

Carroll County Public Schools Food Services
2020-2021 Menu Item Nutritional Information

Recipe	Portion Size	Calories	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A IU	Vitamin C (mg)	Calcium (mg)	Iron (mg)
BREAKFAST ITEMS														
updated 9/2020														
Bagel, Bagelful Cinnamon	1 each	180	3	2	5	180	32	3	6	6	100	2	20	2
Bagel, Bagelful Strawberry	1 each	180	3	2	5	160	32	3	6	6	100	2	20	2
Bagel, Honey Wheat 4 oz	1 each	250	3	1	0	400	50	5	4	9	0	0	40	3
Bagel, Plain 2.5 oz	1 each	170	2	0	0	135	34	3	3	6	0	0	20	1
Benefit Bar, Banana Chocolate Chunk	1 bar	280	8	3	15	220	48	3	23	5	115	0	20	2
Benefit Bar, French Toast	1 bar	290	9	3	25	200	47	3	21	5	0	0	40	2
Benefit Bar, Oatmeal Chocolate Chip	1 bar	290	9	3	20	240	47	3	22	5	110	0	20	2
Breakfast Bun, Apple Roll	1 each	210	5	1	0	210	35	3	9	5	1750	1	20	1
Breakfast Bun, Cinnamon Roll	1 each	240	7	2	0	240	38	3	12	5	2000	0	40	2
Breakfast Bun, Frudel Apple	1 each	210	6	1	0	260	36	2	11	5	0	0	0	1
Breakfast Bun, Frudel Cherry	1 each	210	6	2	0	260	37	2	11	5	0	0	0	1
Breakfast Bun, Honey Bun	1 each	340	19	8	0	190	40	1	16	5	80	2	200	3
Breakfast Bun, Mini Cinnis	1 package	240	7	2	0	270	39	2	15	5	75	0	40	1
Breakfast Round, UBR Oatmeal Chip	1 each	270	8	3	5	180	44	6	19	5	0	0	20	1
Cereal, Alpha Bits	1 bowl	110	2	0	0	140	21	2	6	3	500	6	150	11
Cereal, Chex Cinnamon GF	1 bowl	120	3	0	0	170	22	1	6	1	400	5	80	7
Cereal, Cinnamon Toasters	1 bowl	120	4	1	0	130	22	1	9	1	500	6	100	9
Cereal, Cocoa Puffs	1 bowl	110	2	0	0	160	25	2	8	2	500	6	100	5
Cereal, Honey Graham Toasters	1 bowl	120	3	0	0	240	22	1	10	1	400	5	100	8
Cereal, Honey Scooters	1 bowl	110	2	0	0	170	22	2	6	3	500	6	100	9
Cereal, Marshmallow Mateys	1 bowl	110	2	0	0	270	21	2	6	3	500	6	100	9
Cereal, Scooters	1 bowl	110	2	0	0	140	20	3	0	3	500	6	100	14
Cereal, Shredded Wheat Blueberry	1 bowl	100	1	0	0	0	23	3	6	3	0	0	0	8
Cereal, Shredded Wheat Frosted	1 bowl	100	1	0	0	0	23	3	6	3	0	0	0	8
Cereal, Shredded Wheat Strawberry	1 bowl	100	1	0	0	0	23	3	6	3	0	0	0	8
Crumb Cake, Blueberry	1 each	270	8	2	30	250	45	3	20	5	0	0	20	1
Crumb Cake, Cinnamon	1 each	290	8	2	30	270	48	3	21	5	0	0	20	1
Donut, Glazed Whole Grain	1 each	331	13	6	30	321	49	2	23	5	502	18	201	2
Donut, Holes	5 each	220	12	5	0	240	24	2	5	4	0	0	0	1
Donut, Honey Wheat	1 each	219	11	5	15	179	30	1	16	2	0	0	40	1
Donut, Powdered Sugar	1 each	240	8	3	0	300	38	2	19	7	2500	30	250	9
Donut, Whole Grain Raised	1 each	280	16	7	0	300	30	3	7	5	10	0	14	1

Recipe	Portion Size	Calories	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A IU	Vitamin C (mg)	Calcium (mg)	Iron (mg)
Donuts, Mini Chocolate	1 pack	320	15	7	0	270	41	2	19	5	0	0	40	2
