

ELEMENTARY LUNCH NUTRIENT ANALYSIS TABLE

<u>Food Item</u>	<u>Portion</u>	<u>Calories</u>	<u>Total Fat - G</u>	<u>Sat. Fat - G</u>	<u>Cholesterol- Mg</u>	<u>Sodium- Mg</u>	<u>Carbohydrate - G</u>	<u>Fiber - G</u>	<u>Protein - G</u>
<i>Entrees -</i>									
Asian Style Chicken (oriental)	1 Serving	233	2.5	0.5	50	450	15	0	15
Baked Potato w/Cheese	1 Serving	359	14	7	41	781	41	5	19
Baked Potato w/Chili	1 Serving	373	7	2.6	27	769	58	13	21
Baked Potato w/Chili & Cheese	1 Potato	366	10	5	34	775	50	9	20
Baked Potato Chili/Cheese- K-1	1/2 Potato	293	10	5	34	769	33	6.3	18
Baked Ziti	1 Serving	326	12	6	35	990	33	1.6	20
BBQ Chicken, Roasted	1 Serving	215	10	2.5	71	743	10	0	21
BBQ Chicken Sandwich	1 Each	257	4	0.7	54	584	36	3.3	23
BBQ Pork Sandwich	1 Each	319	9.3	2.8	52	785	39	2	21
BBQ Rib Sandwich	1 Each	281	11	2	28	737	37	3.3	17
Beans & Rice	1 Serving	156	0.6	0	0	583	30	3	6
Beefaroni	1 Cup	290	8.6	4.6	36	605	35	4	19.3
Burrito, Bean & Cheese	1 Each	355	8	4	18	586	54	6	16.3
Catfish Strips	2 Each	254	16	3	46	494	14	4	16
Cha Cha Chicken w/Rice	1 Cup	333	9	4.7	85	887	33	1	31
Cheeseburger	1 Each	369	17.5	8	55	816	32	3	25
Cheese Quesadilla	1 Each	358	13	7	40	1216	39	2	19
Chicken Fajita	1 Each	333	8.4	2.5	0	708	48	4	17
Chicken Nuggets	5 Each	166	9	1.6	31	353	7	0	16
Chicken Patty Sandwich	1 Each	310	8.5	1.5	25	720	43	3	18
Chicken Pita Pizza	1 Each	385	11.4	3.5	20	1036	48	4	24
Chicken Salad on Whole Wheat	1 Each	272	8	0.5	49	419	28	2.3	20
Chicken Salad Wrap	1 Each	347	11	3.5	54	669	40	1.2	23
Chicken Quesadilla	1 Each	370	12	5.5	54	1090	38	2	23
Chili & Rice	1 Each	423	12.7	5	31	621	56	6	20
Cowboy BBQ w/Dippin Chips	1 Serving	459	15	3	31	1444	60	2	16
Cowboy BBQ Sandwich	1 Each	319	5	1	30	1344	51	10	17
Cuban Sandwich	1 Each	303	8	3	40	701	39	1.3	18
Egg Salad Sandwich	1 Each	243	8	2	217	418	33	2	11
Fish Sandwich	1 Each	253	10.6	6	26	605	30	2	11
Fish Sticks	4 Sticks	259	11.5	1.5	43	547	33	3	11.5
Fisherman's Platter	1 Serving	261	9	1	77	455	31	1.3	17
Gobbler Cobbler	1 Piece	240	11	4	31	839	19	1	14
Grilled Cheese Sandwich	1 Each	361	20	12	51	982	30	1.2	17
<u>Food Item</u>	<u>Portion</u>	<u>Calories</u>	<u>Total Fat - G</u>	<u>Sat. Fat - G</u>	<u>Cholesterol- Mg</u>	<u>Sodium- Mg</u>	<u>Carbohydrate - G</u>	<u>Fiber - G</u>	<u>Protein - G</u>
Ham, Hot Sliced	1 Serving	58	2	0.5	27	695	1	0	9
Ham & Cheese Wrap	1 Wrap	216	6	3	1.5	465	37	2	6
Hamburger	1 Burger	303	13.5	5	35	615	30.5	3	18
Hot Dog	1 Each	278	15	5	30	860	25	1	11
