

NUTRITIONAL DATA

06.30.10

ITEM	Serving Size	Calories	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g	Allergens
Animal Crackers	1 oz pkg	120	6% RDA	0	0	0	2	21	3	1	Wheat, Milk, Soy
Apple	One	72	0.17	8	4 RAE	6	<1	19	<1	0.04	
Apple Juice	4 oz	60	0	0	0	100%	0	14	0	0	
Applesauce	1/4 cup	45	5% RDA	0	0	2% RDA	0.5	11.5	0	0	
	1/2 cup	90	10% RDA	0	0	4% RDA	1	23	0	0	
Baked Beans	1/4 cup	60	.76	22	69	0	3.02	13.42	.23	.05	
	1/2 cup	119	1.51	43	137	0	6.03	26.85	.47	.09	
Banana	One	105	0.31	6	4 RAE	10	1	27	<1	0.13	
BBQ Sauce	One Tbl.	35	0	0	2% RDA	2% RDA	0	4	0	0	
Blueberries	1/4 cup	20	0.07	3	1 RAE	1	0.5	5	0.5	0.02	
	1/2 cup	40	0.14	6	2 RAE	2	1	10	1	0.04	
Breadstick, Whole Grain	One	90	4%	0	0	0	3	18	1	0	Wheat
Breakfast Pizza, Hot Pocket	One	170	6% RDA	25% RDA	0	0	8	20	7	3	Wheat, Milk, Soy, Egg
Breakfast Sandwich, Sausage, Egg, Cheese	One	289	2.93	134.8	313	0	16.5	28.5	10.5	3.75	Wheat, Milk, Soy, Egg
Broccoli	1/4 cup	7.5	0.16	10.5	7.5	19.5	0.5	1.5	0	0	
Brown Rice	1/2 cup	80	2% RDA	0	0	0	2	17.5	0.75	0	
Burrito, Bean and Cheese	One	370	15% RDA	20% RDA	15% RDA	2% RDA	17	51	11	5	Wheat, Milk, Soy
Burrito, Breakfast	One	196	1.91	81.27	282	2.87	8.8	28.72	4.9	1.86	Wheat, Milk, Soy, Egg
Carroteenies	1.6 oz	28	0.71	26	552 RAE	7	1	7	0	0	
Celery	One Stick	2.75	0.04	8	4.5	0.5	0.25	0.5	0	0	
Cereal, Berry Berry Kix	One Bowl, 24g	90	20% DV	8% DV	8% DV	8% DV	1	20	1.5	0	

Cereal, Cheerios	One Bowl, 19g	70	30% DV	6% DV	6% DV	6% DV	2	14	1	0	Wheat
Cereal, Cinnamon Toast Crunch	One Bowl, 28g	120	20% DV	8% DV	8% DV	8% DV	1	22	3	0.5	Wheat, Soy
Cereal, Golden Grahams	One Bowl, 28g	110	20% DV	8% DV	8% DV	8% DV	1	23	1	0	Wheat
Cereal, Granola	1 oz	110	4% RDA	1% RDA	0	0	2.5	21.5	2.25	0.25	Wheat, Soy
Cereal, Rice Chex	One Bowl, 19g	70	30% RDA	6% RDA	6% DV	6% DV	1	17	0.5	0	
Cheese, Omelet	One	110	0.66	84.6	376	0	8	1	8	3	Milk, Soy, Egg
Cheese Sauce	2 oz	97	0.06	150	272	0	5.6	7	5	3.08	Milk, Soy, Wheat
Cheese, Sliced	One Slice	34	0.03	75	136	0	2.5	1.5	2	1.25	Milk, Soy
Cherries, Dried	1/4 cup 1/2 cup	112 224	1 2	28 56	189 378	0 0	.95 1.89	27 54	0 0	0 0	
Chicken Nuggets	5 pieces 7 pieces	180 252	2 2.8	38 53.2	137 192	1 1.4	15 21	13 18.2	10 14	2 2.8	Wheat, Milk, Soy, Egg Wheat, Milk, Soy, Egg
Chicken Patty	One	193	2	38	148	1	15	13	11	2	Wheat, Milk, Soy, Egg
Churro	One	120	0	0	0	0	2	17	6	1.5	Wheat, Milk, Soy, Egg
Cinnamon Roll	One	95	0	0	0	0	3	17	1.75	0.5	Wheat, Soy, Egg
Corn Dog, Chicken	One	280	20% RDA	6% RDA	0	0	10	26	15	4.5	Wheat, Soy, Egg
Corn Dog, WH Turkey	One	270	8% RDA	8% RDA	0	0	10	27	14	3.5	Wheat, Soy, Egg
Dipping Sauce	2.0 OZ 3.0 OZ	30 45	6% RDA 9% RDA	0 0	15% RDA 22.5% RDA	8% RDA 12% RDA	1 1.5	6 9	0 0	0 0	
French Toast	Two	166	10% RDA	5% RDA	0	0	6.6	27.3	4	1	Wheat, Milk, Soy, Egg
Grape Juice	4 oz	80	0	0	0	100%	0	20	0	0	
Gravy, Chicken	1 OZ	17.5	0	0	0	0	0	3	0.5	0.25	Wheat, Milk, Soy

