

Nutrient Information

Prince William County Elementary Schools

2011-2012

	Calories	Protein (gm)	Carbohydrates (gm)	Fat (gm)	Saturated Fat (gm)	Trans Fat (gm)	Cholesterol (mg)	Fiber (gm)	Sodium (mg)	Iron (mg)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)		Calories	Protein (gm)	Carbohydrates (gm)	Fat (gm)	Saturated Fat (gm)	Trans Fat (gm)	Cholesterol (mg)	Fiber (gm)	Sodium (mg)	Iron (mg)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)	
BREAKFAST														BREADS														
Applesauce	52	0	14	0.1	0.0	0	0	1.4	2	0.3	36	1.2	5	Banana Bread	311	5	54	8.6	1.5	0	40	2.0	249	1.9	16	4.0	104	
Cereal, Apple Jack	70	1	17	0.5	0.0	0	0	2.0	115	2.7	300	9.0	0	Bread Stick	110	3	23	1.5	0.4	0	0	3.0	207	0.9	19	4.0	28	
Cereal, Froot Loops	70	1	16	1.0	0.0	0	0	2.0	105	2.7	300	9.0	0	Bun, Hamburger, Whole Wheat	130	7	24	2.0	0.0	0	0	4.0	250	1.4	0	0.0	80	
Cereal, Frosted Flakes	100	2	24	0.0	0.0	0	0	2.0	160	8.1	750	21.0	0	Bun, Hot Dog, Whole Wheat	130	7	24	2.0	0.0	0	0	4.0	250	1.4	0	0.0	80	
Cereal, Frosted Mini-Wheats	100	3	24	0.0	0.0	0	0	3.0	0	7.2	0	0.0	0	Cheesy Bread Stick	110	6	15	3.0	1.0	0	3	1.5	150	0.9	100	0.0	100	
Cereal, Raisin Bran	110	3	27	0.5	0.0	0	0	4.0	150	2.7	300	0.0	0	Cinnamon Bread	271	6	49	6.6	1.1	0	0	3.4	280	1.6	27	0.0	14	
Cereal, Rice Chex	70	1	16	0.0	0.0	0	0	0.5	170	5.4	300	3.6	60	Cinnamon Bread Sticks	176	5	32	3.6	0.6	0	0	2.5	215	1.3	11	0.0	5	
Cereal, Rice Krispies	70	2	15	0.5	0.0	0	0	0.5	105	4.5	500	6.0	0	Dinner Rolls	155	4	24	5.1	0.9	0	0	2.1	232	1.1	16	0.0	3	
Cheese Omelet	110	8	1	8.0	3.0	0	195	0.0	210	0.7	400	0.0	80	French Bread	181	5	31	4.4	0.8	0	0	2.8	257	1.5	15	0.0	10	
Cheese Stick, Mozzarella	80	8	0	5.0	3.0	0	15	0.0	170	0.0	200	0.0	200	Garlic Bread	184	5	31	4.4	0.7	0	0	1.3	257	1.9	15	0.0	13	
Chicken Slider	170	11	22	5.3	0.8	0	13	4.0	372	1.6	0	0.0	90	Gordita Bread	140	5	25	2.5	0.5	0	0	3.0	260	1.4	0	0.0	60	
