

SIDES		Serving Size	Calories	Protein (gm)	Fat (gm)	Saturated Fat (gm)	Trans Fat (gm)	Cholesterol (mg)	Carbohydrates (gm)	Fiber (gm)	Sugar (gm)	Sodium (mg)	Iron (mg)	Vitamin C (mg)	Vitamin A (IU)	Calcium (mg)
Baked Beans with Pork	0.5 CUP	130	7	1.0	0.0	0.0	0	24	6	3	500	1.82	1	0	80	
Baked Tater Rounds	2.5 OZ	140	2	7.0	1.5	0.0	0	16	2	0	270	0.36	1	0	0	
Black Bean Salad	0.5 CUP	157	5	1.64	0.26	N/A	0	16.73	3.5	N/A	246	1.7	23.7	577	29	
Brown Rice	47 gm	171	4	1	0	0	0	37	1	0	5	0.71	0	0	16	
Butterscotch Pudding	1 EACH	130	2	5.0	1.5	1.5	0	20	0	16	150	0	0	0	60	
Chex Mix- Cheddar	1 PACKAGE	210	4	6.0	1.0	0.0	0	35	2	5	370	0.72	0	0	0	
Chili- Reduced Fat	.75 CUP	140	13	5.0	1.6	0.0	31	12	4	5	625	2.00	9	1095	49	
Chocolate Pudding Pop	1 BAR	100	2	3.0	1.5	0.0	0	17	0	13	40	N/A	N/A	N/A	N/A	
Crackers (Saltine)	1 PACKAGE	50	1	1.0	0.0	0.0	0	9	0	0	160	0.36	0	0	0	
Doritos- Baked	1 PACKAGE	90	2	3.0	0.5	0.0	0	16	1	0	170	0.36	0	0	20	
Egg/Cheese Omlet	1 EACH	125	7	10.0	3.5	0.0	165	1	0	0	300	0.74	0	308	88	
Fortune Cookie	3 EACH	110	2	1.0	0.5	0.0	0	24	0	11	0	0.36	0	0	0	
French Fries	3 OZ	170	2	6.0	0.0	0.0	0	26	2	0	30	0.72	9	0	0	
Fritos	1 PACKAGE	160	2	10.0	1.5	0.0	0	16	1	0	160	0	0	0	20	
Fruit Juice Bars- Blueberry	1 EACH	60	0	0.0	0.0	0.0	0	15	0	14	10	0	60	0	60	
Fruit Juice Bars- Cherry	1 EACH	60	0	0.0	0.0	0.0	0	15	0	14	10	0	60	0	60	
Fruit Juice Bars- Orange	1 EACH	60	0	0.0	0.0	0.0	0	15	0	14	10	0	60	0	60	
Fruit Rollup	1 EACH	45	0	1.0	0.0	0.0	0	11	2	4	55	0.00	15	0	0	
Garlic Toast	1 SLICE	180	4	9.0	3.0	0.0	0	20	1	1	310	1.44	0	0	20	
Goldfish Crackers	1 EACH	100	2	3.5	1.0	0.0	N/A	14	N/A	0	180	0.36	0	0	20	
Goldfish- Cinn	1 PACKAGE	120	1	4.0	1.0	0.0	0	19	1	6	110	0.72	0	0	100	
Goldfish- Ranch	1 PACKAGE	100	3	3.0	1.0	0.0	0	14	0	0	190	1.08	0	N/A	20	
Graham-Choc (Keebler Elf)	1 PACKAGE	120	2	4.0	1.0	0.0	0	20	2	7	125	1.08	0	500	100	
Graham Snack (Nabisco)	1 PACKAGE	89	<1 gm	2.0	0.0	0.0	0	16	< 1 gm	5	130	1.00	0	0	22	
Hummus	2 TBSP	70	3	4.0	0.5	0.0	0	8	2	1	160	0.72	5	0	1	
Ice Cream Sandwich- Lowfat	1 EACH	130	3	2.5	1.5	0.0	5	25	0	13	85	N/A	N/A	100	200	
