

**VIRGINIA BEACH CITY PUBLIC SCHOOLS
NUTRIENT INFORMATION
REVISED October 1, 2009**

Calories	Chol. (mgs)	Fat (grms)	Pro. (gms)	Carbs. (gms)	Sodium (mgs)	Fiber (gms)
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DAIRY

Milk, 1%, chug, (1/2 pt)	110	15	2.5	9	13	130	0
Milk, 1%, choc. chug, (1/2 pt)	160	10	2.5	8	28	220	0
Milk, 1%, straw. chug (1/2 pt)	150	10	2.5	8	26	200	0
Milk, Skim, (1 c)	90	5	0	9	13	130	0
Lactaid Milk Low Fat (1 c)	110	15	2.5	8	13	125	0
Yogurt Cup Yoplait (4 oz)	110	5	1	4	22	55	0
Yogurt Cup, Trix LF (4 oz)	120	<5	1.5	4	23	55	0
Yogurt Cup, Upstate Farms, Nonfat (8 oz)	180	5	0	6	38	150	0
Cheese, American-USDA, LOL-RF (1 oz=2 sl)	100	25	9	5	1	450	0
Cheese, American-USDA, LOL-RF, shredded	70	15	4.5	7	2	470	0
Cheese, White American-USDA, Schr (1 oz=2 sl)	100	25	9	5	<1	510	0
Cheese, Cheddar, shredded-USDA, Schr (1 oz)	104	28	8.5	6.5	<1	170	0
Cheese, Mozzarella, LOL, shredded (1oz)	90	15	3.5	7	1	130	0
Cheese, String, USDA, Schreiber (1 oz)	80	15	5	7	<1	190	0
Sour cream (1 oz)	60	20	5	<1	2	35	0

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**FRUITS & VEGETABLES - 1/2 c serving
for canned &/or cooked (unless otherwise noted)**

Apple, Fresh (small)	55	0	0	0	15	1	2.5
Apple, Fresh (medium)	81	0	0	0	21	0	3
Apples, Fresh, wedges, pre-packaged, (2 oz)	30	0	0	0	8	0	2
Apples, Canned sliced (bkd w/ cinn. & sugar)	114	0	0	0	28.5	23	2
Applesauce, Canned, sweetened - USDA	97	0	0	0	25	4	1.5
Au Gratin Potatoes	130	0	2	3	25	490	2
Banana, Fresh	105	0	0.5	1	27	1	3
Beans, Refried (w/ Salsa & Cheese)	140	6	4	7	19	596	6
Beans, Vegetarian (baked)	130	0	0	7	26	470	6
Broccoli	38	0	0	4.5	6	38	3
Cabbage	17	0	0	1	4	6	1
Carrots, pre-packaged, (2 oz)	23	0	0	0.5	5.5	39	1.5
Carrots	18	0	0	0.5	4	31	1
Carrot and Celery Sticks w/ FF dip	29	0	<1	<1	7	169	1
Carrots and Cucumbers w/ FF dip	28	0	<1	<1	7	149	1
Cauliflower	20	0	0	2	3	25	2
Cole Slaw, reduced fat	76	6	5	1	7	147	2
Corn, USDA	66	0	1	2	15	175	2
Cranberry Sauce, jellied (1/4 c)	105	0	<1	<1	26	20	<1
Fresh Vegetables w/FF dip (12 gm pkg. Ranch)	38	0	<1	<1	9	185	2
Fries, Crinkle Cut, (baked) (3 oz)	160	0	6	2	25	230	2
Fries, Lattice Cut (baked) (3 oz)	180	0	9	2	23	510	2
French Fries, Shoestring (3 oz)*oil not included	130	0	5	2	20	2702	1
French Fries, Straight Cut (3 oz)*oil not included	140	0	4	2	21	230	3
Frozen Juice Bar, (Minute Maid) (2.25 oz/3.1 oz)	60/90	0/0	0/0	0/0	15/23	10/15	0/0
Frozen Juice Slushies (Ridgefield) (5.5 oz)	90	0	0	0	22	50	0
Fruit Crisp (low fat)	338	0	10	3	60	76	3.5
Fruited Gelatin	100	0	0	1	25	49	1
Grapes, Fresh	62	0	0	0	16	2	1
Green Beans	14	0	0	1	3	177	1
Mixed Fruit, Fruit Cocktail, Fruit Cup	80	0	0	<1	19	10	1
Mixed Greens	35	0	0	3	5	50	3
Mixed Vegetables	59	0	0	3	12	32	4
Mixed Vegetables, California	17	0	0	1	3	20	1
Oranges, Mandarin	45	0	0	1	10	15	1
Orange, Fresh	67	0	0	2	16	2	3
Oriental Vegetables	40	0	0	2.5	8	20	2.5
Peach Cup, Frozen - USDA	117	0	0	0	30	7	2
Peaches, Canned - USDA	68	0	0	<1	18	6	2
Pears, Canned, diced - USDA	72	0	0	<1	19	6	2
Pear, Fresh	98	0	0.5	1	25	0	4
Peas, Canned	62	0	<1	4	11	58	4

