

Abington Public Schools Nutrition Information										updated 10/31/22
<i>PLEASE NOTE: Information is obtained from manufacturers and your food provider's recipes and may vary due to product substitutions and/or recipe variations.</i>										
<i>This information serves only as a general guideline and should not be solely relied upon for those with a medical condition.</i>										
Menu Item	Portion Size	Calories	Protein	Carbs	Total Fat	Sat Fat	Fiber	Sodium	Sugar	Allergens
1 % milk	8 oz	110	8 g	13g	2.5g	1.5g	0g	130mg	12g	milk
fat free chocolate milk	8 oz	120	8g	20g	0	0	0	180mg	18g	milk
fat free strawberry milk	8 oz	110	8g	19g	0	0	0	125mg	18g	milk
fat free coffee milk	8 oz	110	8g	20g	0	0	0	125mg	18g	milk
String Cheese, LMPS, 1 oz I/W	1 each	80	8g	1g	5g	3g	0	200mg	0	milk
Soymilk, Kikkoman Chocolate	150	150	8g	18g	4.5g	1g	4g	70mg	13g	soy
Soymilk, Kikkoman Original	8 oz	130	8g	13g	4.5g	0.5g	2g	110mg	11g	soy
1% lactose free milk Dairy Pure	8 oz	110	8g	13g	2.5g	1.5g	0	130mg	12g	milk
100% Juice, fruit vegetable punch	4 oz	50	0	13g	0	0	0	35mg	12g	
100% apple juice	4 oz	60	0g	14g	0	0	0	15mg	13g	
100% orange juice	4 oz	50	1g	13g	0	0	1g	15mg	11g	
100% fruit punch	4 oz	60	0	14g	0	0	0	10mg	13g	
Drink, Cranberry Coctail 15% Juice	4 oz	60	0	15g	0	0	0	15mg	15g	
Blueberry Muffin, UDI <i>Gluten Free</i>	1 muffin, 3 oz.	270	3g	39g	9g	2.5g	1g	250mg	22g	egg
Double Chocolate Muffin, UDI <i>Gluten Free</i>	1 muffin, 3 oz.	280	3g	40g	12g	4.5g	2g	240mg	25g	egg
Bagel, UDI <i>Gluten Free</i>	1 bagel, 3.5 oz	300	8g	47g	9g	1g	2g	520mg	6g	egg
Smart Choice WG Corn Muffin	1 ea, 3.6 oz	180	3g	28g	6g	0.5g	1g	90mg	15g	wheat,egg,dairy,soy
Smart Choice WG chocolate chip muffin	1 ea, 3.6 oz	170	3g	29g	5g	1g	1g	100mg	15g	wheat,egg,dairy,soy
smart choice WG Blueberry Muffin	1 ea, 3.6 oz	160	3g	26g	5g	.5g	1g	95mg	14g	wheat,egg,dairy,soy
smart choice WG blueberry muffin	1 ea, 2 oz	160	3g	26g	5g	.5g	1g	95mg	14g	wheat,egg,dairy,soy
smart choice WG chocolate chip muffin	1 ea, 2 oz	170	3g	29g	5g	1g	1g	100mg	15g	wheat,egg,milk,soy
smart choice WG corn muffin	1 ea, 2 oz	180	3g	28g	6g	.5g	1g	90mg	15g	wheat,egg,dairy,soy
Donut, IW Super Bakery	1 ea	230	5g	29g	11g	11g	2g	260mg	6g	wheat,egg,dairy,soy
Dutch Waffle	1 ea	330	4g	38g	19g	3g	3g	330mg	12g	wheat, egg, soy, milk
Mini Donut, Super Bakery Chocolate	1 package	320	5g	41g	15g	7g	2g	270mg	19g	wheat, egg, soy, milk
