

Jackson School District Food Services
Nutrient Values of Selected Lunch Menu Items

Hot Entrees and Sandwiches

Menu Item	Portion Size	Calories	Cholest. (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (RE)	Vit-C (mg)	Protein (g)	Carb (g)	Trans Fat (g)	Sat. Fat (g)
Baked macaroni and cheese	1 Cup	642	82	1880	2.58	1.99	655.68	338	0.21	29.54	45.65	38.06	19.82
Baked ziti or rigatoni w/ cheese	1 cup	424	27	1081	7.11	2.56	354.63	299	19.73	17.43	54.59	15.69	5.53
Barbecued chicken	1 Serving	222	60	264	0.52	1.16	16.75	78	5.2	20.11	20.15	7.09	1.62
Beef and bean chili	½ Cup	141	37	242	1.78	1.67	20.62	50	12.48	12.5	7.86	6.72	2.58
Beefaroni	¾ Cup	240	46	246	1.67	2.9	22	65	6.96	17.24	23.14	8.63	3.23
Breaded chicken, commodity ("Southern Breaded Chicken")	1 Serving	162	49	164	0	0.8	12	16	0	13	5	10	3
Breaded fish sticks	3 ea (3.0 oz.)	231	95	495	1.19	0.63	17.01	26	0	13.31	20.2	10.4	2.67
Breaded mozzarella cheese sticks, oven baked	5 sticks	440	30	820	1	1.9	448	95	0.3	20	34	26	9
Breadsticks (2), shredded cheese & sauce	1 Serving	445	36	1437	0	3.72	443.39	262	32.37	24.45	51.66	13.72	5.73
Canadian Style Bacon, Turkey	3 oz.	96	55	876	0	0.8	6	11	1.4	13.24	1.78	4.2	1.2
Cheese steak sandwich	1 Each	358	13	564	1.52	3.01	132.04	79	0.03	20.02	24.31	19.76	9.04
Cheeseburger on a Bun	1 Each	351	66	508	1.15	3.12	162.86	79	0.03	22.82	27.04	16.05	7
Chicken nuggets,	5 each	266	34	520	0	2	2	20	1	14	14.4	16.9	3.5
Chicken patty on bun	1 Each	324	77	857	1.13	2.48	74.33	0	0	20.57	34.36	11.02	1.55
French toast sticks, whole wheat	3 oz.	204	0	33	3	1.08	45	0	0	5.4	27	9	1.5
Funnel Cake, J&J, 2.5 oz.	1 each	309	34	263	1.14	1.65	68.59	0	0	4.57	35.44	16	3.43
Grilled chicken on a whole wheat bun	1 Each	410	72	1018	2	3.31	150	0	0	21.46	52.21	12.15	0.95
Ham slice or strips	2 oz. slice	60	25	730	0	0.4	0	0	0	8	2	2	1
Hamburger on a bun	1 Each	317	57	322	1.19	3.27	85.05	0	0	21.38	28.04	12.46	4.55
Premium pizza, cheese	1 slice (1/8 pie)	413	36	921	1.96	3.01	461.97	137	7.15	22.23	50.01	13.3	6.57
Premium pizza, cheese w/ pepperoni	1 slice (1/8 pie)	425	40	1005	1.99	3.01	405.08	123	7.11	21.94	49.98	14.73	6.95

