

**NUTRITIONAL INFORMATION 2017-18**  
**SOUTHGATE FOOD SERVICE**

<b>FRUIT ITEMS</b>	<b>PORTION</b>	<b>CALORIES</b>	<b>TOTAL FAT</b>	<b>SODIUM</b>	<b>TOTAL CARBS</b>
Apple Slices, Fresh	2z	30	0g	0 mg	7g
Applesauce Cup, Plain	4z	90	0g	15mg	22g
Applesauce Cup, Cinnamon	4z	90	0g	15 mg	22 g
Applesauce Cup, Straw-Banana	4z	90	0g	15mg	22g
Applesauce Cup, Cherry	4z	90	0g	15mg	22g
Apple Variety, Fresh	1ea	70	0g	0mg	19g
Banana, Petite Fresh	1ea	110	0g	0mg	27g
Grapes, Red	.5 c	60	0g	15mg	23g
Fruit Mixed, Cnd Light Syrup	.5 c	60	0g	0mg	14g
Fruit Cocktail, L/S	.5 c	60	0g	0mg	14g
Pineapple	.5c	60	0	0	14g
Orange, Whole	1 ea	70	0g	0mg	18g
Orange Juice	4z	60	0g	0mg	15g
Apple Juice	4z	60	0g	0mg	15g
Peach Cup, Frozen					
Peach Diced, Cnd L/S	.5c	60	0g	10mg	14g
Pears, Diced Cnd L/S	.5c	70	0g	10mg	17g
Pear, Fresh	1ea	100	1g	0mg	28g
Raisins, Seedless	.25 c	130	0g	10mg	31g
Sherbet, Frz Fruit	3.2z	100	1g	15mg	23g
Slushie, Frz Fruit	4.4z	90	0g	30mg	22g
<b>VEGETABLE ITEMS</b>	<b>PORTION</b>	<b>CALORIES</b>	<b>TOTAL FAT</b>	<b>SODIUM</b>	<b>TOTAL CARBS</b>
Beans, Green Canned	.5c	20	0g	290mg	4g
Beans, Green Frozen	.5c	20	0g	0mg	4g
Beans, Pork & Navy Cnd	.5c	100	0.5g	320mg	20g
Beans, Refried	.25c	70	1g	265mg	23g
Mandarin Orange, Canned	0.5c	90	0g	10mg	20g
Broccoli, Fresh	.5c	25	0g	65mg	5.5
Cauliflower, Fresh	.5c	15	0g	15mg	3g
Celery, Fresh	1c	15	0g	100mg	4g
Carrots, Diced Canned	.5c	30	0g	250mg	6g
Carrots, Snack Fresh	3z	30	0g	65mg	7g
Carrots, Sliced Frozen	.5c	30	0.5g	50mg	7g
Corn, Canned	.5c	80	0g	310mg	17g
Corn, Frozen	.5c	70	0g	0mg	16g
Vegetables, Mixed Cnd	.5c	35	0g	290mg	7g
Lettuce Blend, Iceberg/Romaine	1c	10	0g	0mg	2g
Tomatoes, Cherry	1c	30	0g	10mg	7g
Peas & Carrots, Diced Cnd	.5c	60	0g	300mg	10g
Peas, Cnd	.5c	60	0.5g	300mg	10g
Peas, Frozen	.5c	70	0.05g	100mg	12g
Vegetables, Mixed Frozen	.67c	70	0g	25mg	12g
<b>VEGETABLE ITEMS</b>	<b>PORTION</b>	<b>CALORIES</b>	<b>TOTAL FAT</b>	<b>SODIUM</b>	<b>TOTAL CARBS</b>

