

BREAKFAST ITEMS	PORTIONS	GM CARBS	S PORT.	GM CARB	Sodium	Calories	% FAT	PROTEIN
BISCUITS DROP	1 2.5 oz	22. gm	2 EA	44 gm	232	169	37%	6.70%
BISCUITS ROLLED	1 1.5 oz	22.4 gm	2 EA	44 gm	232	169	37%	7%
BISCUIT/SAUSAGE GRAVY	1 2.5 oz	40 gm	2 BISC	80 gm	664	428	40%	5%
BISCUIT/ SAUSAGE PATTY	1 1.6 oz	27.6 gm	1 BISC	33 gm	599	221	42%	7%
MUFFINS Spunkmeyer								
BANANA NUT	2.25 oz	35 gm	2.25 oz	35 gm	225	213	6.2 gm	3.75 gm
BLUEBERRY	2.25 oz	34 gm	2.25 oz	34 gm	237	222	6.2 gm	3.75 gm
CHOC/CHOC CHIP	2.25 oz	35 gm	2.25 oz	35 gm	200	213	7.5 gm	3.75 gm
PHS MUFFINS								
BANANA MUFFIN	2 oz	21 gm	2 - 2oz	42 gm	440	240	22%	6%
BLUEBERRY	2 oz	21 gm	2 -2oz	42 gm	440	240	22%	6%
CHOC CHIP	2 oz	37 gm	2-2oz	74 gm			28%	
PREPARED ITEMS								
FLAPSTICK	1 2.85 oz	23 gm	same	same	430	230	14%	9gm
FRENCH TOAST	3/1.14oz	39 gm	4/1.14 oz	52 gm	1 =210	1 =280	12%	6gm
PANCAKE	2/1.25 oz	26 gm	3/1.25 oz	39 gm			28%	
PIZZA-BREAKFAST	1 SL	24 gm					41%	
WAFFLE STICKS	2/ sv	26.6 gm	3/ sv	39 gm	2=230 3=345	2=140 3=210	2=3.3 3=4.2	2=4 g 3=6g
CEREAL BOWLS PKG								
CINN TOAST CRUNCH	1 1 oz	22 gm	same	same	190	120	3 gm	1 gm
FROSTED FLAKES	1 1 oz	26 gm	same	same	135	110	0	1 gm
GOLDEN GRAHAMS	1 1 oz	23 gm	same	same	250	110	1 gm	1gm
HONEY NUT CHEERIOS	1 1 oz	22 gm	same	same	250	110	1gm	.1gm
KIX BERRY BERRY	1 1 oz	21 gm	same	same	140	90	1gm	1gm
LUCKY CHARMS	1 1 oz	23 gm	same	same	190	110	1gm	1 gm
RAISEN BRAND	1 1 oz	24 gm	same	same	210	110	1gm	3 gm
RICE KRISPIES	1 1 oz	16 gm	same	same	170	70	0	1gm
CINNAMON ITEMS								
COFFEECAKE	1 1.5 oz	38.2 gm	same	same	266	169	55%	1.9gm
CINN. BREAD STICK	2.5 oz	17 gm	2 2.5 oz	34 gm	1=277	1=183	11%	3.5gm
ROLL	1 2.5 oz	35 gm	same	same	311	236	14%	5.7gm
PULL APART	1 1.2 oz	27.7 gm	2 1.2 oz	64 gm	155	118	7%	2.8gm
QUICK BREAD								
BANANA	1 sl	35.8 gm	2 sl	71 gm	1=164	1=187	1=18%	6%
PUMPKIN	1 sl	18.8 gm	2 sl	29.6 gm	1=157	1=198	1=305	5%
APPLE SCONE	1/2 EA	25.5 gm	1 EA	53 gm				
APPLE CINN STICK	1/2 EA	20 gm	1 ea	40 GM	1 ea=35	1=170	1=3%	5 gm
JUICE preportion cup 4 oz each								
APPLE	4 oz	12.5 gm	4 OZ	12.5 GM	0.5	50	0	0
