

Nutrient List: Buffum

Lunch Entrees	Portion Size	Carb (g)	Calories	Sodium (mg)	Fiber (g)	Protein (g)	Fat (g)
Breadstick, Cheese-Filled	2 Each	30.0	300	600	2.0	20	12.0
Burrito, Bean & Cheese	1 Each	40.5	291	479	8.0	15.5	8.0
Chicken Nuggets	5 each	9	170	396	1	15	8
Chicken Sandwich, Breaded	1 Each	40.5	365	638	5	20.5	14
Chicken Tender Strips	4 each	16	260	390	3	15	15
Chicken, Teriyaki With Rice	1 serving	46.5	363	1263	1.5	28	5.5
Corn Dog	Each	27.5	238	690	2.0	11.5	9.0
Eggroll, Chicken and Vegetable	1 Each	22.0	230	450	3.0	17.0	9.0
Egg Roll with Rice and Teriyaki Sauce	1 ea/#8/#20	55	386	740	4	20	10
Granola	1/2 Cup	43.0	241	94	3.5	4.0	6.5
Hamburger on Bun	1 Each	28.5	259	538	4.0	20.5	7.0
Hot Dog on Whole Wheat Bun	1 each	32.0	280	670	3.0	16.0	11.0
Italian Pasta with Meatballs	1 Serving	15.8	127	155	2.0	8.8	3.7
Macaroni and Cheese	2/3 cup	22.5	227	575	1.5	10	11
Meatballs, Teriyaki with Rice	1 Each	34.5	247	578	2	14	5.5
Pancakes, Maple, Mini	1 serving	40	240	200	3	4	8
Pasta With Italian Meat Sauce	1 serving	28	235	322	4	16	7
Pizza, Personal Pan, Cheese	Serving	32.0	290	590	0.5	16.0	12.0
Pizza, Personal Pan, Pepperoni	Serving	33.0	350	770	3.0	20.0	15.0
Rice, Brown	1/2 cup	23.0	114	0	1.0	2.5	0.0
Roll, T-Biscuit	1 each	15.0	80	125	1.0	4.0	1.0
Roll, Whole Grain	1 each	17.0	80	125	1.5	3.0	1.0
Sandwich, Grilled Cheese	1 Each	30.5	284	655	2.0	18.5	10.0
Sandwich, Grilled Ham & Cheese	1 Each	29.5	273	754	2.0	18.5	9.0
Sandwich, Sun Jammer	1 each	37.5	342	334	6.0	9.5	17.0
Sauce, Marinara, Meatless	3/8 cup	10.5	48	94	2.5	2	0
Sauce, Teriyaki	2 Tbsp	6.0	26.0	173.0	0.0	0.0	0.0
Sausage Patty, Pork	Patty	0.5	61	125	0	6	3.5
Taco, Tincher	1 each	19.5	290	757	1	18	15.5
Turkey and Gravy with Roll	1 serving	22.5	219	679	1.2	18.5	5.8
Yogurt 8oz. w/ Granola	1 Serving	82.0	449	200	3.6	11.0	9.0
Yogurt, Strawberry, 8 oz	1 each	38.0	200	105	0.0	7.0	2.5
Yogurt, Strawberry Banana, 8 oz	1 each	41.0	210	110	0.0	7.0	1.5
Beverages	Portion Size	Carb (g)	Calories	Sodium (mg)	Fiber (g)	Protein (g)	Fat (g)
Milk, 1% Low fat, White	8oz carton	16.0	120.0	160.0	0.0	11.0	2.5
Milk, Non Fat, Chocolate	8 oz carton	23.0	120.0	200.0	0.0	7.0	0.0
Milk, Nonfat, White	8 oz carton	13.0	90.0	135.0	0.0	9.0	0.0
Milk, Soy	1 carton	11.0	130.0	150.0	1.0	10.0	4.0

