



Nutritional Information for Brevard County Public Schools
2018-2019 School Year

NOTE: Food Services attempts to provide nutrition information that is as accurate as possible. It is based upon standard portion product guidelines, and variations of serving sizes and/or ingredient content may occur. (Nutritional information is provided by manufacturers and USDA and is subject to change periodically) Information updated October 22, 2018.

CATCH (Coordinated Approach to Child Health)

CATCH is a program designed to promote physical activity, healthy food choices, and nutrition education in both the school and home environment. As part of the BCSD Wellness Policy, we have implemented this approach to child health by teaching children that eating healthy and being physically active everyday can be fun. CATCH promotes healthy eating habits in childhood that can promote behavior change that can carry into adulthood.

- Menu items that are highlighted in **Green** are **GO** foods, foods that are good to eat almost anytime. These foods are the healthier choices with the lowest fat and/ or sugars.
- Menu items that are highlighted in **Yellow** are **Slow** foods, foods that are "sometimes" foods. These foods should be eaten in moderation. These foods are higher higher in fat and/or sugar and may be processed foods.
- Menu items that are highlighted in **Red** are **Whoa** foods, foods that should only be eaten occasionally. These foods are high in fat and sugar.

Nutritionals represent 1 serving

BREAKFAST FOODS

Product Description	Kcals	Fat (gm)	% Kcals from Fat	Sat Fat (gm)	% Sat Fat	Protein (gm)	Carbs (gm)	Sodium (mg)	Dietary Fiber (gm)	Additional Comments
Entrees										
Biscuit, Cheese	225	11	44%	7	29%	8	24	765	1	Made with White Biscuit
Biscuit, Chicken	280	14	43%	7	23%	11	29	880	2	Made with White Biscuit
Biscuit, Egg & Cheese	275	14	46%	8	27%	11	25	885	1	Made with White Biscuit
Biscuit, Bacon, Egg & Cheese	265	15	24%	8	27%	10	24	875	1	Made with White Biscuit
Biscuit, Sausage	260	14	49%	7.5	26%	11	23	920	1	Made with White Biscuit
Breakfast Bagel, Sausage & Cheese	160	6	34%	2	11%	8	19	370	2	Made w/Whole Grains
Breakfast Platter	320	19	52%	10	27%	14	24	980	2	Made with White Biscuit & Turkey Bacon
Breakfast Tornado, Egg, Turkey Sausage & Cheese	180	7	35%	2	8%	7	22	280	2	Made w/Whole Grains
Breakfast Tornado, Maple Sausage & Egg	180	7	35%	2	8%	6	24	280	2	Made w/Whole Grains
Breakfast Pizza	210	7	30%	2	9%	9	26	480	2	Made w/Whole Grains
Cereal, Cinnamon Toast Crunch, 25% less sugar	110	3	25%	0.5	4%	1	22	160	3	Made w/Whole Grains
Cereal, Cocoa Puffs	110	1.5	12%	0	0%	2	25	160	2	Made w/Whole Grains
Cereal, Corn Chex	100	0.5	5%	0	0%	2	24	200	1	Made w/Whole Grains
Cereal, Honey Nut Cheerios	110	2	16%	0	0%	2	22	160	2	Made w/Whole Grains
Cereal, Multigrain Cheerios	100	1	10%	0	0%	2	23	110	3	Made w/Whole Grains

