

Supplemental Nutrition Facts for School Meals

Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions. The Food and Nutrition team is available to support at 425-385-

| MENU ITEM | PORTION | CALORIES | CARBS (grams) |
|--|---------|----------|---------------|
| <u>BEVERAGES</u> | | | |
| Milk, 1% white | 8 oz | 110 | 13 |
| Milk, Fat Free Chocolate | 8 oz | 130 | 24 |
| Milk, fat free white | 8 oz | 90 | 13 |
| <u>FRUIT</u> | | | |
| Apple, fresh (163 count, 2 ½" diameter) | 1 each | 58 | 16 |
| Applesauce | 4 oz | 90 | 14 -15 |
| Banana (small) | 1 each | 90 | 23 |
| Blueberries, Frozen unsweetened | ½ cup | 40 | 9 |
| Cranberry, dried | ¼ cup | 93 | 25 |
| Grapes, Fresh | ½ cup | 61 | 16 |
| Mixed Fruit, canned | 4 oz | 80 | 15 - 18 |
| Orange, fresh (113 count, 2 5/8" diameter) | 1 each | 69 | 17 |
| Orange, Mandarin Canned | ½ cup | 80 | 19 |
| Orange, Satsuma fresh | 1 each | 45 | 11 |
| Peaches, canned | 4 oz | 53 | 14 |
| Peaches, frozen cup | 4.4 oz | 80 | 19 |
| Pears, canned | 4 oz | 58 | 15 |
| Pineapple tidbits, canned | 4 oz | 90 | 22 - 23 |
| Raisins | ¼ cup | 109 | 29 |
| Strawberries, Frozen | 4.5 oz | 90 | 22 |
| <u>CONDIMENTS</u> | | | |
| BBQ Sauce | 1 oz | 48 | 12.5 |
| Catsup | 1 oz | 32 | 8.5 |
| Coleslaw | 1/4 cup | 39 | 4.7 |
| Cranberry Sauce, Canned | 1/8 cup | 52 | 13.5 |
| Dressing, Caesar | 1 oz | 59 | 1.6 |
| Dressing, French | 1 oz | 146 | 2.4 |
| Dressing, Honey Mustard | 1 oz | 97 | 6.6 |
| Dressing, Ranch | 1 oz | 57 | 2.3 |
| Dressing, Thousand Island | 1 oz | 92 | 4.6 |
| Hummus | 1 Tbsp | 39 | 4.8 |
| Margarine | 1 tsp | 34 | 0 |
| Tartar Sauce | 1 Tbsp | 45 | 2.2 |

| <u>COMBO MEALS COMPONENTS</u> | | | |
|--|--------|--------|-----------|
| Baked Potato Combo – includes baked potato, roll and grated cheese | | | 83 |
| PBJ Combo - includes PBJ sandwich, string cheese, and granola | | | 55 |
| Yogurt Parfait Combo – Yogurt Parfait, granola, string cheese and cracker | | | 67 |
| Yogurt Combo – includes yogurt, granola, string cheese, and cracker | | | 40 |
| Baked Potato | 1 each | 188 | 42.7 |
| Baked Potato, Cheese, Sour Cream | 1 each | 463 | 43.1 |
| Cracker (pre-package read label) | 1 oz | 80-120 | 14-19 |
| Granola | ¼ cup | 107 | 19 |
| Roll, whole wheat | 2 oz | 190 | 38 |
| String Cheese | 1 oz | 82 | <1 |
| Uncrustable PBJ | 2.8 oz | 310 | 34 |
| Yogurt Parfait with Fruit | 12 oz | 339 | 64.3 |
| Yogurt | 4 oz | 120 | 23 |