Mini Donut, Super Bakery Powdered Sugar	1 package	270	4g	41g	11g	3g	2g	230mg	21g	wheat,egg,milk ,soy
Donut, Richs whole grain glazed, sprinkled	1 ea	310	5g	35.5g	17g	7g	3g	300mg	9.4g	wheat, dairy,soy
Donut, Chocolate cake	1 ea	300	4g		18g	8g	1g	350mg	24g	wheat, egg, soy, milk
whole grain cinnamon roll, Hadley 2.7 oz	1 ea	230	4g	38g	7g	1.5g	3g	240mg	12g	wheat,soy,milk
whole wheat honey bagel, Aesops 2 oz	1 ea	130	4g	33g	1g	0	3g	250mg	2g	egg,dairy,wheat,soy
Cheerios, GF	1 bowl	100	4g	21g	2g	0	3g	140mg	1g	
Cocoa Puffs, less sugar cereal GF	1 bowl	110	2g	25g	1.5g	0	2g	120mg	8g	

Pillsbury Cinna-mini dinner roll, Calise Classic	1 ea	240	4g	40g	7g	1.5g	1.5g	270mg	14g	wheat, milk
Pretzel, WG baked soft	1 pretzel	100	5g	30g	1g	0	3g	140mg	1g	wheat
LOL Ultimate Cheddar Cheese Cup	1 cup	190	10g	14g	10g	6g	0g	570mg	10g	milk, sesame
whole wheat breadstick	1 ea	110	4g	21g	1g	0	3g	210mg	4g	wheat
Hamburger Roll, wheat Fantini	1 ea	127	7g	24g	1.58g	0	3g	227mg	1.8g	wheat, soy- sesame in facility
Hamburger Roll, Udi <i>Gluten Free</i> Classic										
Hamburger Roll, WG Homestead	1 ea	130	4g	23g	2g	0	2g	240mg	2g	soy, wheat egg, soy, seeds in facility
Croissant, WG Hadley	1 ea	190	5g	26g	8g	35g	2g	230mg	3g	wheat,egg,dairy,soy
Pita Bread, Joseph's	1/2 pita	90	4g	18g	1g	0	2g	115mg	1g	wheat
Pita Bread, Zeppy's Wheat	1/2 pita	100	4g	19g	.75g	0	2.5g	170mg	1g	wheat, sesame in facility
Hotdog Roll, Gold Medal	1 ea	110	3g	20g	2g	0	1g	200mg	2g	wheat, soy
Hotdog Roll, Udi <i>Gluten Free</i> Classic	1 bun	190	4g	35g	5g	0	5g	350mg	5g	egg
Hot Dog Roll, WG Homestead Baking Co.	1 roll	130	4g	23g	2g	0	2g	240mg	2g	soy, wheat egg, soy, seeds in facility
Wheat Sandwich Bread Homestead Baking Co.	2 slices	140	4g	26g	1.5g	0	4g	260mg	2g	wheat, soy
White Sandwich Bread Homestead Baking Co.	2 slices	140	4g	26g	2g	0	0g	240mg	2g	wheat, soy
Breadstick, garlic	1 each	170	2g	25g	6g	1g	2g	170mg	2g	wheat,dairy,soy
Bread Slices, Mr. Sips <i>Gluten Free</i>	2 each	140	2g	30g	3g	0	2g	340mg	2g	egg
Sub Roll, Wenner	1 ea	290	11g	60g	1g	0	2g	600mg	2g	egg, milk, soy
6" flour pressed tortilla, Mission	2 each	180	4g	32g	4g	1g	2g	380mg	0	wheat
Whole Wheat Tortilla Shell, 8"	1 ea	120	3g	21g	3g	1.5g	2g	220mg	1g	wheat
Wrap, 10" WW Wrappy	1 ea	200	230	34g	7g	1g	4g	180mg	0	wheat, soy
apple, macintosh	1 ea, medium	80	0	22g	0	0	5g	0	16g	
apple, fresh sliced pouch	1 package	30	0	8g	0	0	2g	0	6g	
