

CONDIMENTS

Item Name	Portion Size	Calories	Sodium (mg)	Sugars (g)	Total Fat (g)	Carbohydrate (g)	Fiber (g)	Protein (g)
Barbecue Sauce	1 Packet	15	85	2	0	4	0	0
Butter	1 Each	9	66	0	0	2	0	0
Croutons	1 Packet	60	150	1	2	9	1	2
Croutons (Toasted)	1 Ounce	70	150	1	1	14	1	2
Dipping Sauce (Variety)	1 Packet	45	127	4	2	7	0	0
Hot Sauce	1 Packet	0	65	0	0	0	0	0
Jelly (Assorted)	1 Packet	33	0	6	0	9	0	0
Ketchup	1 Packet	10	85	2	0	3	0	0
Margarine	1 Each	20	30	0	2	0	0	0
Marinara Sauce	1 Packet	15	140	2	0	4	0	0
Mayonnaise	1 Packet	30	85	0	3	1	0	0
Mustard	1 Packet	5	85	0	0	1	0	0
Pancake Syrup	1 Packet	130	10	22	0	32	0	0
Pickle Spear	1 Spear	4	367	0	0	1	0	0
Raisins	1 Package	113	4	22	0	30	1	1
Raisins (Flavored)	1 Package	140	5	28	0	36	1	1
Salad Dressing: LF Honey Dijon	1 Packet	60	480	7	3	9	1	1
Salad Dressing: Lite Ranch	1 1/2 oz Packet	150	350	4	13	8	0	0
Salad Dressing: Ranch	2 Tbsp	112	509	0	10	3	0	1
Salad Dressing: Thousand Island	2 Tbsp	74	241	3	7	4	0	0
Salad Dressings: FF Assorted	1 Packet	15	120	2	0	3	0	0
Salad Dressings: FF Assorted	1 1/2 oz Packet	37	410	6	0	9	0	0
Salsa	1 Ounce	9	151	1	0	2	0	0
Saltine Crackers	2 4-Count Packs	90	260	0	3	16	0	2
Sour Cream	1 Packet	55	23	1	6	1	0	1
Sweet & Sour Sauce	1 Packet	50	75	7	0	12	0	0
Taco Sauce	1 Packet	5	95	1	0	1	0	0
Tartar Sauce	1 Packet	25	115	1	3	2	0	0
Vegetable Trimmings	1 Serving	5	106	1	0	1	0	0

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ITEMS OFFERED DAILY

Item Name	Portion Size	Calories	Sodium (mg)	Sugars (g)	Total Fat (g)	Carbohydrate (g)	Fiber (g)	Protein (g)
Cereal:								
Assorted Cold Cereals	1 Bowl Pack	105	173	7	2	22	1	2
Berry Cereal Squares	1 Bowl Pack	140	105	0	3	27	3	2
Cinnamon Chex Cereal	1 Bowl Pack	110	170	7	2	23	1	1
Cinnamon Toast Cereal	1 Bowl Pack	110	160	8	3	22	1	1
Cocoa Cereal Squares	1 Bowl Pack	140	110	10	3	27	3	2
Froot Loops Cereal	1 Bowl Pack	110	170	8	1	24	3	2
Frosted Flakes	1 Bowl Pack	100	190	8	1	24	1	1
Granola	1/4 Cup	83	11	6	2	16	1	2
Honey Nut Cheerios	1 Bowl Pack	110	160	9	2	22	2	2
Honey Nut Scooters	1 Bowl Pack	190	410	16	2	39	3	5
Krave Smores Cereal	1 Pouch	110	95	9	3	21	3	2
Marshmallow Mateys	1 Bowl Pack	220	30	23	0	47	3	4
Mini Spooners Cereal	1 Bowl Pack	200	100	11	1	46	6	5
Reese's Puffs Cereal	1 Pouch	100	135	10	3	18	1	2
Rice Chex Cereal	1 Bowl Pack	100	250	2	1	24	1	2
Trix Cereal	1 Bowl Pack	110	140	7	2	24	1	1
Fruit:								
Apples	1 Each	72	1	14	1	19	3	0
Bananas	1 Each	105	1	14	1	27	3	1
Blueberries	1/2 Cup	52	1	9	1	13	2	1
Cantaloupe Cubes	1/2 Cup	27	13	6	1	6	1	1
Fruit Cup, (Chilled)	1/2 Cup	67	6	12	0	18	2	1
Fruit Cup, (Chilled - Assorted)	1/2 Cup	71	4	12	0	18	2	1
Fruit Cup, (Fresh)	1/2 Cup	64	1	12	1	16	2	1
Fruit Bowl, (Fresh)	1 Each	84	1	13	1	22	4	1
Fruit Juices, (Assorted)	4-oz.	65	1	14	0	16	0	0
Grapefruit Halves	1/2 Each	41	0	3	1	10	1	1
Grapes	1/2 Cup	61	2	9	1	16	1	1
Melon Cubes	1/2 Cup	57	28	13	1	14	1	1
Nectarines	1 Each	46	0	8	1	11	2	1
Oranges	1 Each	61	0	6	1	15	3	1
Peaches	1 Each	34	0	7	1	8	1	1

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