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Potato Oven, Frozen	2.03z	110	6g	250mg	15g
Potato Smiles, Frozen	4pcs	130	4.5g	180mg	20g
Potatoes, Tater Tots	10pcs	160	8g	330mg	19g
Potato Triangle, Frozen	2pc	220	11g	450mg	27g
Potato Wedge, Frozen	3z	110	5g	260mg	14g
Hash Brown, Stars Frozen	6 pcs	150	9g	280mg	17g
Potato, Deli Roasted	3.06z	100	2g	115mg	19g
Potatoes, Mashed	4Z	70	0.5g	90mg	15g
Sweet Potato Fries	3.12z	170	7g	240mg	26g
Potato, Spiral Fries	3z	150	5g	240mg	25g
<b>BREAD/GRAIN</b>	<b>PORTION</b>	<b>CALORIES</b>	<b>TOTAL FAT</b>	<b>SODIUM</b>	<b>TOTAL CARBS</b>
Bun, Sub	1 ea	170	2.5g	280mg	28g
Bun, Hamburger	1ea	160	2g	190mg	29g
Bun, Hot Dog	1ea	80	1g	135mg	19g
Roll, Dinner	1ea	100	1.5g	125mg	19g
Bread, Whole Wheat Sandwich	2sl	140	2g	190mg	25g
Breadstick, Soft 7.5"	1ea	250	9g	550mg	31g
Pretzel Roll, Mini Soft	1ea	70	0.5g	100mg	14g
Pretzel Rod Soft Wheat	1ea	70	0.5g	40mg	14g
Soft Shell Tortillas	2ea	180	6g	420mg	25g
Taco Shells, Crunchy	2ea	100	4g	0mg	14g
Tortilla Pieces	1 pkg	270	14g	220mg	37g
Tortilla, Flat 10"	1ea	280	17g	210mg	28g
Saltine Crackers, 2pk	1pkg	80	1g	150mg	14g
Graham Crackers, 3pk	1pkg	90	2g	115mg	16g
Crackers, Cheez It	1pkg	100	3.5g	150mg	14g
Crackers, Goldfish	1pkg	100	3.5g	150mg	14g
Crackers, Goldfish Cinnamon	1pkg	120	4g	135mg	19g
Crackers, Animal	1pkg	130	4g	110mg	21g
Crackers, Teddy Grahams	1pkg	90	3g	95mg	16g
Crackers, Bug Bites	1pkg	120	4g	115mg	21g
Crackers, Scooby Doo	1pkg	120	3.5g	115mg	21g
Pancake, Eggo Maple	1pkg	200	5g	220mg	35g
Pancakes, Mini Chocolate Chip	1pkg	210	6g	260mg	35g
Penne Pasta, Cooked	.5c	185	0.75g	13mg	37g
<b>MEAT/MEAT ALTERNATE</b>	<b>PORTION</b>	<b>CALORIES</b>	<b>TOTAL FAT</b>	<b>SODIUM</b>	<b>TOTAL CARBS</b>
Beef Patty	1 ea	140	10g	290mg	2g
Breadstick Cheese, Stuffed	1 ea	260	8g	600mg	31g
Breadstick, Crazy Cheese	1 ea	150	6g	370mg	30g
Breadstick, Cheese Stfd Bosco	1ea	250	9g	460mg	17g
Burrito, Beef & Bean	1ea	360	15g	460mg	40g
Calzone, Pepperoni	1ea	340	13g	510mg	35g
Cheese, Sliced R.F.	2 slc	100	9g	450mg	1g