GRAPE	4 oz	20 gm	4 OZ	20 GM	0.1	80	0	0
ORANGE	4 oz	12.5 gm	4 OZ	12.5 GM	5	50	0	0
TOASTER PASTRY								
CINN BROWN SUGAR	1 EA	38 gm	2 EA	76 gm	1=210	1=220	5 gm	2 gm
STRAWBERRY	1 EA	38 gm	2 EA	76 gm	1=120	1=200	5 gm	2 gm
YOGURT 4 oz CTN EACH								
BANANA STRAWBERRY	1 EA	24 gm			50	90	1%	4gm
RAINBOW RASPBERRY	1 EA	24 gm			50	90	1%	4gm

VEGETABLES	Elem Port	CARB GM	M & h Port	CARB GM	Sodium	Calories	FAT %	PROTEIN
BAKED BEANS	1/4 C	18.3 gm	1/3 C	23.4 gm	E=419 S=615	E=115 S=174	8.21%	
GREEN BEANS	1/4 C	1.52 gm	1/3 C	2.64 gm	E=84.8 S=113	E=6.8 S=9	4.50%	.70gm
LIMA BEANS	1/4 C	7.94 gm	1/3 C	10.59 gm	E=105 S=140	E=82.5S=110	.5 gm	
KIDNEY BEANS	1/4 C	9 gm	1/3C	12.6 gm	E=189 S=252	E=53 S=70	9.59%	4.5 gm
BROCCOLI	1/4 C	2.33 gm	1/3 C	3.1 gm	E=3.8 S=5	E=7.5 S=10	0.00%	1.9gm
CABBAGE WEDGE 1 ea	1 wedge	3 gm	1 wedge	3 gm	8	13	10.70%	.6 gm
CARROT COINS	1/4 C	2.8 gm	1/3 C	3.7 gm	E=27 S=36	E=16.5 S=22	6.80%	.35gm
BABY CARROT RELISH / DIP	1/3 C	4.6 gm	1/3 C	4.6 gm	44	20	3.34%	.55 gm
CAULIFLOWER	1/4 C	1.9 gm	1/3 C	3 gm	E=9 S= 16	E=10 S=17	10.40%	.81gm
CELERY STICKS	1/3 C	3 gm	1/3 C	3 gm	E=29 S=39	E=5.3 S=7	10.40%	.35 gm
COLESLAW	1/4 C	2.52 gm	1/3C	3.3 gm	E=42 S=56	E=46 S=62	78%	.37gm
CORN	1/4 C	8 gm	1/3 C	10.69 gm	E=18 S=24	E=33 S= 44	7.40%	1.83 gm
CORN COBBETE	1 sm	14 gm	1 SM	14 gm	24	59	16.40%	1.96gm
CUCUMBER SLICES RAW	1/4 C	.7 gm	1/3 C	.75 gm	1 / oz	3 / oz	12%	.17gm
MIXED VEGETABLES	1/4 C	5.4 gm	1/3 C	7.94 gm	E=27 S=36	E=36 S=48	7.30%	2.52 gm
PEAS	1/4 C	6.4 gm	1/3 C	7.61 gm	E=24.8 S=44	E= 35.4 S=47	3.20%	3.11 gm
PEAS & CARROTS	1/4 C	4.1 gm	1/3 C	5.4 gm	E=27.3 S=44	E=17 S=22	0.00%	.98 gm
REFRIED BEANS	1/4 C	17.7gm	1/3C	23.6 gm	E=191 S=255	E=61 S=80	12.60%	4.69 gm
SHREDDED LETUCE	1/4 C	2 gm	1/3 C	1.1 gm	E=.06 S=.08	E=6.8 S=9	20 gm	.21 gm
GARDEN SALAD	1/3 C	.33 gm	1/2 C	1.06 gm	E=4 S5.3	E=5 S=6.7	36%	.21 gm
SPINACH	1/4 C	4.5 gm	1/3 C	6 gm	E=.63 S= .84	E=26.S=35	21.80%	4.47 gm
TOMATO/LETTUCE	1/4C	1.6 gm	1/3 C	3 gm	3	6	13.50%	2.5 gm
TOMATO CANNED	1/4 C	5.1 gm	1/3 C	6.88 gm	E=186 S=248	E=24 S=36	6.80%	2.1 gm