Hot Ham & Cheese Sandwich	1 Each	254	8	3	39	900	30	2	17
Hot Pocket, Pizza	1 Each	350	14	4.5	10	600	42	4	16
Hot Pocket, Taco	1 Each	340	12	4	0	530	43	4	15
Hot Turkey & Cheese	1 Each	255	8	4	33	682	31	2	16
Lasagna	1 Each	379	14	7	60	1379	38	2	23
Macaroni & Cheese	1 Cup	359	11	6.6	41	694	41	1.7	22
Mexican Pizza	1 Each	422	18	10	51	998	45	4	20
Mozza Pesto Pita	1 Each	495	25	8.3	31	963	42	3.4	22
Murphy's Stew	1 Cup	216	6	2	49	745	19	3	22
Nachos w/Cheese Only	1 Serving	496	27	11	41	1072	42	2	20
Nachos w/Chili Only	1 Serving	509	21	6.6	26	1060	59	9.6	22
Nachos w/Chili & Cheese	1 Serving	502	24	9	34	1066	51	5.8	20.7
Omelette, Cheese	1 Each	130	11	3	187	266	1	0	7
Open Face Pork Sandwich	1 Each	197	8.5	3	52	145	12	1	18
Open Face Turkey Sandwich	1 Each	151	4	1	30	504	14	1	14
Pancakes w/Sausage	1 Serving	247	12.3	3.8	34	553	28	1.3	6.5
PBJ Uncrustable	1 Each	320	16	3	0	350	33	2.5	9
Personal Pizza	1 Each	405	14.5	7.5	35	1032	47	3.8	21

Philly Turkey & Cheese Sandwich	1 Each	319	7.6	2.6	31	695	42	1.8	19
Pizza Wedge- Cheese	1 Slice	300	11	4	15	660	37	2	15
Popcorn Chicken	1 Serving	198	10	2	42	560	11	0	14
Pulled Pork	1 Serving	136	7.75	2.8	52	34	0	0	16
Roasted Chicken	1 Serving	235	14	3.5	96	317	0	0	29
Sausage links	2 Each	200	20	7	35	320	0	0	5
Scrambled Eggs w/Berry Muffin	1 Serving	271	9	2	283	190	35	1	12
Scrambled Eggs,Pancake, saus	1 Serving	238	15	4.75	195	432	15	1	12.5
Shepherd's Pie	1 Each	233	12.6	5.3	46	1010	11	2.3	17.75
Sloppy Jim Sandwich	1 Each	342	9	3	52	663	46	2	21
Sloppy Joe Sandwich	1 Each	325	9	3	33	1061	45	3.2	18
Spaghetti	1 Serving	347	8.8	3.2	33	630	46	5	21
Taco	1 Each	204	10.7	4.5	31	876	13	1.8	14
Tuna Boat	1 Each	244	9	3.5	27	588	30	5	11
Tuna Noodle Casserole	1 Serving	329	13	7	77	1000	28	2	25
Tuna Salad on bun	1 Each	317	9	1	56	753	35	2	24
Tuna Salad Sandwich	1 Each	291	11.7	1	35	742	28	2.3	27
Tuna Salad Submarine	1 Each	350	11	1.2	52	743	40	1.5	21
Tuna Salad Wrap	1 Each	360	14	2.2	52	753	34	1.5	20
Turkey & Cheese Wrap	1 Each	315	9.5	3.7	40	521	34	1.6	21
Turkey Enchiladas	1 Each	370	13.6	5	40	1115	39	1.8	21
<u>Food Item</u>	<u>Portion</u>	<u>Calories</u>	<u>Total Fat - G</u>	<u>Sat. Fat - G</u>	<u>Cholesterol- Mg</u>	<u>Sodium- Mg</u>	<u>Carbohydrate - G</u>	<u>Fiber - G</u>	<u>Protein - G</u>
Turkey, Hot Sliced	1 Serving	88	3	1	30	385	2	0	12
Turkey Salad on Whole Wheat Bun	1 Each	307	10	2	38	908	36	3	21
Turkey Sandwich	1 Each	238	6	2.7	40	385	28	2.7	20
Turkey Submarine	1 Each	305	6.5	2.7	43	538	40	1.6	21
