

Montgomery County Public Schools

Nutritional Information

	Portion	Calories	Carbs	Fiber	Sugars	Protein	Sodium	Potassium	Fat	Sat. Fat	Cholesterol	Comments
<b>MAIN DISHES</b>												
Bean & Cheese Burrito	1 Each	291	40	7.9	1	15	478	456	8	3.6	15	Does not contain pork
Beans, Pinto	2/3 cup	137	24	7.3	N/A	7.7	186	N/A	1.3	0	0	
Beans, Pinto	3/4 Cup	154	27	8.2	N/A	8.7	210	N/A	1.4	0	0	
Beans, Pinto	1 Cup	206	36	10.9	N/A	11.6	280	N/A	1.9	0	0	
Beans, Red	1/2 Cup	112	20	6.1	N/A	6	240	N/A	0	0	0	
Beans, Red	3/4 Cup	167	30	9.2	N/A	9	360	N/A	0	0	0	
Black Bean Veg Wrap Filling	1 Cup	277	47	10.6	N/A	11.3	560	N/A	5	0.7	0	
Black Bean Veg Wrap (10 in.)	1 Each	447	77	13.6	N/A	16.3	860	N/A	8.5	1.7	0	
Cheese-filled, Breadstick	1 Piece	150	18	2	1	8	290	N/A	6	3.5	20	
Calzone, Pepperoni	1 Each	340	39	0	9	20	560	0	13	5	25	Beef pepperoni, does not contain pork
Cheeseburger with Bun	1 Each	369	27	3	N/A	20.3	775	N/A	19.6	8.1	57	
Cheese Sticks (Maxstik)	1 Piece	150	17	2	3	7	370	N/A	6	2	5	
Cheese Sticks (Maxstik)	2 Pieces	300	34	4	6	14	740	N/A	12	4	10	
Cheesy Bread	4 oz	280	30	2	1	16	460	0	11	6	25	Contains yellow #444
Cheesy Chicken Pasta	2/3 Cup	455	39	3.9	N/A	28	327	N/A	22.2	10.1	76	
Cheesy Chicken Pasta	3/4 Cup	484	42	4.2	N/A	30	348	N/A	23.6	10.7	81	
Cheesy Chicken Pasta	1 Cup	600	52	5.2	N/A	36.9	431	N/A	29.3	13.3	100	
Cheesy Chicken Topping	1/2 cup	197	6	0.1	N/A	17.9	293	N/A	11.5	5.1	52	
Cheesy Chicken Topping	3/4 cup	299	9	0.1	N/A	27.2	444	N/A	17.5	7.8	79	
Chicken, Asian, Glazed	6 Pieces	320	26	2	6	22	520	N/A	14	2	50	
Chicken, Asian, Cherry Blossom	3.9 oz	200	27	2	14	13	350	N/A	4	1	45	
Chicken, Mandarin Orange	3.6 oz	150	19	0	10	11	280	N/A	3	0.5	40	
Chicken, Cheesy Topping	1/2 C	197	6	0.1	N/A	17.9	293	N/A	11.5	5.1	52	
Chicken, Cheesy Topping	3/4 C	299	9	0.1	N/A	27.2	444	N/A	17.5	7.8	79	
Chicken, Deli, Sliced	4 slices	70	2	0	1	10	370	N/A	2	0.5	25	
Chicken, Diced	1 oz	43	0	0	0	8.6	13	N/A	1.1	0	26	
Chicken Fajita Strips	1 Serving	130	3	0	1	23	640	N/A	2.5	0.5	60	
Chicken, Korean BBQ	1 Serving	111	11	0	10	10	161	N/A	2	0	40	
Chicken Nuggets	5 pieces	262	16	2.5	1	16.2	400	N/A	15	2.5	25	
Chicken Patty, Breaded	3.5 oz	270	16	3	1	16	400	N/A	15	2.5	25	
Chicken Patty, Melt Over Pasta (Elementary)	1 serving	459	48	6	N/A	24.6	560	N/A	20.8	5.4	36	
Chicken Patty, Melt Over Pasta	1 serving	509	48	6	N/A	28	646	N/A	24.7	7.7	48	
Chicken, Pulled	3 oz	130	1	0	0	20	115	N/A	5	1.5	60	
Chicken, Tenders	3 pieces	260	16	3	1	15	390	N/A	15	2.5	25	
Chili Cheese Fries	1 serving	267	24	2.9	N/A	14.3	213	N/A	11.2	4	37	Chili made with beef
Corndog Nuggets	6 pieces	250	28	1	6	11	550	N/A	11	2.5	50	
Fish Filet Patty	1 Each	150	13	0.5	N/A	14	220	N/A	4	0	50	

