

Carroll County Public Schools Office of Food and Nutrition

2015-2016 Nutritional Information

updated 8/2015

Recipe	Portion	Calories	Total Fat (g)	Saturated Fat (g)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugar (g)	Protein (g)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)	Iron (mg)
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Breakfast Items

Bagel, Cinnamon Filled	1 each	180	3	2	180	32	3	6	6	100	1	100	2
Bagel, Cream Cheese Filled	1 each	190	5	3	180	29	3	4	6	200	2	20	2
Bagel, Wheat 4oz	1 each	340	2	0	660	71	6	9	13	45	5	60	4
Bagel, Wheat 2.2oz	1 each	160	1	0	280	34	4	4	5	20	0	0	1
Sausage, Beef Patty	1 each	87	7	3	122	0	0	0	6	7	0	12	1
Benefit Bar, Banana	1 each	280	8	3	220	48	3	23	5	115	0	20	2
Benefit Bar, Oatmeal Chocolate Chip	1 each	290	9	3	240	47	3	22	5	110	0	20	2
Benefit Bar, Oatmeal Raisin	1 each	290	9	3	190	48	3	22	5	110	0	20	2
Breakfast Bun, Apple Roll	1 each	210	7	1	230	34	4	9	5	1750	1	20	1
Breakfast Bun, Cinnamon Roll	1 each	230	7	2	230	38	5	11	5	100	21	20	1
Breakfast Bun, Frudel Apple	1 each	210	6	2	280	36	2	11	5	55	0	0	1
Breakfast Bun, Frudel Cherry	1 each	210	6	2	290	37	2	11	5	55	0	0	1
Breakfast Bun, Honey Bun	1 each	320	15	7	270	42	2	16	5	80	2	200	3
Cereal, Cheerios	1 bowlpak	100	2	1	140	20	3	1	3	500	6	100	8
Cereal, Cheerios Apple Cinnamon	1 bowlpak	110	2	0	110	23	2	10	2	500	6	100	4
Cereal, Cheerios Fruity	1 bowlpak	120	2	0	150	26	2	10	2	500	18	100	5
Cereal, Cheerios Honey Nut	1 bowlpak	110	2	0	160	22	2	9	2	500	6	100	5
Cereal, Cocoa Puffs	1 bowlpak	110	2	0	160	25	1	8	2	400	5	80	4
Cereal, Frosted Corn Flakes	1 bowlpak	100	1	0	190	24	1	8	1	500	5	150	6
Cereal, Golden Grahams	1 bowlpak	110	1	0	220	24	1	9	1	400	5	80	4
Cereal, Kix Berry Berry	1 bowlpak	71	1	0	101	16	1	4	1	304	4	81	5
Cereal, Lucky Charms	1 bowlpak	110	1	0	180	23	2	10	2	500	6	100	5
Cereal, Total Raisin Bran	1 bowlpak	116	1	0	128	29	3	12	2	349	0	698	13
Cereal, Trix	1 bowlpak	110	1	0	160	24	1	9	1	400	5	80	4
Donut, Devils Food	1 each	260	15	4	190	31	1	17	3	0	0	40	1