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Peas, Frozen	70	0	0	5	12	200	4
Pineapple, Canned, tidbits - USDA	66	0	0	<1	17	1	1
Potato, Fresh baked, small, 4 oz	105	0	0	3	24	11	2
Potatoes, Mashed	80	0	1	2	17	310	1
Potatoes, Mashed w/ gravy	105	0	2	2	21	450	0
Potatoes, Parsley	68	0	1	2	16	248	2.5
Potatoes, Roasted (12-14 each)	120	0	3	2	21	370	2
Shredded Lettuce and Tomatoes	8	0	0	0	2	5	0.5
Side Salad w/FF Ranch Dressing (12 gm pkg.)	48	0	0	2	11	137	2.5
Soup, Tomato, (Classic tureen), (8 oz serving)	90	0	1	2	19	720	2
Spinach	10	0	0	1	1	55	1
Strawberries Cup, Frozen - USDA	122	0	<1	0.7	33	4	2
Sweet Potato, Fresh baked	90	0	0	2	21	36	3
Sweet Potatoes, baked	100	0	0	2	24	41	4
Tangerine, Fresh	45	0	0	0	11	1	2
Tater Tots (Potato Rounds), (8 ea)*oil not included	134	0	6	2	18	214	2
Tossed Salad, no dressing	42	0	0.5	2	9	31	4
Trail Mix, Fruit & Nut Mix, (1/2 cup)	236	0	8	5	36	0	5

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SAUCES AND DRESSINGS

Barbecue sauce, (12 gm packet)	18	0	0	0	4	109	0
Butter buds (1 tsp. Dry)	8	0	0	0	2	70	0
Butter chip (5 gm)	36	11	4	<1	0	29	0
Catsup (1 Tbsp.)	10	0	0	0	3	100	0
Cheddar Cheese Sauce, (Harvest Value) (1/4 cup)	80	5	6	2	6	530	0
Chili w/ Beef (1 oz)	43	9	2.5	3	2	105	0.5
Chili w/ Beef (3 oz)	130	27.5	7.5	8	6.5	315	1.5
Cocktail Sauce (12 gm packet)	14	0	0	0	3	108	0
Gravy, Brown Low Sodium, (2 oz)	25	0	1	0	4	140	0
Gravy, Chicken Low Sodium (2 oz)	15	0	1	0	3	240	0
Gravy, Turkey (2 oz)	10	0	0	0	3	370	0
Honey (9 gm packet)	25	0	0	0	7	0	0
Italian Dressing, FF (12 gm packet)	10	0	0	0	1	160	0
Jelly, Assorted (10 gm packet)	25	0	0	0	7	0	0
Mayonnaise, Light, (12 gm packet)	35	<5	3.5	0	<1	95	0
Nacho Cheese Sauce, (Harvest Value) 1/4 cup	80	<5	5	2	6	460	0
Pickle Relish (1 Tbsp.)	20	0	0	0	5	122	0
Ranch Dressing, FF (12.4 gm packet)	20	0	0	1	4	120	0
Spaghetti sauce for dipping (1 oz)	14	0	0	<1	2.5	168	0
Salsa (1 oz)	5	0	0	0	1	67	0
Sandwich Sauce, Ancho Chipotle (2 Tbsp)	90	0	7	0	6	240	0
Sandwich Sauce, Horseradish Dijon (2 Tbsp)	120	10	12	0	3	220	0
Sour Cream (1 oz)	60	20	5	<1	2	35	0
Soy Sauce (1 Tbsp.)	11	0	0	1.5	1	1227	0
Sweet and Sour (Duck) Sauce (1 Tbsp.)	23	0	0	0	6	105	0
Taco Sauce (9 gm packet)	5	0	0	0	1	80	0
Tartar Sauce (9 gm packet)	53	3	5	0	1	63	0
Thousand Island (1-1/2 oz)	190	20	18	0	6	370	0