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Fish Nuggets	4 Each	210	22	3	1	12	280	N/A	8	1.5	35	
Fish Sticks	4 Each	220	19	2	N/A	14	310	N/A	9	1	50	
Ham, deli	1.2 oz	37	2	0	1	5	232	N/A	2	1	18	Contains pork
Hamburger Patty, Beef	1 Each	179	0	0	0	11.3	325	N/A	14.6	6.1	50	
Hot Dog, no bun	1 Each	120	2	0	1	7	600	N/A	10	2.5	45	Turkey; Does not contain pork
Macaroni and Cheese	3/4 cup	246	25	2.5	N/A	13.8	424	N/A	10.9	6.7	31	
Macaroni and Cheese	1 cup	295	30	3	N/A	16.5	509	N/A	13.1	8	37	
Macaroni and Cheese	1 1/3 cup	422	42	4.3	N/A	23.6	727	N/A	18.8	11.5	53	
Macaroni and Cheese	1 1/2 cup	492	50	5	N/A	27.6	848	N/A	21.9	13.4	62	
Meatballs, Beef	4 pieces	127	1	0.8	0.6	9	292	N/A	9.2	3.7	32	
Pizza, Cheese (4X6)	1 Slice	270	33	4	5	15	750	N/A	9	3	10	
Pizza, Cheese, Lunch Around	1 Pizza	320	45	5	5	15	610	N/A	11	3.5	10	
Pizza, Pepperoni (4X6)	1 Slice	270	33	4	5	18	810	N/A	8	4	20	Pepperoni contains beef and pork
Pizza, Sausage Personal	1 Pizza	442	41	5.2	5	27.8	860	N/A	18	5.9	54	Contains pork
Pizza, Tortilla Pocket 8"	1 Piece	288	27	2.1	N/A	24.8	426	N/A	8.5	3.2	59	Does not contain pork
Pizza, Tortilla Pocket 10"	1 Piece	318	33	3.1	N/A	25.8	476	N/A	9	3.2	59	Does not contain pork
Pork BBQ, Texas, (no bun)	1 Serving	299	17	0	16	18	233	N/A	17	6	71	Contains pork
Pork, Carnita Style	1 Serving	149	1	0	1	16	57	N/A	8	3	53	Contains pork
Ravioli, Cheese (no sauce)	4 Pieces	230	35	4	N/A	16	240	N/A	3.5	1.5	45	
Ravioli w/ Marinara	1 Serving	271	40	4	N/A	16.5	502	N/A	5	1.5	45	
Salad, Chef	1 Salad	180	5	2.5	N/A	17.2	197	N/A	10.8	6.3	55	
Salad, Chicken	1/2 Cup	147	7	0.4	N/A	17.7	284	N/A	5.7	1.2	53	
Salad, Garden Pasta	1 Cup	165	27	5.4	N/A	6.1	426	N/A	4.4	0.6	0	
Salad, Garden Pasta	1.5 Cup	250	41	8.2	N/A	9.2	646	N/A	6.7	1	0	
Salad, Taco, Beef, Beans	1 Salad	314	23	6.9	N/A	22.2	412	N/A	14.5	7.8	54	
Salad, Taco, Beef, Beans, 8"	1 Salad	464	47	8.9	N/A	26.2	612	N/A	18.5	8.8	54	
Salad, Taco, Beef, Beans, 10"	1 Salad	494	52	9.9	N/A	27.2	662	N/A	19	9.3	54	
Salad, Taco, Chicken, Beans	1 Salad	308	23	6.6	N/A	23.9	478	N/A	12.9	6.9	77	
Salad, Taco, Chicken, Beans, 8"	1 Salad	458	47	8.6	N/A	27.9	678	N/A	16.9	7.9	77	
Salad, Taco, Chicken, Beans, 10"	1 Salad	488	52	9.6	N/A	28.9	728	N/A	17.4	8.4	77	
Salad, Tuna	1/2 c	131	3	0.5	N/A	12.2	259	N/A	7.2	1.6	92	
Salad, Vegetarian Lunch	1 Salad	161	9	4.3	N/A	10	216	N/A	9.8	6	29	
Sandwich, Cheese, 1 oz	1 Each	150	24	4	N/A	9	370	N/A	4	1.5	7	
Sandwich, Cheese, 2 oz	1 Each	190	25	4	N/A	12	520	N/A	6.5	3	15	
Sandwich, Chicken & Cheese	1 Each	260	27	4	N/A	22	890	N/A	8.5	3.5	40	
Sandwich, PB & J	1 Each	358	46	6.2	N/A	13	378	N/A	17.5	3	0	
Sandwich, PB & J, Uncrustable	2.6 oz ea	320	32	3	13	10	320	N/A	17	3.5	0	
Sandwich, TurkeyHam/Cheese	1 Each	250	24	4	N/A	16.9	900	N/A	11.5	5.9	45	Turkey; Does not contain pork
Sandwich, Sub, Meatball	1 Each	340	35	4.3	N/A	20.8	579	N/A	13.7	5.4	61	
Sandwich, Sub, Philly Cheesesteak	1 Serving	396	27	3	N/A	20.6	568	N/A	22.6	8.2	58	Beef