Turkey Supreme	1 Each	332	10	4.7	53	1109	32	2.3	25
Turkey Tetrazzini	1 Serving	419	14	5	58	1001	42	3	28
Veggie (Petunia) Pita Pocket	1 Each	562	29	19	76	1300	46	4	27
Vegetable Quesadilla	1 Each	432	23	14	51	1000	45	3	15
Vegetarian Submarine	1 Each	532	29	18	76	1427	42	1.6	25
Waffle	2 Each	200	6	1	5	440	32	1	1
<u>Food Item</u>	<u>Portion</u>	<u>Calories</u>	<u>Total Fat - G</u>	<u>Sat. Fat - G</u>	<u>Cholesterol- Mg</u>	<u>Sodium- Mg</u>	<u>Carbohydrate - G</u>	<u>Fiber - G</u>	<u>Protein - G</u>
<i>Lighten Up Selections-</i>									
1905 Salad	1 Each	285	17	8	46	1241	21.5	3	22
Cheese w/Apple, Celery & Carrots	1 Each	221	14	8.5	40	441	9.5	3	15
Chef's Salad	1 Each	200	8.6	4.5	151	821	11	3.5	21
Chicken Caesar Salad	1 Each	275	11	5	72	373	15	2.6	29
Cobb Salad	1 Each	160	6	2.8	150	546	8.5	2	19
Cottage Cheese and Fruit Platter	1 Each	189	2.5	1.5	15	491	28	2	14
Egg Salad Platter	1 Each	150	7	2	217	218	14	4	8
Greek Salad	1 Each	259	14	6	233	415	17	3.4	15
Large Spinach Salad	1 Each	168	8	3.3	239	665	8	3	18
Oriental Chicken Salad	1 Each	521	28	3	48	334	41	8	29
PB w/Apple, Celery & Carrots	1 Each	254	18	2.3	0	205	16	4	3
Southwest Black Bean Salad	1 Each	405	11.7	5	20	1099	56	12	20
Spring Salad	1 Each	351	26	7	20	460	19	5.5	14
Summer Salad	1 Each	365	26	7	20	465	23	5	14
Tuna Boat w/ Dolphin Crackers	1 Each	244	9	2.5	27	598	30	5	11
Veggie Pita Delight	1 Each	490	17	1.5	0	967	68	13	16
Vegetarian Taco Salad	1 Each	319	11	5	20	828	39	8	15
Yogurt Parfait,Cherry & Blueberry	1 Each	414	8.5	2.4	5	197	75	6	11
Yogurt Parfait, Cherry & Peach	1 Each	440	8.5	2.4	5	201	83	6	11
Yogurt Parfait, Peach & Blueberry	1 Each	414	8	2.3	5	201	76	5	11
Yogurt Parfait, Peach & Strawberry	1 Each	445	8	2.3	5	202	85	6	11
Yogurt Parfait, Strawberry & Blueberry	1 Each	421	8	2	5	198	77	5.5	11
<u>Food Item</u>	<u>Portion</u>	<u>Calories</u>	<u>Total Fat - G</u>	<u>Sat. Fat - G</u>	<u>Cholesterol- Mg</u>	<u>Sodium- Mg</u>	<u>Carbohydrate - G</u>	<u>Fiber - G</u>	<u>Protein - G</u>
<i>Salad Dressings-</i>									
1905 Dressing	1 Serving	208	22	1.5	0	19	1.4	0.2	0.2
Brown Gravy	1 Serving	10	0	0	0	142	2	0	0
Caesar Dressing	1 Serving	110	11	2	10	320	2	0	1

Citrus Yogurt Dressing	1 serving	86	7.7	0.5	0	3	4	0	0.2
Cranberry Sauce	2 Tbsp	60	0	0	0	5	15	0	0
Creamy Italian	1 Packet	40	4	0.5	0	150	1	0	0
French Dressing	1 Packet	50	4	0.5	0	75	2	0	0
Greek Dressing	1 Serving	185	20	1.4	0	1	0.6	0.2	0.1
Italian Dressing	1 Packet	5	0	0	0	90	1	0	0