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Menu Item	Portion Size	Calories	Cholest. (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (RE)	Vit-C (mg)	Protein (g)	Carb (g)	Trans Fat (g)	Sat. Fat (g)
Hot dog on a bun	1 Each	309	30	885	1.15	2.2	67.05	0	0	9.99	23.69	18.93	7.13
Hot ham and cheese bagel	1 sandwich	442	40	1535	2.79	5.13	521.37	79	0.03	24.92	65.34	8.36	3.43
Meatball sandwich	1 Each	347	33	1089	3.01	3.5	86.18	150	5.5	17.22	36.3	14.03	4.87
Meatloaf, beef variation	3/4 slice"	177	62	161	0.86	1.94	45.53	29	2.48	15.12	8.72	8.77	3.33
Nachos, includes:													
Tortilla shells,	1 oz.	142	0	94	1.89	0.68	56.7	0	0	1.89	19.84	5.67	0.94
Simple taco meat	2 oz. (1/3 cup)	166	53	659	0	1.29	6.31	0	0	14.83	5.1	9.28	3.65
cheddar cheese, 1/2 OZ.	1/2 oz.	57	15	88	0	0.1	102.2	39	0	3.53	0.18	4.7	2.99
Open face hot turkey sandwich	1 Each	236	15	563	1.4	2.52	29.41	8	0.2	11.48	36.12	4.78	1.26
Pancakes	2 Each	139	16	374	1.16	1.14	25.35	0	0	3.8	26.61	2.22	0.32
Plain pasta, may be offered with:	1/2 cup	94	0	1	0.87	0.94	4.69	0	0	3.2	18.99	0.45	0.06
Italian meat sauce	1/2 cup	285	56	642	4.06	2.13	40.09	147	13.39	17.75	19.04	15.44	4.64
Meatballs, 1/2 oz. Each	2.5 oz.	167	33	467	0	1.5	33.35	0	1	11.67	6.67	10.01	4.17
Spaghetti sauce ("marinara sauce")	1/2 cup	136	0	618	4.23	0.81	34.86	153	13.94	2.27	19.83	5.94	0.85
Popcorn chicken	15 pc. (3.56 oz)	273	20	798	1.01	1.09	20.2	253	0	16.16	18.18	15.15	3.03
RIB B Q (BBQ ribbie) sandwich on bun	1 Each	326	66	765	1.28	2.84	74.49	39	3.13	19.94	26.79	14.71	4.54
Roast chicken ("oven roasted chicken")	1 Serv (2 oz.)	185	72	65	0.04	1.05	12.44	31	0.05	22.64	0.05	9.84	2.74
Roast turkey w/ gravy	2 oz.	105	33	555	0.13	1.02	7.91	0	0.32	13.29	3.66	3.75	1.22
Sausage patty, cooked	2 oz.	151	56	306	0	0.65	5.1	4	0	11.2	0	11.49	3.14
Scrambled egg patty, cooked	1 Each												
Sloppy Joe (BBQ beef) on a bun	1 Each	287	46	435	1.83	3.01	76.74	56	11.99	17.88	31.24	10	3.63
Stuffed crust pizza dippers w/ sauce	1 Serving	417	17	1522	0	1.08	500	242	32.37	20.32	37.09	19.3	5.6
Taco, soft shell, includes:													
Flour tortilla, 10", 1 each"	1	0	445	2.17	2.34	90.3	0	0	5.8	35.95	5.43	1.32	0.131
Simple taco meat	2 oz. (1/3 cup)	166	53	659	0	1.29	6.31	0	0	14.83	5.1	9.28	3.65
Cheddar cheese, 1/2 OZ.	1/2 oz.	57	15	88	0	0.1	102.2	39	0	3.53	0.18	4.7	2.99

Hot Entrees and Sandwiches

<i>Menu Item</i>	<i>Portion Size</i>	<i>Calories</i>	<i>Cholest. (mg)</i>	<i>Sodium (mg)</i>	<i>Fiber (g)</i>	<i>Iron (mg)</i>	<i>Calcium (mg)</i>	<i>Vit-A (RE)</i>	<i>Vit-C (mg)</i>	<i>Protein (g)</i>	<i>Carb (g)</i>	<i>Trans Fat (g)</i>	<i>Sat. Fat (g)</i>
Toasted (grilled) cheese sandwich	1 Each	399	53	1232	1.3	2.1	409.41	369	0.13	15.52	27.99	24.93	12.45