Confetti Fries	136	2	22	5.1	0.7	0	0	2.8	150	0.7	2575	3.4	19	Granola Bar	90	2	15	3.0	0.0	0	0	1.0	80	0.4	0	0.0	0	
Egg & Bacon Pizza	182	9	18	7.7	2.2	0	46	1.6	370	1.4	100	0.0	150	Italian Bread Stick	164	5	27	3.9	0.8	0	1	1.1	238	1.6	24	0.0	23	
French Toast Sticks	285	10	36	11.0	2.2	0	137	3.3	373	1.8	157	0.0	22	Pretzel, Soft	180	5	35	1.0	0.0	0	0	1.0	140	1.8	0	0.0	0	
Fresh Banana	107	1	27	0.4	0.1	0	0	3.1	1	0.3	77	10.4	6	Rice	144	2	23	4.6	0.8	0	0	1.1	125	0.4	27	0.0	8	
Ham & Cheese Croissant	306	15	31	13.4	6.5	0	41	3.0	875	2.0	136	2.3	135	Tortilla Chips w/Salsa	220	3	31	9.0	1.5	0	0	2.5	140	2.0	150	1.2	50	
Hot Spiced Apples	79	0	15	2.2	0.4	0	0	1.1	18	1.4	17	1.2	7	Tortilla or Nacho Chips	210	3	29	9.0	1.5	0	0	1.5	0	1.6	0	0.0	30	
Juice, Blended Fruit	60	0	14	0.0	0.0	0	0	0.0	10	0.0	0	3.6	0	Tortilla, Soft	90	2	15	2.5	1.5	0	0	2.0	1	0.7	0	0.0	20	
Juice, Orange	50	1	13	0.0	0.0	0	0	0.0	15	0.0	0	30.0	0	Tostitos Scoops, Baked	110	2	19	2.5	0.0	0	0	2.0	115	0.4	0	0.0	20	
Mini Pancakes	200	4	34	5.0	1.0	0	10	3.0	290	2.7	500	0.0	60	MILK														
Orange Wedges	62	1	15	0.2	0.0	0	0	3.1	0	0.1	295	69.7	52	1% Lowfat Unflavored	110	8	13	2.5	1.5	0	10	0.0	130	0.0	500	2.4	300	
Pancakes	185	8	30	2.0	0.0	0	4	4.0	149	0.4	6450	4.8	60	Fat Free Chocolate	130	8	22	0.0	0.0	0	5	0.0	200	0.4	500	1.2	300	
Potato, Spiced Breakfast	122	2	17	5.5	1.0	0	0	1.8	118	0.9	106	7.9	13	Fat Free Strawberry	130	8	23	0.0	0.0	0	5	0.0	125	0.0	500	1.2	300	
Sausage Breakfast Pizza	197	10	20	9.2	2.7	0	13	1.9	410	1.1	100	0.0	150	Skim	90	8	13	0.0	0.0	0	5	0.0	130	0.0	500	2.4	300	
Sausage Patty	84	9	0	5.1	1.9	0	30	0.1	239	0.9	14	0.0	6	Vanilla Soy Milk	150	9	18	5.0	1.0	0	0	0.5	180	1.1	500	0.0	350	
Sausage Slider	169	13	16	6.4	1.9	0	30	3.1	416	1.8	14	0.0	76															
Skillet Frittata	110	8	2	7.0	3.0	0	200	0.0	300	0.7	360	0.0	65															
Sweet Tots	135	1	24	3.6	0.0	0	0	2.1	239	0.4	3635	3.7	21															
Toast	108	3	12	5.5	0.8	0	0	2.0	172	0.7	32	3.6	60															