Product Description	Kcals	Fat (gm)	% Kcals from Fat	Sat Fat (gm)	% Sat Fat	Protein (gm)	Carbs (gm)	Sodium (mg)	Dietary Fiber (gm)	Additional Comments
Cereal, Trix	110	1	8%	0	0%	1	24	160	1	Made w/Whole Grains
Cheese, Colby Jack	90	6	60%	4	40%	7	0	200	0	
Cheese, String Cheese	60	3	42%	2	30%	7	1	200	0	
Croissant, Egg & Cheese	330	17	46%	7	18%	14	31	510	2	
Croissant, Ham & Cheese	315	15	41%	6	16%	16	32	615	2	
Croissant, Bacon, Egg & Cheese	350	18	48%	7	18%	16	31	620		
Donut Holes, WG	286	15	47%	7	22%	5	32	300	3	Made w/Whole Grains
French Toast Minis, Chocolate Chip, Grab & Go	210	6	26%	2	6%	5	35	260	4	Made w/Whole Grains
French Toast Sticks (WG), K-8	270	12	40%	2	7%	6	35	280	3	Made w/Whole Grains
French Toast Sticks (WG), 9-12	405	18	40%	3	7%	9	53	420	5	Made w/Whole Grains
Pancake & Sausage on a Stick , WG	200	10	45%	3	11%	7	17	310	3	Made w/Whole Grains
Pancakes, Blueberry Mini, Grab & Go	210	6	26%	1	4%	4	35	310	4	Made w/ Whole Grain
Quesadilla, Cheesy Breakfast	215	9	38%	6	25%	10	23	585	3	Made w/Whole Grains
Peanut Butter & Jelly Graham Bar	300	18	27%	3	16%	9	30	220	4	Made w/Whole Grains
Grahams, Honey Belly Bear	130	4	28%	0	0%	2	20	100	1	Made w/Whole Grains
Waffles, Maple Mini, Grab & Go	200	5	23%	2	7%	4	35	220	4	Made w/Whole Grains
Yogurt, 4 oz	100	1	5%	1	5%	3	20	50	0	
Yogurt Parfait	231	4	15%	1	4%	5	45	217	3	Made w/Whole Grain Cereal
LUNCH FOODS										
Entrees										
Buffalo Cheese Crunchers, w/Light Ranch	565	33	52%	9	14%	20	45	1030	4	Made w/Whole Grains
Burrito, Chicken & Cheese w/ Salsa & Sour Cream	415	16	35%	10	21%	19	39	780	5	Made w/Whole Grains
Burrito, Cheesy Taco w/Salsa & Sour Cream	435	20	41%	11	22%	18	44	770	6	Made w/Whole Grains
Calzone, Ham & Cheese w/Marinara	407	16	35%	6	13%	20	46	812	5	Made w/Whole Grains
Calzone, Pepperoni w/Marinara	454	21	42%	8	15%	20	46	836	5	Made w/Whole Grains
Calzone, Pepperoni Chicken w/Marinara	475	19	36%	5	10%	22	54	853	6	Made w/Whole Grains
Calzone, Spinach & Cheese w/Marinara	444	19	38%	9	18%	22	47	837	6	Made w/Whole Grains
Cheese Sticks Entrée w/Marinara	410	19	42%	7	15%	20	42	610	5	Made w/Whole Grains
Cheeseburger, K-8	342	16	42%	6	16%	22	30	673	4	Made w/Whole Grain Bun
Cheeseburger, 9-12	379	19	45%	7	17%	25	30	730	4	Made w/Whole Grain Bun
Deluxe Bacon Cheeseburger, 9-12	408	21	46%	8	17%	28	30	893	4	Made w/Whole Grain Bun
Cheesy Garlic French Bread w/Marinara	370	16	39%	6	15%	18	37	800	5	Made w/Whole Grains
Chicken & Penne Alfredo	318	8	21%	4	10%	24	39	606	2	
Chicken Bowl Entrée	447	26	51%	8	15%	20	39	887	4	Made w/Whole Grains
Chicken Drumstick, Breaded (K-8)	347	20	52%	5	12%	29	9	821	2	Made w/Whole Grains
Chicken Drumstick, Breaded (9-12)	694	22	52%	9	12%	58	18	1643	4	Made w/Whole Grains
Chicken, General Tso w/Oriental Rice	334	5	13%	1	3%	17	55	548	4	Made w/Whole Grains
Chicken, Bites, Asian	290	16	50%	2	5%	20	17	400	1	Made w/Whole Grains. Contains corn.
Chicken and Queso Rice Bowl	320	7	21%	2	7%	17	44	394	6	
Chicken Bites, Buffalo	260	15	52%	2	5%	19	14	640	2	Made w/Whole Grains. Contains corn.
Chicken, Sriracha w/Oriental Rice	322	5	13%	1	3%	17	54	412	4	Made w/Whole Grains

Product Description	Kcals	Fat (gm)	% Kcals from Fat	Sat Fat (gm)	% Sat Fat	Protein (gm)	Carbs (gm)	Sodium (mg)	Dietary Fiber (gm)	Additional Comments
Chicken, Snack-Atizers	290	18	57%	4	12%	14	20	480	2	Made w/Whole Grains
Chicken, Snack-Atizers, Saucy	292	18	56%	4	12%	14	20	717	2	Made w/Whole Grains
Chicken, Sriracha Bonless Wings	285	14	43%	2	7%	23	21	375	2	Made w/Whole Grains. Contains corn.
Chicken, Tenders	280	13	42%	3	8%	25	16	470	2	Made w/Whole Grains
Chicken, Tenders, Saucy, 7-12	282	13	41%	2.5	8%	25	16	708	2	Made w/Whole Grains
Chicken, Teriyaki w/Oriental Rice	279	3	11%	1	3%	19	43	452	2	Made w/Whole Grains
Chicken, Sriracha w/Oriental Rice	343	7	18%	1	3%	15	53	515	3	Made w/Whole Grains
Chicken Wing, Buffalo, 9-12	447	33	66%	9	19%	35	3	1221	0	
Chicken Wing, Rotisserie, 9-12	444	33	66%	9	19%	35	2	864	0	
Chicken Wing, Sweet Thai, 9-12	464	33	64%	9	18%	35	7	967	0	
Corn Dog	240	8	30%	3	9%	9	30	390	5	Made w/Whole Grains
Corn Dog Nuggets	270	12	40%	4	12%	10	30	410	5	Made w/Whole Grains
Chili Cheese Fries	389	17	38%	5	12%	18	41	813	3	
Fish, Go Fish Basket	330	13	34%	3	8%	16	32	440	2	Made w/Whoe Grains
Fish Tacos	547	22	35%	9	14%	28	56	610	6	Made w/Whole Grains
Fruit & Cheese Cup, K-8	377	22	52%	11	26%	18	30	317	3	Made w/Whole Grain Crackers
Fruit & Cheese Cup, 9-12	464	19	37%	10	20%	21	56	298	6	Made w/Whole Grain Pretzel
Hamburger, K-8	307	14	41%	5	14%	18	29	568	4	Made w/Whole Grain Bun
Hamburger, 9-12	317	16	45%	5	15%	19	27	577	4	
Hot Dog w/Bun	290	13	40%	4	11%	11	28	600	2	Made w/Whole Grain Bun
Hummus & Veggie Platter, K-12	351	9	24%	4	10%	18	49	480	10	Made w/Whole Grains
Macaroni & Cheese	286	11	36%	7	21%	15	31	790	1	
Mac & Cheese w/Meatballs	419	15	32%	8	17%	26	44	1637	1	
Meatloaf w/ Whipped Potatoes	332	15	39%	5	13%	17	33	527	3	
Nachos w/Cheese	550	33	54%	14	22%	21	40	1363	2	Made w/Whole Grains
Nachos Supreme(Pork Taco Meat)	452	24	48%	6	13%	19	38	797	4	Made w/Whole Grains
Philly Cheese Steak	333	13	34%	5	13%	30	28	499	2	Made w/Whole Grains
Philly Cheese Steak w/Peppers & Onions	349	13	33%	5	12%	30	31	545	3	Made w/Whole Grains
Pig in a Blanket	284	15	46%	4	13%	10	26	427	2	Made w/Whole Grains
Pizza, Cheese (5"), Tony's K-8	330	12	33%	6	16%	17	38	480	4	Made w/Whole Grains
Pizza Crunchers w/Marinara	440	20	41%	8	17%	21	48	1020	7	Made w/Whole Grains
Pizza, Cheese, Big Daddy, 9-12	400	17	38%	9	20%	19	43	580	2	
Pizza, Fiestada	340	14	37%	6	16%	17	39	850	4	Made w/Whole Grains
Pizza, Pepperoni (5") Tony's, K-8	330	13	36%	6	16%	17	38	540	4	Made w/Whole Grains
Pizza, Pepperoni, Big Daddy, 9-12	410	17	37%	8	18%	19	43	720	2	
Potato, Baked, Vegetarian, Entrée	584	26	40%	16	25%	23	66	465	7	
Quesadilla, Fajita Chicken	497	23	41%	14	24%	24	52	685	7	Made w/Whole Grains
Quesadillas, Cheesy w/Sour Cream & Salsa	465	23	45%	16	30%	20	42	990	5	Made w/Whole Grains
Rice & Beans	488	2	3%	0	0%	19	99	573	18	Made w/Whole Grains
Roast Beef w/Whipped Potatoes & Gravy	240	8	29%	3	10%	22	21	573	2	
Roast Pork w/Whipped Potatoes & Gravy	226	6	26%	2	6%	17	24	897	2	

