

SUMMER MEALS PROGRAM 2017 - NUTRITION FACTS

Recipe Description	Portion Size	Cals	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
WHITE MILK 99% FAT FREE	1 EACH	110	10	125	0	0	300	500	1.2	8	13	2.5	1.5	0
NOTABLES, APPLE GRAHAMS	1 PACK	115	0	100	2	1.8	20	300	3.6	1	20	3.5	0.5	0
NOTABLES, APPLE JUICE	1 BOX	60	0	5	0	0	100	0	60	0	15	0	0	0
NOTABLES, CINN TOAST CRUNCH	1 BOWL	110	0	160	3	3.6	200	400	4.8	1	22	3	0.5	0
NOTABLES, CINNAMON GRAHAMS	1 PACK	112	0	140	1	1.8	0	300	3.6	1	20	3	1	0
NOTABLES, COCO PUFFS	1 BOWL	110	0	160	2	4.5	100	500	6	2	25	1.5	0	0
NOTABLES, HONEY GRAHAMS	1 PACK	110	0	140	3	1.8	0	300	3.6	1	20	3.5	1	0
NOTABLES, HONEY NUT CHERRIOS	1 BOWL	110	0	160	2	4.5	100	500	6	2	22	1.5	0	0
NOTABLES, LUCKY CHARMS	1 BOWL	110	0	180	2	4.5	100	500	6	2	23	1	0	0
NOTABLES, MAPLE GRAHAMS	1 PACK	110	0	115	2	2.7	20	300	3.6	2	20	3.5	0.5	0
NOTABLES, ORANGE TANGER JUICE	1 BOX	60	0	10	0	0	100	1500	60	0	15	0	0	0
NOTABLES, STRAWBERRY GRAHAMS	1 PACK	113	0	95	1	1.8	20	300	3.6	2	21	3	0	0
NOTABLES, TRIX	1 BOWL	110	0	140	1	5.4	100	500	4.8	1	24	1	0	0
PEANUT BUTTER & JELLY WG [K12]	1 EACH	530	0	459	5.54	2.72	40	0	0	18.4	47.84	30.35	5.32	0
RANCH DRESSING LT	1 OZ	66	5	302	0	0	18.9	0	0	0.94	1.89	6.61	0.94	0
STRAWBERRY NO FAT YOGURT CUP	8 OZ	160	10	130	0	0	0	0	0	8	32	0	0	0
STRING CHEESE	2 EACH	140	30	440	0	0	30	8	0	16	2	8	5	0
RAISINS	3 OZ	254	0	9	3.15	1.6	42.5	4	1.96	2.61	67.34	0.39	0.04	0
JUICE BOX FRUITABLES 100%	1 EACH	40	0	25	0	0	0	500	60	0	9	0	0	0
DELI TURKEY SAND - WHITE [K12]	1 EACH	242	44	890	0.08	2.06	116.2	80	270.19	20.46	25.4	4.96	1.25	0
DELI HAM SANDWICH WG [K12]	1 EACH	233	35	928	2.08	1.56	116.2	80	270.19	17.2	31.92	4.62	1.3	0
FRESH BABY CARROTS	3/8 CUP	12	0	28	0.64	0.31	11.3	5896	2.96	0.23	2.91	0.05	0.01	0
CRANBERRY SAUCE	3/8 CUP	157	0	30	1.04	0.23	4.2	44	2.08	0.21	40.41	0.16	0.01	0
FRESH CRISP APPLE	1 EACH	53	0	1	2.42	0.12	6.1	55	4.65	0.26	13.95	0.17	0.02	0
FRESH CELERY STICKS	3/8 CUP	6	0	36	0.72	0.09	18	202	1.4	0.31	1.34	0.08	0.02	0
STRAWBERRY CUP	3 OZ	91	0	3	1.79	0.56	10.5	23	39.47	0.51	24.7	0.51	0	0
WILD MAINE BLUEBERRIES	3/8 CUP	30	0	1	1.57	0.1	4.7	27	1.45	0.24	7.07	0.37	0.03	0
DRIED CRANBERRIES	3/8 CUP	145	0	0	1.5	0.3	0	0	0	0	36	0	0	0
FRESH BROCCOLI FLORETS	3/8 CUP	11	0	11	0.86	0.24	15.5	206	29.44	0.93	2.19	0.12	0.01	0
CREAMY PEANUT BUTTER	2 OZ	324	0	264	4	1.13	30.8	0	0	13.02	14.37	26.79	4.9	0
CREAM CHEESE	1 OZ	100	30	90	0	0	0	0	0	2	0.9	10	6	0
BAGEL - WHITE	1 EACH	196	0	299	1.15	2.48	0	0	0	6.9	43.7	1.15	0	0
GRAHAM CRACKERS - 2 PER	4 PACKS	240	0	300	4	0	0	0	0	4	44	4	0	0
CRACKERS - 2 PER	6 PACKS	192	0	252	0	0.86	48	0	0	2.4	24	12	2.4	0
DELI CHICKEN WRAP	1 EACH	258	43	840	3	1.89	225	45	270	19.14	31	6.76	2.76	0
TORTILLA CHIPS WG	20 EACH	280	0	300	2	0.72	40	0	0	4	34	14	6	0
SALSA ROJA	1/4 CUP	22	0	265	0.89	1.38	6.9	339	2.47	0.93	4.32	0.12	0.02	0
FRESH CUCUMBER SLICES	3/8 CUP	6	0	1	0.2	0.11	6.2	41	1.09	0.25	1.42	0.04	0.01	0
APPLE SAUCE	3/8 CUP	15	0	1	0.41	0.04	1.2	11	0.41	0.06	4.05	0.02	0.01	0
PRETZEL, SOFT WHL GRN	1 EACH	140	0	150	3	1.8	20	0	1.2	5	30	0.5	0	0
SUNBUTTER	2 OZ	349	0	188	0	2.34	35.4	30	1.59	9.8	13.22	31.29	2.65	0
SUNFLOWER SEEDS	2 OZ	330	0	209	5.1	2.15	39.7	5	0.79	10.96	13.65	28.24	2.96	0
FRESH SNOW PEAS	3/8 CUP	10	0	1	0.61	0.49	10.2	257	14.18	0.66	1.78	0.05	0.01	0
CHERRIES, DRIED	1/4 CUP	189	0	7	1.42	0	0	0	0	1.42	45.36	0	0	0