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Sausage Biscuit (1oz biscuit)	1 Each	250	17	1	N/A	15	730	N/A	14	5.5	40	Pork Sausage
Sausage Biscuit (2oz biscuit)	1 Each	360	30	2	N/A	17	970	N/A	19	8	40	Pork Sausage
Spaghetti, no sauce	1/2 cup	100	20	3	N/A	3.5	5	N/A	0.75	0	0	
Spaghetti, Meat Sauce only	1/2 Cup	265	12	2	N/A	22.7	190	N/A	13.4	5	68	
Steak for Steak/Gravy, Pork	1 Each	290	17	3	1	16	430	N/A	18	4.5	50	Pork
Steak, Wafer	2.5 Oz	192	1	0	N/A	11.5	56	N/A	15.7	5	45	
Taco, Baja Bean, 8", 3/4 cup	1 each	366	62	12.6	N/A	13.3	468	N/A	7.3	1.5	0	
Taco, Baja Bean, 10", 1 cup	1 each	504	87	18.9	N/A	18.9	652	N/A	9.5	2.3	0	
Taco Filling, Baja Bean	1/2 Cup	162	29	8	N/A	7	201	N/A	2.5	0	0	
Taco Filling, Baja Bean	3/4 Cup	216	38	10.6	N/A	9.3	268	N/A	3.4	0.5	0	
Taco Filling, Baja Bean	1 Cup	324	58	15.9	N/A	14	402	N/A	5.1	0.8	0	
Taco Filling, Beef	1 serving	163	1	0.6	N/A	15.5	188	N/A	10.1	3.7	50	
Taco Filling, Chicken	3 oz	150	3	0	1	19	320	N/A	7	2	95	
Tomato/Garbanzo Topping	3/4 c	189	26	10	N/A	8.2	661	N/A	5.9	1.5	3	
Tomato/Garbanzo Topping	1 c	236	33	12.5	N/A	10.2	826	N/A	7.5	1.9	3	
Tomato/Garbanzo with Pasta	1.25 cups	276	45	12	N/A	11.9	663	N/A	6.3	1.5	6	
Tomato/Garbanzo with Pasta	1.5 Cups	323	52	14.5	N/A	14	828	N/A	7.8	2	3	
Tortilla Pizza Pocket 8"	1 Each	298	27	2.1	N/A	24.8	376	N/A	9.5	3.2	59	Does not contain pork
Tortilla Pizza Pocket 10"	1 Each	328	32	3.1	N/A	25.8	426	N/A	10	3.7	59	Does not contain pork
Turkey & Cheese Sub	1 Each	289	29	3	N/A	21	1262	N/A	9.4	4.2	42	
Turkey	2 oz	50	1	0	N/A	0	600	N/A	0.5	0	20	
Turkey Ham	1.7 oz	57	1	0	N/A	7.9	438	N/A	1.9	0.5	31	Turkey; Does not contain pork
Veggie Chili	1 c	144	24	7.1	N/A	5.9	480	N/A	3.1	0.5	0	
Veggie Chili	1 1/2 Cup	219	37	10.7	N/A	8.9	727	N/A	4.7	0.7	0	

