	5.0	559	2.8	500	12.0	350
Pizza, French Bread, Cheese	320	16	36	11.0	2.5	0	20	2.0	600	2.8	584	15.0	323
Pizza, French Bread, Pepperoni	326	17	36	13.4	3.3	0	26	2.0	699	2.9	584	15.0	323
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

	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)
<b>ENTREES</b>													
Pizza, Z, Cheese	182	8	26	3.9	3.0	0	8	1.0	402	1.8	400	4.8	150
Pizza, Z, Pepperoni	221	10	27	7.1	3.6	0	20	1.0	537	1.8	400	4.8	150
Popcorn Chicken	219	13	13	11.9	5.0	0	50	0.0	676	1.8	99	0.0	0
Popcorn Shrimp	211	17	24	5.0	0.5	0	86	0.0	302	2.7	0	0.0	20
Pork BBQ (w/o Bun)	306	35	17	10.2	2.8	0	107	0.3	1041	1.3	185	1.2	6
Spaghetti & Meat Sauce	431	27	58	11.4	3.8	0	52	9.7	601	6.7	815	16.6	71
Spicy Chicken Breast (w/o Bun)	202	14	13	9.9	2.2	0	37	0.8	990	1.2	137	0.0	26
Spicy Chicken Tenders	214	18	17	9.7	2.0	0	68	1.0	574	2.6	39	0.0	39
Spicy Popcorn Chicken	212	14	12	12.1	4.1	0	56	0.0	597	1.8	202	1.2	20
Steak & Cheese Stromboli	429	23	48	15.6	6.1	0	42	1.9	778	1.2	267	0.0	314
Steak & Cheese Sub	411	26	34	18.3	8.2	0	61	3.0	693	3.0	278	0.0	530
Stuffed Shells & Meat Sauce	285	18	34	9.2	4.5	0	52	2.7	510	3.8	780	10.5	134
Tacos (2)	447	33	32	19.7	5.3	0	109	1.6	684	5.1	709	7.3	119
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
Turkey & Bacon Sub	300	18	36	9.0	3.6	0	37	3.0	853	2.1	0	0.5	304
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
Zesty Meatloaf	352	27	25	14.9	5.5	0	135	1.0	666	3.4	172	1.8	69
<b>ENTREE SALADS W/O DRESSING</b>													
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 Sala	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
Spicy Popcorn Chicken Entrée S	141	9	10	7.4	2.4	0	33	1.1	367	1.9	4381	4.1	39
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



	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)
<b>CONDIMENTS</b>													
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
<b>COOKIES</b>													
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)
<b>LARGE ALACARTE SALADS W/O DRESSING</b>													
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 Sa	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
<b>SALAD DRESSINGS</b>													
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
<b>MILK</b>													
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