Donuts, Mini Powdered Sugar	1 pack	270	11	3	0	230	41	2	21	4	0	0	60	1
French Toast, Mini Berry Blast	1 pouch	220	7	1	0	190	37	2	11	4	0	0	40	1
French Toast, Mini Cinnamon	1 pouch	220	7	1	0	200	37	2	11	4	0	0	60	1
French Toast, Sticks (breakfast portion)	3 each	255	9	2	0	300	36	3	8	6	450	7	225	3
Loaf, Blueberry	1 each	160	5	1	20	95	26	1	14	3	0	0	20	1
Muffin, Apple Cinnamon	1 each	290	8	1	45	170	49	2	23	5	100	0	20	2
Muffin, Blueberry	1 each	280	8	1	30	160	48	2	24	5	100	1	20	2
Muffin, Chocolate Chip	1 each	310	9	2	40	170	52	2	26	6	100	0	28	2
Muffin, English Whole Wheat	1 each	130	1	0	0	200	24	4	1	7	5	0	150	2
Sandwich, Egg Cheese on Roll	1 sandwich	225	8	2	102	550	29	4	4	12	15	0	115	1
Sandwich, Egg Cheese on English Muffin	1 sandwich	225	7	2	102	530	26	4	2	13	5	0	245	2
Sandwich, Ham & Egg on Croissant	1 sandwich	277	13	5	125	520	25	1	2	12	300	0	60	2
Sandwich, Ham & Egg on Roll	1 sandwich	227	7	2	115	490	28	4	3	14	15	0	40	2
Sandwich, Sausage Biscuit	1 sandwich	291	17	8	26	562	23	3	3	10	71	0	16	0
Sandwich, Sausage & Cheese on Roll	1 sandwich	286	14	5	34	612	29	4	4	15	71	0	111	1
Sandwich, Sausage & Egg on Roll	1 sandwich	311	16	5	121	502	29	4	3	15	71	0	56	1
Pancake and Sausage Stick	1 each	200	11	3	20	380	19	0	7	6	0	0	20	1
Pancakes, Mini Blueberry	1 pouch	210	6	1	10	310	35	4	11	4	500	0	60	3
Pancakes, Mini Maple	1 pouch	210	6	1	10	320	35	4	11	4	500	0	60	3
Pancakes, Mini Strawberry	1 pouch	220	6	1	0	260	40	2	14	4	0	0	20	1
Pancakes, Whole Grain	3 each	230	6	1	10	330	41	3	5	5	25	0	40	1
Pizza, Bacon Scramble	1 slice	210	8	4	55	320	25	2	5	10	0	0	100	1
Texas Toast, Apple Cinnamon	1 slice	260	6	1	0	300	45	2	17	8	400	1	40	3
Waffles, Mini Blueberry	1 pouch	200	6	1	0	170	36	3	10	4	0	0	20	1
Waffles, Mini Maple	1 pouch	200	5	2	0	220	35	4	10	4	500	0	100	3
Yogurt Parfait, Breakfast	1 each	276	5	2	7	145	49	5	13	10	82	27	240	2
LUNCH ITEMS														
Calzone, Cheese Mini	3 each	330	12	5	25	510	40	4	6	16	0	0	200	2
Calzone, Pepperoni Mini	3 each	320	11	5	20	470	40	4	6	17	0	0	250	2
Cheesesticks, Whole Grain	5 sticks	400	20	8	25	425	35	3	3	20	500	0	500	2
Chicken Basket	1 each	390	18	7	65	1015	43	5	3	16	15	0	0	0
Chicken, Buffalo Drumsticks	1 2 legs	340	20	5	120	600	8	0	0	34	600	0	0	2
Chicken, Dunkers	3.86 oz serving	170	10	2	90	180	2	0	0	18	0	0	0	1
Chicken, Fried 8-way	1 serving	140	8	3	65	600	7	1	0	11	0	0	0	0
Chicken, Nuggets Specialty Shapes	4 each	180	7	2	30	590	16	3	2	13	100	0	20	2

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Chicken, Nuggets	5 each	260	15	3	25	400	16	3	1	16	100	0	20	2
Chicken, Orange w/Rice	3oz	421	16	3	140	379	38	2	12	30	61	0	10	2
Chicken, Popcorn	12 each	250	15	3	25	380	16	3	1	15	100	0	40	2