Product Description	Kcals	Fat (gm)	% Kcals from Fat	Sat Fat (gm)	% Sat Fat	Protein (gm)	Carbs (gm)	Sodium (mg)	Dietary Fiber (gm)	Additional Comments
Roast Turkey w/Whipped Potatoes & Gravy	218	5	21%	2	6%	21	21	837	2	
Salad, Bacon Cobb	412	18	39%	9	20%	33	33	712	5	Served w/Pita Bread
Salad, Chef	334	13	34%	5	14%	25	33	544	6	Served w/Pita Bread
Salad, Deli Turkey, K-12	393	17	39%	2	5%	24	38	711	5	Served w/Whole Grain Tortilla Chips
Salad, Grilled Chicken	306	9	25%	4	12%	25	32	564	5	Served w/Herbed Pita Bread
Salad, Popcorn Chicken	633	38	54%	9	12%	22	54	827	7	Made w/Whole Grains
Salad, Sunflower & Craisin & Bean	522	17	29%	2	4%	20	80	373	16	Served w/Pita Bread
Salad, Southwestern Chicken w/Sour Cream	581	32	50%	10	16%	27	48	750	7	Served w/Whole Grain Tortilla Chips
Salad, Taco	512	29	50%	9	16%	19	44	744	7	Served w/Whole Grain Tortilla Chips
Salad, Vegetarian w/Cheddar	521	34	58%	14	24%	19	39	651	6	Served w/Whole Grain Tortilla Chips
Sandwich, BBQ Pork	272	4	14%	1	2%	21	39	1060	3	Made w/Whole Grain Bun
Sandwich, Chicken Deluxe	380	12	28%	2	4%	24	45	790	5	Made w/Whole Grains
Sandwich, Crunchy Pollock	365	12	30%	3	8%	23	43	655	4	Made w/Whole Grains
Sandwich, Cuban	321	11	30%	3	9%	25	31	761	3	Made w/Whole Grains Ciabatta Bread
Sandwich, Grilled Cheese	300	10	30%	5	15%	20	34	740	2	Made w/Whole Grain Bread
Sandwich, Grilled Chicken	260	5	16%	1	2%	29	29	700	3	Made w/Whole Grain Bun
Sandwich, All Natural Ham & Cheese	355	17	43%	6	16%	20	33	755	2	Made w/Whole Grain Croissant
Sandwich, All Natural Hot Ham & Cheese Melt	355	17	43%	6	16%	20	33	755	2	Made w/Whole Grain Croissant
Sandwich, Mediterranean Hummus Pita	449	18	36%	2	4%	18	59	307	12	Made w/Whole Grain Pita
Sandwich, Peanut Butter & Jelly Jamwich, Grape	310	16	47%	3	7%	10	35	300	4	Made w/Whole Grain Bread
Sandwich, Peanut Butter & Jelly Jamwich, Strawberry	300	16	48%	2	6%	10	34	310	4	Made w/Whole Grain Bread
Sandwich, Spicy Chicken	370	11	27%	2	4%	25	47	790	5	Made w/Whole Grains
Sandwich, Tuna & Cheese	354	13	34%	5	13%	28	31	557	2	Made w/Whole Grain Croissant
Sandwich, All Natural Turkey & Cheese	330	12	33%	5	14%	25	31	788	2	Made w/Whole Grain Croissant
Sandwich, Warm Spinach Caprese	323	13	37%	9	26%	20	30	576	4	
Sandwich, All Natural Turkey, Ham & Cheese	345	15	39%	6	15%	22	32	768	2	Made w/Whole Grain Bread
Rotini & Meat Sauce	325	9	24%	3	8%	22	39	475	4	
Saucy Rotini w/Meatballs	316	7	19%	2	4%	21	43	591	3	
Sliders, Cheeseburger	360	11	28%	2	5%	22	44	720	6	Made w/Whole Grain Slider Bun
Sliders, Chicken	360	11	28%	2	5%	22	44	720	6	Made w/Whole Grain Slider Bun
Sliders, Chicken Spicy	360	11	28%	2	5%	22	44	929	6	Made w/Whole Grain Slider Bun
Sliders, Hamburger	316	10	28%	3	10%	20	34	505	6	Made w/Whole Grain Slider Bun
Sub, All Natural Ham & Cheese Entrée	298	12	36%	3	10%	20	30	824	2	Made w/Whole Grain Bread
Sub, Italian	322	13	37%	4	11%	23	29	884	2	Made w/Whole Grain Bread
Sub, Meatball	399	13	30%	4	9%	26	45	1080	5	Made w/Whole Grain Bun
Sub, Turkey & Cheese Entrée	273	7	23%	2	7%	25	28	857	2	Made w/Whole Grain Bread
Taco, Crunchy with Lettuce & Cheese	351	19	49%	9	24%	19	26	404	4	Made w/Whole Grain Shell
Taco, Street w/Shredded Pork w/Sour Cream & Salsa	413	17	37%	10	22%	25	40	968	6	Made w/Whole Grain Tortilla
Taco, Soft with Lettuce & Cheese	381	18	42%	10	24%	21	35	554	6	Made w/Whole Grain Tortilla
Wacky Mac & Cheese, 9-12	285	12	36%	6	20%	18	28	777	2	
Wrap, Chicken w/Light Ranch Dressing	451	18	36%	6	12%	26	47	828	5	Made w/Whole Grain Wrap
Wrap, Chicken, Spicy, Light Ranch Dressing	451	18	36%	6	12%	26	47	1154	5	Made w/Whole Grain Wrap