Plum, fresh	1 each	38	0.50g	>.50g	>.50g	0	1g	0	8g	
orange, fresh	1 ea, medium	80	1g	19g	0	0	3g	0	14g	
peach, fresh	1 ea, medium	50	1g	15g	.50g	0	2g	0	13g	
pear, fresh	1 ea, medium	103	1g	28g	0	0	6g	2mg	17g	
honey dew, fresh	1/2 cup diced	29	.72g	7g	.16g	0	.75g	13.5mg	7g	
cantaloupe, fresh	1/2 cup diced	26.5	.7g	6.5g	.1g	0	.7g	12.5mg	6g	
watermelon, fresh	1/2 cup diced	20	.25g	5.25g	0	0	.25g	0	5g	
cranberries, dried	1 package	110	0	28g	0	0	3g	0	24g	
raisins	1 (1.33oz) box	114	1g	30g	0	0	1g	4mg	23g	
Menu Item	Portion Size	Calories	Protein	Carbs	Total Fat	Sat Fat	Fiber	Sodium	Sugar	Allergens
cherries, dried	1/4 cup	133	1g	32g	0	0	1g	5mg	27g	
mixed berry, cup-a-fruit	1 cup	90	0	20g	0	0	2g	0	16g	

peaches, cup-a-fruit	1 (4.4 oz) cup	80	1g	19g	0	0	1g	0	16g	
apricots, diced cup-a-fruit	1 (124g) cup	60	0	14g	0	0	0	10mg	11g	
strawberries, diced cup-a-fruit	1 (4.5oz) cup	90	1g	22g	0	0	2g	0	18g	
Fruit Juice Gel, Dole Strawberry	1 portion cup	80	0	19g	0	0	0	10mg	18g	
Fruit Juice Gel, Dole Orange	1 portion cup	70	<1g	18g	0	0	0	5mg	17g	
Fruit Juice Gel, Dole Cherry	1 portion Cup	90	<1G	22g	0	0	0	5mg	20g	
mixed fruit, extra light sucrose syrup	1/2 cup	60	0	17g	0	0	0	10mg	13g	
pears, diced extra light sucrose syrup	1/2 cup	60	0	16g	0	0	2g	5mg	12g	
peaches, diced extra light sucrose syrup	1/2 cup	60	0	14g	0	0	1g	5mg	13g	
Apple sauce, unsweetened cup USDA	1 portion cup	60	0	14g	0	0	2g	0	13g	
peaches, cling extra light syrup	1/2 cup	60	0	14g	0	0	0	10mg	11g	
Cherries, Sweet Frozen	1/2 cup	45	1g	11g	0	0	2g	0	9g	
Sidekicks, all flavors	1 portion cup	90	4.4g	23g	0	0	0	20mg	21g	
Sweet Corn, Fresh on the Cob	1 ear	90	4g	18g	2.5g	0	2g	0	5g	
Corn, whole kernal	1/2 cup	67	2g	16g	1g	0	2g	1mg	3g	
Broccoli	1/2 cup	26	3g	5g	0	0	3g	22mg	1g	
Peas	1/2 cup	62	4g	11g	0	0	4g	58mg	4g	
Pepper/Onion medley	1/2 cup	20	1g	5g	0	0	1g	8mg	3g	
Carrots	1/2 cup	27	0	6g	1g	0	2g	43mg	3g	
Greenbeans	1/2 cup	19	1g	4g	0	0	2g	1mg	1g	
Peas & Carrots	1/2 cup	47	2g	8.5g	.5g	0	3g	50.5mg	3.5g	
Mixed Veg, carrots, greenbean, corn, peas	1/2 cup	45.2	2.2g	9g	0	0	3g	18.5mg	2.2g	
Cali Blend Veg, Broc, Cauliflower, Carrot	1/2 cup	72	3g	6g	0	0	3g	25mg	1.5g	
Summer Squash Medley, Fresh	1/2 cup	20	1g	4g	0	0	2g	0	2g	
Oriental Blend Vegetable	1/2 cup	81	3g	6g	0	0	3g	15mg	1.5g	
Cucumber Wheels, Fresh Cucumber	1/2 cup	10	1g	2g	0	0	1g	0	1g	
Carrots, Fresh Baby	1 (2.5oz) pkg	30	1g	9g	0	0	2g	35mg	5g	