Chicken, Tenders	3 each	260	15	3	25	390	16	3	1	15	100	0	40	2
Chicken, Teriyaki w/Rice	2.85oz/1.2c	349	7	2	59	782	52	2	25	21	4	0	27	1
Corn Dog	1 each	240	8	3	40	390	30	5	5	9	25	0	80	2
Corn Dog, Nuggets	6 each	250	10	3	60	420	30	3	1	10	0	0	100	2
Entree Salad, Cheese	1 salad	258	21	12	61	412	8	2	4	16	3926	10	339	1
Entree Salad, Chef	1 salad	163	8	4	50	404	8	2	4	15	3926	11	111	1
Entree Salad, Chicken Ceasar	1 salad	381	14	2	51	1041	40	4	6	24	10291	5	174	3
Entree Salad, Chicken Grilled	1 salad	133	4	1	40	234	9	2	4	17	3926	9	33	1
Entree Salad, Chicken Nuggets	1 salad	295	15	3	25	427	24	5	5	18	4026	10	55	2
Entree Salad, Chicken Popcorn	1 salad	246	9	2	47	427	21	4	4	17	4038	11	51	3
Entree Salad, Chicken Salad	1 salad	35	0	0	0	27	8	2	4	2	3926	10	35	1
Entree Salad, Chicken Southwst	1 salad	552	28	9	55	785	51	12	8	30	15084	17	369	5
Entree Salad, Chicken Spicy	1 salad	305	15	3	25	427	25	5	5	17	4026	10	75	3
Entree Salad, Chicken Tenders	1 salad	295	15	3	25	417	24	5	5	17	4026	10	75	2
Entree Salad, Chicken Teriyaki	1 salad	389	14	7	70	1658	41	3	25	26	6005	42	199	2
Entree Salad, Strawberry Spinach w/ Turkey	1 salad	418	24	3	46	980	29	3	6	24	8489	40	132	3
Entree Salad, Taco	1 salad	367	18	6	44	651	30	5	3	20	1218	6	209	4
Entree Salad, Tuna Salad	1 salad	220	8	1	54	573	14	3	5	22	4101	12	58	2
Fish, Nuggets	4 each	210	13	2	50	450	13	1	0	10	0	0	0	1
Fish, Shrimp Poppers	3/4 cup (21ea)	170	7	1	45	340	19	3	1	9	100	0	40	1
Flatbread Pizza, Roasted Vegetable	1 each	454	20	9	51	800	35	5	5	21	2283	27	345	2
French Toast, Sticks (lunch portion)	4 each	340	12	2	0	400	48	4	10	8	600	10	300	4
Macaroni and Cheese	3/4 cup	314	18	10	58	764	22	2	3	17	660	0	404	1
Mozzarella Sticks	5 sticks	400	20	8	25	425	35	3	3	20	500	0	500	2
Nachos Grande (elementary)	1 each	311	16	7	63	610	24	4	2	17	790	0	245	2
Nachos Grande (secondary)	1 each	311	16	7	63	610	24	4	2	17	790	0	245	2
Pasta, Shells Stuffed	2 shells	288	8	4	22	414	38	4	11	17	1142	8	331	2
Pepperoni Bread	1 each	461	22	10	61	943	31	3	3	22	99	0	330	2
Pizza, Buffalo Crunchers	4 each	530	31	9	25	730	40	4	3	21	3000	5	500	2
Pizza, Cheese con Queso	1 each	270	10	3	10	560	31	3	2	13	0	0	150	0
Pizza, Crunchers	4 each	420	20	9	30	670	41	6	3	20	500	2	450	2
Pizza, Mini Bagels Cheese	4 each	260	9	5	20	560	24	4	4	21	750	6	350	2
Pizza, Premium Cheese	1 slice	260	7	4	20	750	32	5	4	18	0	0	300	0

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Pizza, Premium Pepperoni	1 slice	288	10	5	26	863	32	5	4	19	0	0	304	0
Pizza, Ranchero	1 slice	320	14	7	35	540	30	4	7	20	500	9	250	3
Pizza, Stuffed Crust Cheese	1 slice	360	12	6	30	860	43	4	6	21	0	0	450	0
Pizza, Stuffed Crust Pepperoni	1 slice	388	15	7	36	973	43	4	6	22	0	0	454	0