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Fruits and Vegetables	Portion Size	Carb (g)	Calories	Sodium (mg)	Fiber (g)	Protein (g)	Fat (g)
Fruit Cup, Applesauce	1 each	14.0	51.0	2.0	1.0	0.0	0.0
Fruit Cup, Peach	1 each	19.0	80.0	0.0	1.0	1.0	0.0
Fruit Cup, Strawberry	1 each	21.0	80.0	0.0	2.0	0.0	0.0
Fruit, Apple Pear	1 each	15.5	61.0	0.0	5.0	0.5	0.0
Fruit, Apple Slices, Fresh	1 package	8.0	34.0	0.0	2.0	0.0	0.0
Fruit, Apple, Fresh	1 each	20.0	77.0	0.0	3.5	0.0	0.5
Fruit, Applesauce	1/2 cup	16	60	0	2	0	0
Fruit, Banana	1 each	38.5	151	2	4.0	1.5	0.5
Fruit, Dried Mixed	1 box	30.0	120	25	2.0	1.0	0.0
Fruit, Grapes	1 serving	14.5	57	2	0.5	0.5	0.0
Fruit, Orange, Fresh	1 each	15.5	62	0	3.0	1.0	0.0
Fruit, Peaches, Diced	1/2 cup	17.0	70	10	1.0	1.0	0.0
Fruit, Pears, Diced	1/2 cup	20.0	80	5	2.0	0.0	1.0
Fruit, Pears, Fresh	1 each	21.0	82	0	3.0	0.5	0.5
Fruit, Persimmons	1 each	18.0	68	1	3.5	0.5	0.0
Fruit, Pineapple	1/2 cup	17.0	70	0	1.0	0.0	0.0
Fruit, Plum, Fresh	1 each	7.5	30	0	0.5	0.5	0.0
Vegetable, Beans, Seasoned	1/4 Cup	8.5	46	111	2.8	2.5	0.0
Vegetable, Beans, Vegetarian	1/4 Cup	6.0	33	42	1.5	1.8	0.0
Vegetable, Broccoli, Raw	1/2 Cup	3.0	15	15	1.0	1.0	0.0
Vegetable, CA Mixed	1/4 Cup	1.5	10	8	0.5	0.5	0.0
Vegetable, Carrot	1/2 Cup	9.0	35	45	2.0	1.0	0.0
Vegetable, Corn, Canned	1/4 Cup	5.5	33	57	1.0	1.0	0.5
Vegetable, Green Beans	1/4 Cup	2.5	12	135	0.5	0.5	0.0
Vegetable, Jicama	1/2 cup	7.0	30	3	3.5	0.5	0.0
Vegetable, Lettuce, Shredded	1 cup	0.8	4	3	0.3	0.2	0.1
Vegetable, Mixed	1/4 Cup	2.5	16	13	0.5	0.5	0.0
Vegetable, Peas	1/4 Cup	4.5	26	37	1.5	1.9	0.0
Vegetable, Potato, Mashed	1/4 Cup	8.0	40	185	1.0	1.0	0.5
Vegetable, Potato Rounds	5 Each	10.0	87	162	1.3	0.6	5.0
Vegetable, Salad, Tossed	3/8 Cup	0.5	3	2	0.0	0.3	0.1
Crackers, Condiments & Desserts	Portion Size	Carb (g)	Calories	Sodium (mg)	Fiber (g)	Protein (g)	Fat (g)
Condiment, Catsup	Packet	2.0	10	65	0.0	0	0.0
Condiment, Pico de Gallo	#20 scoop	3	17	383	0	0	0
Condiment, Syrup	1 packet	20	78	0	0	0	0
Crackers, Cinnamon Bear	Package	21.0	130	120	1.0	2.0	4.0
Crackers, Graham	Package	20	110	140	1	2	3
Crackers, Honey Bear	1 package	20.0	130	100	1.0	2	4.0
Crackers, Maple Sunrise	Package	20.0	110	113	1.0	2.0	3.5

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Crackers, Condiments & Dessert, <i>cont'd</i>	Portion Size	Carb (g)	Calories	Sodium (mg)	Fiber (g)	Protein (g)	Fat (g)
Crackers, Strawberry Waffle	Package	21.0	110	95	1.0	2.0	3.0
Gravy, Chicken	#30	2.5	16	94	0.0	0.0	0.5
Salad Dressing, Italian Packet	Packet	1.0	10	109.3	0.0	0	0.6
Salad Dressing, Ranch Packet	Packet	1.0	60	100	0.0	0	7.0