	2 oz	35	0	0	0	0	0	6	1	0.5	Wheat, Milk, Soy
Green Beans	1/4 CUP	12.5	1% RDA	0	2% RDA	0	0	2.5	0	0	
	1/2 cup	25	2% RDA	0	4% RDA	0	0	5	0	0	
Hamburger Bun	One	110	6% RDA	2% RDA	0	0	4	21	1.5	0	Wheat, Soy
Hamburger Patty	One	270	20% RDA	2% RDA	0	0	27	1	17	6	
Homestyle Dinner Roll	One	100	6% RDA	2% RDA	0	0	3	19	1	0	Wheat, Milk, Soy
Hot Dog Bun	One	120	6% RDA	4% RDA	0	0	4	20	2	0	Wheat, Soy
Hot Dog, Chicken	One	140	6% RDA	10% RDA	0	0	7	1	12	4	
Juice Bar	One	35.4	0.06	49.5	1724.45	63.7	0.1	9	0	0	
Kernel Corn	1/4 CUP	40	1% RDA	0	0	1% RDA	1.5	8.5	0	0	
	1/2 cup	80	2% RDA	0	0	2% RDA	3	17	0	0	
Ketchup	One Tbl.	10	0	0	0	0	0	3	0	0	
Kiwi	One	53	0.38	30	4	74	1	11	1	0.02	
Lettuce, Shredded	1/4 cup	1.5	0.0475	2.75	2.25 RAE	0.5	0	0.25	0	0	
Macaroni and Cheese	3/4 cup	352	4.5% RDA	15% RDA	12% RDA	0	9.75	23.25	24	15	Wheat, Egg Milk
Mandarin Oranges	1/4 cup	30	0	1% RDA	1% RDA	15% RDA	0.5	7	0	0	
	1/2 cup	60	0	2% RDA	2% RDA	30% RDA	1	14	0	0	
Mashed Potatoes	1/4 cup	40	1% RDA	.5% RDA	0	3% RDA	1	8	0.5	0	Milk
	1/2 cup	80	2% RDA	1% RDA	0	6% RDA	2	16	1	0	Milk
Mayonnaise	One Tbl.	60	0	0	0	0	0	1	7	1	Egg
Meatballs	3 Pieces	190	8% RDA	4% RDA	2% RDA	2% RDA	13	5	13	5	Wheat, Milk, Soy, Egg
Meat Sauce	1 cup	160	16% RDA	4% RDA	8% RDA	10% RDA	12	14	7	2.5	Soy
Mexi Fries	1/2 cup	133	3% RDA	0	0	3% RDA	1.6	15.8	6.6	1.6	Soy
Milk, Chocolate non-fat	8 oz	140	2% RDA	25% RDA	10% RDA	2% RDA	8	28	0	0	Milk
Milk, Soy plain	8 oz	100	6% RDA	40% RDA	10% RDA	0	5	13	2	0	Soy