Pretzel Bites w/ Cheese	8 bites/2oz cheese	464	18	10	56	1085	54	4	2	20	775	2	416	2
Quesadilla, Cheese	2 each	310	12	6	45	560	32	3	3	19	77	0	329	2
Quesadilla, Chicken and Cheese	2 each	300	11	5	45	570	32	3	3	19	61	0	252	2
Quesadilla, Pizza Cheese	1 each	330	12	3	10	840	40	4	3	16	300	0	150	0
Rippers, Buffalo Chicken	1 each	250	10	4	25	590	27	3	2	14	0	0	150	2
Rippers, Cheese	1 each	300	10	3	35	600	37	1	2	15	200	0	200	3
Rippers, Ham and Cheese	1 each	270	8	4	25	590	28	3	2	22	300	0	250	2
Rippers, Pepperoni	1 each	290	13	5	25	550	27	3	3	16	0	0	150	2
Sandwich, Cheese	1 sandwich	300	11	5	30	1160	36	4	10	18	30	0	420	1
Sandwich, Cheeseburger	1 sandwich	295	12	4	41	677	29	5	4	21	15	0	124	3
Sandwich, Cheeseburger Bacon	1 sandwich	325	14	5	46	803	29	5	4	23	15	0	124	4
Sandwich, Cheesesteak (elementary)	1 sandwich	375	21	9	69	489	28	4	4	21	15	0	95	3
Sandwich, Cheesesteak (secondary)	1 sandwich	385	21	9	69	519	27	3	3	21	10	0	135	3
Sandwich, Chicken BBQ Flatbread	1 sandwich	468	20	7	87	1132	44	3	13	31	81	0	126	3
Sandwich, Chicken Caesar Wrap	1 wrap	623	19	4	51	5159	81	5	33	24	6207	3	348	4
Sandwich, Chicken Cheesesteak (elem)	1 sandwich	287	8	2	126	768	30	4	5	24	68	2	41	3
Sandwich, Chicken Cheesesteak (secondary)	1 sandwich	297	8	2	126	798	29	3	4	24	63	2	81	3
Sandwich, Chicken Grilled	1 sandwich	225	6	1	42	532	28	4	3	21	110	1	35	2
Sandwich, Chicken Grilled Club	1 sandwich	332	13	5	62	830	29	4	3	30	259	1	247	3
Sandwich, Chicken Patty	1 sandwich	400	17	3	25	620	43	7	4	22	115	0	60	3
Sandwich, Chicken Premium	1 sandwich	330	11	2	45	510	36	7	3	25	15	0	20	3
Sandwich, Chicken Ranch Flatbread	1 sandwich	500	27	8	92	1033	32	3	3	31	10	0	115	3
Sandwich, Chicken Salad	1 sandwich	290	9	1	53	445	32	4	7	24	173	1	29	2
Sandwich, Chicken Snack Wrap	2 wraps	532	25	5	33	746	51	8	4	26	234	1	260	4
Sandwich, Chicken Spicy	1 sandwich	400	17	3	25	620	44	7	4	21	115	0	60	4
Sandwich, Ciabatta BBQ Chicken	1 sandwich	318	7	2	40	729	45	3	13	20	76	0	31	2
Sandwich, Ciabatta Turkey Caprese	1 sandwich	394	16	4	55	802	36	5	5	30	5217	8	42	2
Sandwich, Egg Salad	1 sandwich	241	9	2	187	414	31	4	4	13	320	1	50	2
Sandwich, Fish	1 sandwich	320	13	2	35	550	40	5	3	16	15	0	20	2
Sandwich, Fish Hoagie	1 sandwich	365	15	3	42	800	40	4	3	19	10	0	135	3
Sandwich, Grilled Cheese (elementary)	1 sandwich	254	9	4	15	747	34	4	8	12	151	0	270	1
Sandwich, Grilled Cheese (secondary)	1 sandwich	324	14	6	30	1187	36	4	10	18	151	0	420	1

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Sandwich, Ham	1 sandwich	240	7	2	60	700	28	4	3	20	15	1	20	2
Sandwich, Ham & Cheese	1 sandwich	257	8	3	58	840	29	4	4	21	15	1	95	2