School Food and Nutrition Services
 Prince William County Public Schools
<http://pwcs.menus.schoolfusion.us/>

	Calories	Protein (gm)	Carbohydrates (gm)	Fat (gm)	Saturated Fat (gm)	Trans Fat (gm)	Cholesterol (mg)	Fiber (gm)	Sodium (mg)	Iron (mg)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)
ENTREES													
Beef Nachos	380	18	32	19.6	5.6	0	51	2.3	113	4.1	352	3.6	50
Baked Bean Chili	436	29	56	13.4	4.8	1	69	7.4	970	4.5	759	0.2	87
Baked Ziti	367	26	29	17.1	7.9	0	51	4.1	478	2.3	5372	60.4	475
Broccoli Cheese Soup	176	11	15	8.3	4.9	0	29	1.9	926	0.5	3257	20.9	328
Ch/Bean/Rice Stuffed Sandwich	320	17	41	10.0	6.0	0	15	1.0	500	3.6	0	1.2	200
Cheeseburger/Bun	294	24	26	12.0	4.3	0	53	4.0	610	2.9	136	0.0	155
Chicken Broccoli Cheese Rice	252	19.4	23	9.9	4.2	0	44.4	2.6	532	1.9	1415	23.2	269
Chicken Etouffee (w/o Rice)	120	11.3	9.1	4.1	1.2	0	52.1	0.6	795	1.1	641	3.3	7.71
Chicken Tenders	182	17	12	7.1	1.5	0	76	0.0	515	0.9	145	0.0	26
Chicken Teriyaki (w/o Rice)	88	12	4	2.4	0.6	0	50	0.0	165	0.6	59	2.1	12
Chicken Wings	175	15	0	13.1	3.5	0	65	0.0	724	0.9	141	0.0	2
Chili	232	16	32	4.5	1.6	0	23	9.4	567	4.3	1414	11.6	48
Chili Cheese Wrap	300	16	36	11.0	3.0	0	10	4.0	670	2.7	100	0.0	200
Corn Dog Nuggets	298	10	33	13.4	3.7	0	37	4.5	671	1.6	0	0.0	119
Crispy Chicken Patty (w/o Bun)	270	14	12	19.0	4.5	0	110	1.0	310	1.1	100	1.2	20
Enchilida Pie	364	31	29	14.2	7.6	0	75	3.5	691	3.4	521	3.4	365
Fiesta Grilled Cheese Sandwich	439	18	24	28.2	12.7	0	49	4.0	715	1.4	804	7.2	490
Fiesta Lasagna	317	19	27	14.6	7.3	0	50	4.6	456	3.5	672	5.7	267
Fish Nuggets	280	16	20	14.0	3.0	0	40	1.0	790	1.4	200	0.0	60
French Toast Sticks, Lunch	285	10	36	11.0	2.2	0	137	3.3	373	1.8	157	0.0	22
Grilled Cheese Sandwich	285	11	27	15.0	4.1	0	15	4.0	795	1.5	336	7.2	270
Ham & Cheese Sub	341	21	36	11.7	5.5	0	57	3.0	1222	2.6	242	1.5	484
Hamburger (w/o Bun)	130	15	0	8.0	3.0	0	45	0.0	135	1.4	0	0.0	0
Hamburger Sliders	306	22	33	11.1	3.4	0	36	7.3	736	3.8	0	0.0	173
Honey BBQ Beef Rib (w/o Bun)	170	13	10	9.0	3.5	0	30	0.0	370	1.8	300	1.2	20
Hot Dog (w/o Bun)	130	5	3	11.0	4.0	0	30	0.0	450	1.1	0	1.2	20
Hummus/Pita Chips	264	6	33	12.2	0.7	0	0	4.9	638	1.5	0	5.1	0
Italian Hot Pocket	300	15	41	8.0	2.5	0	5	4.0	560	3.6	500	0.0	350
Lasagna	358	26	33	13.5	6.5	0	48	4.1	413	2.9	1200	14.0	393
Little Smokies	100	4	1	9.0	3.0	0	18	0.0	345	0.2	0	0.0	0
Macaroni & Cheese	300	17	27	13.3	8.9	0	44	1.1	411	0.8	111	1.3	278
Pizza Sticks	320	16	32	14.0	5.0	0	10	4.0	820	2.2	200	0.0	300
Pizza, Cheese	310	24	36	10.0	6.0	0	25	5.0	450	2.7	500	12.0	350
Pizza, Pepperoni	338	25	36	12.5	6.8	0	31	5.0	543	2.8	500	12.0	351
Pizza, Stuffed Crust, Cheese	340	21	42	10.0	4.0	0	10	4.0	630	2.7	750	3.6	400
Pizza, Stuffed Crust, Pepperoni	368	22	42	12.5	4.8	0	16	4.0	723	2.8	750	3.6	401
Popcorn Chicken	238	14	14	13.0	5.4	0	54	0.0	734	1.9	108	0.0	0