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MAIN COURSES

Beef Patty, USDA, 2.4 oz	167	45	12	13	0	242	0
Black Bean Burger (Gardenburger)	90	0	2.5	4	16	370	5
Black Bean Burger on WW Bun	210	0	4	10	39	720	8
Black Bean Chipotle Burger (Gardenburger)	100	0	3	5	16	390	5
Black Bean Chipotle Burger, on WW Bun	220	0	4.5	11	39	740	8
Burrito, Beef, Bean & Red Chili	342	19	8	16.5	51	498	6
Burrito, Chicken, Rice & Cheese	300	35	10	18	40	660	5
Cheeseburger on Bun, RF cheese 2.4 oz	349	52	19	20	25.5	658	1
Chicken Barbeque, vinegar based, 3 oz	80	30	1.5	12	3	490	<1
Chicken Barbeque on Bun, vinegar based	200	30	3	17	27	720	1
Chicken Fajita Strips (meat only), 2.1 oz	93	52	2	16	2	578	0
Chicken, Breaded- USDA							
»1 breast OR 2 drumsticks OR 1 thigh w/back	386	124	23	35	13	387	0
Chicken Nuggets, USDA, 5 each	180	20	8	13	14	450	2
Chicken Patty	220	85	13	15	11	410	1
Chicken Patty on Bun	340	85	14.5	20	35	640	2
Chicken Patty, Spicy (Goldkist)	174	40	8	15	13	291	1
Chicken Patty, Spicy on Bun (Goldkist)	294	40	9.5	20	37	521	2
Chicken Patty, Spicy (Zartic)	161	33.5	4	16	15.5	858	0.5
Chicken Patty, Spicy on Bun (Zartic)	281	33.5	5.5	21	39.5	1088	1.5
Chicken, Popcorn - (Kings Delight) (~18)	280	30	12	13	19	1100	1
Chicken, Popcorn - (Tyson) (~12 pc)	220	30	13	10	15	240	1
Chicken, Popcorn, hot and spicy (Kings Delight)	280	30	12	13	19	1200	1
Chicken Quesadilla	290	10	8	16	40	730	6
Chicken, Roasted Grilled	110	55	3.5	17	3	410	0
Chicken, Roasted Grilled on WW Bun	230	55	5	23	26	760	3
Chicken Soft Taco (2 each)	296	57	8	23	33	1079	2
Chicken, Spicy Buffalo Wrap	427	54	12	24	54.5	1589	4
Chicken Tenders - Tyson, 3 each	240	45	12	16.5	16.5	735	0
Corn Dog Nuggets, Turkey, WW, 6 each	190	10	7	8	23	470	1
Deli Sub	406	46	9	28	54	1689	4
Egg Roll, Whole Wheat, Chicken, 3 oz	174	39	3	16	24	420	2
Fish and Shrimp Basket	93//180	27//35	3//8	7//8	9//18	180//8	<1//<1
Grilled Cheese Sandwich, RF	280	30	10	18	30	1205	1
Ham and Cheese on Croissant, RF	351	60	15.5	21	34	1325	1
Hamburger on Bun, 2.4 oz	287	45	14	18	24	472	1
Hot Dog on Bun, All Beef, 2 oz	290	30	16.5	10	26	750	1
Hot Pocket (Lunch)	360	40	16	18	37	770	4
Honey Barbeque Pork Rib	247	45	18	11	11	620	1
Honey Barbeque Pork Rib on Bun	367	45	19	16	35	850	2

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Italian Stuffer	370	30	12	23	43	400	2
Lasagna Roll Up, Cheese (Tasty Brand)	180	25	4.5	13	21	270	2
Macaroni & Cheese-RF, 6 oz -entrée (Land o Lakes)	315	34	12	18	36	1095	<1
Macaroni & Cheese-RF, 7.2 oz -entrée (East Side)	290	30	14	16	25	770	1
Meal Breaks, Turkey Ham and Cheese	626	58	14	21	107	1466	5
Meal Breaks, Turkey and Cheese	667	50	24	28	84	1392	9
Mozzarella Cheese Sticks, brded, WW, 6 each	310	10	11	21	35	690	4
Mrs. T's Potato and Ched. Cheese Pierogies	170	5	2.5	6	32	510	1
Nacho Cheese Cup, Cheddar/Jalapeno, USDA, 2 oz	150	35	12	6	2	520	<1
Nachos w/ Meat & Cheese Cup (Snyders chips)	351	64	20	15	26	822	2
Nachos w/ Meat & Cheese Cup (bkd tostitos scoops)	321	64	18	15	22	802	2
Nachos w/ 2 Cheese Cups <u>only</u> (Snyders chips)	440	70	28.5	14	27	1175	2
Nachos w/ 2 Cheese Cups <u>only</u> (bkd tostitos scoops)	410	70	26.5	14	23	1155	2
Pasta w/ Meat Sauce (Ziti)	371	53	16	20.5	34	714	2
Pastrami, 1 oz	80	30	4	9	1	670	0
PB & Grape Jelly Sand. (uncrustable), 4oz	420	0	18	17	49	560	3
Pizza Hut, Cheese (1/10)	326	44	15	17	30	880	1
Pizza Hut, Pepperoni (1/10)	345	48	17	18	30	970	1
Pizza, Big Daddy, Original Pepperoni (1/8)	480	35	18	23	56	1200	3
Pizza, Nardone	480	40	18	24	57	1160	5
Pizza, Restaurant Style (1/8)	392	64	16	21	42	943	2
Pizza, Wedge, Whole Grain Stuffed Crust	360	30	12	21	43	860	4
Pollock Fish Wedge	190	50	9	14	13	540	<1
Pollock Fish Wedge on Whole Grain Bun	310	50	10.5	20	36	890	3
Pork Barbecue	281	53	19	19	9	802	2
Pork Barbecue on Bun	401	53	20	24	33	1032	2.5
Roast Beef, 1 oz	67	23	3	7	<1	187	0
Spaghetti w/ Meat Sauce	391	53	16	22.5	38	729	2
Steak & Cheese Sub (on bakery sub roll)	385	53	16	22	38	894	2
Steak & Cheese Sub (on Italian sub roll)	465	53	15	26	55	1054	4
Steak & Cheese Sub (on multigrain bun)	385	53	16	22	36	834	3
Taco Filling, (Jennie-O), 1.36 oz	61	29	3	7	1	167	0
Tacos (1 soft and 1 crunchy)	282	44	12	16	28	785	2
Triple Decker Turkey, Bacon & Cheese Club	391	45	12	24	45	1813	4
Tuna Salad Sandwich (LF)	321	34	12	23.5	29	843	2.5
Tuna Salad on Whole Wheat Sub Roll (LF)	383	34	12	21	46	842	3
Turkey Breast - for deli, 4.41 oz	95	32	1	18	3	534	0
Turkey Roast 3.86 oz, (USDA)	93	32	1	19	2	879	0