Onion Rings, Tasty Brand	3 each	200	3g	28g	8g	1.5g	3g	200mg	5g	dairy,wheat,soy
Menu Item	Portion Size	Calories	Protein	Carbs	Total Fat	Sat Fat	Fiber	Sodium	Sugar	Allergens
Beans, Vegetarian- low sodium	1/2 cup	110	7g	20g	1g	0	5g	140mg	5g	
Beans, Garbanzo- low sodium	1/2 cup	106	6g	16g	2g	0	5g	140mg	3g	
Beans, Black Turtle- low sodium	1/2 cup	110	8g	19g	1g	0	7g	140mg	2g	
String Cheese, Bongards	1 oz package	80	8g	1g	5g	3g	0	200mg	0	dairy
Hummus, school made, SESAME FREE (2 oz)	1 portion cup	120	4g	9g	7g	1g	2g	240mg	0	soy
Gravy, Knorr Beef	2 oz	20	0	3g	0.5g	0	0	230mg	0	soy
Gravy, Trio Chicken	2 oz	35	0	7g	.5g	0	0	240mg	0	wheat

Gravy, Trio Brown	2 oz	20	0	3g	0	0	0	230mg	0	wheat, milk, soy, egg
Rice Pilaf, Near East	1/2 cup	120	2.5g	22g	3g	2g	.5g	410mg	0	wheat, milk, soy
Rice, Fiesta	1/2 cup	175	6.5g	32g	3.5g	0	3.5g	480mg	1g	wheat, milk, soy
Rice, Cilantro Lime-Ben's Long Grain	1/2 cup	80	2g	18g	0	0	0	0	0	
Rice, with Black Beans- Ben's Long Grain	1/2 cup									
Potatoes, Mashed Idahoan	1/2 cup	80	2g	17g	0.5g	0	1g	340mg	0	milk
Smoothie, fruit & yogurt w/ grahams	1 smoothie									wheat, soy, dairy
Fruit & Yogurt Parfait w/Granola	1 parfait	299	7g	64g	2.5g	0	4g	108mg	40g	wheat,soy,dairy
Chicken Caesar Salad Entrée	1 salad	227	19.65g	13g	10.75g	6g	4.75	456mg	7.25g	wheat,soy,dairy
Garden Salad Entrée	1 salad	74	3g	10g	0	0	3.25g	61mg	6g	
Garden Salad Entrée w/ shredded cheese	1 salad, 2 oz ch	294	15g	12g	18g	10g	3.25g	431mg	6g	milk
Salad Dressing, Kens Ranch, 1.5 oz pouch	1 pouch	190	1g	2g	20g	3g	0g	270mg	1g	egg, milk
Salad Dressing, Kens Caesar, 1.5 oz pouch	1 pouch	210	1g	1g	23g	4g	0	400mg	1g	fish,milk
Salad Dressing, Ken's Pan Asian Sesame 1.5 oz	1 pouch	180	0	10g	15g	2g	0	590mg	11g	wheat, soy, sesame
Caesar Side Salad w/ <small>lite caesar & garbanzo croutons</small>	1 salad	251	8g	21g	14g	2.5g	6g	755mg	6g	soy, fish, milk
Yogurt, Upstate Farms All Flavors	1 (4oz) cup	90	3g	19g	0	0	0	50mg	1g	dairy
Chicken Breast Nugget, Proview Foods	5 each	160	14g	13g	6g	1.5g	1g	380mg	1g	wheat,soy,milk
Turkey Taco Filling	2 oz	100	9g	3g	6g	1.5g	1g	150mg	1g	soy
Hamburger, USDA (without bun)	1 each	120	12g	0g	7g	3g	0	200mg	0	
Hamburger in a Bun	1 sandwich	270	18g	27g	7g	3g	2g	470mg	4g	wheat, sesame in facility
Cheeseburger, USDA (without bun)	1 each	160	15.5g	1g	10g	4.75g	0	340mg	0.5g	