**SIDE DISHES**

Beans, Black Turtle	1/2 Cup	110	19	7	N/A	8	140	N/A	1	0	0	
Beans, Great Northern	1/2 Cup	80	17	6	N/A	6	460	N/A	0	0	0	
Beans, Green	1/2 Cup	20	4	2	N/A	0	140	N/A	0	0	0	
Beans, Dark Red Kidney	1/2 Cup	110	20	6	N/A	6	240	N/A	0	0	0	
Beans, Lima	1/2 Cup	120	24	4	N/A	7	140	N/A	0	0	0	
Beans, Pinto	1/2 Cup	100	18	7	N/A	6	450	N/A	0	0	0	
Beans, Refried (Fat Free)	1/2 Cup	110	20	6	N/A	7	140	N/A	0	0	0	
Beans, Vegetarian, Baked	1/2 Cup	130	26	7	6	7	480	N/A	0	0	0	
Broccoli, Garlic	1/2 Cup	61	5	2.9	N/A	3.1	58	N/A	0	0.6	0	
Broccoli, Steamed	1/2 Cup	30	4	2	N/A	1	20	N/A	0	0	0	
California Blend	1/2 Cup	30	5	5	5	1	30	N/A	0	0	0	
Carrots, Baby	1/2 Cup	28	6	2.4	N/A	0.5	62	N/A	0	0	0	
Carrots, Canned, Steamed	1/2 Cup	18	4	1	2	0	140	N/A	0	0	0	
Carrot Sticks, Raw	1/2 Cup	25	5	1.7	N/A	0.5	42	N/A	0	0	0	