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BREADS/RICE/PASTA

Bread, Slice, 1 each	60	0	1	2	13	115	1
Bread, Wheat Club, 1 each	70	0	1	2	14	140	<1
Breadstick, French, 1 each	110	0	1	4	21	210	1
Breadstick, Whole Wheat, 1 each	98	0	1	4	19	212	3
Bun, Hamburger, 1 each	120	0	1.5	5	24	230	1
Bun, Hamburger, Whole Grain (UltraGrain), 1 each	120	0	1.5	6	23	350	3
Bun, Hot Dog, 1 each	110	0	1.5	4	22	210	1
Bun, Sandwich (Multigrain Kaiser)	190	0	3	7	32	350	3
Croissant, 1 each	220	15	10	5	29	300	1
Dinner Roll, Whole Wheat (2 oz)	140	0	2	4	26	240	2
Dressing/Stuffing (Pepperidge Farm), 1/2 cup	130	0	1	4	24	470	1
(Flavored) Tortilla Wrap, (12-inch), 1 each	320	5	9	9	53	940	6
Flour Tortilla (10-inch plain), 1 each	200	0	5	6	31	340	1
Macaroni Salad (LF), 1/2 cup	140	5	5	3	20.5	192	1
Pasta Salad (LF), 3/8 cup	79	0	0	3	16	169	2
Pretzel Rod Whole Wheat, 1 each	70	0	0.5	2	14	65	1
Pretzel Rod Whole Wheat, 2 each	140	0	1	4	28	130	2
Pretzel, Soft, Whole Wheat, 2.5 oz	170	0	1	6	36	150	4
Rice, 1/2 cup	95	0	<1	2	20.5	157	<1
Rice, Mexican, 1/2 cup	95	0	0.5	3	21	410	<1
Saltine Crackers, 1 each (2/pkg)	24	0	0.5	0	4	72	0
Submarine Roll, (from Bakery)	190	0	3	6	34	410	2
Submarie Roll, Italian (6-inch per serv.)	270	0	2.5	10	51	570	4
Submarine Roll, Whole Wheat (6-inch per serv.)	197	0	2.5	2	42.5	317	3
Taco Shell, crunchy, 1 each	50	0	2	<1	6.3	<1	1
Taco Shell, (6-inch), soft, 1 each	85	0	2	2.5	14.5	170	1
Tortilla Chips (Snyder's), 1 oz	140	0	4.5	2	23	135	2
Tostitos Scoops, baked, 0.875 oz	110	0	2.5	2	19	115	2