Cheeseburger in a Bun	1 sandwich	310	21.5g	28g	10g	4.75g	2g	610mg	4.5g	wheat, sesame in facility
Bacon Cheeseburger in a bun	1 sandwich	355	24.5g	28.5g	13.5g	6g	2g	840mg	5g	wheat, sesame in facility
Double Cheeseburger in a bun	1 sandwich	470	37g	29g	20g	9.5g	2g	950mg	5g	wheat, sesame in facility
Chicken Cutlet, Grilled	1 each	100	20g	0	2.5g	0	0	220mg	0	
Menu Item	Portion Size	Calories	Protein	Carbs	Total Fat	Sat Fat	Fiber	Sodium	Sugar	Allergens
Chicken Strip, Nae <i>Gluten Free</i> , Brakebush	3 pieces	200	13g	12g	11g	2.5g	0	530mg	0	egg
Chicken Tender, Tyson	3 each	260	15g	16g	15g	2.5g	3g	390mg	1g	wheat, soy
Chicken Patty, spicy Pierre (without bun)	1 each	200	15g	11g	10g	2.5g	3g	390mg	1g	wheat,soy
Spicy Chicken Patty in a Bun	1 sandwich	350	21g	42g	10g	2.5g	5g	660mg	5g	wheat,soy,sesame in facility
Chicken Patty,Tyson Breaded(without bun)	1 each	270	16g	16g	15g	2.5g	3g	400mg	1g	wheat, soy
Breaded Chicken Patty in a bun	1 sandwich	420	22g	43g	15g	2.5g	5g	670mg	5g	wheat,soy,sesame in facility
Chicken Giggles, Brakebush	2 each	250	16g	14g	15g	3g	2g	410mg	1g	wheat, soy
Chicken Zoo Crew, Brakebush	3 pieces	220	14g	12g	12g	3g	2g	350mg	1g	wheat, soy
Hot Dog, Kayem low sodium (without bun)	1 each	160	7g	2g	14g	5g	0	360mg	1g	
Hot Dog in a Bun	1 sandwich	270	11g	22g	16g	5g	2g	560g	3g	

Mini Corn Dog Nuggets, Chicken	4 nuggets	170	7g	21g	6g	1g	1g	420mg	5g	wheat,egg,milk,soy
Meatballs, Beef in Marinara Sauce	6 each	330	16g	18g	21g	8g	4g	890mg	7g	wheat,milk,soy
Meatball Sub	1 sub	620	27g	78g	22g	8g	6g	1490mg	9g	wheat,milk, soy, egg
Pasta, cooked in unsalted water	1 cup	200	7g	41g	1g	0	2g	0g	2g	wheat
Buttery Egg Noodles	1/2 cup	160	3.63g	21g	7.16g	3g	1g	54mg	.32g	egg, dairy, soy
Macaroni & Cheese	1 cup	412	18g	50.5g	18g	10g	2g	268.5mg	2.5g	wheat,dairy,soy
Spaghetti / Marinara Sauce	1/2 cup	50	2g	10g	1g	0	2g	140mg	6g	
Chicken Parmesan Calzone, school made	1 each	650	40g	74g	20.5g	8.5g	4g	1400mg	8g	wheat, milk
Cuban Sandwich, school made	1 each	522	32g	54g	21g	105g	1039	1039g		wheat, dairy
Buffalo Chicken Empanada, school made	1 each	682	24g	47g	46g	29g	1.2g	896mg	3g	wheat, milk
Spicy Pork & Cheese Empanada, school made	1 each	650	25g	38g	44g	27g	0	825mg	2g	Wheat, milk
Chicken Fajita	1 each	342	24g	3g	9g	4g	4g	1466g	4g	wheat, milk, soy
Shepherd's Pie	1 each	297	16g	72g	9g	3g	3g	770mg	9g	milk, soy
Chicken & Broccoli Alfredo w/ pasta	1 Cup, 2oz chix	467	24g	62g	14g	8g	5g	785mg	11g	wheat,milk,soy