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ENTREES													
Ravioli & Meat Sauce	304	24	31	10.9	4.8	0	67	3.5	617	2.5	5305	61.3	301
Red Beans and Rice	337	14	56	6.7	1.2	0	0	12.5	874	3.6	334	4.8	84
Sausage Patty	84	9	0	5.1	1.9	0	30	0.1	239	0.9	14	0.0	6
Shredded Turkey Burrito	214	17	16	8.7	3.0	0	56	2.2	373	6.9	187	2.5	23
Spaghetti & Meat Sauce	362	21	49	10.0	3.0	0	41	7.3	151	3.9	3534	44.9	42
Spicy Chicken Breast (w/o Bun)	200	15	13	9.0	2.0	0	45	1.0	910	1.1	200	1.2	40
Steak & Cheese Stromboli	436	23	49	16.4	6.2	0	42	1.9	779	1.3	188	0.0	314
Stuffed Shells	353	24	38	11.0	5.4	0	54	3.0	740	2.5	6712	73.9	466
Taco Soup	204	15	20	7.0	2.5	0	35	6.9	542	4.4	998	8.8	84
Teriyaki Beef Dippers	179	16	7	9.5	3.8	0	41	1.0	503	2.2	51	0.0	28
Tuna Salad Croissant	391	25	35	15.9	5.6	0	33	3.5	728	2.7	207	2.1	108
Tuna Salad Sub	361	26	40	10.0	2.1	0	28	3.5	768	3.1	207	0.9	348
Turkey & Cheese Sub (1/2 Sub)	161	10	19	4.7	2.0	0	19	1.5	552	1.0	136	0.0	225
Turkey & Cheese Sub	334	22	38	10.8	5.1	0	42	3.0	1073	2.1	242	0.0	484
Uncrustable PB&J Sandwich	600	20	57	33.0	7.0	0	0	7.0	590	1.8	0	0.0	40
Vegetable Lasagna	359	23	40	13.4	6.3	0	31	6.6	501	2.6	7648	105	469
Veggie Patty, Teriyaki (w/o Bun)	150	10	12	7.0	0.5	0	0	1.0	440	1.8	100	0.0	60
White Chicken Chili	280	25	35	4.8	1.4	0	64	7.6	600	3.3	117	5.3	129
Yogurt	180	6	38	0.0	0.0	0	5	0.0	150	0.0	0	2.4	600
Zesty Meatloaf	362	28	27	14.8	5.5	0	135	1.3	655	3.9	66	7.0	85
ENTREE SALADS W/O DRESSING													
Asian Chicken Entrée Salad	146	19	11	4.0	1.1	0	52	1.1	86	3.2	2116	7.7	22
Cheese & Bacon Entrée Salad	182	15	4	12.0	7.0	0	37	1.1	502	0.8	4530	3.3	412
Chicken BLT Entrée Salad	196	22	8	9.3	3.1	0	65	1.9	288	3.3	2132	7.3	50
Chicken Caesar Entrée Salad	192	18	8	9.9	3.7	0	62	1.5	683	1.8	2054	4.1	211
Chicken Fajita Entrée Salad	202	17	13	9.1	3.0	0	61	1.4	567	2.0	2144	4.8	292
Chicken Salad Entrée Salad	191	25	8	7.5	1.5	0	75	1.4	160	3.8	4367	3.9	70
Chicken Strip Entrée Salad	235	13	14	14.2	3.5	0	40	2.1	553	1.5	4361	4.5	47
Chicken Tender Entrée Salad	135	12	11	4.8	1.0	0	50	1.1	353	1.4	4357	3.3	44
Double Cheese Entrée Salad	181	16	5	11.0	6.4	0	31	1.1	368	0.9	4612	3.3	491
Ham & Cheese Entrée Salad	136	13	5	7.4	3.6	0	34	1.1	389	1.2	4432	4.1	234
Pepperoni & Cheese Entrée Salad	172	13	5	11.2	5.5	0	29	1.1	330	1.0	4518	3.4	339
Popcorn Chicken Entrée Salad	145	9	11	7.3	3.0	0	30	1.1	415	1.8	4320	3.3	27
Taco Entrée Salad	290	21	15	16.4	6.3	0	59	2.1	219	3.8	2437	7.5	180
Tuna Salad Entrée Salad	186	21	9	7.1	1.1	0	28	1.5	431	2.1	4468	4.2	75
Turkey & Cheese Entrée Salad	127	14	5	6.5	3.6	0	27	1.1	370	0.9	4440	3.3	283