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BREAKFAST

Bacon (turkey), 1 slice	40	25	1	5	1	200	0
Bagel, Plain (IW)	150	0	0.5	6	31	340	3
---Cream Cheese, 1 oz	100	30	10	2	1	85	0
Biscuit, Plain Easy Split (Pillsbury)	230	0	10	5	29	740	<1
Breakfast Bun, RF 3 oz (Bake Crafters)	300	0	13	5	40	260	1
Breakfast Squares, 2.2 oz	270	5	10	3	42	190	1
Cereal (average - 1 oz)	150	0	0	2	28	200	2
Cheddar Cheese Omelet (IW)	130	190	11	7	1	260	0
Chex, Rice Cereal Bowlpak	70	0	0.5	1	17	180	0
Chicken Biscuit	309	44	12	13	34.5	965	<1
Chicken Breakfast Patty	96	22	5	8	7	291	0
Cinnamon Bakes, straw., whole grain	200	0	3	4	40	240	3
Cinnamon Bread (IW), 2.1 oz	188	8	5	5.5	31	251	1.5
Cinnamon Roll, whole grain, (IW)	200	5	4.5	5	34	190	4
Egg and Cheese Omelet (IW)	130	190	11	7	1	260	0
Eggs, Scrambled, pre-cooked, 1.5 oz	60	175	3.5	5	1	135	0
Eggs, Scrambled, 1 oz	45	110	3	3	1	125	0
English Muffin	120	0	1	4	25	200	1
English Muffin w/Egg & Cheese	274	228	13	14	26.5	463	1
French Toast, Cinnamon Glazed Whole Grain, 3.25 oz	240	105	8	8	32	350	4
Ham, sliced, 1.22 oz - USDA	40	19	1.5	6.5	0.5	423	0
Ham Biscuit	270	19	11	11.5	29.5	740	0
Ham N Cheese Biscuit (IW)	230	15	9	11	26	500	5
Honey Bun, 3 oz	300	0	13	5	40	260	1
Juice, Apple, 1/2 cup	60	0	0	0	14	15	0
Juice, Apple, 1/2 cup - from Marva Maid	50	0	0	0	13	10	0
Juice, Fruit Punch, 1/2 cup	60	0	0	0	14	10	0
Juice, Orange, 1/2 cup (Ardmore Farms)	50	0	0	1	12	15	0
Juice, Orange, 1/2 cup - from Marva Maid	50	0	0	1	13	0	0
Juice, Orange 1/2 cup - USDA	56	0	0	1	13	1	0
Meal Breaks, Kix	220	0	3.5	2	46	265	3
Meal Breaks, Fruity	256	0	3	3	56	209	1
Meal Breaks, Honey Graham	300	0	7	2	58	365	2
Meal Breaks, Honey Nut	270	0	3	5	57	275	3
Meal Breaks, Trix RF	240	0	4	2	50	265	2
Muffin, LF apple cinnamon, 2 oz (Bake Crafters)	130	0	0.5	2	30	80	0
Muffin, LF blueberry, 2oz (Bakery Chef)	120	0	0.5	2	29	75	0
Muffin, LF blueberry, 3.6oz (Bake Crafters)	216	0	1	4	52	135	0

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Oatmeal, 1/2 cup, regular	150	0	2.5	5	27	0	4
Pancake, 1 each	73	8	1	2	14	197	1
Pancake, Mini Maple and Strawberry	200	10	6	4	34	370	2
Pancake Sandwich (East Side)	283	23	7	3	52	580	2
Pancake & Sausage on a Stick (Don Lee Farms)	239	23	12	8.4	24	402	1
Pancake Syrup, 1 fl oz	80	0	0	0	21	20	0
PB & J Uncrustable, Strawberry, 2.8 oz	320	0	16	10	33	310	3
Sausage Patty ,1.2 oz	85	27	5.3	8.3	4	232	0
Sausage Biscuit - (IW - USDA)	257	27	13	11.5	23	598	1
Sausage Biscuit	315	27	15	13	33	971	<1
SuperPretzel, Cinnamon Raisin	190	0	1	6	39	220	2
SuperStix, Cinnamon Bun	170	5	2.5	4	34	240	2
SuperStix, Strawberry Cream Cheese	170	10	5	5	28	240	1
Toast	60	0	1	2	13	155	<1
---Mixed Fruit Jelly, 10 gm packet	25	0	0	0	7	0	0
Toaster Pastry/Pop Tart- whole grain, 1 each	200	0	5	2	35	160	5
Veggie Sausage Patty, (Morning Star)	90	0	3.5	11	3	280	1
Waffle, Eggo 1 each	90	10	3	2.5	13.5	220	0.5
Snack'n Waffles - Blueberry	240	25	9	5	37	250	2
Snack'n Waffles - Maple	240	25	9	5	35	280	2
Breakfast for Lunch							
(includes egg patty, sausage, cinnamon glazed Fr. Toast)	386	308	17	21	38	733	4
(includes egg patty, sausage, pancakes, 1 oz syrup)	364	218	11	17	51	798	1

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Calories	Chol. (mgs)	Fat (grms)	Pro. (grms)	Carbs. (grms)	Sodium (mgs)	Fiber (grms)
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SNACKS/DESSERTS