Cold Sandwiches

<i>Menu Item</i>	<i>Portion Size</i>	<i>Calories</i>	<i>Cholest. (mg)</i>	<i>Sodium (mg)</i>	<i>Fiber (g)</i>	<i>Iron (mg)</i>	<i>Calcium (mg)</i>	<i>Vit-A (RE)</i>	<i>Vit-C (mg)</i>	<i>Protein (g)</i>	<i>Carb (g)</i>	<i>Trans Fat (g)</i>	<i>Sat. Fat (g)</i>
Cheese hoagie	1 Each	464	67	1471	2.53	2.91	414.61	238	8.98	22.73	38.13	24.65	13.98
Chicken Caesar wrap	1 Each	513	52	912	3.52	4.2	154.84	48	4.18	29.53	54.24	18.61	4.04
Chicken salad in a pita	1 sandwich	325	49	577	5.2	2.72	28.3	15	0.93	22.33	37.06	10.5	2.34
Chicken salad on small Kaiser	1 each	326	49	581	1.84	2.75	31.91	12	0.65	21.97	33.08	10.32	2.46
Chicken salad on white	1 each	286	49	576	1.54	2.59	92.41	12	0.65	19.79	26.87	10.46	2.44
Chicken salad on whole wheat	1 each	291	49	531	4.2	2.57	57.22	12	0.65	21.4	27.38	11.17	2.59
Chicken salad wrap	1 Each	490	49	883	5.37	4.75	167.59	84	14.77	25.68	58.47	16.85	3.98
Ham & cheese on white bread	1 sandwich	272	40	1077	1.32	2.19	236.35	86	0.28	15.09	26.8	11.33	6.19
Ham & cheese on whole wheat	1 sandwich	277	40	1032	3.98	2.17	201.16	86	0.28	16.7	27.31	12.04	6.35
Ham & cheese on small Kaiser	1 each	284	41	1245	1.5	2.85	443.25	41	0	18.54	32.34	7.93	3.57

Cold Sandwiches

Menu Item	Portion Size	Calories	Cholest. (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (RE)	Vit-C (mg)	Protein (g)	Carb (g)	Trans Fat (g)	Sat. Fat (g)
Ham and cheese hoagie.	1 Each	358	54	1510	2.34	3.57	536.38	179	6.07	22.02	37.6	13.32	5.94
Ham and cheese wrap	1 Each	432	45	1304	3.28	3.37	267.16	138	8.98	18.07	48.74	18.22	7.59
Italian hoagie	1 Each	446	65	1580	2.44	3.26	191.33	191	9.13	23.84	39.19	20.54	9.72
Salami & cheese on small Kaiser	1 each	433	53	1497	1.5	3.11	99.49	41	0	19.63	32.09	24.13	8.07
Salami & cheese on white	1 each	393	53	1493	1.2	2.95	159.99	41	0	17.45	25.87	24.28	8.05
Salami & cheese on whole wheat	1 each	398	53	1447	3.86	2.93	124.8	41	0	19.06	26.38	24.98	8.21
Tuna salad hoagie	1 Each	355	22	795	2.71	3.12	31.74	36	9.65	28.89	40.65	6.72	1.06
Tuna salad in pita	1 each	317	22	728	1.62	2.1	58.98	2	0.57	27.15	36.43	5.59	0.71
Tuna salad on small kaiser	1 each	324	22	751	1.8	2.55	22.39	2	0.57	27.69	34.53	6.37	0.99
Tuna salad wrap	1 Each	487	17	1068	5.8	5.37	178.4	303	28.31	24.55	58.76	16.7	3.67
Turkey & cheese on small Kaiser	1 each	285	38	1132	1.78	2.87	97.79	41	3.23	18.82	34.13	6.87	3.44
Turkey & cheese on white	1 each	245	38	1127	1.48	2.71	158.29	41	3.23	16.64	27.92	7.02	3.42
Turkey & cheese on whole wheat	1 each	241	38	1006	3.86	2.24	118.57	41	0	18.57	26.04	7.28	3.3
Turkey and cheese hoagie	1 Each	360	51	1166	2.34	4.21	186.38	179	18.07	22.3	37.24	13.58	6.42
Turkey and cheese wrap	1 Each	489	39	1485	3.26	3.37	265.88	115	10.6	18.21	48.68	25.1	7.23
Tuna salad hoagie	1 Each	355	22	795	2.71	3.12	31.74	36	9.65	28.89	40.65	6.72	1.06

Cold Fun Lunches

Menu Item	Portion Size	Calories	Cholest. (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (RE)	Vit-C (mg)	Protein (g)	Carb (g)	Trans Fat (g)	Sat. Fat (g)
Nachos Fun Lunch	1 each	394	60	725	2.8	2.52	473.28	193	2.59	16.98	25.1	24.59	12.92