Klub Cheddar Sandwich Cracker	1 PACKAGE	190	3	9.0	2.5	0.0	0	24	0	6	290	1.00	0	0	60	
Nacho Chips/Salsa	10CHIPS, 2TBS	85	1	3.5	N/A	N/A	N/A	11	12	2	292	0.16	1	100	10	

Orange Dream Bar	1 BAR	100	1	1.5	1.0	0.0	5	20	0	17	40	N/A	N/A	N/A	N/A	
Potato Smiles	4 EACH	130	2	4.5	0.5	0.0	0	20	2	0	180	0.36		2	0	0
Potato Wedges	3 OZ	130	2	6.0	1.5	0.0	0	18	2	0	270	0.72		6	0	0
Refried Beans	0.5 CUP	90	6	2.0	0.5	0.0	0	16	4	0	490	1.80		0	0	40
Rice Crispy Treat	1 EACH	90	N/A	2.0	0.5	0.0	0	17	0	8	105	0.36		0	200	0
Rice Pilaf	.33 CUP	200	5	0.5	0.0	0.0	0	42	0	2	940	1.80		6	0	20
Sausage Patties	1 EACH	166	5	16	5.6	0	31	1	0	1	316	N/A	N/A	N/A	N/A	
Soft Pretzel	1 EACH	180	6	1.0	0.0	0.0	0	38	1	1	150	1.80		0	0	0
Sherbet Cup- Lime	1 EACH	110	1	1.5	1.0	0.0	5	24	0	23	35	0	1.20002	100	40	
Sherbet Cup- Orange	1 EACH	110	1	1.5	1.0	0.0	5	24	0	23	35	0		2	100	40
Sherbet Cup- Raspberry	1 EACH	110	1	1.5	1.0	0.0	5	24	0	23	35	0		0	100	40
String Cheese	1 EACH	80	7	6.0	4.0	0.0	15	1	1	0	200	0		0	300	200
Sunchips- Harvest Cheddar	1 OZ	140	2	6.0	1.0	0.0	0	19	3	2	200	0.36		0	0	0
Sweet Potato Puffs	3 OZ	130	1	3.0	0.0	0.0	0	23	2	8	230	0.36		4	3000	20
Tater Tots	2.5 OZ	140	2	7.0	1.5	0.0	0	16	2	0	270	0.36		1	0	0
Teddy Grahams Cinnamon	1 PACKAGE	90	1	3.0	0.5	0.0	0	16	0	5	95	0.72		0	0	80
Vanilla Goldfish Grahams	1 EACH	120	2	4.0	1.0	0.0	0	19	1	6	105	3.60		2	100	0
Fruit Snack	1 PACKAGE	80	1	0.0	0.0	0.0	0	19	0	11	10	0		60	1250	0
Wheat Roll	1 BUN	80	3	1.0	0.0	0.0	0	15	2	1	140	N/A	N/A	N/A	N/A	
Whole Grain Bread	2 SLICES	110	6	1.0	0.0	0.0	0	23	4	4	220	N/A	N/A	N/A	N/A	
Whole Grain Roll	1 EACH	80	3	1.0	0.0	0.0	0	15	2	1	140	N/A	N/A	N/A	N/A	
Yogurt- Strawberry/Banana (Trix)	1 EACH	100	3	0.5	0.5	0.0	5	20	N/A	14	50	N/A	N/A	500	100	
Yogurt- Raspberry Rainbow (Trix)	1 EACH	100	3	0.5	0.5	0.0	5	20	N/A	14	50	N/A	N/A	500	100	
Whole Grain Bread	2 SLICES	110	6	1.0	0.0	0.0	0	23	4	4	220	N/A	N/A	N/A	N/A	
Whole Grain Roll	1 EACH	80	3	1.0	0.0	0.0	0	15	2	1	140	N/A	N/A	N/A	N/A	
Yogurt- Strawberry/Banana (Trix)	1 EACH	100	3	0.5	0.5	0.0	5	20	N/A	14	50	N/A	N/A	500	100	
Yogurt- Raspberry Rainbow (Trix)	1 EACH	100	3	0.5	0.5	0.0	5	20	N/A	14	50	N/A	N/A	500	100	