Cereal Bar, Trix 1 ea	160	0	4	2	30	160	2
Cheetos, Baked Crunchy, 0.78 oz	130	0	5	2	19	240	0
Cheetos, Baked Flamming Hot, 1 oz	130	0	5	2	18	200	<1
Cheetos, Fantastix Chili Cheese, Baked, 1 oz	130	0	5	2	19	200	1
Cheese-Its, Reduced Fat, 1.5 oz	180	0	6	5	28	520	1
Cheese-Its, Scrabble, 0.78 oz	100	<5	4	2	14	160	<1
Cinnamon Toast Crunch Crisps, 1 pkg.	120	0	3	2	22	200	1
Clodhoppers, Cocoa	160	0	5	2	28	130	2
Clodhoppers, Vanilla	165	0	6	2	27	130	2
Crunchmania, Mini-Grahams, Vanilla, 1 pkg.	230	0	8	3	37	220	2
Frito Lay Baked Chip Cheddar & Sour Cr., 1 pkg.	110	0	3	2	19	190	2
Frito Lay Baked Potato Chip BBQ, 1 oz	120	0	3	2	22	210	2
Frito Lay Baked Potato Chip, Regular, 1 oz	110	0	1.5	2	23	150	2
Fruit by the Roll-Berry Tie Dye, 1 ea	80	0	1.5	0	16	40	<1
Fruit Snacks, Scooby Doo, 1 pkg.	80	0	0.5	0	19	50	0
Fruit Snacks, Welch's Reduced Sugar, 1 pkg.	120	0	0	2	28	10	0
Munchie's Flamin' Hot Backpack Mix, 1 pkg.	110	0	4	2	18	160	1
Readi-Bake Whole Grain Cookies, 1.3 oz							
**Sugar	147	10	5	2	24	160	1
**Chocolate Chip	147	9	5	2	18	120	1
**Oatmeal Raisin	147	9	5	2	24	124	1.5
** M & M'	146	12	5	1.5	24	156	1
**Chocolate Oatmeal Chocolate Chip	148	10	5	2.5	24	133	1.5
Popcorn, Reduced Fat, White Cheddar, 1/2 oz	70	0	3	2	9	130	1
Pretzels, Rold Gold Tiny Twists, 1 oz	110	0	1	2	23	580	1
Reduced Fat Doritos Nacho Cheese, 1 oz	130	0	5	2	19	220	1
Reduced Fat Doritos Cool Ranch	130	0	5	2	18	170	1
Reduced Fat Doritos Spicy Sweet Chili, 1 pkg.	130	0	5	2	20	180	2
Rice Krispies Treat, 1.3 oz	150	0	3.5	1	28	170	0
Tropical Treats, Orange	112	0	3	1.5	19	94	1

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FROZEN YOGURT/ICE CREAM

Chocolate Yogurt, frozen, 4 oz	100	10	2	3	19	55	0
Vanilla Yogurt, frozen, 4 oz	100	10	2	3	18	60	0
Ice Cream Cup, Chocolate, 4 oz	140	15	6	3	19	50	0
Ice Cream Cup, Strawberry, 4 oz	140	20	8	2	17	40	0
Ice Cream Cup, Vanilla, 4 oz	140	20	7	2	16	55	0
Ice Cream Cup, Strawberry Ripple. LF, 3 oz	90	5	1.5	2	16	55	0
Ice Cream Cup, Vanilla Fudge, LF, 3 oz	90	5	2	2	17	60	0
Ice Cream, Cotton Candy Push-Up, LF, 3 oz	90	10	2	2	15	55	0
Ice Cream Bar, Vanilla w/ Chocolate Coating	180	20	12	3	15	55	0
Ice Cream Sandwich	180	10	7	3	27	170	0
Fudge Bar, 2.5 oz	110	0	0	3	24	70	0
Chocolate Crunch Bar, 3 oz	200	15	14	2	17	40	0
Strawberry Crunch Bar, 3 oz	170	10	10	0	19	60	0
Nutty Buddy Cone, 4 oz	220	10	13	4	24	70	1
Good Humor Choc Cookie Ice Cream Sand, 4.5 oz	280	10	13	3	41	190	1
Good Humor Oreo Bar, 4 oz	250	15	15	3	28	150	1
Snickers Big One Bar, 3.33 oz	300	20	18	5	30	105	1
Popsicle, Scribber, 2 pieces	60	0	0	0	15	10	0
Popsicle, Fire Cracker, Jr., each	40	0	0	0	10	0	0
Rosati Italian Ice, Sour Cherry, (Crybaby) 4.0 oz	118	0	0	0	29.5	15	0
Luigis, Real Italian Ice, Cherry, 4 oz	120	0	0	0	31	10	0
Luigis, Real Italian Ice, Lemon, 4 oz	120	0	0	0	31	10	0
Luigis, Real Italian Ice, Strawberry, 4 oz	120	0	0	0	31	10	0
Luigis, Sherbert, Lime, 4 oz	120	5	1.5	0	27	35	0
Luigis, Sherbert, Orange, 4 oz	120	5	1.5	0	27	35	0
ICEE squeeze-up tube, watermelon, 4 oz	100	0	0	0	25	5	0
ICEE squeeze-up tube, blue raspberry, 4 oz	90	0	0	0	22	5	0