Popcorn Chicken, Tyson	15 pieces	250	15g	17g	18g	3.5g	2g	290mg	0g	wheat, soy
Popcorn Chicken Bowl	1 bowl	412	16g	54g	16g	2.5g	5g	820mg	13g	wheat, soy, milk
Menu Item	Portion Size	Calories	Protein	Carbs	Total Fat	Sat Fat	Fiber	Sodium	Sugar	Allergens
Pizza, Mr. Sips <i>Gluten Free</i>	1 each	480	13g	59g	21g	9g	3g	370mg	0	dairy, soy
The Max Cheese Pizza (ind round)	1 each	340	16g	38g	13g	5g	5g	640mg	5g	wheat,dairy,soy
The Max Cheese Pizza (4 X 6)	1 slice	260	15g	34g	8g	2.5g	5g	620mg	4g	wheat, dairy, soy
Nardone 4 X 6	1 slice	310	22g	30g	12g	6g	3g	360mg	6g	wheat, dairy, soy
The Max Stuffed Crust Pizza	1 slice	330	15g	35g	12g	4g	3g	640mg	4g	wheat,dairy,soy
Nardone Pizza (ind round)	1 pizza	320	22g	31g	12g	6g	3g	380mg	7g	wheat, dairy, soy
5" ind. Round deep dish pizza, Schwans	1 pizza	310	16g	31g	13g	6g	3g	440mg	9g	wheat, milk, soy
Pizza, school made cheese slice	1 slice	295	20g	32g	9.5g	4.5g	2g	655mg	4g	wheat, milk,soy
French Bread Pizza, Nardone	1 each	310	23g	33g	11g	6g	3g	380mg	4g	wheat,milk,soy
French Bread Pizza, Tony's	1 each	290	17g	33g	11g	4g	0	440mg	2g	dairy, soy, wheat
Wild Mike's Cheese Bites	4 each	280	16g	28g	12g	4g	4g	540mg	0	wheat,soy,milk
Pizza Crunchers, Rich's	4 each	269	12.65g	26.08g	12.68g	4.95g	2.89g	490.86mg	2.38g	wheat, dairy
Pizza Taco Triangles, The Max	3 triangles	240	14g	30g	8g	2.5g	4g	480g	2g	dairy, soy, wheat
Pancakes, USDA	2 each	140	4g	26g	4g	0	2g	270mg	6g	wheat,eggs,milk,soy
French Toast Sticks, Rich's	2 sticks	170	4g	24g	6g	1g	2g	200mg	5g	soy,wheat
Pancake, Homestyle-Van's <i>Gluten Free</i>	2 each	200	3g	39g	4g	0	1g	270mg	3g	soy
Waffle, Original- Van's <i>Gluten Free</i>	2 each	210	2g	34g	7g	0.5g	1g	450mg	1g	soy
Turkey Bacon, Jennio-O	2 Strips	50		5g	3g	1g	0	270mg	0	
Bacon Round, Farmland	1 round	90	6g	1g	7g	2.5g	0	460mg	1g	

Turkey Sausage Patty, Jennio-O	1 patty	60	6g	0g	4g	1g	0g	100mg	0g	
Cheese, USDA sliced white or yellow	2 slices	110	5g	2g	9g	5g	0	270mg	1g	milk
Cheese, Mozz Shredded, Low M,part skim	1 oz	90	6g	1g	7g	5g	0	170mg	1g	milk
Ham, USDA sliced	2 oz	74	10g	4g	4g	2g	0	464mg	2g	
Turkey, USDA sliced	2 oz	70	12g	1g	1g	0	0	360mg	0	
Salami, Genoa	2 oz	210	11g	2g	17g	7g	0	900mg	2g	
Chicken, USDA w/ light mayonaise	2 oz	112	12g	1g	2g	0	0	95mg	0	egg, soy
Chicken, USDA w/Franks Red Hot Original	2 oz	72	12g	0	2g	0	0	0	0	
