

Sheet1

	A	B	C	D	E	F	G
1	CAFETERIA NUTRITIONAL VALUE LIST						
2	FOOD	SERV. SIZE	CALORIES	FAT	UNSATURATED FAT	CARB	SUGAR
3							
4	DRINK						
5	Chocolate Milk	1 cup	160	2.5	1.5	27	26
6	Orange Juice	1 cup	120	0	0	29	28
7	Strawberry Milk	1 cup	170	2	1.5	31	31
8	White Milk	1 cup	110	2.5	1.5	13	13
9							
10	FRUIT						
11	Apple						
12	Applesauce	1/2 cup	50	0	0	14	11
13	Banana	1	74	1	0	19	0
14	Diced Peaches	1/2 cup	70	0	0	17	16
15	Sliced Peaches	1/2 cup	70	0	0	17	16
16	Diced Pears	1/2 cup	80	0	0	20	14
17	Fruit Cocktail	1/3 cup	84	0	0	21	21
18	Mandarin Oranges	1/3 cup	80	0	0	19	16
19	Orange Slices	2 or half	16	0.04	0	4	0
20	Peach Halves	1/2 cup	70	0	0	17	6
21	Pear Halves	1/2 cup	80	0	0	20	14
22	Sliced Apples	1/2 cup	50	0	0	12	9
23	Pineapple	1/2 cup	70	0	0	17	14
24							
25	SIDES						
26	Baked Beans	1/2 cup	110	0	0	21	2
27	Brown Gravy	1/4 cup	25	1	0	4	1
28	Carrots (cooked)	1/2 cup	45	0	0	8	3
29	Baby Carrots	1/4 cup	35	0	0	8	5
30	Chicken Gravy	1/4 cup	35	1	0.5	6	0
31	Chips	1 ounce	75		0	17	0
32	Corn	1/2 cup	80	1	0	17	4
33	Green Beans	1/2 cup	20	0	0	4	2
34	Jelly	1 Tbsp	35	0	0	8	6
35	Mashed Potatoes	1/2 cup	60	0	0	13	0
36	Nacho Cheese	1/4 cup	80	6	1	6	0
37	Peanut Butter	2 Tbsp	200	16	3	8	4

38	Peas	1/2 cup	70	0	0	12	6
39	Pickles	1 ounce	0	0	0	0	0
40	Shredded Lettuce	1 cup	6	0	0	1.2	0
41	Sliced Cheese	1 ounce	110	9	5	1	1
42	Tater Tots	3 ounces	140	7	1	17	0
43	Tomato Soup	1/2 cup	90	1	0.5	19	11
44	Tomatoes	1/2 cup	25	0	0	5	3
45	Trio Potatoes	1/2 cup	60	0	0	13	2
46	Vegetarian Beans	1/2 cup	130	0	0	24	3
47	Vegetarian Vegetable Soup	1/2 cup	90	3	0.5	15	5
48	Tomato Sauce	1/4 cup	20	0	0	5	3
49							
50	SALAD BAR						
51	Bacon Bits	1 Tbsp	30	2	0	0	0
52	Olives	2 Tbsp	35	3	0	0.1	0
53	Carrots	1/4 cup	35	0	0	8	5
54	Cheese (shredded)	1 ounce	110	9	0	1	1
55	Green Peppers	1 ounce	2.4	0.2	0	5.5	2.9
56	Chicken Salad	1/3 cup	200	14	2.5	9	6
57	Pasta Salad	1/2 cup	370	27	4	27	6
58	Cottage Cheese	1/2 cup	110	5	3	4	3
59	Croutons	2 Tbsp	25	1	0	5	0
60	Cucumbers						
61	Italian Dressing	2 Tbsp	110	11	2	3	2
62	Lettuce	1 cup					
63	Ranch Dressing	2 Tbsp	150	15	2.5	1	1
64	Raisins	1/4 cup	110	0.2		28.7	
65	Diced Ham	1/4 cup	100	5.2			
66	Diced Turkey	1/4 cup	60	1.5		1	
67							
68	ENTRÉE						
69	Beef Ravioli	1 cup	250	8	3.5	30	6
70	Cheese Pizza	1 slice	390	16	5	4.5	6
71	Chicken Nuggets	5	220	13	3.5	11	0
72	Chicken Fingers	4					
73	Chicken Patties	1	220	13	3	11	0
74	Chicken Rings	5					
75	3 Way Chili	1/4 cup					
76	Deli Turkey	2 oz	60	1.5	0	1	0
77	Diced Chicken	3oz	130	3.5	1	0	0
78	Egg Noodles	1/2 cup					

79	Fiestada Pizza	1 slice					
80	French Toast Sticks	4	280	10	2	43	11
81	Grape Jelly	1 tbsp	40	0	0	11	8
82	Grilled Cheese	1	250	11	0	27	3
83	Ground Beef	2oz	160	11.6			
84	Ham	2 oz	100	5.2			
85	Hamburger	3.5 oz					
86	Hoagie	2.5 oz	150	10	4.5	2	0
87	Hot Dogs	1	150	13	4.5	2	1
88	Mozzarella Cheese Sticks	3					
89	Mini Corn Dogs	4	190	10	3	21	4
90	Pancakes	3	230	6	1	38	5
91	Pepperoni Pizza	1 slice	390	16	5	46	6
92	Pizza Sauce	1/4 cup	30	0	0	6	3
93	Pork Roast	2 oz					
94	Sausage Patty						
95	Spaghetti Sauce	1/2 cup	60	1	0	12	2
96	Taco Shells	1	100	5	2	13	0
97	Turkey Roast	2 oz	90	3.2	0	1.8	
98							
99	BREAD						
100	Bagel	1	200	3	0	37	4
101	Bread stick	1	98	1.2	0.2	19.4	0
102	Garlic Bread	1					
103	Hamburger Bun	1	110	1.5	1.5	22	3
104	Hoagie Bun	1	180	1.5	0.5	36	3
105	Hot Dog Bun	1	110	1.5	0	22	3
106	Sister Shubert Roll	1					
107	White Bread	1	140	2	0	26	2
108	Wrap	1	120	3	1	20	1
109							
110	MISC.						
111	BBQ Cup	1oz	15	0	0	11	9
112	Brown Sugar	1tbsp	15	0	0	4	4
113	Butter	1 tbsp	100	11	7	0	0
114	Cheddar Cheese	1/4 cup	80	6	1	6	0
115	Elbow Macaroni	1/2 cup	230	4	2.5	42	5
116	Honey Mustard Cup	1 oz	170	17	2.5	5	4
117	Instant Rice	1 cup	180	0.5	0	40	0
118	Ketchup	1 tbsp	15	0	0	4	4
119	Lite Mozzarella Cheese	1 oz	60	2	1.5	1	0

120	Mayo	1 oz	100	11	1.5	0	0
121	Mexican Rice	1/2 cup	200	1	0	43	1
122	Mustard	1 oz	0	0	0	0	0
123	Nacho Cheese	1/4 cup	80	6	1	5	0
124	Pancake Syrup	1 oz	15	0	0	3	2
125	Ranch Dip Cup	1 oz	160	16	0	1	1
126	Salsa	2 tbsp	5	0	0	1	1
127	Spaghetti	1/2 cup	210	1	0	41	2
128	Cincinnati Chil Packet	1	20	0.5	0	4	1
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