Oriental Dressing	1 Ounce	234	22.5	1.6	0	110	8	0	0.3
Ranch Dressing	1 Ounce	50	4	0.5	0	253	3	0	0
Southwest Ranch Dressing	2 Ounce	96	8	1	5	476	5	0	0.4
<u>Food Item</u>	<u>Portion</u>	<u>Calories</u>	<u>Total Fat - G</u>	<u>Sat. Fat - G</u>	<u>Cholesterol- Mg</u>	<u>Sodium- Mg</u>	<u>Carbohydrate - G</u>	<u>Fiber - G</u>	<u>Protein - G</u>
<i>Breads/Grains-</i>									
Blueberry Muffin	1 Muffin	164	2.2	0.2	0.2	87	33	1	2.6
Cherry Muffin	1 Muffin	200	2.2	0.2	0.2	89	42	1	3
Cornbread	1 Piece	104	2.7	0.3	13	67	18	1	2
Cornbread Stuffing	1 Serving	145	6	1	6	333	19	2	3
Couscous	0.5 Cup	110	0.5	0	0	2.5	23	1	4
Cowboy Bread	1 Piece	171	6.4	1.3	14	149	26	0.5	2
Garlic Toast	1 Slice	126	1	0	0	171	25	2.7	4
Golden Pilgrim Rolls	1 Roll	152	5	1	13	16	23	1	3.5
Grits, cheese	1/2 Cup	88	2	1.5	6	117	15	1	3
Irish Soda Bread	1 Piece	118	5	1	9	156	20	0.5	3.5
Pear Muffin	1 Muffin	164	2	0	0	89	33	0.6	2.6
Rice, Brown	0.5 Cup	164	1.5	0	0	0	34	2	4
Rice, Yellow	0.5 Cup	95	0	0	0	351	21	0	2.5
Roll, Dinner, 1 ounce	1 Roll	255	4.5	1	0	483	46	2	7.5
Saltine Crackers	4 Packages	320	6	0	0	1080	52	4	8
Spice Bread	1 Slice	226	1.8	0.3	6.7	158	48	1.3	4.3
Spice Cake	1 Piece	160	7	0.6	16	115	22	0.5	1
<u>Food Item</u>	<u>Portion</u>	<u>Calories</u>	<u>Total Fat - G</u>	<u>Sat. Fat - G</u>	<u>Cholesterol- Mg</u>	<u>Sodium- Mg</u>	<u>Carbohydrate - G</u>	<u>Fiber - G</u>	<u>Protein - G</u>
<i>Vegetable Selections-</i>									
Baked Beans: Elementary	0.375 Cup	152	0	0	0	667	36	4	5
Black Bean Soup	1 Cup	198	4	0	4	685	29	8	12
Broccoli: K-1	0.25 Cup	5	0	0	0	5	1	0.5	0.5
Broccoli: Elementary	0.375 Cup	8	0	0	0	7	2	0.7	0.8
Broccoli w/Dip: K-1	0.25 Cup	55	4	0.5	0	258	4	0.5	0.5
Broccoli w/Dip: Elementary	0.375 Cup	58	3.5	0.4	0	260	4	0.7	0.8
Carrots w/Dip: K-1	0.25 Cup	56	3.5	0.4	0	246	5	1	0.6
Carrots w/Dip: Elementary	0.375 Cup	62	3.5	0.4	0	261	7	1.6	0.7
Carrots, Steamed	0.375 Cup	17	0	0	0	25	3	0	0.5
Chicken Noodle Soup	1 Cup	84	1	0.2	13	377	12	1.4	6.7
Chicken Tortilla Soup	1 Cup	282	10	2	54	776	29	4	21
Chicken Vegetable Soup	1 Cup	162	8.5	2.6	18	926	16	3	7
Collard Greens	0.375 Cup	25	0	0	0	25	2.5	2	2
Corn: K-1	0.25 Cup	46	0.6	0	0	123	11	1	1.4
Corn: Elementary	0.375 Cup	69	1	0	0	185	16	1.6	2
<u>Food Item</u>	<u>Portion</u>	<u>Calories</u>	<u>Total Fat - G</u>	<u>Sat. Fat - G</u>	<u>Cholesterol- Mg</u>	<u>Sodium- Mg</u>	<u>Carbohydrate - G</u>	<u>Fiber - G</u>	<u>Protein - G</u>
Corn Chowder	1 Cup	170	7.5	1	0	629	23	2	5
Country Potato Soup	1 Cup	169	7	1	0.6	581	22	2	4
