

Summer School and CDC SAC Nutrient List 2018

REV. 04/24/2018

<b>Breakfast Entrees</b>	<b>Portion Size</b>	<b>Carb (g)</b>	<b>Calories</b>	<b>Sodium (mg)</b>	<b>Fiber (g)</b>	<b>Protein (g)</b>	<b>Fat (g)</b>
Cereal, Alphabits	Bowlpack	21	110	140	2	3	1.5
Cereal, Cheerios	Bowlpack	20	100	140	3	3	2
Cereal, Cinnamon Toast Crunch	Bowlpack	22	110	160	3	1	3
Cheese, String	1 each	1	60	210	0	8	2.5
Pan Dulce (Conchas)	1 each	34	200	90	2	5	6
Wafer, Peanut Butter & Jelly	1 each	32.0	300	220	4.0	9	17.0
<b>Lunch Entrees</b>	<b>Portion Size</b>	<b>Carb (g)</b>	<b>Calories</b>	<b>Sodium (mg)</b>	<b>Fiber (g)</b>	<b>Protein (g)</b>	<b>Fat (g)</b>
Burrito, Bean & Cheese	1 each	40.5	291	479	8	15.5	8
Burrito, Beef & Bean	1 each	38.5	279	403	7.5	15.5	8
Chicken Nuggets	5 Each	15	230	440	3	12	13
Chicken Sandwich, Breaded	1 each	46	400	760	6	22	15.5
Chicken Sandwich, Hot & Spicy	1 each	46.5	425	678	6	22	17
Corn Dog, Chicken	1 each	27.5	238	690	2	11.5	9
Hamburger on Whole Wheat Bun	1 each	28.5	259	538	4	20.5	7
Hot Dog on Whole Wheat Bun	1 each	32.0	280	670	3	16	11
Pizza, Personal Pan, Cheese	1 each	33.0	330	600	3.0	21	12.0
Pizza, Personal Pan, Pepperoni	1 each	35	330	540	3	17	13
Sandwich, Grilled Cheese	1 each	30.5	280	580	3.0	18.5	9.5
Yogurt and Granola Bowl	1 each	84.5	487	244	5	17	10
<b>Beverages</b>	<b>Portion Size</b>	<b>Carb (g)</b>	<b>Calories</b>	<b>Sodium (mg)</b>	<b>Fiber (g)</b>	<b>Protein (g)</b>	<b>Fat (g)</b>
Juice, Apple	4 oz carton	14	60	0	0	0	0
Juice, Orange	4 oz carton	14	60	10	0	0	0
Milk, 1% Low fat, White	8oz carton	16	120	160	0	11	2.5
Milk, Non Fat, Chocolate	8 oz carton	23	120	200	0	7	0
Milk, Non Fat, White	8 oz carton	13	90	135	0	9	0
Milk, Soy	1 carton	11	130	150	1	10	4
<b>Fruits and Vegetables</b>	<b>Portion Size</b>	<b>Carb (g)</b>	<b>Calories</b>	<b>Sodium (mg)</b>	<b>Fiber (g)</b>	<b>Protein (g)</b>	<b>Fat (g)</b>
Fruit Cup, Applesauce	1 each	14	51	2	1	0	0
Fruit Cup, Mandarin Orange	1 each	20	60	0	1	0	0
Fruit Cup, Peach	1 each	19	80	0	1	1	0
Fruit Cup, Strawberry	1 each	21	80	0	2	0	0
Fruit, Apple Slices, Fresh	1 package	8	34	0	2	0	0

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Fruit, Apple, Fresh	1 each	20	77	0	3.5	0	0.5
Fruit, Applesauce	1/2 cup	16	60	0	2	0	0
Fruit, Banana	1 each	38.5	151	2	4	1.5	0.5
Fruit, Nectarine	1 each	14	60	0	2	1	0
Fruit, Orange, Fresh	1 each	15.5	62	0	3	1	0
Fruit, Raisins	1 each	31	130	10	2	1	0
Vegetable, Broccoli	1/2 cup	3.02	15	15	1.18	1.28	0.17
Vegetable, Carrots	1/2 cup	9	35	45	2	1	0
Vegetable, Corn	1/2 cup	11	67	114	2.5	2	1
Vegetable, Lettuce, Shredded	1/2 cup	1	5	4	0	0	0
Vegetable, Potato Rounds	8 each	14	120	180	1	1	7
Vegetable, Salad, Mixed, Romaine & Iceberg	1/2 cup	0.5	5	3	0.5	0	0
Vegetables, Roasted Chickpeas, Cool Ranch	1 Package	24	160	360	6	8	4
<b>Crackers, Condiments &amp; Desserts</b>	<b>Portion Size</b>	<b>Carb (g)</b>	<b>Calories</b>	<b>Sodium (mg)</b>	<b>Fiber (g)</b>	<b>Protein (g)</b>	<b>Fat (g)</b>
Condiment, Catsup	1 packet	2.0	10	65	0.0	0	0.0
Condiment, Mayonnaise	1 packet	0	60	130	0	0	7
Condiment, Mustard	1 packet	0.5	4	64.9	0.1	0.2	0.2
Condiment, Taco Sauce	1 packet	1	5	95	0	0	0
Crackers, Cinnamon Bear	1 package	21	130	120	1	4	4.0
Crackers, Graham	Pkg	20	110	140	2	2	3
Crackers, Honey Bear	Pkg	20	130	100	1	2	4
Crackers, Jungle	Pkg	20	130	95	1	2	4
Crackers, Pretzel Goldfish	Pkg	16	90	200	1	2	1.5

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