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Cheese, Shredded	.25c	110	9g	190mg	1g
Cheese, String Mozz LF	1ea	80	6g	200mg	1g
Cheeseburger, Mini Twins	2ea	330	13g	470mg	36g
Chicken Nuggets, WG	5ea	240	15g	470mg	16g
Chicken Patty, Grilled	1ea	110	4.5g	530mg	3g
Chicken Patty, Breaded	1ea	270	15g	400mg	16g
Chicken, Popcorn	11pcs	230	13g	350mg	14g
Chicken, Roasted Drumstick	1ea	160	10g	320mg	2g
Chicken, Rings	4ea	240	14g	360mg	12g
Chicken, Sticks	7ea	230	13g	340mg	14g
Chicken Taco	2z	100	405g	210mg	2g
Chicken Tenders	3ea	260	15g	390mg	16g
Chicken, Breaded Drumstick	1 ea	190	11g	450mg	5g
Chicken, Sweet Chili Thai	2.85z	120	2g	330mg	15g
Chicken, Tangerine Kit	3.9z	190	4g	380mg	25g
Chicken, Fajita Strips	3z	120	2.5g	650mg	0
Chili, Beef w/ Beans	6z	270	9g	710mg	26g
Corn Dogs, Mini	4ea	180	8g	280mg	20g
Frank, Hot Dog 3 Meat	1ea	170	16g	580mg	1g
French Toast Sticks WG	1 pkg	210	6g	220mg	37g
Macaroni & Cheese, LF	6z	420	16g	1460mg	46g
Meatballs	5ea	160	10g	230mg	5g
Nacho Cheese Sauce, Cup	4z	325	25g	1480mg	22g
Domino's Pizza, Cheese	1sl	210	8g	450mg	27g
Domino's Pizza, Pepperoni	1sl	220	9g	500mg	26g
Quesadilla, Cheese	1 ea	330	12g	830mg	40g
Sandwich P B & Grape Jelly	1 ea	630	33g	630mg	64g
Sausage Link, Turkey	1ea	60	4g	80mg	0g
Sausage Patty, Turkey	1ea	60	4g	80mg	0g
Spaghetti Sauce with Meat	0.5c	80	1.5g	540mg	13g
Taco Meat	3.17z	110	5g	290mg	5g
Turkey Ham, Sliced	6 slc	100	4.5g	530mg	1g
Turkey, Breast Sliced	2.92 z	90	0.5g	420mg	0g
Yogurt, Dannon Flavored	1ea	70	0	60	19g
<b>CONDIMENTS</b>	<b>PORTION</b>	<b>CALORIES</b>	<b>TOTAL FAT</b>	<b>SODIUM</b>	<b>TOTAL CARBS</b>
Gravy, Chicken	.25c	35	2g	270mg	4g
Dressing, Ital. FF	1 ea	10	9	55mg	3g
Dressing Ranch Buttermilk, Pack	1ea	50	4.5g	140mg	3g
Dressing Ranch Buttermilk, LT C	1 ea	70	6g	125mg	5g
Dressing Salad, Packet	1ea	40	4g	100mg	2g
Ketchup, Packet	1ea	10	0g	85mg	3g
Mustard, Packet	1ea	0	0g	65mg	0g
Salsa, Mild	1.5z	15	0g	105mg	3g
Sauce, Brown	.25c	60	6g	60mg	1g
Sauce BBQ, Packet	1ea	40	0g	75mg	9g
Sauce Marinara, Cup	1ea	90	3.5	140mg	15g

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Sauce, Taco Packet	1ea	5	0g	70mg	1g
Mayo Packet	1	60	6g	60mg	1g
Syrup, Pancake Cup	1ea	120	0g	0mg	31g
Strawberry Craisins	1 pkg	110	0g	0mg	28g
Juice Wango Mango	1 ea	50	0g	30mg	13g
Juice Dragon Punch	1 ea	50	0g	35mg	13g
Bar, Rice Krsp MXBRY	1 ea	140	3g	105mg	27g
Bar, Breakfast Ban Choc Chunk	1 ea	280	8g	220mg	48g
PopTarts	2 pcs.	420	14g	350mg	69g
Applesauce Mixed Fruit	1 ea	90	0g	15mg	22g
Strawberry Cup	1 ea	90	0g	0mg	22g
Pancake Wrap Maple	1 ea	240	15g	360mg	18g
Sauce, Cheese Ched Pouch	3z	130	9g	550mg	4g
Sauce, Cheese Ched Dip Cup	1 ea	190	10g	570mg	14g
Lasagna Rollup	1ea	170	6g	210mg	22g
Red Beans & Rice	2z	200	1g	530	41g
Grilled Cheese Sandwich	1ea	280	10g	580mg	31g
Nacho Cheese Sauce	.25c	70	5g	530mg	4g
Rice Pilaf	.25c	200	0.5g	660mg	43g
Spanish Rice	2z	200	0.5g	560mg	44g
Fried Rice Frozen	1c	190	3.5g	580mg	34g