WINTER MIX VEGETABLES	1/4 C	2.29 gm	1/3 C	3.05gm	E=14 S=19	E=14 S=19	0.00%	1.52 gm
POTATOES	Elem Port	CARB GM	M & H Port	CARB GM			FAT %	
AUGRATIN	1/4 C	14.9 gm	1/3 C	19.9 gm	E=167 S=222	E=29 S=38	30%	5.58 gm
BAKED POTATO	1/2 ea	25.5 gm	1 ea	50.96 gm	16	220	28%	1.17gm
CRIS CUT OVEN FRIES	.375 C	11 gm	.875 C	17.5 gm	20	144	39%	.9 gm
CURLY OVEN FRIES	NA	NA	.875 C	18 gm	32	238	45%	
FRENCH OVEN FRIES	.375 C	24 gm	.875 C	35 gm	E=150 S=225	E=114 S=171	47%	.9 gm
MASHED	1/3 C	9.92 gm	1/2 C	14.88 gm	E=165 S=220	E=58 S=77	16%	1,17 gm%
RANCH CUT OVEN FRIES	.375 C	18 gm	.875 C	29.44 gm	25	160	39%	2.74gm
SCALLOPED	1/4 C	19.9 gm	1/2 C	39.47 gm				
TATOR TOTS	5 ea	21 gm	8 ea	56 gm	390	160	28%	1.49gm%
PICKLES								
DILL SLICES	2-4 SL	2.7 gm	2-4 sl	2.7 gm	0.27	0	0	0
SAUCES								
CHEESE SAUCE	1 oz	4 gm	1 oz	4 gm	390	70	7 gm	6gm
TACO SLASA	1 oz	5 gm						
WHITE GRAVY	1 OZ	6 gm	2 oz	12 gm	25	6	.5 gm	0
TARTAR SAUCE	.5 oz	2 gm						

BREAD ITEMS	PORTIOS	CARB GM	M&PHS	CARB GM	Sodium	Calories	FAT %	PROTEIN
W.W. BREAD STICK	1 ea	14.7 gm	1 OR 2	29.4gm	162	100	3.4gm	2.43 gm
BANANA BREAD	1 sl	35.9 gm	1 sl	35.9 gm	164	187	18%	6%
PUMPKIN BREAD	1 sl	29.6 gm	1 sl	29.6 gm	157	198	33%	5%
BISCUIT (BREAKFAST)	1 ea	22.4 gm	2 ea	44.8 gm	232	169	7.1 GM	3,7 gm
BUNS -(ALL SAME SIZE)	1 ea	31 gm	1 ea	31 gm	243	150	5.1 gm	
CINNAMON ROLL	3 oz	46 gm	3 oz	46 gm	311	236	13.78%	5.7 gm
CINN PULL APARTS	1 ea 1 oz	27.6 gm	2 ea 2 oz	55.2 gm	109	139	2.05 gm	2.55 gm
CINN. TOP HARD ROLL	1ea 3 oz	38.5 gm	1 ea oz	38.5 gm	109	139	2.05 gm	2.55 gm
WW FRENCH BUN	1 ea 2.5 oz	25.9 gm	1 ea 2.5 oz	25.9 gm	243	150	5.1 gm	3.65 gm
51%WW ROLL	1 ea2 oz	23.3 gm	1 OR 2 ea	46.6 gm	162	100	3.4gm	2.42 gm
HARD ROLL	1 ea 3oz	27.8 gm	1 ea 3 oz	27.8 gm	109	139	2.05 gm	2.55 gm
HOT DOG BUN (PURCHASED)	1 ea 1.5 oz	12 gm	1 ea 1.5 oz	12 gm	250	130	2 gm	4 gm
MULIT-GRAIN ROLL	1 ea	25 gm	1 OR 2 ea	50 gm	147	138	2.46 gm	4.1gm
CORNMEAL ROLL	1 ea 1.5 oz	25.3 gm	1OR 2 ea	50.6 gm	277	138	2.3 gm	3.74 gm
OATMEAL ROLL	1 ea 1.5 oz	25 gm	1 OR 2 ea	50.gm	277	139	2.43 gm	3.97 gm
TORTILLA CHIPS	3/4 oz	27 gm	1 oz	36 gm	E=108 S=145	E=85 S=110	12%	2 gm