Milk, White 1%	8 oz	110	0	30% RDA	10% RDA	2% RDA	9	13	2.5	1.5	Milk
Mixed Fruit	1/4 cup	40	0	0	2% RDA	1% RDA	0.5	9	0	0	
	1/2 cup	80	0	0	4% RDA	2% RDA	1	18	0	0	
Mixed Green Salad	1/4 cup	1.5	0.0475	2.75	2.25 RAE	0.5	0	0.25	0	0	
Mozzarella Stuffed Bread Sticks	2 Sticks	300	12%	30%	4%	0	14	33	12	4	Wheat, Milk, Soy
	3 Sticks	450	18%	45%	6%	0	21	51	18	6	Wheat, Milk, Soy
Muffin, Apple Cinnamon	One	170	30% RDA	4% RDA	25% RDA	25% RDA	3	27	5	1	Milk, Wheat, Egg
Muffin, Banana	One	170	30% RDA	4% RDA	25% RDA	25% RDA	3	27	5	1	Milk, Wheat, Egg
Muffin, Blueberry	One	250	0.9	11	49	1.1	3.5	41	7.5	1.1	Wheat, Egg, Milk
Multi Grain Wheat Bun	One	140	8% RDA	2% RDA	0	0	6	25	1.5	0	Wheat, Soy
Mustard	One Tsp.	0	0	0	0	0	0	0	0	0	
Nacho Cheese Sauce	2.0 oz	45	0	6	0	0	1	7	2	1	Milk, Soy
	3.0 oz	67	0	9	0	0	1.5	10.5	3	1.5	Milk, Soy
Orange Wedges	2	31	0.065	26	7	35	0.5	7.5	<.5	0.01	
Orange Juice	4 oz	50	0	0	0	100%	0	13	0	0	
Oven Baked Fries	1/2 cup	120	4% RDA	0	0	10% RDA	2	20	4	0	
Oven Baked Onion Rings	5	158	4% RDA	0	0	6% RDA	2	21.5	9	1.5	Milk, Egg, Wheat, Soy
Oven Baked Potato Puffs	1/2 cup	133	3% RDA	0	0	3% RDA	1.6	15.8	6.6	1.6	Soy
Oven Baked Sweet Potato Fries	1/2 cup	130	2% RDA	2	70	10	1	22	5	0	
Oven Baked Tots	1/2 cup	133	3% RDA	0	0	3% RDA	1.6	15.8	6.6	1.6	Soy
Pancakes	Two	140	6% RDA	3% RDA	0	0	4	26	2	0.6	Milk, Egg, Wheat, Soy
Peas	1/4 cup	31	0.61	9.5	42	4	2	5.5	<.5	0.02	
	1/2 cup	62	1.22	19	84	8	4	11	<1	0.04	

