

Supplemental Nutrition Facts for School Meals

Ingredients are subject to change or substitution without notice; may check with kitchen manager. Please consult a medical professional for assistance in treating medical conditions. The Food & Nutrition team is available to support at 425-385-4380.

MENU ITEM	PORTION	CALORIES	CARBS (grams)
<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
Kiwi Fruit, (2" diameter)	1 each	42	10
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
Syrup, maple	1 oz	210	52

<u>COMBO MEALS COMPONENTS</u>			
Baked Potato Combo – includes baked potato, roll and grated cheese			102.8
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 (no sides)	1 each	271	60.78
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
<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