Recipe	Portion	Calories	Total Fat (g)	Saturated Fat (g)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugar (g)	Protein (g)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)	Iron (mg)
Donut, Honey Wheat	1 each	260	15	4	230	29	0	24	2	0	0	40	1
Donut, Whole Grain Raised	1 each	280	16	7	300	30	3	7	5	10	0	14	1
French Toast, Mini Berry Blast	1 pouch	220	7	2	380	37	2	11	4	55	0	40	1
French Toast, Mini Cinnamon	1 pouch	220	7	1	380	37	2	11	3	55	0	60	1
French Toast Sticks	4 each	250	9	2	300	37	4	8	7	424	8	220	3
Muffin, Apple Cinnamon	1 each	300	10	1	210	48	3	22	6	100	0	60	1
Muffin, Blueberry	1 each	290	10	1	190	46	3	22	6	100	1	60	1
Pancake and Sausage on a Stick	1 each	210	12	3	390	20	0	8	7	40	0	20	1
Pancakes, Mini Maple	1 pouch	230	7	1	270	40	3	14	5	70	0	60	1
Pancakes, Mini Strawberry	1 pouch	230	7	1	270	40	3	14	5	70	0	60	1
Pancakes, Whole Grain	3 each	230	6	1	330	41	3	5	5	25	0	40	1
Pizza, Breakfast Sausage	1 each	200	9	4	360	19	3	5	12	300	6	150	0
Pizza, Egg and Cheese	1 each	280	15	9	360	20	2	1	17	500	0	350	2
Sandwich, Egg and Cheese on Roll	1 each	240	9	5	660	26	2	4	14	465	0	155	2
Sandwich, Egg and Cheese on English Muffin	1 each	230	9	5	580	25	3	2	14	455	0	155	2
Sandwich, Ham & Egg on Croissant	1 each	283	13	6	582	27	2	3	15	600	2	80	3
Sandwich, Ham & Egg on Roll	1 each	223	6	2	612	25	2	3	16	315	0	80	3
Sandwich, Sausage Biscuit	1 each	241	11	6	536	23	3	4	12	56	0	14	1
Sandwich, Sausage & Cheese (elem/mid)	1 each	251	10	4	671	26	2	5	17	206	0	149	2
Sandwich, Sausage & Cheese (high)	1 each	281	10	4	671	32	3	6	17	211	0	189	2
Sandwich, Sausage & Egg	1 each	261	8	3	581	26	2	4	19	356	0	94	3
Waffles, Mini Blueberry	4 each	210	6	1	180	37	3	20	4	0	0	40	1
Waffles, Mini Maple	4 each	210	6	1	170	38	3	19	4	0	0	20	1
Yogurt Parfait, Breakfast	1 each	276	5	2	145	49	5	13	10	82	27	240	2
Lunch Entrees													
Burrito Bowl, Carnitas	1 bowl	192	3	1	252	31	3	2	11	449	4	34	2
Burrito Bowl, Fajita Strips	1 bowl	229	6	1	378	23	2	1	18	44	2	20	1
Cheesesticks, Whole Grain	5 each	370	18	7	410	35	3	1	19	500	0	500	2

Recipe	Portion	Calories	Total Fat (g)	Saturated Fat (g)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugar (g)	Protein (g)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)	Iron (mg)
Chicken, Nuggets Whole Grain	5 each	263	15	3	400	16	3	1	16	125	0	25	2
Chicken, Orange (w/o rice)	12 pieces	325	15	3	432	22	2	12	26	61	0	0	2
Chicken, Parts WG Breaded	2 oz	215	13	3	591	11	1	0	12	78	1	12	1
Chicken, Popcorn	12 pieces	251	14	3	371	15	2	1	15	109	0	44	2
Chicken, Tenders	4 each	260	15	3	390	16	3	1	15	100	0	40	2
Chicken, Teriyaki (w/o rice)	3 oz	146	3	1	414	14	0	14	15	100	0	20	1
Corn Dog	1 each	240	8	3	390	30	5	5	9	25	0	80	2
Corn Dog Nuggets	6 each	270	12	4	410	30	5	5	10	25	0	150	2
Entrée Salad, Cheese	1 salad	265	19	12	397	10	2	4	16	4515	10	443	1
Entrée Salad, Chef	1 salad	162	8	4	410	9	2	4	15	4089	11	144	1
Entrée Salad, Grilled Chicken	1 salad	135	4	1	247	9	2	4	18	3947	10	35	1
Entrée Salad, Chicken Nuggets	1 salad	297	15	3	427	24	5	5	18	4071	10	60	3
Entrée Salad, Popcorn Chicken	1 salad	246	9	2	427	21	4	4	17	4059	11	51	3
Entree Salad, Chicken Salad	1 salad	200	8	2	284	15	3	4	19	4015	12	52	2
Entrée Salad, Chicken Spicy	1 salad	305	15	3	427	25	5	5	17	4047	10	75	3
Entrée Salad, Chicken Tenders	1 salad	295	15	3	417	24	5	5	17	4047	10	75	2
Entrée Salad, Taco	1 salad	367	18	6	651	30	5	3	20	1218	6	209	4
Entrée Salad, Tuna Salad	1 salad	220	8	1	573	14	3	5	22	4121	12	58	2
Fish, Nuggets	4 each	210	8	2	380	22	3	1	12	5	0	20	1
Fish, Shrimp Poppers	21 poppers	180	7	1	530	21	3	1	9	100	0	40	1
French Toast Sticks	4 each	250	9	2	300	37	4	8	7	424	8	220	3
Hummus Combo	1 each	480	22	2	510	59	8	5	16	810	14	180	5
Hummus, Red Pepper	3 oz	120	3	0	60	18	3	3	6	300	14	60	2
Nachos Grande, Elementary	1 bowl	344	16	4	1136	31	3	4	16	434	2	138	2
Nachos Grande, Middle/High	1 bowl	365	20	5	997	29	3	4	16	434	2	119	2
Pasta, Lasagna Roll-up	4 oz	279	8	4	508	36	2	4	18	535	4	387	2
Pasta, Raviolis (mini)	7 each	150	3	2	328	21	2	1	9	289	2	73	1
Pasta, Rotini w/ Meatballs	3/4 cup	403	8	2	415	61	6	1	26	501	7	105	5
Pasta, Rotini w/ Cheese	1 cup	392	8	5	470	55	5	1	27	638	5	503	3