Sandwich, Ham & Cheese Croissant	1 sandwich	307	13	6	68	870	26	1	3	19	300	1	115	2
Sandwich, Ham & Cheese Sub	1 sandwich	267	8	3	58	870	28	3	3	21	10	1	135	2
Sandwich, Ham & Cheese Melt on Roll	1 sandwich	257	8	3	58	840	29	4	4	21	15	1	95	2
Sandwich, Ham	1 sandwich	240	7	2	60	700	28	4	3	20	15	1	20	2
Sandwich, Hamburger	1 sandwich	260	10	3	34	457	28	5	3	18	15	0	49	3
Sandwich, Hot Dog	1 hot dog	240	11	3	45	520	29	4	4	13	15	0	40	3
Sandwich, Hot Dog (Double Dog Day)	2 hot dogs	480	21	5	90	1040	58	8	8	26	30	0	80	5
Sandwich, Meatloaf	1 sandwich	320	14	6	4	610	35	5	8	17	215	9	80	3
Sandwich, PBJ Jamwich	1 sandwich	300	16	3	0	300	34	4	11	10	0	0	60	1
Sandwich, Po Boy Chicken	1 sandwich	393	17	3	25	632	43	6	3	21	200	1	103	4
Sandwich, Po Boy Shrimp Popper	1 sandwich	313	9	1	45	592	46	6	3	15	200	1	103	3
Sandwich, Rib-a-Que	1 sandwich	282	11	3	41	639	31	5	5	20	114	1	54	2
Sandwich, Sloppy Joe	1 sandwich	273	8	2	41	857	36	5	10	19	507	6	51	2
Sandwich, Tuna Salad	1 sandwich	315	10	1	54	766	33	5	4	27	189	1	42	3
Sandwich, Turkey	1 sandwich	240	6	1	45	590	27	4	3	23	15	0	20	2
Sandwich, Turkey & Cheese	1 sandwich	257	8	2	45	748	28	4	4	23	15	0	95	2
Sandwich, Turkey & Ham	1 sandwich	240	6	1	53	645	28	4	3	22	15	1	20	2
Sandwich, Turkey, Hot w/ Gravy	1 sandwich	275	7	1	35	651	38	4	7	18	926	1	320	2
Sandwich, Turkey Strawberry Spinach Wrap	1 wrap	578	26	5	46	1320	62	7	10	28	8509	40	192	5
Sandwich, Vegetable Sub	1 sandwich	373	19	10	45	993	31	4	3	20	2527	10	425	2
Sandwich, Veggie Burger	1 sandwich	280	9	1	0	690	39	7	7	16	115	0	80	3
Soup, Chicken Noodle	1 cup	135	4	1	34	221	12	1	1	13	76	2	28	1
Soup, Cream of Broccoli	1 cup	193	9	2	2	221	19	3	7	11	1311	55	200	2
Soup, Pizza	1 cup	75	1	0	1	502	14	2	9	2	567	4	17	1
Soup, Tomato	1 cup	90	0	0	0	483	20	1	12	2	400	6	3	1
Taco, Walking (elementary)	1 each	357	20	8	38	616	26	5	3	24	780	0	201	3
Taco, Walking (secondary)	1 each	417	22	9	38	696	33	5	3	25	680	0	241	2
Taco Sticks, Beef and Cheese	1 each	345	13	8	52	631	32	4	1	20	252	6	329	3
Tacos, Beef	2 each	285	8	3	30	426	35	7	4	20	680	0	237	4
Tacos, Fish Baja	2 tacos	305	11	3	27	476	39	4	3	14	47	6	210	2
Sausage, Patty	1 each	121	10	4	26	172	1	0	0	6	56	0	16	0
Turkey, Roasted (Thanksgiving)	2 oz	108	4	1	62	58	0	0	0	16	22	0	8	1
Turkey, Stick Roasted	1 each	40	1	0	20	190	0	0	0	8	0	0	0	0
Turkey, Stick Sweet BBQ	1 each	40	1	0	20	200	0	0	0	8	0	0	0	0

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WHOLE GRAINS														
Bread, Breadsticks	1 each	110	2	0	0	170	23	3	1	4	5	0	100	1
Bread, Flatbread	1 each	180	5	1	0	330	28	3	2	6	0	0	20	1
Crackers, Saltines (whole grain)	1 package	56	2	0	0	170	10	1	0	1	0	0	0	1