Creamy Tomato Soup:K-1	0.5 Cup	70	1.5	0.3	0.4	480	13	1.5	1
Creamy Tomato Soup	1 Cup	141	3	0.6	0.8	960	26	3	2
Cucumbers w/Dip: K-1	0.25 Cup	47	3.5	0.4	0	218	4	0	0
Cucumbers w/Dip: Elem	0.5 Cup	49	3.5	0.4	0	219	4	0	0
Garden Cup: K-1	0.25 Cup	12	0	0	0	17	3	0.8	0
Garden Cup: Elementary	0.375 Cup	17	0	0	0	25	4	1	0.5
Green Beans: K-1	0.25 Cup	12	0	0	0	147	2.5	1	0.6
Green Beans: Elem.	0.375 Cup	18	0	0	0	223	4	1.5	1
Hearty Bean Soup	1 Cup	94	1	0	0	538	17	2.6	4
Lettuce & Tomato: Elementary	0.375 Cup	9	0	0	0	3.5	2	0.6	0
Mashed Potatoes: K-1	0.25 Cup	40	0.5	0	0	175	8	0.5	1
Mashed Potatoes: Elem.	0.375 Cup	60	0.8	0	0	263	11	0.8	1.5

Mashed Potato Bake	0.375 Cup	124	11	5.5	20	157	8	0	3
Minestrone Soup	1 Cup	56	1	0	0	560	10	2	2
Mixed Vegetables: Elem.	0.375 Cup	19	0	0	0	0	4	0.7	0.7
Oven Fries: K-1	5 Pieces	65	2	1	3	13.5	11	1	1
Oven Fries: Elementary	7 Pieces	88	3	1.5	3.6	18	15	1.5	1.5
Parslied Potatoes	0.375 Cup	92	3	0.7	0	45	14	1.3	1.7
Peas: Elementary	0.375 Cup	39	0	0	0	0	7	2.2	3
Potato Salad	0.375 Cup	96	3.5	0.5	39	135	13	2	2
Refried Beans	0.375 Cup	121	2.5	0.5	0	385	18	4.5	6
Roasted Potatoes	0.375 Cup	78	0	0	0	6	18	3	2
Salsa Queso Soup	1 Cup	145	6	1	5	355	11	2	3.7
Spinach	0.375 Cup	24	0	0	0	69	3.5	2.6	3
Tator Tots: K-1	0.25 Cup	86	4	2	5	178	10	1	1
Tator Tots: Elementary	0.375 Cup	117	6	3	7	241	13	1.5	1.5
Tomato Slices: K-1	0.25 Cup	3	0	0	0	1	1	0	0
Tomato Slices: Elem.	0.375 Cup	4.7	0	0	0	1	3	0.3	0.2
Tomato Wedges	0.375 Cup	12	0	0	0	3	3	0.8	0.6
Tossed Salad, Elem.	0.375 Cup	6	0	0	0	2	2	0.4	0
Turkey Noodle Soup	1 Cup	77	1	0	5	435	12	1	4
Vegetable Soup	1 Cup	47	0	0	0	315	9	2.6	2
Yellow Squash, steamed	0.375 Cup	13	0	0	0	2	3	1	1
Yellow Squash w/Dip: K-1	0.25 Cup	58	4	0.5	0	253	5	0	0.5
Yellow Squash w/ Dip	0.375 Cup	63	4	0.5	0	254	6	1	1
Zucchini w/Dip: K-1	0.25 Cup	48	3.5	0.4	0	220	3	0.3	1
Zucchini w/Dip: Elem.	0.375 Cup	50	3.5	0.4	0	220	4	0.4	1
Zucchini, Steamed	0.375 Cup	7	0	0	0	4	2	0.5	0.5

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Fruit Selections-

Apple: K-1	0.5 Apple	28	0	0	0	0.5	7.3	1.3	0
Apple: Elem/Sec	1 Apple	55	0	0	0	1	15	2.5	0
Applesauce: K-1	0.25 Cup	48	0	0	0	2	13	0.8	0
Applesauce: Elementary	0.375 Cup	72	0	0	0	3	19	1.1	0.2
Apple Crisp	0.5 Cup	258	7	1.5	0	80	46	2	2
Banana: All	1 Each	90	0	0	0	1	23	2.6	1
Blueberry Crisp	0.5 Cup	279	8	1	0	76	51	6	3
Cherry Crisp: All	0.5 Cup	277	7.5	1.5	0	77	50	2.6	3
Cherries in Jello: K-1	0.25 Cup	48	0	0	0	28	12	1	1
Cherries in Jello: Elem.	0.375 Cup	81	0.4	0	0	54	20	1.5	1.4