	Calories	Protein (gm)	Carbohydrates (gm)	Fat (gm)	Saturated Fat (gm)	Trans Fat (gm)	Cholesterol (mg)	Fiber (gm)	Sodium (mg)	Iron (mg)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)
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CONDIMENTS

Barbecue Sauce	15	0	4	0.0	0.0	0	0	0.0	150	0.0	0	0.0	0
Cheese Sauce (1 oz)	46	1	4	3.0	1.0	0	2	0.5	262	0.1	118	0.0	40
Cheese, Grated (1/2 oz)	40	4	0	2.6	1.6	0	8	0.0	103	0.0	90	0.0	128
Cheese, Parmesan (1 Tbsp)	22	2	0	1.4	0.9	0	4	0.0	76	0.1	43	0.0	55
Chili Sauce (1 2/3 Tbsp)	25	1	3	1.0	0.4	0	2	0.8	155	0.5	524	0.0	8
Crackers (1 Pkg)	35	1	5	1.5	0.0	0	0	0.5	50	0.4	0	0.0	0
Croutons (1/2 oz)	51	1	5	2.8	0.4	0	0	0.9	77	0.4	18	1.6	28
Dip (2 Tbsp)	33	1	3	1.8	0.3	0	2	0.0	197	0.0	12	0.1	54
Dipping Sauce (2 oz)	30	1	6	0.1	0.0	0	0	0.9	12	0.6	367	6.2	6
Gravy (2 oz)	15	0	3	0.1	0.0	0	0	0.0	43	0.0	4	0.0	100
Jelly (1 Pkt)	35	0	9	0.0	0.0	0	0	0.0	10	0.0	0	0.0	0
Ketchup (1 Pkt)	10	0	3	0.0	0.0	0	0	0.0	85	0.0	0	0.0	0
Lettuce & Pickles (1/4 Cup)	3	0	1	0.0	0.0	0	0	0.2	63	0.1	81	0.4	5
Lettuce & Tomato (1/4 Cup)	3	0	1	0.0	0.0	0	0	0.2	2	0.1	125	1.2	3
Margarine (1 Pat)	25	0	0	2.5	0.0	0	0	0.0	40	0.0	200	0.0	0
Mustard (1 Pkt)	4	0	0	0.2	0.0	0	0	0.2	62	0.1	4	0.1	3
Salad Dressing (1 Pkt)	47	0	3	4.0	0.6	0	3	0.0	85	0.0	26	0.0	2
Salsa (2 Tbsp)	10	0	2	0.0	0.0	0	0	1.0	140	0.4	150	1.2	20
Seafood Cocktail Sauce (1 Pkt)	10	0	3	0.0	0.0	0	0	0.0	140	0.0	100	0.0	0
Sour Cream (2 Tbsp)	44	1	1	4.1	2.4	0	11	0.0	23	0.0	120	0.2	43
Syrup (1.5 oz)	100	0	26	0.0	0.0	0	0	0.0	35	0.0	0	0.0	1
Taco Sauce (1 Pkt)	5	0	1	0.0	0.0	0	0	0.0	73	0.0	56	0.0	0
Tarter Sauce (1 Pkt)	37	0	2	3.3	0.5	0	3	0.0	151	0.0	0	0.0	0
Whipped Topping (1 Tbsp)	16	0	1	1.3	1.3	0	0	0.0	0	0.0	0	0.0	0
Yogurt Dip (2 Tbsp)	73	1	8	4.3	2.5	0	11	0.0	25	0.1	124	0.2	50