Montgomery County Public Schools

Nutritional Information

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Carrot Sticks, Roasted	1/2 Cup	73	9	3.4	N/A	0.8	300	N/A	3.8	0.6	0	
Celery, Raw	1/2 Cup	9	1	0.9	N/A	0.4	48	N/A	0	0	0	
Cheese, String	1 Each	80	1	0	N/A	7	210	N/A	6	3.5	15	
Coleslaw	1/2 Cup	52	6	1.3	N/A	0.8	198	N/A	3.1	0.6	0.8	
Collard Greens	1/2 Cup	15	2	1.8	N/A	1.2	10	N/A	0	0	0	
Corn, Canned, Steamed	1/2 Cup	60	9	2	N/A	2	10	N/A	1.5	0	0	
Egg, Diced	1/4 cup	90	0	0	N/A	7.3	78	N/A	6	2	235	
Lettuce	1 Inner leaf	1	0	0.1	N/A	0	1	N/A	0	0	0	
Lettuce, Romaine, Shredded	1/4 Cup	2	0	0.2	N/A	0.1	1	N/A	0	0	0	
Lettuce, Romaine, Shredded	1/2 Cup	4	0	0.4	N/A	0.2	2	N/A	0	0	0	
Lettuce, Iceberg, Shredded	1/4 Cup	3	0	0.2	N/A	0.1	2	N/A	0	0	0	
Lettuce, Iceberg, Shredded	1/2 Cup	6	1	0.4	N/A	0.3	4	N/A	0	0	0	
Mixed Vegetables, Canned	1/2 Cup	40	7	2.4	N/A	2.1	1	N/A	0.2	0	0	
Mixed Veg , Frozen, Steamed	1/2 Cup	70	12	3	3	2	25	N/A	0	0	0	
Peas, sweet, canned	1/2 Cup	62	11	4.4	N/A	4.1	57	N/A	0.2	0	0	
Potatoes, Baked, Flesh, Skin	1 Whole	161	36	3.8	N/A	4.3	17	N/A	0.1	0	0	
Potatoes, Fries, Oven Ready	1 Serv	110	17	2	0	2	20	260	2.5	0	0	
Potatoes, Mashed	1/2 Cup	80	17	1	N/A	2	310	N/A	1	0	0	
Potatoes, Tater Tots	8 Pieces	130	16	2	0	2	310	200	6	1	0	
Potatoes, Tiny whole	1/2 Cup	70	14	2	N/A	1	400	N/A	0	0	0	
Salsa	2 Tbsp	10	1	0	1	0	95	N/A	0	0	0	
Sauce, Marinara	2 Tbsp	15	2	0	1	0	122	96	0	0	0	
Sauce, Marinara	3 Tbsp	22	3	0	1	0	183	144	0	0	0	
Sauce, Marinara	1/4 Cup	30	4	1	2	1	245	192	1	0	0	
Sauce, Marinara	1/2 Cup	60	9	2	5	2	490	385	2	0	0	
Salad, Garden Pasta	1 Cup	165	27	5.4	N/A	6.1	426	N/A	4.4	0.6	0	
Salad, Garden Pasta	1.5 Cup	250	41	8.2	N/A	9.2	646	N/A	6.7	1	0	
Salad, Black Bean	1/2 Cup	159	14	3.7	N/A	4.6	273	N/A	2.4	0	0	
Salad, Romaine Side	1 1/4 Cup	23	4	2.4	N/A	1.1	21	N/A	0	0	0	
Salad, Classic Side	1 1/4 Cup	14	3	1	N/A	0.2	10	N/A	0	0	0	
Salad, Spinach Side	1 1/4 C	13	3	1.5	N/A	1	41.2	N/A	0.1	0	0	
Spinach, Canned, Steamed	1/2 Cup	45	7	5	N/A	6	115	N/A	0	0	0	
Spinach, Fresh, Steamed	1/2 Cup	7	1	0.7	N/A	0.8	24	N/A	0.1	0	0	
Spinach, Frozen, Steamed	1/2 Cup	32	5	4	N/A	4	92	N/A	1	0	0	
Sweet Potatoes, Canned	1/2 Cup	80	18	1	N/A	1	10	N/A	0	0	0	
Tomato	1 Med Slice	4	0	0.2	N/A	0.1	1	N/A	0	0	0	
Tomato Bake, Stewed	1/2 Cup	101	17	1.6	N/A	2.1	171	N/A	2.6	0	0	
Tomatoes, Cherry	1/4 Cup	6	1	0.4	N/A	0.3	1	N/A	0	0	0	
Tomatoes, Cherry or Grape	1/2 Cup	13	2	0.9	N/A	0.6	3	N/A	0	0	0	