Cinnamon Apples	0.375 Cup	50	0	0	0	4	13	1	0
Fruit Freeze, Berry	0.375 Cup	78	0	0	0	6	20	3	1
Grapes: K-1	0.25 Cup	28	0	0	0	1	7	0.4	0.3
Grapes: Elementary	0.375 Cup	41	0	0	0	1.2	11	0.5	0.4
Grapefruit Half	1 Each	37	0	0	0	0	9	1	0.7
Mixed Fruit, canned: Elementary	0.375 Cup	40	0	0	0	4	10	1	0
Mixed Fruit: Elementary	0.375 Cup	54	0	0	0	7	14	1.2	0
Orange: All	1 Orange	70	0	0	0	0	17	3.6	1
Peaches: Elementary	0.375 Cup	57	0	0	0	6.6	15	0.7	0.5
Peach Cups	0.5 Cup	118	0	0	0	8	30	2	1
Peach Crisp	0.5 Cup	275	7	1.4	0	81	50	2.3	2.7
Pears: K-1	0.25 Cup	36	0	0	0	2	10	1	0
Pears: Elementary	0.375 Cup	53	0	0	0	4.5	14	1.5	0

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Pear Crisp	0.5 Cup	300	7	1.4	0	83	60	3	2.5
Pineapple, Canned	0.375 Cup	53	0	0	0	8	13	0.7	0.7
Pineapple, Fresh	0.375 Cup	28	0	0	0	0	7	1	0
Rosy Applesauce: K-1	0.25 Cup	46	0	0	0	11	11	1	0
Rosy Applesauce: Elem.	0.375 Cup	72	0	0	0	17	18	1.6	0
Spiced Pears: Elementary	0.375 Cup	63	0	0	0	5	17	1.6	0
Strawberry Cup	0.5 Cup	110	0	0	0	4	33	2.4	0.7
Strawberries, Fresh (K-1)	0.25 Cup	14	0	0	0	0	3	1	0
Strawberries, Fresh	0.375 Cup	21	0	0	0	0	5	1	0.5

Strawberries in Jello (K-1)	0.25 Cup	45	0	0	0	25	11	1.6	0.8
Strawberries in Jello	0.375 Cup	77	0	0	0	48	19	2	1
Tangerine	1 Each	45	0	0	0	2	11	1.5	0.7
Watermelon: K-1	0.25 Cup	11	0	0	0	0	3	0	0
Watermelon: Elementary	0.375 Cup	17	0	0	0	0	4	0.2	0
<u>Food Item</u>	<u>Portion</u>	<u>Calories</u>	<u>Total Fat - G</u>	<u>Sat. Fat - G</u>	<u>Cholesterol- Mg</u>	<u>Sodium- Mg</u>	<u>Carbohydrate - G</u>	<u>Fiber - G</u>	<u>Protein - G</u>
<i>Juice Selections:</i>									
Apple Juice	4 Fl Oz	60	0	0	0	0	14	0	0
Blue Raspberry Juice	4 Fl Oz	60	0	0	0	0	14	0	0
Cherry Apple Juice	4 Fl Oz	60	0	0	0	0	14	0	0
Fruit Blend Juice, 100%	4 Fl Oz	60	0	0	0	0	14	0	0
Grape Juice	4 Fl Oz	60	0	0	0	0	19	0	0
Green Apple Juice	4 Fl Oz	60	0	0	0	0	14	0	0
Orange Juice	4 Fl Oz	60	0	0	0	0	15	0	0
Peach Juice	4 Fl Oz	60	0	0	0	0	14	0	0
Tropical Island Splash Juice	4 Fl Oz	60	0	0	0	0	14	0	0
<i>Milk Selections-</i>									
Skim (fat-free) Milk	8 Fl Oz	83	0	0	5	103	12	0	8
1% (low-fat) Milk	8 Fl Oz	102	2.4	1.5	12	107	12	0	8
2% (reduced-fat) Milk	8 Fl Oz	122	5	3	20	100	11	0	8
1/2% Chocolate Milk	8 Fl Oz	146	1.4	0.4	5	119	27	0	8
1/2% Strawberry Milk	8 Fl Oz	150	1.5	0.8	7	119	27	0	8
<i>Seasonal Items-</i>									
Chocolate Cake w/Snowy Frosting	1 Piece	207	6	1.5	33	250	35	1	3
Spice Cake	1 Piece	161	7	0.6	16	115	22	0.5	1

Revised August 2010