Graham Crackers, Chocolate Elf	1 pouch	120	4	1	0	125	20	2	7	2	500	0	100	1
Graham Crackers, Cinnamon Goldfish	1 pouch	120	4	1	0	135	19	1	6	2	200	1	100	1
Graham Crackers, Cinnamon Elf	1 pouch	120	4	1	0	105	21	1	8	2	500	0	100	1
Graham Crackers, Honey Maid	1 pack	90	2	0	0	105	16	1	5	1	0	0	0	1
Roll, Biscuit Honey Wheat	1 each	190	6	2	0	320	30	2	6	4	0	1	250	1
Roll, Biscuit	1 each	170	7	5	0	390	22	3	3	4	15	0	0	0
Roll, Breadstick Whole Wheat	1 each	110	2	0	0	100	21	2	1	2	20	15	20	1
Roll, Croissant	1 each	180	7	4	10	250	24	1	2	4	300	0	40	1
Roll, Dinner	1 each	80	1	0	0	130	16	2	2	3	10	0	40	1
Roll, Garlic Knot	1 each	170	7	2	0	270	23	2	2	4	200	6	20	1
Pretzel, Soft 2.2oz	1 each	140	1	0	0	150	30	3	1	5	5	1	20	2
Pretzel, Soft Pretzel Rod 1oz	1 each	70	1	0	0	40	14	1	0	2	0	0	0	1
Rice, Brown	1/2 cup	108	1	0	0	5	22	2	0	3	0	0	10	0
Salad, Pasta	3/8 cup	70	0	0	0	294	15	3	1	3	1005	6	21	1
Stuffing, Cornbread Classic	1/2 cup	120	1	0	0	660	23	1	3	4	15	1	20	1
MILK AND DAIRY														
Cheese, Cheddar Shredded	1 oz	110	10	6	30	190	0	0	0	7	0	0	150	0
Cheese, Cheddar Sticks	1 each	110	9	5	30	190	1	0	0	6	0	0	150	0
Cheese, Mozzarella String	1 each	60	3	2	10	200	0	0	0	7	0	0	150	0
Milk, Low Fat	1/2 pint	100	3	2	10	120	11	0	11	8	500	2	300	0
Milk, Nonfat	1/2 pint	80	0	0	5	120	11	0	11	8	500	2	300	0
Milk, Nonfat Chocolate	1/2 pint	120	0	0	5	200	22	0	21	8	500	2	300	0
Milk, Nonfat Strawberry	1/2 pint	120	0	0	5	115	22	0	22	8	500	2	300	0
Yogurt Parfait, Lunch	1 each	456	8	3	11	310	79	7	13	20	160	27	438	3
Yogurt, Cherry Vanilla, Upstate Farms	1 each	90	0	0	5	75	19	0	15	3	0	0	290	0
Yogurt, Raspberry, Upstate Farms	1 each	90	0	0	5	55	19	1	15	3	0	0	290	0
Yogurt, Strawberry Banana, Upstate Farms	1 each	90	0	0	5	55	19	1	15	3	0	0	290	0
FRUITS AND VEGETABLES														
Dried Fruit, Cranberries	1/4 cup pouch	92	0	0	0	2	25	2	22	0	0	0	0	0
Dried Fruit, Raisins	1 box	130	0	0	0	5	34	2	25	1	0	0	22	1

Recipe	Portion Size	Calories	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A IU	Vitamin C (mg)	Calcium (mg)	Iron (mg)
Fruit, Apple Slices 2oz bag	1 bag	30	0	0	0	0	7	1	6	0	0	12	20	0
Fruit, Apples Fresh	1 each	72	0	0	0	1	19	3	14	0	75	6	8	0
Fruit, Apples Sliced (hot)	1/2 cup	45	0	0	0	1	12	2	9	0	38	0	4	0
Fruit, Applesauce Cinnamon	1/2 cup	55	0	0	0	2	15	2	0	0	40	1	17	0
Fruit, Applesauce (canned)	1/2 cup	52	0	0	0	2	14	1	1	0	36	1	4	0
Fruit, Bananas	1 each	105	0	0	0	1	27	3	14	1	76	10	6	0
Fruit, Blueberries	1/2 cup	40	1	0	0	1	10	2	7	0	36	2	6	0
Fruit, Grapes	1/2 cup	31	0	0	0	1	8	0	7	0	46	2	6	0
Fruit, Kiwi	1/2 cup	55	0	0	0	3	13	3	8	1	78	83	31	0
Fruit, Mandarin Oranges (canned)	1/2 cup	71	0	0	0	7	18	1	12	1	1467	22	9	0
Fruit, Melon	1/2 cup	27	0	0	0	13	7	1	6	1	2706	29	7	0
