

# NUTRITION FACTS OCEANSIDE HIGH SCHOOL

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 <sup>1</sup> (g)
DELI HAM SUB WG [K12]	1 EACH	155	17	602	1.76	1.01	89.8	95	139.8	9.72	22.36	2.83	0.91	0
DELI TURKEY SUB WG [K12]	1 EACH	170	22	583	1.76	1.44	89.8	95	139.8	12.85	21.6	2.76	0.88	0
DELI HAM SANDWICH WG [K12]	1 EACH	116	17	464	1.04	0.78	58.1	40	135.1	8.6	15.96	2.31	0.65	0
DELI TURKEY SANDWICH WG [K12]	1 EACH	131	22	445	1.04	1.21	58.1	40	135.1	11.73	15.2	2.23	0.63	0
TUNA SANDWICH WG [K12]	1 EACH	258	29	514	2.23	1.49	44.4	56	0.67	19	30.24	7.51	0.69	0
PEANUT BUTTER & JELLY WG [K12]	1 EACH	247	0	249	2.77	1.36	37.7	0	0	9.2	25.69	13.79	1.77	0
YOGURT& FRUIT [K12]	1 EACH	131	2	55	0.72	0.21	101.7	509	1.35	3.75	27.7	0.77	0.5	0
CHEESEBURGER WG RFC [K12]	1 EACH	143	28	171	1.5	1.68	55.1	35	0	11.5	14.5	3.68	1.42	0
CRISPY CHICKEN BURGER WG [K12]	1 EACH	170	23	437	2	1.72	69	70	0.5	10	21	5.5	1	0
CHEESE PIZZA WG RFC [812]	1 SLICE	173	15	215	2.31	2.97	206.9	366	1.31	9.92	18.69	5.68	3.04	0
PEPPERONI PIZZA WG RFC [812]	1 SLICE	191	20	274	2.31	3.01	206.9	366	1.31	10.56	18.69	7.32	3.8	0
HAWAIIAN PIZZA WG RFC [812]	1 SLICE	182	17	260	2.36	2.97	206.9	366	1.76	10.6	19.88	5.79	3.04	0
CHZBURGER PIZZA WG RFC [812]	1 SLICE	185	19	218	2.31	3.08	206.9	366	1.31	10.89	18.69	6.48	3.36	0
WHITE MILK 99% FAT FREE	1 EACH	55	5	63	0	0	150	250	0.6	4	6.5	1.25	0.75	0
CHOCOLATE MILK 100% FAT FREE	1 EACH	65	3	95	0	0.18	150	250	0	4	12	0	0	0
SKIM MILK 100% FAT FREE	1 EACH	45	2	63	0	0	150	250	1.2	4	6.5	0	0	0
FRESH ROMAINE LETTUCE	1 CUP	4	0	2	0.5	0.23	8	2058	5.68	0.29	0.78	0.07	0.01	0
FRESH BABY CARROTS	1/8 CUP	2	0	5	0.11	0.05	1.9	983	0.49	0.04	0.48	0.01	0	0
FRESH BROCCOLI FLORETS	1/8 CUP	2	0	2	0.14	0.04	2.6	34	4.91	0.16	0.37	0.02	0	0
FRESH CELERY STICKS	1/8 CUP	1	0	6	0.12	0.02	3	34	0.23	0.05	0.22	0.01	0	0
FRESH CHOPPED TOMATO	1/8 CUP	2	0	1	0.13	0.03	1.1	94	1.43	0.1	0.44	0.02	0	0
FRESH CUCUMBER SLICES	1/8 CUP	1	0	0	0.03	0.02	1	7	0.18	0.04	0.24	0.01	0	0
HUMMUS	1/8 CUP	26	0	58	0.92	0.38	5.8	5	0	1.21	2.2	1.48	0.22	0
FRESH CRISP APPLE	1 EACH	26	0	1	1.21	0.06	3	27	2.32	0.13	6.97	0.09	0.01	0
PEACHES NPA	1/4 CUP	23	0	2	0.55	0.16	1.4	7	1.02	0.19	6.22	0.01	0	0
APPLE SAUCE NSA	1/4 CUP	5	0	0	0.14	0.01	0.4	4	0.14	0.02	1.35	0.01	0	0
FRENCH DRESSING LT	1 OZ	34	0	61	0	0	0	49	0	0	2.43	2.43	0.24	0
ITALIAN DRESSING LT	1 OZ	19	0	128	0	0	0	0	0	0	0.95	1.65	0.24	0
THOUSAND ISLE DRESSING FF	1 OZ	21	0	133	0.05	0.03	0.7	17	0.05	0.09	5.17	0.04	0.01	0
RANCH DRESSING LT	1 OZ	33	2	151	0	0	9.4	0	0	0.47	0.95	3.31	0.47	0
MAYONNAISE LT	1 OZ	38	9	90	0	0	0	0	0	0	0.95	3.78	0.47	0
SWEET & SOUR SAUCE	1 OZ	30	0	56	0	0	0	0	0	0	7.11	0	0	0
BBQ SAUCE	1 OZ	21	0	194	0	0	0	0	0	0	4.25	0.24	0	0
KETCHUP	1 OZ	13	0	158	0	0	0	250	0	0	3.34	0	0	0
MUSTARD	1 OZ	14	0	170	0	0	0	0	0	0	0	0	0	0
RELISH	1 OZ	14	0	104	0	0	0	0	0	0	3.78	0	0	0