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Pasta, Spaghetti w/ Meatballs	3/4 cup	403	8	2	415	61	7	1	26	501	7	105	5
Pizza, 4x6 Cheese	1 each	370	16	6	610	40	4	14	15	500	0	350	3
Pizza, 4x6 Pepperoni	1 each	360	15	6	650	38	4	12	17	500	0	300	3
Pizza, Buffalo Crunchers	4 each	400	19	8	640	43	5	3	19	15	0	0	0
Pizza, Calzonettes	3 each	340	13	6	470	34	5	6	24	400	6	350	3
Pizza, Cheesy Bread	1 each	300	10	3	600	37	1	2	15	200	0	200	3
Pizza, Crunchers	4 each	393	19	8	805	40	5	3	20	496	2	433	2
Pizza, Deep Dish Cheese	1 each	330	12	4	590	40	4	15	16	500	1	300	3
Pizza, French Bread Cheese	1 each	300	11	4	570	34	3	4	17	500	6	300	2
Pizza, French Bread Pepperoni	1 each	310	12	5	680	34	3	4	17	500	6	250	3
Pizza, Mickey's Cheese	1 each	321	15	10	452	28	3	3	19	502	0	452	2
Pizza, Mickey's White	1 each	310	16	10	400	25	3	1	19	500	0	400	1
Pizza, Mini Bagels	4 each	260	9	5	560	24	4	4	21	750	6	350	2
Pizza, Ranchero	1 each	320	14	7	540	30	4	7	20	500	9	250	3
Pizza, Stuffed Crust Cheese	1 each	360	16	6	600	39	3	12	16	500	0	350	3
Pizza, Stuffed Crust Pepperoni	1 each	360	15	6	650	38	4	12	17	500	0	300	3
Sandwich, BBQ Rib (high)	1 each	305	10	3	695	34	4	5	20	92	1	133	3
Sandwich, BBQ Rib (elem/mid)	1 each	275	9	3	695	28	3	4	20	87	1	93	3
Sandwich, Carolina BBQ (elem/mid)	1 each	284	5	1	749	41	3	12	22	569	4	94	3
Sandwich, Carolina BBQ (high)	1 each	314	5	1	749	47	4	13	22	574	4	134	3
Sandwich, Cheese	1 each	240	10	6	690	29	2	5	11	320	0	190	1
Sandwich, Cheeseburger w/ Bacon	1 each	410	22	9	871	33	4	5	22	270	0	215	3
Sandwich, Cheeseburger (elem/mid)	1 each	350	19	8	745	27	3	4	21	265	0	175	3
Sandwich, Cheeseburger (high)	1 each	380	19	8	745	33	4	5	21	270	0	215	3
Sandwich, Cheesesteak (elem/mid)	1 each	383	23	10	540	22	2	4	20	151	0	118	3
Sandwich, Cheesesteak (high)	1 each	463	24	10	730	39	3	5	22	156	0	228	3
Sandwich, Chicken Cheesesteak (elem/mid)	1 each	282	8	2	828	25	2	5	23	68	2	65	3
Sandwich, Chicken Cheesesteak (high)	1 each	362	9	2	1018	42	3	6	25	73	2	175	3