Fruit, Mixed (canned)	1/2 cup	58	0	0	0	5	14	1	12	0	197	2	6	0
Fruit, Oranges	1 each	62	0	0	0	0	15	3	12	1	295	70	52	0
Fruit, Peach Cup	1 each	60	0	0	0	0	16	2	14	1	400	11	0	0
Fruit, Peaches (canned)	1/2 cup	61	0	0	0	10	14	0	11	0	274	3	5	0
Fruit, Pears (canned)	1/2 cup	63	0	0	0	5	16	2	12	0	8	2	11	0
Fruit, Pears	1 each	84	0	0	0	1	23	5	14	1	37	6	13	0
Fruit, Pineapple (canned)	1/2 cup	75	0	0	0	1	20	1	12	1	47	12	17	0
Fruit, Strawberry Cup	1 each	90	0	0	0	0	22	2	18	1	0	48	0	0
Juice, Apple 100%	4oz	60	0	0	0	5	14	0	12	0	60	60	0	0
Juice, Fruit Blend 100%	4oz	60	0	0	0	5	14	0	12	0	60	0	0	0
Juice, Grape 100%	4oz	80	0	0	0	15	18	0	18	1	0	0	0	0
Juice, Orange 100%	4oz	60	0	0	0	0	14	0	12	0	60	42	0	0
Juice, Orange Pineapple 100%	4oz	60	0	0	0	0	15	0	13	0	65	36	0	0
Juice, Sidekicks	1 each	90	0	0	0	35	22	0	19	0	1000	60	80	0
Potatoes, Baked w/ Sour Cream	1 each	212	4	3	10	37	39	4	2	6	141	17	66	2
Potatoes, Emoticons	4 each	120	4	1	0	80	18	2	0	2	0	0	0	1
Potatoes, French Fries Crinkle	1/2 cup	81	3	0	0	25	14	1	0	1	0	0	0	0
Potatoes, French Fries Curly	1/2 cup	91	3	0	0	15	13	1	0	2	0	3	5	0
Potatoes, French Fries Savory	1/2 cup	120	6	1	0	319	17	1	0	2	0	4	0	1
Potatoes, French Fries Waffle	1/2 cup	145	5	1	0	83	23	3	0	2	0	4	0	1
Potatoes, French Fries Seasoned Wedges	1/2 cup	121	6	1	0	555	18	1	0	2	0	5	0	0
Potatoes, Hash Brown Rounds	2 each	102	4	0	0	107	16	1	0	1	0	4	0	0
Potatoes, Mashed	1/2 cup	71	1	0	0	347	14	1	0	2	0	0	10	0
Potatoes, Roasted Red Skin	1/2 cup	72	1	0	0	92	14	1	1	2	0	2	0	1
Potatoes, Smiles	1/2 cup (4ea)	133	5	1	0	184	20	2	0	2	0	0	0	0

Recipe	Portion Size	Calories	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A IU	Vitamin C (mg)	Calcium (mg)	Iron (mg)
Potatoes, Tater Tots	1/2 cup	133	6	1	0	317	16	2	0	2	0	4	0	0
Salad, Corn and Black Bean	1/2 cup	110	2	0	0	169	19	3	3	5	93	7	24	1
Salad, Cucumber Marinated	1/2 cup	41	0	0	0	325	9	1	6	1	79	3	19	0
Salad, Spinach Strawberry	1 cup	69	6	0	0	35	5	1	4	1	1278	12	17	0
Salad, Tossed	1 cup	39	0	0	0	34	9	3	5	2	6294	10	38	1
Veg, Baked Beans	1/2 cup	140	1	0	0	140	28	3	8	8	0	0	53	2
Veg, Broccoli (raw)	1/2 cup	15	0	0	0	15	3	1	1	1	274	39	21	0
Veg, Broccoli Steamed	1/2 cup	10	0	0	0	10	2	1	1	1	0	6	10	0
Veg, California Blend	1/2 cup	16	0	0	0	10	2	1	0	1	824	14	13	0
Veg, Carrot and Celery Sticks	1/2 cup	18	0	0	0	51	4	1	2	1	5262	3	25	0
Veg, Carrots (raw)	1/2 cup	25	0	0	0	42	6	2	3	1	10191	4	20	0
Veg, Carrots Orange Glazed	1/2 cup	71	3	1	0	60	11	2	8	0	8008	10	21	0
Veg, Carrots Steamed	1/2 cup	27	1	0	0	43	6	2	3	0	12357	2	26	0
Veg, Celery	1/2 cup	12	0	0	0	59	2	1	1	1	333	2	30	0
Veg, Coleslaw	1/2 cup	42	3	0	2	93	4	1	1	0	34	13	14	0
Veg, Coleslaw Spicy	1/2 cup	38	3	0	2	237	3	1	1	0	73	12	14	0