Montgomery County Public Schools

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Tomatoes, Fresh, Diced	1/4 Cup	8	1	0.5	N/A	0.4	2	N/A	0	0	0	
Tomato, Soup	1/2 Cup	76	12	1.3	N/A	1.4	129	N/A	2.25	0.3	0	
Veggie Cup, Fresh	1/2 Cup	19	4	1.6	N/A	0.9	45	N/A	0	0	0	
<b>FRUITS</b>												
Apple (raw w/ skin, medium)	1 medium (182g)	95	25	4.4	N/A	0.4	2	N/A	0	0	0	
Applesauce, unsweetened	1/2 Cup	50	13	2	N/A	0	15	N/A	0	0	0	
Applesauce, Unsweetened Strawberry, Zee Zees	4.5 oz	50	14	1	12	<1	15	0	0	0	0	
Applesauce, Unsweetened Cherry, Zee Zees	4.5 oz	50	14	1	12	0	15	0	0	0	0	
Applesauce, Unsweetened Peach, Zee Zees	4.5 oz	50	14	1	12	0	15	0	0	0	0	
Applesauce, Rockin Blue Raspberry, Zee Zees	4.5 oz	90	22	2	19	0	15	0	0	0	0	Contains Blue #1
Applesauce, Super Sour Apple, Zee Zees	4.5 oz	90	22	2	19	0	15	0	0	0	0	Contains Yellow #5, Blue #1
Applesauce, Unsweetened Mango Peach, Zee Zees	4.5 oz	50	14	1	12	0	15	0	0	0	0	
Apples, Sliced	1/2 Cup	50	12	2	N/A	0	20	N/A	0	0	0	
Apple Slices, 2oz	1 Bag	30	7	1	6	0	0	N/A	0	0	0	
Banana (raw, medium)	1 medium	105	26	3.1	N/A	1.2	1	N/A	0	0	0	
Cantaloupe (fresh)	1/2 Cup	27	6	0.7	N/A	0.6	12	N/A	0	0	0	
Dried Cranberries	2 Tbsp	47	12	0.9	N/A	0	0	N/A	0	0	0	
Dried Fruit	1/4 Cup	88	23	2.2	N/A	0.7	1.4	N/A	0	0	0	
Fruit Burst Tube, Mango	2.2 oz	60	14	2	10	0	0	105	0	0	0	Kosher
Fruit Burst Tube, Mixed Berry	2.2 oz	50	13	2	9	0	0	105	0	0	0	Kosher
Fruit Burst Tube, Pear-Cinnamn	2.2 oz	60	14	2	9	0	0	95	0	0	0	Kosher
Fruit Burst Tube, Strawberry	2.2 oz	60	14	2	9	0	0	105	0	0	0	Not Kosher
Fruit Cocktail (mixed fruit)	1/2 Cup	80	19	2	N/A	0	10	N/A	0	0	0	
Juice, Apple	4 oz	60	14	0	13	0	15	N/A	0	0	0	
Juice, Grape	4 oz	80	18	0	18	1	15	N/A	0	0	0	
Juice, Orange	4 oz	50	13	0	11	1	15	N/A	0	0	0	
Juice, Pineapple	4 oz	60	13	0	12	1	30	N/A	0	0	0	
Mandarin Oranges	1/2 cup	80	19	1	N/A	1	15	N/A	0	0	0	
Mixed Fruit, canned	1/2 Cup	60	14	1	13	0	10	N/A	0	0	0	
Mixed Fruit, dried	1/4 Cup	88	23	2.2	N/A	0.7	1	N/A	0	0	0	
Oranges, Mandarin, canned	1/2 Cup	77	20	0.9	N/A	0.5	8	N/A	0	0	0	
Orange (raw, florida)	1 Each	65	16	3.4	N/A	0.9	0	N/A	0	0	0	