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BEVERAGES

Apple & Eve 100% Juice Berry Medley, 10 oz	190	0	0	1	45	37.5	0
Apple & Eve 100% Juice Fruit Punch, 10 oz	175	0	0	1	42.5	2.5	0
Apple & Eve 100% Juice Apple, 10 oz	175	0	0	1	41	7.5	0
Apple & Eve 100% Juice, Apple, 16 oz	220	0	0	2	52	10	0
Apple & Eve 100% Juice, Orange, 16 oz	220	0	0	2	54	20	0
Apple & Eve 100% Juice, Cranberry Raspberry, 16 oz	240	0	0	0	60	40	0
Apple & Eve 100% Juice, Straw Mango Passion, 16 oz	240	0	0	0	60	50	0
Apple & Eve Juice Box, Apple	90	0	0	0	21	5	0
Apple & Eve Juice Box, Fruit Punch,							
Apple & Eve Juice Box, Kiwi Strawberry	100	0	0	0	24	20	0
Apple & Eve Juice Box, Orange Tangerine	100	0	0	0	25	20	0
Apple & Eve Juice Box, Very Berry	100	0	0	0	24	15	0
Fruit 66 - Apple Berry, 8 oz	94	0	0	24	16	0	0
Fruit 66 - Fruit Punch, 8 oz	95	0	0	24	17	0	0
Fruit 66 - Orange Tangerine, 8 oz	95	0	0	23	15	0	0
Fruit 66 - Strawberry Kiwi, 8 oz	95	0	0	24	18	0	0
Gatorade G2 - Orange, Low Cal, 12 oz.							
Gatorade G2 - Grape, 12 oz	40	0	0	10	160	0	0
Gatorade G2 - Strawberry Kiwi, 12 oz							
Izze - Sparkling Apple, 8.4 oz	90	0	0	23	15	0	0
Izze - Sparkling Blackberry, 8.4 oz	90	0	0	22	20	0	0
Izze - Sparkling Pomegranite, 8.4 oz	90	0	0	22	10	0	0
Juicy Juice - Berry, 6.8 oz	100	0	0	24	15	0	0
Juicy Juice - Grape, 6.8 oz	110	0	0	29	20	0	0
Juicy Juice - Orange Tangerine, 6.8 oz	110	0	0	27	15	0	0
Juicy Juice - Strawberry Kiwi, 6.8 oz	100	0	0	24	20	0	0
Propel Fitness - Berry Medley, 16.9 oz	20	0	0	0	6	70	0
Propel Fitness - Grape, 16.9 oz							
Propel Fitness - Lemon, 16.9 oz	10	0	0	0	2	70	0
Propel Fitness - Strawberry Kiwi, 16.9 oz	10	0	0	0	2	70	0
Ridgefield 100% Fruit Juice Slushies, 5.5 oz	90	0	0	0	22	50	0
Riptide - Black Cherry, 16 oz	60	0	0	0	16	0	0
Riptide - Lemon Lime, 16 oz							
Riptide - Sparkling Raspberry, 16.9 oz							

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Slushie (Juice Alive)

12 oz	180	0	0	1.5	42	22.5	0
16 oz	240	0	0	2	56	30	0

Welches - Grape, 11.5 oz

Welches - Grape, 11.5 oz	240	0	0	0	61	30	0
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Welches - Mt. Berry, 11.5 oz

Welches - Mt. Berry, 11.5 oz	200	0	0	0	49	20	0
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Yoo hoo, 11 oz

Yoo hoo, 11 oz	180	0	1.5	3	40	240	0
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Virginia Beach City Public Schools
Nutrient Information
Revised October 1, 2009

Calories	Chol. (mgs)	Fat (gms)	Pro (gms)	Carbs (gms)	Sodium (mgs)	Fiber (gms)
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A LA CARTE ENTRÉE

Chicken Salad on Croissant	388	72	19	22	34	1548	1
Chicken Caesar Wrap	652	77	33	30	59	1412	6.5
Chipotle Chicken Wrap	549	42	23	23	60	1271	4
Chipotle Black Bean Burger w/ Whole Grain Bun	220	0	4.5	11	39	740	8
Egg Salad Sandwich	246	215	9.5	10	29	514	1.5
Grilled Cheese Sandwich	280	30	10	18	30	1205	1
Grilled Chicken(Roasted) w/ Whole Grain Bun	230	55	5	23	26	760	3
Ham and Cheese Croissant	351	60	155	21	34	1325	1
Ham and Cheese on Multigrain Kaiser	351	55	14	21	35	1466	3
Italian Stuffers	370	30	12	23	43	400	2
Lasagna Rollup	180	25	4.5	13	21	270	2
Mexican Casserole	363	100	16	28	23.5	1119	2.5
Reuben Sandwich	442	77	19	32	36	1956	3
Spicy Buffalo Chicken Wrap	427	54	12	24	54.5	1589	4
Tuna Salad (LF) on Whole Wheat Sub	383	34	12	21	47	844	3
Turkey, Bacon and Cheese Club	391	45	12	24	45	1813	4
Vegetable Wrap w/ FF dressing	517	44	20.5	23.5	63	1442	6