Cold Entrée Salads

Menu Item	Portion Size	Calories	Cholest. (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (RE)	Vit-C (mg)	Protein (g)	Carb (g)	Trans Fat (g)	Sat. Fat (g)
Garden vegetable salad, offered with:	1 Each	41	0	42	3.04	0.83	45.45	706	34.03	2.07	8.65	0.42	0.05
Dinner roll AND	1 roll	82	0	102	1.14	1.06	52.8	0	0	2.58	13.8	1.89	0.45
Choice of a protein cup:													
Hard Boiled Egg	1 egg	78	212	62	0	0.6	25	84	0	6.29	0.56	5.31	1.63
Mozzarella cheese, part skim 2 OZ.	2 oz.	144	36	351	0	0.12	443.39	100	0	13.76	1.57	9.03	5.73
Cheddar cheese 2 OZ.	2 oz.	229	60	352	0	0.39	408.81	158	0	14.12	0.73	18.79	11.96
Tuna Salad	1/2 Cup	157	17	428	0.34	0.96	13.76	13	0.61	14.91	3.88	8.65	1.77
Chicken salad	1/2 cup	157	51	236	0.34	0.74	17.07	12	0.64	16.46	1.56	8.95	2.12
Cheddar cheese 1 OZ. OR	1 oz.	114	30	176	0	0.19	204.4	79	0	7.06	0.36	9.4	5.98
Mozzarella cheese, part skim 1 OZ.	1 oz.	72	18	175	0	0.06	221.7	50	0	6.88	0.79	4.51	2.87

Grain/Bread Entrée Accompaniments

Menu Item	Portion Size	Calories	Cholest. (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (RE)	Vit-C (mg)	Protein (g)	Carb (g)	Trans Fat (g)	Sat. Fat (g)
Buttered noodles	1/2 Cup	131	0	36	0.92	1.02	8.41	37	0.06	3.43	19.86	4.11	0.66
Breadstick, soft, 1.5 oz.	1 Each	55	0	115	0	0.9	0	0	0	2	10.5	0.5	0
Bread stuffing	1/2 Cup	121	0	384	1.55	1.22	43.17	37	0.91	3.72	15.64	5.05	1

Grain/Bread Entrée Accompaniments

Menu Item	Portion Size	Calories	Cholest. (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (RE)	Vit-C (mg)	Protein (g)	Carb (g)	Trans Fat (g)	Sat. Fat (g)
Corn bread or muffin, 2 oz.	1 Each	91	18	225	0.68	0.55	21.26	13	0.03	2.1	13.92	2.89	0.79
Dinner roll	1 roll	82	0	102	1.14	1.06	52.8	0	0	2.58	13.8	1.89	0.45
Fiesta rice	1/2 Cup	117	0	45	1.02	1.55	15.92	42	8.44	2.21	23.48	1.45	0.21
Fortune cookie	1 Each	18	1	3	0	0.06	0	0	0	0.33	3	0.17	0
Garlic bread	1 Piece	122	0	238	1.03	0.83	25.89	36	0.13	2.97	17.14	4.6	0.8
Italian bread slice	1 oz.	38	0	83	0.38	0.42	11.06	0	0	1.25	7.09	0.5	0.12
Cheesy macaroni	1 Cup	126	1	138	0.91	0.98	19.9	0	0	3.59	21.34	2.72	0.56
Macaroni salad, homemade	1/2 Cup	77	0	103	0.61	0.55	6.82	64	0.31	1.79	11.89	2.53	0.04
Mini pancakes, 0.6 oz. ea.	5 Each	97	4	216	0.77	1.48	26.37	12	0.13	2.21	18.54	1.4	0.32
Oriental fried rice	1 Cup	201	38	106	1.76	2.14	27.96	129	3.62	5.21	36.36	3.61	0.7
Pasta salad w/ vegetables, homemade	1/2 Cup	55	0	53	1.14	0.59	12.24	80	7.26	1.99	10.28	0.75	0.12
Rice and beans	1 Cup	115	1	452	4.41	1.45	32.97	16	3.78	4.8	21.81	0.96	0.15
Saltines, 1/4 oz. packages	3 pkg.	91	0	228	0.64	1.2	14.48	0	0	1.96	15.1	2.42	0.35
White rice	1/2 Cup	51	0	151	0.16	0.47	3.95	0	0	1.06	11.13	0.11	0.03
White bread	1 slice	34	0	87	0.31	0.48	19.26	0	0	0.97	6.46	0.42	0.09
Whole wheat bread	1 slice	34	0	74	0.97	0.46	10.08	0	0	1.36	6.45	0.59	0.13
Whole wheat dinner roll	1 Each	47	0	85	1.33	0.43	18.78	0	0	1.54	9.05	0.83	0.15