Peach Cups	One	118	0.46	4	355	117.8	0.79	29.98	0.16	0.01	
Peaches	1/4 cup	35	0	0 0	3% RDA	1% RDA	0.5	8.5	0	0	
	1/2 cup	70	0	0 0	6% RDA	2% RDA	1	17	0	0	
Pears	1/4 cup	40	1% RDA	0	0	1% RDA	0.5	10	0	0	
	1/2 cup	80	2% RDA	0	0	2% RDA	1	20	0	0	
Pickles, Dill Chips	28 g	0	0	0	0	0	0	0	0	0	
Pineapple	1/4 cup	35	2% RDA	1% RDA	1% RDA	7.5% RDA	0.5	8.5	0	0	
	1/2 cup	70	4% RDA	2% RDA	2% RDA	15% RDA	1	17	0	0	
Pineapple Juice	4 oz	70	0	2% RDA	0	40%	0	17	0	0	
Pizza, Cheese, Big Daddy	One Slice	470	3.2	400	500	0	24	55	18	9	Milk, Wheat, Soy
Pizza, Pepperoni (Pork), Big Daddy	One Slice	480	3.2	300	400	0	23	56	18	8	Milk, Wheat, Soy
Pizza, WG Double Stuff Cheese	One Slice	240	15%	240	8	0	17	28	7	4	Milk, Wheat, Soy
Potato Chips, Lay's	.5 oz	75	1% RDA	0	0	5% RDA	1	7.5	5	0.5	
Raisins	One Box 1.33 oz	120	6% RDA	2% RDA	0	0	1	29	0	0	
Ranch Dressing	One Tbsp.	67	0	1.56	0.13%	0.13%	0.56	1.81	7.15	1.09	Soy, Egg, Milk
Red Grapes	1/2 cup	55	0.29	8	6 RAE	9	1	14	<1	0.04	
Refried Beans	1/4 cup	50	5%	2%	0	0	3	9	1	0	
	1/2 cup	100	10%	4%	0	0	6	18	2	0	
Sausage Links, Pork	Four	400	4% RDA	4% RDA	0	0	10	0	40	14	
Sausage Patty, Beef	Two	160	12%	0%	0%	0%	14	2	9	3	Milk
	Three	240	18%	0%	0%	0%	21	3	13.5	4.5	Milk
Soft Pretzel	Two	180	10% RDA	0	0	0	6	38	1	0	Wheat
Spanish Rice	1/2 cup	100	4.5% RDA	0	0	0	2.5	21.5	0.25	0	Soy
Strawberry Cup	4.5 oz	122	0.75	14	31	52.8	0.68	33.05	0.17	0.01	

Sunflower Seeds	One Pkg.	170	10%	0	0	0	5	8	12	1.59	Wheat
Syrup	2 oz	210	0	0	0	0	0	52	0	0	
Taco Meat	2 oz	110	1.62	31.91	59.39	0.21	10	15	7	2.5	Soy
	3 oz	166	2.43	47.86	89.08	0.31	15	22.5	10.5	3.75	Soy
Teriyaki, Beef	4 pieces	240	10% RDA	2% RDA	0	2% RDA	20	12	12	4	Wheat, Soy
	5 pieces	300	12% RDA	2.5% RDA	0	2.5% RDA	25	15	15	5	Wheat, Soy
Teriyaki, Chicken	4 pieces	145	1.6	32.2	75.4	0.22	18.9	8.2	4	1.1	Wheat, Soy
	5 pieces	181.25	2	40.25	94.25	0.275	23.62	10.25	5	1.37	Wheat, Soy
Toast, Wheat	One Slice	80	4% RDA	2% RDA	0	0	3	14	1	0	Wheat, Soy, Milk
Tortilla Chips	1.5 oz	210	3	3	0	0	3	28.5	9	1.5	Soy
	2.0 oz	280	4	4	0	0	4	38	12	2	Soy
Tortilla, flour	One	210	10% RDA	8% RDA	0	0	5	32	7	2	Wheat, Soy
Turnover, Cherry	One	285	1.8	26.1	181.4	1.4	3.1	50.8	8.6	2.4	Wheat, Soy
Watermelon	1/2 cup	23	0.19	5	22	6	< 1	6	< 1	0	
Whole Grain Oat & Honey Goldfish Graham	.9 oz pouch	120	4% RDA	10% RDA	0	0	1	19	4.5	1	Wheat, Soy
Whole Grain Rotini Pasta	1/2 cup	87	0.74	10	0	0	3.7	18.6	0.4	0.07	Wheat
	3/4 cup	130.5	1.11	15	0	0	5.5	27.9	0.6	0.105	Wheat
Whole Wheat Tortilla	One	200	10%	10%	0	0	6	33	5	1.5	Wheat
Whole Wheat Dinner Roll	One	110	4% RDA	2% RDA	0	0	4	18	2	0	Wheat, Milk