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Sandwich, Grilled Chicken Club	1 each	362	13	5	910	32	3	5	30	264	1	327	3
Sandwich, Grilled Chicken (elem/mid)	1 each	225	5	1	612	25	2	3	21	110	1	75	2
Sandwich, Grilled Chicken (high)	1 each	255	6	1	612	31	3	4	21	115	1	115	2
Sandwich, Chicken Patty (elem/mid)	1 each	390	16	3	700	40	5	4	22	115	0	100	3
Sandwich, Chicken Patty (high)	1 each	420	17	3	700	46	6	5	22	120	0	140	3
Sandwich, Chicken Premium	1 each	390	12	2	680	44	4	5	28	25	0	120	3
Sandwich, Chicken Salad (elem/mid)	1 each	295	8	2	557	31	3	3	23	83	1	77	2
Sandwich, Chicken Salad (high)	1 each	325	9	2	557	37	4	4	23	88	1	117	2
Sandwich, Chicken Snack Wrap	1 each	460	29	9	711	23	4	3	27	510	1	254	3
Sandwich, Chicken Spicy (mid)	1 each	400	16	3	700	41	5	4	21	115	0	100	4
Sandwich, Chicken Spicy (high)	1 each	430	17	3	700	47	6	5	21	120	0	140	4
Sandwich, Egg Salad (elem/mid)	1 each	241	9	2	494	28	2	4	13	320	1	90	2
Sandwich, Egg Salad (high)	1 each	271	9	2	494	34	3	5	13	325	1	130	2
Sandwich, Fish (elem/mid)	1 each	310	9	2	540	40	4	4	17	20	0	80	2
Sandwich, Fish (high)	1 each	340	10	2	540	46	5	5	17	25	0	120	2
Sandwich, Fish Hoagie	1 each	433	14	4	921	55	5	6	21	161	0	248	3
Sandwich, Grilled Cheese (elem/mid)	1 each	264	13	6	717	29	2	8	11	442	0	190	1
Sandwich, Grilled Cheese (high)	1 each	364	22	11	1167	30	2	9	16	742	0	340	1
Sandwich, Ham & Cheese Croissant	1 each	323	16	7	937	27	2	4	20	450	2	135	2
Sandwich, Ham & Cheese (elem/mid)	1 each	263	9	4	967	25	2	4	21	165	1	135	2
Sandwich, Ham & Cheese (high)	1 each	293	10	4	967	31	3	5	21	170	1	175	2
Sandwich, Ham and Cheese Sub	1 each	333	10	4	1137	40	3	5	22	170	1	225	3
Sandwich, Ham & Cheese on Goldfish Bread	1 each	233	10	5	847	22	4	5	19	150	1	155	2
Sandwich, Ham & Swiss Flatbread	1 each	299	12	4	790	27	3	3	22	372	1	452	1
Sandwich, Ham (elem/mid)	1 each	230	6	2	830	25	2	3	21	15	1	60	3
Sandwich, Ham (high)	1 each	260	6	2	830	31	3	4	21	20	1	100	3
Sandwich, Hamburger (elem/mid)	1 each	300	14	5	520	26	3	3	18	115	0	100	3
Sandwich, Hamburger (high)	1 each	330	15	5	520	32	4	4	18	120	0	140	3
Sandwich, Hot Dog	1 each	230	9	3	900	23	2	4	12	20	0	120	3