Veg, Corn (canned)	1/2 cup	68	1	0	0	16	16	2	3	2	0	0	0	0
Veg, Cucumbers	1/2 cup	7	0	0	0	1	1	0	1	0	43	2	8	0
Veg, Green Peppers and Tomatoes	1/2 cup	11	0	0	0	3	3	1	2	1	395	24	6	0
Veg, Green Beans (canned)	1/2 cup	14	0	0	0	140	3	1	0	1	294	3	18	1
Veg, Green Peppers	1/2 cup	9	0	0	0	1	2	1	1	0	170	37	5	0
Veg, Lettuce Shredded	1/2 cup	5	0	0	0	4	1	0	1	0	181	1	6	0
Veg, Mixed	1/2 cup	40	0	0	0	174	8	2	2	2	9496	4	22	1
Veg, Roasted Mixed Vegetables	1/2 cup	43	3	0	0	15	4	1	2	1	2185	27	17	0
Veg, Sweet Potatoes Mashed	1/2 cup	79	0	0	0	5	19	3	0	1	83	8	10	0
Veg, Tomato Cherry	1/2 cup	13	0	0	0	4	3	1	3	1	621	9	7	0
Veg, Tomato Slices	1/2 cup	16	0	0	0	5	4	1	3	1	750	11	9	0
CONDIMENTS														
Condiments, BBQ Sauce pc	1 packet	20	0	0	0	130	5	0	2	0	0	0	6	0
Condiments, Cream Cheese	1 each	74	7	4	21	67	1	0	1	1	236	0	21	0
Condiments, Jelly Grape pc	1 each	35	0	0	0	10	9	0	8	0	0	0	0	0
Condiments, Ketchup pc	1 packet	10	0	0	0	85	2	0	2	0	0	0	0	0
Condiments, Margarine pc	1 each	23	3	1	0	40	0	0	0	0	167	0	0	0
Condiments, Mayo pc	1 packet	90	10	2	5	60	0	0	0	0	0	0	0	0
Condiments, Mustard pc	1 packet	9	1	0	0	150	1	0	0	1	0	0	10	0

Recipe	Portion Size	Calories	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A IU	Vitamin C (mg)	Calcium (mg)	Iron (mg)
Condiments, Pickles	6 slices	5	0	0	0	390	1	0	5	0	0	0	0	0
Condiments, Salsa 1/4 cup	1/4 cup	22	0	0	0	69	4	1	0	1	340	2	7	1
Condiments, Sour Cream	1 oz	56	5	3	17	9	1	0	1	1	127	0	29	0
Condiments, Syrup	0.5 oz cup	117	0	0	0	21	29	0	26	0	2	0	1	0
Dressing, Balsamic Vinaigrette	1 pouch	140	14	2	0	250	5	0	4	0	20	0	0	0
Dressing, Caesar	1 packet	175	18	3	32	268	0	0	0	1	64	0	21	0
Dressing Honey Mustard	1 packet	180	15	2	10	197	12	0	10	0	28	0	0	0
Dressing, Italian Lite	2 Tb	40	4	1	0	270	2	0	2	0	0	0	0	0
Dressing, Pan Asian Sesame	1 each	180	15	2	0	580	11	0	10	0	0	0	0	0
Dressing, Ranch Lite	1 oz	71	7	1	5	259	2	0	1	1	5	0	22	0
Dressing, Ranch packets (small)	1 packet	10	0	0	0	125	3	0	1	0	0	0	20	0
Dressing, Ranch Packets (large for salads)	1 packet	180	19	3	0	320	2	0	1	1	0	0	20	0
Dressing, Raspberry Vinaigrette Fat Free	1 packet	40	0	0	0	380	13	0	9	0	0	0	0	0
Gravy, Poultry	1/4 cup	40	1	0	5	117	6	0	1	1	0	1	3	1
Gravy, Turkey	1/4 cup	30	1	0	0	231	6	0	0	0	0	0	2	0
Hummus, Original	1 each	110	2	0	0	100	18	5	3	6	0	0	20	2
Hummus, Red Pepper	1 each	120	2	0	0	100	18	5	4	6	300	14	20	2
Salsa, Homemade	2 Tb	11	0	0	0	121	2	0	0	0	195	4	10	0
Sauce, Blazin Buffalo	1 oz	85	8	1	5	329	2	0	1	1	10	3	0	0
Sauce, Honey Mustard	1 oz	70	4	1	5	50	8	0	6	0	0	0	2	0
Sauce, Teriyaki BBQ	1 oz	60	0	0	0	380	15	0	7	1	46	1	7	0
Sauce, Zesty Southwest Ranch	1 oz	90	8	1	5	360	3	0	1	1	114	1	2	0