Tuna, USDA w/light mayonaise	2 oz	100	6g	1g	49g	0	0	225mg	0	egg, soy, fish
Menu Item	Portion Size	Calories	Protein	Carbs	Total Fat	Sat Fat	Fiber	Sodium	Sugar	Allergens
Drumstick, Chicken Tyson WG Breaded	1 each	190	16g	5g	11g	2.5g	1g	450mg	0	wheat
Grilled Cheese, IW Integrated Foods	1 sandwich	280	18.5g	31g	10g	5.5g	3g	581mg	6g	wheat,milk,soy
Toasted Cheese Sandwich (school made)	1 each	345	14.8g	27.2g	19.5g	11.2g	1.3g	1336mg	0	wheat, milk, soy
Grab & Go Nacho Bag Lunch	1 Bag	480	21g	81g	31g	8.5g	7g	1125mg	36g	wheat, soy, milk , sesame in facility
Turkey Sandwich	1 sandwich	190	18g	13g	3g	0	2g	660mg	2g	wheat, soy
Smiley Fries / Emoticons McCain	6 pieces	160	2g	25g	6g	1g	2g	230mg	0	soy
Oven Fries	1/2 cup	130	2g	20g	3g	0	2g	30mg	0	soy
Sweet Potato Fries	1/2 cup	150	1g	19g	8g	2g	3g	125mg	3g	soy
Potato Gem, Tater Tot	1/2 cup (10 pc)	170	2g	19g	9g	1.5g	1g	230mg	0	soy
Potato, seasoned wedge	1/2 cup	130	2g	19g	5g	5g	2g	590mg	0	wheat, soy
Potato, skin on hash brown cubes McCain	1/2 cup	110	2g	20g	1g	0	1g	440mg	1g	wheat, soy
Baby Potato Pancakes, McCain	4 pieces	140	1g	16g	8g	1g	1g	370mg	1g	soy
Oven Roasted Potato Wedge, seasoned	1/2 cup	84	2g	19g	0	0	2g	100mg	1g	wheat,soy
Hash Brown Patty, Oreida	1 patty	130	1g	15g	7g	0.5g	2g	240mg	0	soy
Sweet Potato gems	1/2 cup	120	1g	17g	5g	1g	3g	260mg	8g	soy
Potato, Baby Bakers Simplot	4 pc	90	3g	15g	1.5g	0	1g	160mg	0	
Graham Crackers, Nabisco	1 package	119	2g	21g	2.8g	.4g	1g	185mg	6g	wheat,soy
Otis Cookie, Chocolate chip (1 oz)	1 each	130	1g	17g	6g	3g	0	100mg	10g	wheat,eggs,milk,soy
Otis Cookie, Carnival (1 oz)	1 each	110	1g	18g	3.5g	1g	1g	85mg	8g	wheat,eggs,milk,soy
Cream Cheese, light portion cup	1 portion cup	60	2g	2g	5g	3g	0	105mg	1g	milk
Grated Parmesan Cheese, 1 packet	1 packet	15	1g	0	1g	0.5g	0	65mg	0	milk
Table Syrup	1 portion cup	120	0	30g	0	0	0	20mg	22g	
BBQ Sauce portion cup 1 oz	1 portion cup	45	0	10g	0	0	0	10mg	9g	
Ketchup, portion packet 7gm	1 packet	10	0	2g	0	0	0	80mg	1g	
Mustard, yellow portion packet 4.5gm	1 packet	5	1g	1g	0	0	0	86mg	0	
Mayonaise, light portion packet	1 packet	30	0	1g	2g	0	0	82mg	0	soy,egg

Relish, portion packet 7gm	1 packet	10		3g	0	0	0	55mg	2g		
Honey Mustard, Lite cup	1 portion cup	80	0	7g	6g	1g	0	125mg	5g	soy,egg	
Menu Item	Portion Size	Calories	Protein	Carbs	Total Fat	Sat Fat	Fiber	Sodium	Sugar	Allergens	
Sweet & Sour Sauce portion cup 1 oz	1 portion cup	50	0	11g	0	0	0	160mg	10g	soy	