Recipe	Portion	Calories	Total Fat (g)	Saturated Fat (g)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugar (g)	Protein (g)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)	Iron (mg)
Sandwich, Hot Dog Double Day	1 each	460	18	5	1800	46	4	8	24	40	0	240	5
Sandwich, Meatball Sub (elem/mid)	1 each	318	9	3	861	32	4	8	26	496	2	205	4
Sandwich, Meatball Sub (high)	1 each	398	10	3	1051	49	5	9	28	501	2	315	4
Sandwich, Rib-a-Que (elem/mid)	1 each	360	18	6	980	32	3	8	20	215	2	100	3
Sandwich, Rib-a-Que (high)	1 each	390	19	6	980	38	4	9	20	220	2	140	3
Sandwich, Sloppy Joe (elem/mid)	1 each	275	7	2	718	34	4	11	19	475	6	94	3
Sandwich, Sloppy Joe (high)	1 each	305	8	2	718	40	5	12	19	480	6	134	3
Sandwich, Tuna Salad (elem/mid)	1 each	315	9	1	846	30	3	4	27	189	1	82	3
Sandwich, Tuna Salad (high)	1 each	345	10	1	846	36	4	5	27	194	1	122	3
Sandwich, Turkey & Cheese (elem/mid)	1 each	272	9	4	817	25	2	4	22	165	0	152	2
Sandwich, Turkey & Cheese (high)	1 each	302	9	4	817	31	3	5	22	170	0	192	2
Sandwich, Turkey & Ham (elem/mid)	1 each	235	5	2	740	25	2	3	22	15	1	70	2
Sandwich, Turkey & Ham (high)	1 each	265	6	2	740	31	3	4	22	20	1	110	2
Sandwich, Turkey (elem/mid)	1 each	240	5	2	650	25	2	3	22	15	0	80	2
Sandwich, Turkey (high)	1 each	270	6	2	650	31	3	4	22	20	0	120	2
Sandwich, Vegetable Sub	1 each	433	19	10	1213	44	4	6	21	2547	10	515	2
Sausage, Turkey Patty	1 each	71	4	1	146	1	0	1	8	41	0	14	1
Soup, Chicken Noodle	1 cup	135	4	1	221	12	1	1	13	76	2	28	1
Soup, Pizza	1 cup	49	1	0	354	8	1	6	1	487	3	18	1
Soup, Tomato	1 cup	40	1	0	208	8	1	5	1	200	3	3	0
Tacos, Beef	2 each	161	10	4	365	4	1	1	13	419	2	46	2
Tacos, Fish Baja	2 each	348	24	13	641	10	1	1	22	637	6	414	1
Yogurt Combo	1 each	329	8	4	412	51	3	18	16	703	1	318	2
Yogurt Parfait, Lunch	1 each	466	8	3	390	79	6	13	20	160	27	438	3
Whole Grains													
Crackers, Belly Bears Cinnamon	1 pouch	130	4	0	120	21	1	8	2	40	0	100	1
Crackers, Cinnamon Grahams	1 pouch	128	4	0	119	21	1	8	2	1	0	99	1
Crackers, Graham Crackers	1 pouch	90	3	0	95	17	1	5	2	500	0	100	1

Recipe	Portion	Calories	Total Fat (g)	Saturated Fat (g)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugar (g)	Protein (g)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)	Iron (mg)
Crackers, Belly Bears Honey	1 pouch	130	4	0	100	20	1	8	2	40	0	100	1
Crackers, Saltines, Whole Grain	1 pouch	56	2	0	170	10	0	0	1	0	0	0	1
Granola, IM Healthy	1 packet	150	4	1	30	24	3	6	5	30	0	0	1
Pretzel, Soft 2.2oz	1 each	140	1	0	150	30	3	1	5	5	1	20	2
Pretzel, Soft, Rod 1oz	1 each	70	1	0	65	14	1	0	2	0	0	0	1
Rice, Brown	1/2 cup	108	1	0	5	22	2	0	3	0	0	10	0
Roll, Biscuit, Whole Grain	1 each	170	7	5	390	22	3	3	4	15	0	0	0
Roll, Breadstick, Whole Grain	1 each	110	1	0	220	21	1	4	4	20	15	20	1
Roll, Croissant, Whole Grain	1 each	190	8	4	270	26	2	3	5	300	1	60	1
Roll, Dinner, Whole Grain	1 each	90	1	0	210	16	1	2	3	10	0	40	1
Salad, Pasta	1/2 cup	130	7	1	398	15	3	1	3	1008	6	23	1
Fruits and Vegetables													
Fruit, Apples	1 each	72	0	0	1	19	3	14	0	75	6	8	0
Fruit, Apples Sliced (hot)	1/2 cup	45	0	0	1	12	2	9	0	38	0	4	0
Fruit, Applesauce	1/2 cup	55	0	0	2	15	2	1	0	40	1	17	0
Fruit, Bananas	1 each	105	0	0	1	27	3	14	1	76	10	6	0
Fruit, Blueberries	1/2 cup	40	1	0	1	10	2	7	0	36	2	6	0
Fruit, Grapes	1/2 cup	31	0	0	1	8	0	7	0	46	2	6	0
Fruit, Kiwi	1 each	55	0	0	3	13	3	8	1	78	83	31	0
Fruit, Mandarin Oranges	1/2 cup	71	0	0	7	18	1	12	1	1467	22	9	0
Fruit, Melon	1/2 cup	27	0	0	13	7	1	6	1	2706	29	7	0
Fruit, Mixed Cup	1/2 cup	69	0	0	7	18	1	12	0	248	2	7	0
Fruit, Oranges	1 each	62	0	0	0	15	3	12	1	295	70	52	0
Fruit, Peaches (canned)	1/2 cup	53	0	0	6	13	1	13	1	340	4	6	0
Fruit, Pears (canned)	1/2 cup	63	0	0	5	16	2	12	0	8	2	11	0
Fruit, Pears (fresh)	1/2 cup	84	0	0	1	23	5	14	1	37	6	13	0
Fruit, Pineapple (canned)	1/2 cup	75	0	0	1	20	1	12	1	47	12	17	0
Juice, Apple 100%	4oz	60	0	0	5	14	0	12	0	0	60	0	0
Juice, Fruit Punch 100%	4oz	60	0	0	0	14	0	12	0	0	5	0	0

