

## CAFETERIA NUTRITIONAL VALUE LIST

FOOD	Serv. Size	Calories	Fat	Unsaturated Fat	Carb	Sugar
<b>DRINK</b>						
White Milk	1 cup	110	2.5	1.5	13	13
Chocolate Milk	1 cup	160	2.5	1.5	27	26
Strawberry Milk	1 cup	170	2	1.5	31	31
Orange Juice	1 cup	120	0	0	29	28
<b>DESSERT</b>						
Apple	1 slice	10	0.06	0	2.5	0
Applesauce**** Government	1/2 cup	90	0	0	23	18
Banana	1 half	74	0.3	0	19	0
Diced Peaches	1/2 cup	70	0	0	17	13
Diced Pears	1/2 cup	80	0	0	20	14
Fruit Cocktail	1/2 cup	80	0	0	19	13
Jello	1/2 cup	70	0	0	17	17
Mandarin Oranges	1/3 cup	80	0	0	19	16
Orange Slices	1 slice	8	0.02	0	2	0
Peach Halves	1/2 cup	70	0	0	17	6
Pear Halves	1/2 cup	80	0	0	20	14
Sliced Apples	1/2 cup	40	0	0	10	7
Sliced Apples ***** Government	10 pieces	45	0	0	10	7
Sliced Pineapples	1/2 cup	70	0	0	17	14
<b>SIDES</b>						
Bakes Beans	1/2 cup	110	0.5	0	22	2
Bakes Potato	1 piece	120	0	0	29	2

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FOOD	Serv. Size	Calories	Fat	Unsaturated Fat	Carb	Sugar
Broccoli	4 florets	25	0	0	4	1
Brown Gravy	1/4 cup	25	0.5		5	0
Carrot	1 slice	1.3	0	0	0.3	0
Celery	1 strip	0.6	0	0	0.1	0
Chicken gravy	1/4 cup	35	1	0.5	6	0
Chips	1	75	0	0	17	0
Corn	1/2 cup	80	1	0	17	4
Cranberry Sauce	1/4 cup	110	0	0	25	21
Green Beans	1/2 cup	20	0	0	4	2
Mashed Potatoes	1/2 cup	60	0	0	13	0
Nachos/Cheese	cheese 1/4 cup	80	6	1	6	0
Peas	1/2 cup	70	0.5	0	12	6
Pickles	1 oz	0	0	0	0	0
<b>Potato Smile</b>						
Refried Beans	1/2 cup	120	2	1	18	<1
Shoestring Fries	3 oz	140	5	2.5	21	<1
Shredded Lettuce	1 cup	6.6	0.1	0	1.2	0
Slice Cheese	1 oz	110	9	5	1	1
Sm. Whole Potatoes	4 potatoes	80	0	0	12	3
<b>Tater Tots</b>						
Tomato Soup	1/2 cup	90	1	0.5	19	11
Tomatoes	1/2 cup	25	0	0	5	3
Trio Potatoes	1/2 cup	60	0	0	13	2
Vegetable Soup	1/2 cup	90	0.5	0.5	18	5
Vegetarian Beans	1/2 cup	130	0.5	0	24	3
Vegetarian Vegetable Soup	1/2 cup	90	3	0.5	15	5
<b>SALAD BAR</b>						
Bacon Bits	1 tbsp	25	1.5		0	0
Black Olives	1 tbsp	25	2.5		,1	0
Carrots	1 cup	47	0.2	0	11.1	0
Cheese	1 oz	110	9	0	1	1

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Chow Mein Noodles	1/2 cup	130	5		19	0
Cottage Cheese	1/2 cup	100	1	1.5	4	4
Croutons	2 tbsp	25	1		4	0
Cucumbers	1 cup	16	0.2	0	3.3	0
French Dressing	1 cup	16	0.2	0.1		0
Italian Dressing	2 tbsp	120	13		2	2
Lettuce	1 cup	6.6	0.1	2	1.2	0
Ranch Dressing	1 cup	6.6	0.1	0	1.2	0
Thousand Island Dressing						
Tomatoes	1 cup	38	0.6	0	8.4	0
<b>BAKED DESSERTS</b>						
Brownies						
Cheesecake	1/2 cup	220	3		28	24
Chocolate Pudding	1/2 cup	140	4	0.5	26	20
Cookies						
Devils Food Cake w/ icing	1 piece	180	3		37	24
Hot Apples	10 pieces	60	0	0	14	11
Ice Cream						
Milk Chocolate Cake w/ icing	1 piece	200	5.5		36	23
Peach Cobbler						
Peanut Butter Delight						
Rice Krispie Treats & Marshmallow	1 piece	200	0		49	19
Vanilla Pudding	1/2 cup	160	4.5	1	27	20
White Cake w/ icing	1 piece	200	5		36	23
Yellow Cake w/ icing	1 piece	190	3		38	24
<b>ENTREES</b>						
Beef Ravioli	1 cup	250	8	3.5	30	6
Cheese Pizza	1					
Chicken gravy	1/4 cup	35	1	0.5	6	0
Chicken Nuggets	5	220	13	3.5	11	0

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Chicken Patties	1	220	13	3	11	0
Diced Chicken	3 oz	130	3.5	1	0	0
Egg Noodles	2 cups	375	2.9	0.8	72.5	3.1
Frenchtoast Sticks	4	280	10	2	43	11
Grape Jelly	1 tbsp	40	0	0	11	8
Grilled Cheese	1	250	11	0	27	3
Ground Beef						
Ham	1					
Hamburger	1					
Hoagie	1					
Mini Turkey Corn Dogs	4	190	10	3	21	4
Pancakes	3	230	6	1	38	5
Peanut Butter	2 tbsp	200	16		8	4
Pepperoni Pizza	1	390	16	5	45	6
Pork Patty	1	270	18	5	14	1
Spaghetti Sauce	1/4 cup	23	1	0	5	2
Spaghetti Sauce	1/2 cup	60	1	0	12	7
Taco Shells	3	160	7		20	0
Turkey Ham						
Turkey Ham						
Turkey Hotdog						
<b>BREADS</b>						
Croissant	1	180	10		20	3
Garlic Toast						
White Bread	2	140	2	0	26	2
Whole Wheat Breadstick	1	98	1.2	0.2	19.4	0
<b>MISC.</b>						
Barbeque Sauce	2 tbsp	15	0	0	11	9
Brown Sugar	1 tbsp	15	0		4	4
Butter	1 tbsp	100	11	7	0	0

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Cheddar Cheese	1/4 cup	80	6	1	6	0
Cheese Cup	1	50	1		8	2
Cream of Mushroom Soup	1/2 cup	90	4.5	1	10	2
Elbow Macaroni	1 cup	357	1.1		74	2.9
Instant dry milk crystals	1 cup	100	0		15	10
Instant Rice	1 cup	180	0.5		40	0
Ketchup	1 tbsp	15	0	0	4	4
Lite Mozzarella Cheese	1	60	2	1.5	1	0
Mayo	1 tbsp	100	11	1.5	0	0
Mustard	1 tsp	0	0	0	0	0
Onions	1/4 cup	80	0	0	20	12
Pancake Syrup	1 packet	15	0		3	2
Powered Sugar	1/4 cup	120	0	0	30	29
Ranch Dip	1 cup	6.6	0.1	0	1.2	0
Salsa	2 tbsp	10	0	0	2	2
Salsa**** Government	2 tbsp	5	0	0	1	1
Skyline Chili packet	1	20	0.5	0	4	1
Tomato Paste	2 tbsp	25	0	0	6	4
Wide Noodles	2 oz	210	0.5	0	41	3