Vegetables

Menu Item	Portion Size	Calories	Cholest. (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (RE)	Vit-C (mg)	Protein (g)	Carb (g)	Trans Fat (g)	Sat. Fat (g)
Baked beans, canned, vegetarian	1/2 Cup	55	0	220	2	1.8	40	75	1.2	3	11	0.25	0

Vegetables

<i>Menu Item</i>	<i>Portion Size</i>	<i>Calories</i>	<i>Cholest. (mg)</i>	<i>Sodium (mg)</i>	<i>Fiber (g)</i>	<i>Iron (mg)</i>	<i>Calcium (mg)</i>	<i>Vit-A (RE)</i>	<i>Vit-C (mg)</i>	<i>Protein (g)</i>	<i>Carb (g)</i>	<i>Trans Fat (g)</i>	<i>Sat. Fat (g)</i>
Broccoli, frozen, cooked	1/2 Cup	20	0	19	2.34	0.63	43.68	161	43.99	2.19	3.73	0.23	0.03
Carrots, frozen, cooked	1/2 Cup	14	0	22	1.2	0.19	12.77	646	0.84	0.21	2.82	0.25	0.04
Carrots and onions	1/2 Cup	49	0	53	1.67	0.19	20.1	1043	4.47	0.78	6.64	2.43	0.47
Carrot sticks, fresh	1/2 Cup	18	0	30	1.23	0.13	14.5	1236	2.59	0.41	4.21	0.11	0.01
Celery sticks, fresh	1/2 Cup	4	0	25	0.5	0.06	12.4	4	0.96	0.21	0.92	0.05	0.01
Cole slaw, commercially prepraed	1/2 Cup	80	0	285	1	0.18	20	50	48	0.5	7.5	5.5	0.75
Corn, frozen, cooked	1/2 Cup	33	0	0	0.98	0.19	1.23	9	1.43	1.05	7.91	0.27	0.04
Cucumber slices, fresh	1/2 Cup	4	0	1	0.13	0.07	4.16	5	0.73	0.17	0.94	0.03	0.01
Green beans, frozen, cooked	1/2 Cup	9	0	3	1.01	0.3	16.54	14	1.38	0.5	2.18	0.06	0.01
Green bean salad, homemade	1/2 Cup	29	0	159	1.36	0.41	20.15	24	4.41	0.73	3.51	1.63	0.23
Lettuce, iceberg	1/4 Cup	1	0	1	0.08	0.03	1.24	2	0.19	0.06	0.2	0.01	0
Hash brown patty, 2 oz.	1 Each	62	3	180	0.56	0.2	0	0	0.67	0.56	6.75	3.37	1.69
Mashed potatoes, Trio	1/2 Cup	30	0	13	0.5	0.18	0	0	15	0.5	6.5	0	0
Mexican corn	1/2 cup	91	0	207	2.84	2.12	28.12	248	14.42	2.86	18.04	2.5	0.4
Mixed vegetables, frozen, cooked	1/2 Cup	30	0	16	2	0.37	11.38	195	1.46	1.3	5.96	0.07	0.01
Orange glazed carrots	1/2 Cup	48	0	139	0.78	0.4	17.2	683	6.79	0.43	7.53	1.93	0.37
Oriental blend vegetables	1/2 cup	17	0	10	1.33	0.17	11.29	31	8.33	0.67	2.67	0	0
Oven fries (oven baked French fries)	1/2 Cup	67	0	89	1.07	0.42	2.68	0	3.38	1.06	10.45	2.53	0.42