Product Description	Kcals	Fat (gm)	% Kcals from Fat	Sat Fat (gm)	% Sat Fat	Protein (gm)	Carbs (gm)	Sodium (mg)	Dietary Fiber (gm)	Additional Comments
Wrap, Chicken, Spicy, Warm w/Light Ranch Dressing	447	18	36%	6	12%	26	46	988	4	Made w/Whole Grain Wrap
Wrap, All Natural Ham & Cheese	345	14	36%	5	14%	19	38	809	3	Made w/Whole Grain Wrap
Wrap, Italian	332	14	37%	6	16%	21	31	794	3	Made w/Whole Grain Wrap
Wrap, All Natural Turkey & Cheese	320	9	26%	4	12%	24	36	842	3	Made w/Whole Grain Wrap
Wrap, Veggie & Hummus	489	22	40%	5	8%	17	62	322	12	Made w/Whole Grain Wrap
Yogurt & Muffin Platter, K-8	290	8	25%	4	11%	14	41	440	2	Made w/Whole Grains
Yogurt & Muffin Platter, 9-12	384	10	22%	6	14%	15	62	495	3	Made w/Whole Grains
Yogurt Parfait, K-8	343	5	13%	2	4%	8	68	270	3	Made w/Whole Grain Cereal
Yogurt Parfait, w/Cinnamon Tortilla Crisps, 9-12	462	8	15%	3	6%	10	90	347	5	Made w/Whole Grain Cereal
Ziti, Baked	350	11	29%	5	14%	21	41	553	4	
JUICE										
Product Description										
Juice, Apple, 100%, 4 oz pouch	60	0	0%	0	0%	0	14	0	0	
Juice, Grape,100%, 4 oz pouch	80	0	0%	0	0%	0	19	0	0	
Juice, Orange, 100%, 4 oz pouch	60	0	0%	0	0%	0	15	0	0	
Juice, Apple Cherry, 6 oz pouch	90	0	0%	0	0%	0	21	0	0	
Juice, Strawberry Kiwi, 6oz pouch	90	0	0%	0	0%	0	21	0	0	
MILK										
Product Description										
Fat Free Chocolate Milk	120	0	0%	0	0%	8	22	240	0	30% RDA Calcium
Fat Free Strawberry Milk	120	0	0%	0	0%	8	22	125	0	30% RDA Calcium
Skim Milk	80	0	0%	0	0%	8	12	125	0	30% RDA Calcium
Low-Fat 1% Milk	100	2.5	23%	1.5	14%	8	12	125	0	30% RDA Calcium
Milk, Soy, Original	100	2	18%	0	0%	5	13	120	0	30% RDA Calcium
SIDE DISHES										
Product Description										
Beans, Baked	128	0	0%	0	0%	7	29	540	5	Vegetarian
Beans, Black	120	1	4%	0	0%	7	24	308	6	Vegetarian
Beans, Green, Canned	20	0	0%	0	0%	0	4	139	2	
Beans, Green, Garlic	23	0.13	5%	0.03	1%	1	5	38	2	
Beans, Refried	82	0	0%	0	0%	5	15	84	5	
Broccoli, Garlic	14	0	0%	0	0%	1	2	40	0	
California Blend, Seasoned	26	0	0%	0	0%	2	5	77	2	
Carrot & Celery Sticks w/Ranch Dressing	57	2	26%	0	0%	1	10	258	2	Includes lite ranch dressing
Carrot Sticks w/Ranch Dressing	66	2	23%	0	0%	1	12	251	2	Includes lite ranch dressing
Carrot Sticks w Ranch Dressing-Field Trip K-8	80	2	20%	0	0%	1	16	276	3	Includes lite ranch dressing
Carrot Sticks w Ranch Dressing-Field Trip 9-12	97	2	17%	0	0%	1	20	304	4	Includes lite ranch dressing
Carrots,Canned, Glazed	34	0	0%	0	0%	0	7	107	2	
Cauliflower	30	0	0%	0	0%	1	5	30	1	
Celery Sticks w/Ranch Dressing	46	2	32%	0	0%	1	7	261	1	Includes lite ranch dressing