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Calories	Chol. (mgs)	Fat (gms)	Pro (gms)	Carbs (gms)	Sodium (mgs)	Fiber (gms)
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Baked Potato, medium-large, w/Shredded Cheese	339	28	8	16	50	776	4
w/ Cheese & Bacon	419	78	10	26	52	1176	4
w/ Cheese & Broccoli	339	28	8	16	50	776	4
w/ Cheese & Chili	467	55	15	26	56	1136	7
w/ Sour Cream	248	20	5	6	45	55	4
w/ the Works	531	110	19	31	57	1193	7
Chef Salad-salad mix w/veggies, .5 oz cheese, (no dressing)	197	124	8	16.5	15	764	4.5
w/ 2 oz cheese	240	35	10	17	20	985	5
w/ 1 oz. cheese and 1 oz ham	194	36	7	16	18	907	5
w/ 1 egg	166	219	8	12	13	291	5
w/ 1/2 egg and 1 oz cheese	203	127	9	14	16	638	5
w/ 1/2 egg and 1 oz ham	157	128	6	13	14	560	5
w/ Chicken fajita, 2 oz	177	57	4	21	14	780	5
w/ Chicken grilled, 2 oz	186	37	7	16	15	534	5
w/ Chicken, popcorn (1 serv.)	308	37	15	16	27	469	6
w/ Chicken Salad (1/2 c)	253	65	10	23	20	456	5
w/ Chicken tenders (3 each)	328	52	14	22	29	964	5
w/ Tuna Salad (1/2 c)	182	24	7	15	14	492	5
w/ Turkey, 2 oz	131	22	3	14	14	472	5
Chicken BLT Salad w/ Breaded Chicken	268	82	12	21	19	804	4.5
Chicken BLT Salad w/ Grilled Chicken	227	60	9	21	15	813	4
Chicken Caesar Salad (w/packet dressing)	492	100	38	24	14	1097	3.5
Chicken Caesar Salad (no dressing)	262	55	13	23	13	747	3.5
Greek Salad (w/homemade dressing)	289	31	19	16	16.5	857	5
Greek Salad (no dressing)	209	31	11	15.5	14	736	5
Oriental Chicken Salad (w/homemade dressing)	691	42	46	22	51	772	6
Oriental Chicken Salad (w/ oriental dressing)	529	42	35	22	33.5	1095	6
Oriental Chicken Salad (no dressing)	349	42	19	22	25.5	515	6
Southwest Salad (w/ homemade dressing)	262	63	14	21.5	14	791	3
Southwest Salad (no dressing)	227	58	12	21	10	542	3.5
Spinach Salad (w/homemade dressing)	621	281	45	28	27	1109	7
Spinach Salad (no dressing)	295	247	9	27	26	768	7
Taco Salad - w/Shell	679	73	45	27	43	1209	3
w/ Shell, baked	439	73	17	27	43	1209	3
w/ Snyders Tortilla chips	302	36	13	14	33	794	4
w/ Tostitos Scoops	288	36	11	14	32	790	5
homemade dressing (only)	120	13	12	0	3	345	0
salsa and sour cream (only)	65	20	5	0	3	102	0
Tuna Salad (LF) on Lettuce w/Tomato Wedges	198	34	10	19.5	6	529	1

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Salad, Broccoli (LF) 1/2 cup	181	7	6	2.5	32	173	2.5
Salad, Macaroni (LF) 1/2 cup	140	5	5	3	20.5	192	1
Salad, Pasta (LF), 3/8 cup	79	0	0	3	16	169	2
Salad, Potato (LF) 1/2 cup	101	5	4.5	1	14	467	2

Campbells, frozen condensed

(nutritional information is per 8 oz-- as served)

Chicken Noodle, Old Fashion	60	10	0.5	3	11	860	0
Cream of Broccoli	120	10	5	4	14	850	3
Cream of Potato	160	15	7	4	19	990	1

Classic Tureen, frozen condensed

(nutritional information is per 8 oz-- as served)

Bean/Ham	158	5	2	9	23	770	9
Vegetable Beef	90	10	1.5	4	15	870	1

Pillsbury Scones, each (whole)

Apple	410	10	21	4	51	310	1
Blueberry	400	15	18	5	54	320	2
Cranberry-Orange	370	15	18	5	49	310	2
White Chunk Raspberry	440	15	21	5	58	320	1

Otis Spunkmeyer Cinnamon Roll, (2.75 oz)

	340	10	17	4	43	70	2
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High School Combo Line Items

Entrée

Bosco Stick, 2 each	260	20	9	13	31	570	2
Chicken Breast Bites, Asian --King's Delight	190	30	5	14	23	750	1
Chicken Breast Chunks --King's Delight	180	40	6	16	13	620	0
Chicken Breast Filet, Breaded --King's Delight (4 oz pat	200	50	8	20	16	650	<1
Chicken Breast Filet, Breaded on Bun	320	50	10	25	40	880	1
Chicken Breast Filet, Hot&Spicy--King's Delight (4 oz pi	215	50	7	18	18	650	<1
Chicken Breast Filet, Hot & Spicy on Bun	335	50	9	23	42	880	1
Hamburger, (5 oz patty)	403	97	32.5	25.8	0.1	480	0
Hamburger on Bun, (5 oz patty)	593	97	35	33	39	841	2
Pizza, Red Baron 7"	560	35	19	26	70	1350	3

Side Items

French Fries, Straight Cut 5 oz *oil not included	233	0	7	3	35	383	5
Tossed Salad, no dressing	42	0	0.5	2	9	31	4