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Juice, Grape 100%	4oz	80	0	0	10	19	0	18	0	0	60	0	0
Juice, Orange 100%	4oz	60	0	0	0	14	0	12	0	0	14	0	0
Juice, Orange Pineapple 100%	4oz	60	0	0	0	15	0	13	0	0	24	0	0
Potatoes, Baked w/ Sour Cream	1 each	212	4	3	37	39	4	2	6	141	17	66	2
Potatoes, French Fries Crinkle	1/2 cup	81	3	1	21	12	1	0	1	0	4	4	0
Potatoes, French Fries Savory	1/2 cup	105	5	1	275	14	1	0	1	0	3	0	1
Potatoes, French Fries Wedges	1/2 cup	120	5	1	430	18	2	0	2	0	2	0	1
Potatoes, Hashbrown Patty	1 each	130	7	1	240	15	2	0	1	0	2	0	0
Potatoes, Mashed	1/2 cup	160	2	0	620	34	2	2	4	10	60	40	1
Potatoes, Smiles	4 each	130	5	1	180	20	2	0	2	0	0	0	0
Potatoes, Tater Tots	1/2 cup	130	6	1	310	16	2	0	2	0	4	0	0
Rips, Variety	1 each	60	0	0	25	15	0	12	0	500	60	0	0
Veg, Corn and Black Bean Salad	1/2 cup	110	3	0	169	19	5	2	5	95	9	25	1
Veg, Cucumber Salad	1/2 cup	41	0	0	325	9	1	6	1	79	3	19	0
Veg, Strawberry Spinach Salad	1 cup	69	6	0	35	5	1	4	1	1278	12	17	0
Veg, Tossed Ssalad	1 cup	39	0	0	34	9	3	5	2	6329	10	38	1
Veg, Baked Beans	1/2 cup	96	0	0	350	22	4	8	5	110	0	35	1
Veg, Broccoli Fresh	1/2 cup	15	0	0	15	3	1	1	1	274	39	21	0
Veg, Broccoli Steamed	1/2 cup	10	0	0	10	2	1	1	1	0	6	10	0
Veg, California Blend	1/2 cup	16	0	0	10	2	1	2	1	824	14	13	0
Veg, Carrot and Celery Stick	1/2 cup	18	0	0	51	4	1	2	1	5294	3	25	0
Veg, Carrots Fresh	1/2 cup	25	0	0	42	6	2	3	1	10255	4	20	0
Veg, Carrots Orange Glazed	1/2 cup	72	3	1	60	12	1	9	1	8065	11	18	0
Veg, Carrots Steamed	1/2 cup	40	0	0	66	9	3	4	1	19315	4	34	0
Veg, Celery Fresh	1/2 cup	12	0	0	59	2	1	1	1	334	2	30	0
Veg, Coleslaw	1/2 cup	42	3	0	93	4	1	1	0	34	13	14	0
Veg, Coleslaw Spicy	1/2 cup	38	3	0	238	3	1	1	0	73	12	14	0
Veg, Corn (canned)	1/2 cup	68	1	0	16	16	2	3	2	0	0	0	0
Veg, Cucumbers Fresh	1/2 cup	7	0	0	1	1	0	1	0	43	2	8	0