COOKIES

Cookie, Choc. Chip	147	2	24	4.9	1.6	0	11	1.3	159	1.1	57	0.0	0
Cookie, Double Choc. Chip	140	2	24	4.5	1.5	0	10	2.0	135	1.1	0	0.0	0
Cookie, Oatmeal Choc. Chip	148	2	24	4.9	1.6	0	10	1.5	133	2.7	22	0.0	0
Cookie, Sugar	160	2	28	5.0	1.5	0	10	1.0	140	1.1	150	0.0	0

	Calories	Protein (gm)	Carbohydrates (gm)	Fat (gm)	Saturated Fat (gm)	Trans Fat (gm)	Cholesterol (mg)	Fiber (gm)	Sodium (mg)	Iron (mg)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)
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LARGE ALACARTE SALADS W/O DRESSING

Asian Chicken Large Salad	171	20	17	4.1	1.1	0	52	1.9	91	4.1	4232	15.4	44
Cheese & Bacon Large Salad	191	16	6	12.1	7.0	0	37	1.7	496	1.6	4291	8.6	432
Chicken BLT Large Salad	204	23	9	9.4	3.1	0	65	2.5	290	4.0	4010	9.4	70
Chicken Caesar Large Salad	235	24	9	11.6	4.1	0	87	2.2	878	2.8	3950	6.4	234
Chicken Fajita Large Salad	252	22	15	11.8	4.7	0	69	2.2	673	2.7	4230	8.7	442
Chicken Salad Large Salad	203	27	10	7.7	1.6	0	75	2.6	162	4.8	4949	34.8	99
Chicken Strip Large Salad	244	14	16	14.3	3.6	0	40	2.7	548	2.3	4122	9.8	67
Chicken Tender Large Salad	146	13	13	5.0	1.1	0	50	2.1	348	2.2	4193	30.6	62
Double Cheese Large Salad	193	18	7	11.3	6.4	0	31	2.3	370	1.8	5193	34.2	520
Ham & Cheese Large Salad	146	14	6	7.6	3.6	0	34	2.1	384	2.0	4268	31.3	253
Pepperoni & Cheese Large Salad	181	14	7	11.3	5.5	0	29	1.9	325	1.8	4148	27.8	359
Popcorn Chicken Large Salad	157	10	13	7.4	3.0	0	30	2.3	417	2.7	4055	21.0	49
Taco Large Salad	340	25	17	19.1	7.9	0	67	2.9	325	4.6	4523	11.4	329
Tuna Salad Large Salad	196	22	11	7.3	1.2	0	28	2.5	426	2.9	4304	31.5	93
Turkey & Cheese Large Salad	137	15	6	6.7	3.6	0	27	2.1	365	1.7	4276	30.6	302

SALAD DRESSINGS

Caesar Dressing (3 Tbsp)	102	1	4	8.7	1.5	0	0	0.0	904	0.0	0	0.0	0
French Dressing (3 Tbsp)	105	0	8	7.5	0.8	0	0	0.0	188	0.0	151	0.0	0
Italian Dressing (3 Tbsp)	36	0	6	3.0	0.0	0	0	0.0	512	0.0	0	0.0	0
Oriental Dressing (3 Tbsp)	136	0	18	6.8	0.8	0	0	0.0	482	0.0	0	0.0	0
Ranch Dressing (3 Tbsp)	50	1	5	2.7	0.4	0	2	0.0	295	0.0	18	0.1	82
Spinach Salad Dressing (3 Tbsp)	83	1	9	5.2	0.8	0	4	0.0	125	0.0	35	0.0	46