Vegetables

<i>Menu Item</i>	<i>Portion Size</i>	<i>Calories</i>	<i>Cholest. (mg)</i>	<i>Sodium (mg)</i>	<i>Fiber (g)</i>	<i>Iron (mg)</i>	<i>Calcium (mg)</i>	<i>Vit-A (RE)</i>	<i>Vit-C (mg)</i>	<i>Protein (g)</i>	<i>Carb (g)</i>	<i>Trans Fat (g)</i>	<i>Sat. Fat (g)</i>
Peas, frozen, cooked	1/2 Cup	31	0	29	2.2	0.61	9.6	27	3.96	2.06	5.7	0.11	0.02
Peas and carrots, frozen, cooked	1/2 Cup	19	0	27	1.24	0.38	9.2	310	3.24	1.24	4.05	0.17	0.03
Peas and corn, frozen, cooked	1/2 Cup	32	0	15	1.59	0.4	5.41	18	2.7	1.55	6.81	0.19	0.03
Pierogies, Pot/cheese, Mrs. T's	3 each	313	10	577	2	1.44	40.09	0	0	7	34	17.5	3.23
Potato salad, commercially prepared	1/2 Cup	75	6	225	0.75	0.13	7.5	8	3.38	1.13	8.63	4.12	0.56
Potato rounds (tater tots, potato puffs)	1/2 Cup	68	0	228	0.98	0.48	9.15	1	2.1	1.02	9.3	3.27	1.55
Potato wedges (baked potato wedges)	1/2 Cup	57	0	18	0.89	0.74	5.67	0	8.33	1.74	12.82	0.12	0.03
Rice and beans	1 Cup	115	1	452	4.41	1.45	32.97	16	3.78	4.8	21.81	0.96	0.15
Salsa, commodity	1/2 Cup	23	0	280	0.91	1.46	7.82	36	2.61	0.98	4.56	0.13	0.01
Sweet potatoes, canned, plain	1/2 Cup	58	0	34	1.15	0.57	14.03	509	16.83	1.05	13.46	0.13	0.03
Sweet potatoes, glazed	1/2 Cup	82	0	43	1.53	0.55	12.34	379	5.45	0.67	15.75	2.02	0.33
Stewed tomatoes	1/2 Cup	16	0	54	0.56	0.25	11.88	34	7.02	0.44	3.75	0.13	0.02
Stir fried vegetables (oriental stir fried vegetables)	1/2 Cup	32	0	156	1.07	0.58	32.12	56	17.19	1.21	3.5	1.77	0.24
Southwest black or pinto beans	1/2 Cup	156	0	247	3.5	1.67	28.61	57	23.01	5.07	16.57	1.64	0.25
Summer squash, boiled or steamed	1/2 Cup	18	0	1	1.26	0.32	24.3	26	4.95	0.82	3.88	0.28	0.05
Tomato Soup, Campbell's	1/2 Cup	20	0	177	0	0.15	3.75	29	6.77	0.25	4	0.25	0

Vegetables

<i>Menu Item</i>	<i>Portion Size</i>	<i>Calories</i>	<i>Cholest. (mg)</i>	<i>Sodium (mg)</i>	<i>Fiber (g)</i>	<i>Iron (mg)</i>	<i>Calcium (mg)</i>	<i>Vit-A (RE)</i>	<i>Vit-C (mg)</i>	<i>Protein (g)</i>	<i>Carb (g)</i>	<i>Trans Fat (g)</i>	<i>Sat. Fat (g)</i>
Tomato Sauce Cup	1/2 Cup	20	0	321	0.92	0.62	7.96	60	4.29	0.81	4.51	0.15	0.02
Tomatos, canned	1/2 Cup	24	0	187	0.6	0.6	9.6	36	10.08	1.56	5.16	0.18	0.02
Tomato wedges or diced tomatoes, fresh	1/4 Cup	5	0	2	0.24	0.1	1.1	14	4.2	0.19	1.02	0.07	0.01
Tossed salad mix, plain	1/2 Cup	3	0	2	0.33	0.13	4.48	51	1.38	0.22	0.6	0.04	0
Tossed salad w/ dressing	1/2 Cup	24	0	44	0	0.04	1.25	7	0	0.04	0.81	2.33	0.29
Vegetable Soup, Campbell's	8 oz.	35	0	391	0	0.35	7.5	302	2.4	1	6	0.5	0
Veggie sticks (celery/carrot), fresh	1/2 Cup	12	0	30	0.91	0.1	14.68	620	1.87	0.33	2.66	0.08	0.01
Zucchini, boiled or steamed	1/2 Cup	19	0	4	1.68	0.42	15.6	29	5.52	0.77	4.72	0.06	0.01