Recipe	Portion	Calories	Total Fat (g)	Saturated Fat (g)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugar (g)	Protein (g)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)	Iron (mg)
Veg, Green Peppers and Tomatoes	1/2 cup	11	0	0	3	3	1	2	1	395	24	6	0
Veg, Green Beans cnd	1/2 cup	14	0	0	140	3	1	1	1	294	3	18	1
Veg, Green Peppers Fresh	1/2 cup	9	0	0	1	2	1	1	0	170	37	5	0
Veg, Lettuce Shredded	1/2 cup	5	0	0	4	1	0	1	0	181	1	6	0
Veg, Mixed	1/2 cup	40	0	0	174	8	2	2	2	9496	4	22	1
Veg, Tomato Cherry Fresh	1/2 cup	13	0	0	4	3	1	3	1	621	9	7	0
Veg, Tomato Slices Fresh	1/2 cup	16	0	0	5	4	1	3	1	750	11	9	0
Milk and Dairy													
Milk, Low Fat White	1/2 pint	100	3	2	120	11	0	11	8	500	2	300	0
Milk, Nonfat White	1/2 pint	80	0	0	120	11	0	11	8	500	2	300	0
Milk, Nonfat Chocolate	1/2 pint	120	0	0	200	22	0	21	8	500	2	300	0
Milk, Nonfat Strawberry	1/2 pint	120	0	0	115	22	0	22	8	500	2	300	0
Yogurt, Trix Raspberry Rainbow	4 oz	90	1	0	50	17	0	14	4	500	0	100	0
Yogurt, Trix Strawberry/Banana	4 oz	110	2	1	55	21	0	17	4	500	0	100	0
Yogurt, Trix Triple Cherry	4 oz	86	1	0	42	17	0	12	3	441	0	88	0
Condiments													
Condiment, BBQ Sauce	1 Tb	15	0	0	150	4	0	3	0	15	0	0	0
Condiment, Cream Cheese	0.75 oz	73	7	4	78	1	0	1	1	286	0	21	0
Condiment, Grape Jelly	1 Tb	35	0	0	10	9	0	8	0	0	0	0	0
Condiment, Ketchup (packet)	1 each	10	0	0	85	3	0	7	0	35	0	0	0
Condiment, Margarine	1 Tb	23	3	1	40	0	0	0	0	167	0	0	0
Condiment, Mayo (packet)	1 each	90	10	2	60	0	0	0	0	0	0	0	0
Condiment, Mustard (packet)	1 each	9	1	0	150	1	0	0	1	0	0	10	0
Condiment, Pickels	1 oz	35	0	0	170	8	0	5	0	0	0	0	0
Condiment, Salsa	1/4 cup	22	0	0	69	4	1	0	1	340	2	7	1
Condiment, Syrup (packet)	1 each	200	0	0	55	51	0	22	0	0	0	0	0
Dressing, Italian, Fat Free	1 pouch	10	0	0	160	3	0	0	0	0	0	0	0
Dressing, Ranch, Lite	2 Tb	90	8	2	250	2	0	1	1	5	0	0	0

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Dressing, Ranch Fat Free (packets)	1 pouch	10	0	0	125	3	0	0	1	0	0	0	20	0
Gravy, Poultry	2 oz	40	1	0	131	6	0	0	0	1	890	1	200	1
Salsa, Homemade	1/2 cup	11	0	0	121	2	0	0	0	0	195	4	10	0
Sauce, Blazin Buffalo	2 oz	85	8	1	329	2	0	0	1	1	10	3	0	0
Sauce, Marinara Dipping	2 oz	30	1	0	70	5	0	0	6	1	210	2	13	1
Sauce, Enchilada	2 oz	53	4	1	241	4	1	1	1	1	757	2	11	1
Sauce, Honey Mustard	2 oz	70	4	1	50	8	0	0	6	0	0	0	2	0
Sauce, Teriyaki BBQ	2 oz	60	0	0	380	15	0	0	7	1	46	1	7	0
Sauce, Zesty Southwest Ranch	2 oz	90	8	1	360	3	0	0	1	1	114	1	2	0
SoyNut Butter, Chocolate	2 Tb	190	14	2	0	12	3	3	8	6	40	0	20	1
SoyNut Butter, Plain	2 Tb	170	14	3	100	10	3	3	3	7	15	0	60	0