Dill Pickle, krinkle cut chips	6 slices	4	0	1g	0	0	0	400mg	0		
Dressing, Caesar Kens	1 packet	210	1g	1g	23g	4g	0	400mg	1g	fish,dairy	
Dressing, Greek Kens	1 packet	220	0	1g	24g	4g	0	190mg	0	dairy, soy	
Dressing, Ranch Kens	1 portion cup	130	0	1g	14g		2	180mg	1g	dairy, eggs, soy	
Dressing, Italian light Kens	1 packet	60	0	3g	5g	.5g	0	310mg	2g	soy	
Dressing, Pan Asian Sesame	1 packet	180	0	11g	15g	2g	0	590mg	11g	soy, wheat, sesame	
Salsa, low sodium	1/2 cup	40	0	8g	0	0	4g	140mg	4g		
Salsa, Cowboy with Black Beans & Corn	1/2 cup			13g							
Croutons, garbanzo school made	1/8 cup	166	6g	16g	9g	1.5g	5g	140mg	3g	soy	
Croutons, WG Fresh Gourmet	1 packet	60	2g	9g	2g		0	1g	150mg	1g	wheat,dairy
Pita Chips, Kangaroo	1 bag	150	4g	24g	4.5g		0	2g	190mg	<1g	wheat
Potato Chips, Cape Cod RF Fun Size	1 (0.5 oz) Bag	70	1g	9g	3g		0	1g	6mg	0	
Pretzels, Rold Gold Fun Size	1 (0.5 oz) Bag	60	1g	11g	.5g		0	0	230mg	1g	wheat
Frito Corn Chips, Fun Size	1 (.75oz) Bag	120	1g	12g	8g	1g	1g	125mg	0		
Simply Chex Choc Caramel Snack Mix	1 (1.03 oz) Bag	130	2g	22g	4g	0.5g	2g	50mg	6g	wheat, soy	
Cheese It Cracker	1 (.75 oz) Bag	100	2g	14g	3.5g	1g	1g	150mg	0g	wheat, milk, soy	
Sweet Cracker WG, Dick & Jane	1 pouch	120	2g	22g	4g		0	2g	65mg	6g	wheat, egg, milk
Cinnamon Graham Cracker, Scooby-Doo	1 pouch	120	2g	21g	3.5g	1g	1g	115mg	8g	wheat, soy	
Rice Crisps, Quaker Caramel	1 bag	100	1g	23g	0.5g		0	>1g	190mg	8g	milk, soy
Pretzels, Rold Gold Tiny Twists	1 (1 oz) Bag	100	2g	23g	1g		0	>.1g	450mg	1g	wheat
Animal Crackers, Keebler	1 pouch	150	2g	22g	3.5g	1g	2g	115mg	8g	wheat, soy	
Cinnamon Graham Cracker, Tiger Bites	1 pouch	120	2g	21g	4g	1g	1g	105mg	8g	wheat, soy	
Baked Lays Original	1 bag	110	2g	19g	3g	0g	1g	140mg	2g	soy	
Baked Lays Sour Cream & Onion	1 bag	110	2g	19g	3g		0	1g	150mg	2g	dairy, soy
Baked Lays BBQ	1 bag	110	2g	19g	3g		0	1g	140mg	3g	dairy, soy
Baked Doritos Nacho Cheese	1 bag	130	2g	20g	5g	1g	2g	200mg	1g	dairy	
Baked Doritos Ranch	1 bag	130	2g	20g	5g	0.5g	2g	180mg	1g	dairy	
Baked Doritos Sweet & Spicy Chili	1 bag	140	2g	20g	5g	0.5g	2g	200mg	1g	soy, wheat	
Baked Cheetos, WG	1 bag	120	2g	16g	4.5g	1g	1g	200mg	1g	dairy	
Cracker, Cheez it RF	1 bag	190	5g	27g	8g	2g	1g	350mg	0	dairy, soy, wheat	
Menu Item	Portion Size	Calories	Protein	Carbs	Total Fat	Sat Fat	Fiber	Sodium	Sugar	Allergens	
Cracker, Wheat Thin WG	1 bag	220	3g	35g	8g	0.5g	5g	330mg	7g	wheat	