Product Description	Kcals	Fat (gm)	% Kcals from Fat	Sat Fat (gm)	% Sat Fat	Protein (gm)	Carbs (gm)	Sodium (mg)	Dietary Fiber (gm)	Additional Comments
Corn, Canned	65	1	14%	0	0%	2	15	15	2	Low Sodium
Corn & Bean Salsa	91	1	7%	1	4%	4	19	163	4	
Jello, Strawberry w/Whipped Topping	84	1	11%	1	11%	1	17	88	0	Includes whipped topping
Jello, Berry w/Whipped Topping	84	1	11%	1	11%	1	18	85	0	Includes whipped topping
Mixed Vegetables, Frozen	46	0	0%	0	0%	2	10	35	2	
Pasta Salad	71	1	5%	0.2	3%	3	15	61	1	
Peas & Carrots	45	0	0%	0	0%	3	9	66	3	
Potato Rounds (Tater Tots)	90	3.5	35%	0	0%	1	14	180	1	
Potato, Straight Oven Fries	110	4	29%	0	0%	2	17	130	1	
Potato, Roasted	140	4	23%	1	3%	2	25	160	2	
Potato, Smiles	130	5	31%	1	4%	2	20	180	2	
Potato, Whipped	116	4	29%	1	8%	2	19	358	2	
Potato, Whipped, Garlic	118	4	28%	1	8%	2	19	401	2	
Potato, Whipped with Gravy	132	4	25%	1	7%	2	22	617	2	
Potato, Seasoned Curly Fries	110	3.5	29%	0.5	4%	1	18	170	1	
Potato, Sweet Potato Mashed	113	1	6%	0	0%	1	25	41	2	
Potato, Sweet Potato Fries	150	6	36%	1	6%	1	21	230	3	
Potato, Sweet Potato Souffle	314	11	31%	5	15%	3	51	202	3	
Pudding w/Whipped Topping	157	5	26%	2	9%	2	26	165	1	Includes whipped topping
Rice, Brown	131	1	5%	0	0%	3	29	2	2	
Rice, Mexican	133	1	5%	0	0%	3	29	145	2	
Rice, Oriental	130	1	5%	0	0%	3	28	30	2	
Salad, Side, Garden w/Ranch Dressing	56	2	10%	0	0%	1	10	236	2	Includes lite ranch dressing
Salad, Side, Parmesan w/Ranch Dressing	65	3	43%	1	10%	3	8	272	2	
Stuffing, Cornbread	115	8	63%	4	28%	5	9	197	1	
Vegetable Cup, Assorted	60	2	25%	0	0%	1	11	235	2	Includes lite ranch dressing
Yogurt Parfait, Mini Dessert	39	1	9%	1	4%	1	8	20	0	

BAKED GOODS

Product Description	Kcals	Fat (gm)	% Kcals from Fat	Sat Fat (gm)	% Sat Fat	Protein (gm)	Carbs (gm)	Sodium (mg)	Dietary Fiber (gm)	Additional Comments
Biscuits	190	9	43%	6	28%	4	23	660	1	White Biscuit
Brownie, Low Fat, WG	149	4	23%	1	8%	3	29	199	1	Made w/Whole Grains
Cake, Chocolate Strawberry Shortcake	165	4	22%	2	10%	3	32	198	2	Made w/Whole Grains
Cake, Yellow w/Choc. Frosting	186	4	21%	2	8%	2	37	191	2	Made w/Whole Grains
Cinnamon Breadsticks	80	2	20%	0.26	3%	2	15	64	1	Made w/Whole Grains
Cinnamon Pretzel	187	1	5%	0	0%	6	40	151	4	Made w/Whole Grains
Cinnamon Rolls, Iced 2 oz	197	4	16%	0.5	2%	4	38	128	2	Made w/Whole Grains
Cinnamon Tortilla Crisp	119	3	19%	2	11%	2	22	77	2	Made w/Whole Grain
Cookies, 1.85 oz, Black & White, Reduced Fat, WG	193	6	28%	2	10%	3	33	179	3	Reduced Fat, Made w/Whole Grain
Cookies, 1.85 oz, Carnival, Reduced Fat, WG	193	6	28%	2	10%	3	34	163	3	Reduced Fat, Made w/Whole Grain
Cookies, 1.85 oz, Chocolate Chip, Reduced Fat, WG	194	6	28%	2	10%	3	34	170	3	Reduced Fat, Made w/Whole Grain
Cookies, 1.85 oz, Double Chocolate Chip, Reduced Fat	191	6	28%	2	10%	3	33	189	2	Reduced Fat, Made w/Whole Grain
Cookies, 1.85 oz. Red Velvet	190	5	24%	2	10%	3	33	190	3	Reduced Fat, Made w/Whole Grain