TORTILLA 8 INCH	1 ea	23 gm	1 ea	23 gm	290	140	3.5 gm	4 gm
WHEAT ROLL	1 ea 2 oz	16.4 gm	1 OR 2 ea	32.8 gm	147	138	2.46 gm	4.1 gm
PIZZA CRUST	2.5 oz	25.9 gm	1ea	25.9 gm	243	150	5.1 gm	3.65 gm
CORNMEAL STUFING	2 oz	23.gm	2 oz	23 gm	330	60	1 gm	2 gm
MUFFIN PHS LOW FAT	2 oz	CARB GM						
BANANA MUFFIN	1 EA	26 gm	1 ea	26 gm	220	120	.5 gm	2 gm
BLUEBERRY	1 ea	26 gm	1 ea	26 gm	220	120	.5 gm	2 gm
CHOC CHIP	1 ea	38 gm	1 ea	38 gm	273	180	2.91gm	2.21 gm
DESSERTS	PORTION	CARB GM						
APPLE CRISP	1/4 C	24.3 gm	1/3 C	32.4 gm	170	151	2.6 gm	13%
PEACH CRISP	1/4 C	30.7 gm	1/3 C	41. gm	72	E=135 S=189	2.2 gm	1.6 gm
BROWNIES LOW FAT PHS	1 ea	42 gm	1 ea	42gm	145	216	4.4 gm	2 gm
CAKES W ICING (ALL SAME SIZE)								
BANANA	1 sl	24.6 gm	1 sl	24.6 gm	190	150	5 gm	2 gm
CHOCOLATE	1 sl	30.5 gm	1 ea	30.5 gm	300	160	7 gm	4gm
MARBLE	1 sl	31gm	1 ea	30 gm	200	154	5 gm	4gm
WHITE	1 sl	22.1 gm	1 ea	22 gm	190	82	1 gm	2 gm
YELLOW	1sl	31 gm	1 sl	31 gm	230	174	3.48 gm	1.5 gm
COOKIES (ALL SAME SIZE)								
CHOCOLATE CHIP PHS	1 ea	17.5 gm	1 ea	17.5 GM	140	160	8%	2GM
Chocolate Chip Spunkmeier	1 EA	36 gm						
Carnival Spunkmeier	1 ea	26 gm	1EA	17.5	140	160	8%	2 gm
MARBLE BAR PHS	1 ea	34.4 gm	1 ea		190	204	6.7gm	3.9 gm
SMORES PHS	1 ea	36 gm	1 ea					
SNICKERDOODLES PHS	1 ea	25.4 gm	1 ea					
SUGAR PHS	1 ea	14.36	1 ea	14.36	61	114	5.7 gm	1.34gm
Sugar Spunkmeier	1 EA	31 GM	1 ea					
SHORTCAKES ALL SAME SIZE	1 ea	21 gm	1 ea	21 gm	499	157	7.5 gm	2.3 gm
CHERRY TOPPING ADDED	1/3 C	43.3 gm	1 ea	43.3 gm	245	502	8.5 gm	3.5 gm
STRAWBERRY TOPPING ADDED	1/3 C	43.3 gm	1ea	43.3 gm	452	242	7.7 gm	2.8 gm
PUMPKIN PIE (Thanksgiving)	1 pc ea	17.8 gm	1 ea	17.8 gm	101	118	3.8 gm	3,6 gm
WHIPED TOPPING	2 TBSP	2 gm	2 tbsp	2 gm	5 gm	25	2 gm	0 gm
MILK								
1% LOW FAT WHITE	1/2 Pint	11.6 gm	same	same	120	120	8	8 gm
2% LOW FAT WHITE	1/2 Pint	11.7 gm	same	same	120	120	8	8 gm
SKIM WHITE	1/2 Pint	11.8 gm	same	same	120	80	0	8 gm
LOW FAT CHOCOLATE	1/2 pint	28 gm	same	same	200	140	0	
PMS & PHS only ala carte								
GRAB AND GO MILK			12 oz					
chocolate			12 oz	39 gm				