Fruits & Fruit Juices

<i>Menu Item</i>	<i>Portion Size</i>	<i>Calories</i>	<i>Cholest. (mg)</i>	<i>Sodium (mg)</i>	<i>Fiber (g)</i>	<i>Iron (mg)</i>	<i>Calcium (mg)</i>	<i>Vit-A (RE)</i>	<i>Vit-C (mg)</i>	<i>Protein (g)</i>	<i>Carb (g)</i>	<i>Trans Fat (g)</i>	<i>Sat. Fat (g)</i>
Apple	1 Each	72	0	1	3.31	0.17	8.28	7	6.35	0.36	19.06	0.23	0.03
Apple Cranberry crisp	1 Serving	192	0	113	2.56	0.97	20.5	75	3.56	1.92	29.76	7.87	1.46
Applesauce, sweetened	1/2 Cup	97	0	4	1.53	0.45	5.1	1	2.17	0.23	25.39	0.23	0.04
Apricots, canned, light syrup	1/2 Cup	80	0	5	2.02	0.49	13.91	167	3.42	0.67	20.86	0.06	0
Baked apple slices	1/2 Cup	86	0	18	1.29	0.22	7.9	16	0.14	0.17	18.94	1.57	0.29
Baked apples & raisins	1/2 Cup	100	0	24	1.42	0.29	9.68	20	0.25	0.28	21.55	2.04	0.37
Banana, Petite	1 Each	93	0	1	2.42	0.31	6.06	8	9.19	1.04	23.66	0.48	0.19
Cranberry sauce, canned, sweetened	1/4 Cup	105	0	20	0.69	0.15	2.77	1	1.39	0.14	26.94	0.1	0.01

Desserts

Condiments

Menu Item	Portion Size	Calories	Cholest. (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (RE)	Vit-C (mg)	Protein (g)	Carb (g)	Trans Fat (g)	Sat. Fat (g)
BBQ sauce	1 fl. oz.	23	0	255	0.38	0.28	5.94	27	2.19	0.56	4	0.56	0.08
Caesar dressing, creamy	2 fl. oz.	130	7	333	0	0	14.49	0	0	0	3.62	12.32	2.17
French Dressing, creamy	1 fl. oz.	137	0	268	0	0	0	22	0	0	4.92	12.57	1.91
Poultry gravy, from mix	1 fl. oz.	10	0	142	0.13	0.03	4.87	0	0.32	0.33	1.79	0.24	0.06
Brown gravy from mix	1 fl. oz.	19	1	269	0.26	0.06	16.77	0	0	0.6	3.26	0.43	0.21
Honey mustard cup	1 fl. oz.	70	0	177	0.07	0.19	8.67	271	0.36	0.53	7.23	4.41	0.69
Creamy Italian dressing	2 fl. oz.	220	0	440	0	0	0	0	0	0	12	18	3
Ketchup	1 oz.	28	0	315	0.26	0.14	5.1	29	4.28	0.49	7.31	0.14	0.02
Margarine, 5 gm cup	1 Cup	36	0	47	0	0	1.5	40	0.01	0.05	0.05	4.03	0.75
Mayonnaise	1 oz.	202	10	162	0	0	0	0	0	0	0	22.27	3.04
Mustard	1 oz.	21	0	355	0.28	0.57	23.81	0	0	1.33	1.81	1.25	0.06
Ranch dressing, light	2 fl. oz.	93	13	492	0	0	0	0	0	0	9.3	5.98	0.66
Ranch Dressing, Kraft	7/16 oz. pkt	64	4	120	0	0	0	0	0	0	0.43	6.84	1.07
Syrup	1 oz.	66	0	23	0.2	0.01	0.85	0	0	0	17.43	0	0

Menu item products & ingredients are subject to change. Unplanned menu changes and substitutions will alter nutrient values of foods and beverages served.