Product Description	Kcals	Fat (gm)	% Kcals from Fat	Sat Fat (gm)	% Sat Fat	Protein (gm)	Carbs (gm)	Sodium (mg)	Dietary Fiber (gm)	Additional Comments
Cookies, 1.85 oz., Sugar w/Sprinkles, WG	196	6	28%	2	10%	3	35	200	4	Reduced Fat, Made w/Whole Grain
Cookies, 1.85 oz., Sugar, Reduced Fat, WG	194	6	28%	2	10%	3	35	200	4	Reduced Fat, Made w/Whole Grain
Cookies, Black & White, WG, 1 oz	104	3	28%	1	10%	2	18	97	1	Reduced Fat, Made w/Whole Grain
Cookies, Carnival, Reduced Fat, WG, 1 oz	106	3	29%	1	10%	2	18	87	2	Reduced Fat, Made w/Whole Grain
Cookies, Choc Chip, Reduced Fat, WG, 1 oz	105	3	28%	1	10%	2	18	92	2	Reduced Fat, Made w/Whole Grain
Cookie, Double Choc, Reduced Fat, WG, 1oz	103	3	28%	1	9%	2	18	102	1	Reduced Fat, Made w/Whole Grain
Cookies, Sugar w/Sprinkles, Reduced Fat, WG, 1 oz	109	4	29%	1	10%	1	19	112	2	Reduced Fat, Made w/Whole Grain
Cookies, Sugar, Reduced Fat, WG, 1 oz	106	3	29%	1	10%	1	18	112	2	Reduced Fat, Made w/Whole Grain
Cupcake, Chocolate, Ultimate	132	3	21%	1	7%	2	25	197	1	Made w/Whole Grains
Garlic Breadstick (2 oz)	160	4	23%	2	8%	5	28	140	3	Made w/Whole Grains
Garlic Tortilla Crisp	181	5	25%	3	15%	4	30	150	4	Made w/Whole Grains
Jalapeno Cheese Bread, 2 oz	169	6	30%	2	10%	5	25	192	2	Made w/Whole Grains
Mini Twisted Garlic Breadstick	80	2.5	28%	1	11%	2	14	110	1	Made w/Whole Grains
Muffin, Banana Chocolate Chip, Low Fat	226	5	20%	3	11%	4	43	230	3	Low Fat, Made w/Whole Grains
Muffin, Blueberry, Low Fat	197	4	17%	2	8%	4	38	230	2	Low Fat, Made w/Whole Grains
Muffin, Chocolate Chip, Low Fat	244	7	24%	4	15%	4	45	230	3	Low Fat, Made w/Whole Grains
Muffin, Cinnamon Spice, Low Fat	202	4	16%	2	8%	4	39	233	2	Low Fat, Made w/Whole Grains
Pepperoni Bread, 2 oz	174	6	31%	1	7%	6	25	190	2	Made w/Whole Grains
Roll, Honey Wheat, Sub 12"	530	9	15%	2	3%	20	91	760	12	1/2 roll served w/6" sub. Made w/WG
Roll, Whole Grain, 1 oz	85	2	25%	0.3	4%	2	14	72	1	Made w/Whole Grains
Roll, Whole Grain, 2 oz	164	4	22%	0.6	3%	4	28	145	3	Made w/Whole Grains
Scone, Chocolate Chip	299	8	25%	3	10%	4	54	199	4	Made w/Whole Grains

Fruits

Product Description	Kcals	Fat (gm)	% Kcals from Fat	Sat Fat (gm)	% Sat Fat	Protein (gm)	Carbs (gm)	Sodium (mg)	Dietary Fiber (gm)	Additional Comments
Apple, Fresh	72	0.2	3%	0	0%	0	19	1	3	
Apples, Canned (1/2 cup)	45	0.3	6%	0.05	0%	0	12	1	2	
Applesauce Cup, 1/2 cup	50	0	0%	0	0%	0	14	0	1	
Banana, Fresh	105	0.38	3%	0.12	1%	1	27	1	3	
Blueberries, Fresh (1/2 cup)	34	0	0%	0	0%	1	12	0	2	
Cantaloupe, Fresh (1/2 cup)	27.2	0.15	5%	0.04	1%	1	7	13	1	
Craisins	110	0	0%	0	0%	0	28	0	3	
Fruit Cup, Fresh	46	0	0%	0	0%	1	12	0	2	
Grapes, Fresh (1/2 cup)	31	0.16	5%	0.05	1%	0	8	1	0	
Honeydew, Fresh (1/2 cup)	32	0.12	3%	0.02	0%	1	7	16	1	
Kiwi, Fresh (1/2 cup)	54	0.46	8%	0.01	0%	1	13	3	3	
Mixed Fruit, Canned (1/2 cup)	60	0	0%	0	0%	0	15	5	1	
Nectarine, Fresh	60	0.43	6%	0.02	0%	1	14	0	2	
Orange, Fresh	62	0.15	2%	0	0%	1	15	0	3	
Peach, Fresh	38	0.24	6%	0	0%	1	9	0	2	
Peaches, Diced, Canned (1/2 cup)	53	0	0%	0	0%	1	1	14	6	
Peach Cup. Light Syrup	60	0	0%	0	0%	0	15	5	1	
Pears, Canned (1/2 cup)	60	0	0%	0	0%	0	16	5	2	

Product Description	Kcals	Fat (gm)	% Kcals from Fat	Sat Fat (gm)	% Sat Fat	Protein (gm)	Carbs (gm)	Sodium (mg)	Dietary Fiber (gm)	Additional Comments
Pear Cup, Light Syrup	60	0	0%	0	0%	0	15	5	1	
Pineapple Tidbits, Canned (1/2 cup)	47	0	0%	0	0%	0	11	0	1	
Plum, Fresh	30	0.18	5%	0	0%	1	8	0	1	
Raisels	140	0.17	0%	0	0%	1	36	5	1	
Strawberries, Fresh (1/2 cup)	24	0.22	8%	0	0%	1	6	1	2	
Strawberry Cup, Frozen (1/2 cup)	80	0	0%	0	0%	1	19	0	2	
Tangerine, Fresh	45	0.26	5%	0.02	0%	1	11	2	2	
Watermelon, Fresh (1/2 cup)	23	0.11	4%	0	0%	1	6	1	0	
Snacks										
Product Description	Kcals	Fat (gm)	% Kcals from Fat	Sat Fat (gm)	% Sat Fat	Protein (gm)	Carbs (gm)	Sodium (mg)	Dietary Fiber (gm)	Additional Comments
Bar, Cinnamon Crisp, Zee Zee	240	8	30%	1.5	6%	3	39	80	2	Made w/Whole Grains
Bar, Cocoa Cherry, Zee Zee Bar	200	7	32%	2	9%	3	33	40	2	Made w/Whole Grains
Bar,Oatmeal Cocoa Chip, Zee Zee	240	9	34%	2.5	9%	4	39	70	3	Made w/Whole Grains
Bar, Cereal Trix	150	3.5	21%	0.5	3%	2	30	100	2	
Bar, Cocoa Krispies Chewy Granola	150	4.5	27%	1	6%	2	27	140	3	Made w/Whole Grains
Cereal, Apple Jacks, Reduced Sugar, Pouch	110	1	8%	0.5	4%	2	24	160	3	Made w/Whole Grains
Cereal, Fruit Loops, Pouch	110	1	8%	0.5	4%	2	24	170	3	Made w/Whole Grains
Cereal, Cheerios, Honey Nut, Bowlpak	110	2	16%	0	0%	2	22	160	2	Made w/Whole Grains
Cereal, Cheerios, Multigrain, Bowlpak	100	1	9%	0	0%	2	23	110	3	Made w/Whole Grains
Cereal, Cinnamon Toast Crunch, Bowlpak	110	3	25%	0.5	4%	1	22	160	3	Made w/Whole Grains
Cereal, Cocoa Puffs, Bowlpak	110	1.5	12%	0	0%	2	25	160	2	Made w/Whole Grains
Cereal, Corn Chex, Bowlpak	100	0.5	5%	0	0%	2	24	200	1	
Cheese, String Cheese	60	3	45%	2	30%	7	1	200	0	
Cheese, Colby Jack	90	6	60%	4	40%	7	0	200	0	
Chips, BBQ Baked Lays	110	3	25%	0	0%	2	19	190	2	
Chips, Dill Fries	110	3.5	29%	0.5	4%	2	19	170	1	
Chips, Funyuns	100	3.5	32%	0.5	5%	2	14	125	0	
Chips, Baked Lay's Cheddar & Sour Cream	100	3	27%	0	0%	1	17	200	1	
Chips, Baked Lay's Sour Cream & Onion	100	2.5	23%	0	0%	1	18	140	1	
Chips, Doritos Cool Ranch, RF	130	5	35%	1	7%	2	19	160	2	Reduced Fat, Made w/Whole Grains
Chips, Doritos Nacho Cheese, RF	130	5	35%	0.5	3%	2	20	200	2	Reduced Fat, Made w/Whole Grains
Chips, Doritos Spicy Sweet Chili, RF	130	5	35%	0.5	3%	2	20	180	2	Reduced Fat, Made w/Whole Grains
Chips, Cheeto Puffs, RF	90	3.5	35%	0	0%	2	14	135	0	Reduced Fat, Made w/Whole Grains
Chips, Fantastix	130	5	35%	1	5%	2	20	200	2	Reduced Fat, Made w/Whole Grains
Chips, Flamin' Hot Cheeto Puffs, RF	90	3.5	35%	0	0%	2	14	135	0	Reduced Fat, Made w/Whole Grains
Chips, Heartzels Pretzels	80	1.5	17%	0	0%	2	15	200	2	Made w/Whole Grains
Chips, Kettle Jalapeno Cheddar	180	7	35%	1	5%	3	27	160	2	Reduced Fat
Chips, Kettle Original	180	7	35%	1	5%	3	27	190	2	Reduced Fat
Chips, Kids Munchie Mix	110	3.5	29%	0	0%	3	17	160	2	Made w/Whole Grains
Chips, White Cheddar	120	4.5	34%	1	8%	2	17	190	1	Made w/Whole Grains
Crackers, Atomic Cheez-its	90	3	30%	0.5	5%	2	15	190	1	Made w/Whole Grains
Crackers, Cheez-its	100	3.5	32%	1	9%	2	14	150	1	Made w/Whole Grains

Product Description	Kcals	Fat (gm)	% Kcals from Fat	Sat Fat (gm)	% Sat Fat	Protein (gm)	Carbs (gm)	Sodium (mg)	Dietary Fiber (gm)	Additional Comments
Cracker, Vanilla Dots	120	4	30%	0	0%	2	20	95	1	Made w/Whole Grains
Fruit Roll-Up	50	1	18%	0.5	9%	0	11	55	2	
Fruit Snacks, Welch's (all flavors)	130	0	0%	0	0%	1	33	20	3	
Fruit Shapes, Scooby- Doo!	70	0	0%	0	0%	0	21	30	0	
Goldfish, Cheddar Cracker	100	3.5	32%	1	9%	3	14	170	1	Made w/Whole Grains
Goldfish, Pretzel	90	1.5	15%	0	0%	2	16	200	1	Made w/Whole Grains
Graham, Goldfish	120	4	30%	1	8%	1	19	110	1	Made w/Whole Grains
Graham, Honey Belly Bear	130	4	28%	0	0%	2	20	100	1	Made w/Whole Grains
Graham Bar, PBJ	300	18	54%	3	9%	9	30	220	4	Made w/Whole Grains
Hummus, Original Cup	110	2	16%	0	0%	6	18	100	5	
Mini Loaf, Banana	160	4.5	25%	0.5	3%	3	26	105	1	Made w/Whole Grains
Mini Loaf, Wild Blueberry	150	4.5	27%	0.5	3%	3	26	105	1	Made w/Whole Grains
Muffin Top, Apple Cinnamon	160	5	28%	0.5	3%	3	27	100	1	
Muffin Top, Chocolate Chip	160	5	28%	1.5	8%	3	26	180	2	Made w/Whole Grains
Muffin Top, Chocolate Chocolate Chip	150	6	36%	1.5	9%	3	26	115	2	Made w/Whole Grains
Pop Tarts, Brown Sugar Cinnamon, LF	180	2.5	13%	1	5%	2	37	190	3	Low Fat, Made w/Whole Grains
Pop Tarts, Frosted Strawberry, LF	180	2.5	13%	1	5%	2	38	180	3	Low Fat, Made w/Whole Grains
Popcorn, White Cheddar	70	2.5	32%	0	0%	2	9	110	2	Made w/Whole Grains
Rice Krispies Treat, Original	160	4	23%	1	6%	2	30	120	0	Made w/Whole Grains
Rice Krispies Treat, Choc Chip	190	5	24%	2	9%	2	34	150	0	Made w/Whole Grains
Soft Pretzel	170	1	5%	0	0%	6	36	150	4	Made w/Whole Grains
Sunflower Seeds, Honey Roasted	190	15	71%	2	9%	6	11	65	3	
Turkey Breast Stick, All Natural BBQ	40	1	23%	0	0%	8	0	200	0	
Yogurt, Dannon Strawberry and Vanilla	70	0	0%	0	0%	4	14	60	0	
Yogurt, Danimals, Strawberry	70	0	0%	0	0%	4	14	60	0	
Yogurt, Danimals, Raspberry	80	0	0%	0	0%	4	15	65	0	
Ultra Baked Cinnamon Bun	230	7	27%	2	8%	5	37	250	2	Made w/Whole Grains
Ice Cream										
Product Description										
Chocolate/Vanilla, Ice Cream Cup	70	1	13%	0.5	6%	2	14	35	0	
Chocolate Éclair Bar, Lowfat	160	5	28%	1.5	8%	2	28	75	2	
Cone, Cookie N Cream	100	2	18%	1	9%	2	20	75	0	
Cone, Vanilla Fudge Swirl	110	2	16%	1	8%	2	21	65	0	
Fruit Pop, Strawberry Banana	40	0	0%	0	0%	0	10	5	0	
Fudge Bar	130	1.5	10%	1	7%	4	26	65	0	
Sandwich, Vanilla, RF	120	1.5	11%	1	8%	3	26	105	2	
Strawberry Crunch Bar, Lowfat	150	5	30%	1.5	9%	2	25	65	1	
Condiments										
Syrup (1.5 oz)	110	0	0%	0	0%	0	30	70	0	
Dressing, Italian, Fat Free (1.5 oz)	15	0	0%	0	0%	0	5	700	1	Fat Free
Dressing, Ranch (1.5 oz)	260	28	97%	2	12%	1	2	240	0	

Product Description	Kcals	Fat (gm)	% Kcals from Fat	Sat Fat (gm)	% Sat Fat	Protein (gm)	Carbs (gm)	Sodium (mg)	Dietary Fiber (gm)	Additional Comments
Dressing, Raspberry, Fat Free (1.5 oz)	45	0	0%	0	0%	0	12	115	0	Fat Free