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Peaches, Canned	1/2 Cup	50	12	0	N/A	0	5	N/A	0	0	0	
Peaches, Diced	4 Oz	80	20	3	N/A	0	5	N/A	0	0	0	
Peach (raw, medium)	1 Each	58	14	2.2	N/A	1.3	0	N/A	0	0	0	
Peach, frozen	1/2 Cup	83	20	1.6	N/A	1	0	N/A	0	0	0	
Peaches, Zee Zees Fruit Cup	4.5 oz	70	16	1	13	0	10	0	0	0	0	
Peaches, Pears, Grapes, Diced, Zee Zees Fruit Cup	4.5 oz	80	19	1	17	0	10	0	0	0	0	
Pears, Diced, Zee Zees Fruit Cup	4.5 oz	70	16	1	13	0	10	0	0	0	0	
Pears, canned	1/2 Cup	50	14	3	N/A	0	0	N/A	0	0	0	
Pear (raw, medium)	1 Each	101	27	5.5	N/A	0.6	2	N/A	0	0	0	
Pear, Light Syrup	1/2 Cup	80	19	1	N/A	0	15	N/A	0	0	0	
Pineapple, Canned	1/2 Cup	70	17	1	N/A	1	10	N/A	0	0	0	
Pineapple (raw, all varieties)	1/2 cup	41	10	1.2	N/A	0.4	1	N/A	0	0	0	
Pineapple Tidbits	1/2 Cup	80	19	1	N/A	1	0	N/A	0	0	0	
Pineapple Tidbits	1/2 Cup	70	17	1	N/A	1	10	N/A	0	0	0	
Plum, fresh	1 Each	46	11	1.4	N/A	0.7	0	N/A	0	0	0	
Plums	1 Each	30	7	0.9	N/A	0.4	0	N/A	0	0	0	
Strawberries, fresh	1/2 Cup	27	6	1.7	N/A	0.5	1	N/A	0	0	0	
Strawberries, frozen	1/2 Cup	40	10	1	N/A	0	0	N/A	0	0	0	
Tangerine (fresh)	1 Each	103	26	3.5	N/A	1.5	4	N/A	0	0	0	
Watermelon (fresh)	1/2 Cup	23	5	0.3	N/A	0.4	1	N/A	0	0	0	
<b>GRAINS</b>												
Bread, White Wheat	2 Slices	110	23	4	2	6	220	N/A	1.5	0	0	
Brown Rice	1/2 Cup	124	25	1.6	0	2.7	4	87	0.9	0	0	
Brown Rice	3/4 Cup	186	38	2.4	0	4.1	6	130	1.4	0	0	
Brown Rice	1 Cup	248	51	3.2	0	5.5	8	174	1.9	0.5	0	
Bun, Hamburger, WG	1 bun	150	26	3	N/A	6	300	N/A	2.5	0.5	0	
Bun, Hot Dog, WG	1 bun	140	27	2	N/A	5	300	N/A	2	0	0	
Bun, WG, split sub bun, 2oz	1 Each	160	28	3	N/A	6	140	N/A	5	0	0	
Cornbread	1 oz	108	18	1	N/A	2.6	151	N/A	2.8	0	13	
Cornbread	2 oz	216	36	2	N/A	5.3	302	N/A	5.6	0.9	26	
Flatbread	2 oz	170	26	3	2	5	290	N/A	5	1	0	
Graham Crackers, Honey, 2 count	1 Pkg	60	11	1	3	1	65	228	1.5	0	0	
Graham Crackers, Scooby Doo	1 Pkg	120	21	1	8	2	115	165	3.5	1	0	
Goldfish, Cheddar	1 Pkg	100	14	1	N/A	3	170	N/A	3.5	1	5	
Roll, 1 oz	1 Each	85	14	1.5	1.5	3	67	N/A	1.5	0	0	
Roll, 2 oz	1 Each	170	28	3	3	7	135	N/A	3	0.5	0	
Rotini	1/2 Cup	100	20	1	1	3.5	0	N/A	0.5	0	0	

Montgomery County Public Schools

Nutritional Information

	Portion	Calories	Carbs	Fiber	Sugars	Protein	Sodium	Potassium	Fat	Sat. Fat	Cholesterol	Comments
Spaghetti, WG	1/2 cup	100	20	3	N/A	3.5	5	N/A	0.7	0	0	
Spaghetti, WG	1 Cup	200	41	6	N/A	7	10	N/A	1.5	0	0	
Taco Shell, Crunchy, Corn	3 Each	160	19	3	N/A	2	0	N/A	9	4	0	
Taco Shell, Crunchy, Corn, Jumbo	1 Each	100	13	1	0	1	0	N/A	5	2	0	
Tortilla Chips, Corn	1 oz	140	18	1	0	2	120	N/A	7	1	0	
Tortilla, Soft Flour, 6"	1 Each	90	14	1	1	2.5	125	N/A	2.5	0.5	0	
Tortilla, Soft Flour, 8"	1 Each	150	24	2	2	4	200	N/A	4	1	0	
Tortilla, Soft Flour 10"	1 Each	180	29	3	2	5	250	N/A	4.5	1.5	0	
<b>ACCOMPANIMENTS</b>												
Cheese, American	0.5 oz	40	1	0	N/A	3	150	N/A	2.5	1.5	7	
Cheese, American	1 oz	80	2	0	N/A	6	300	N/A	5	3	15	
Cheese, American	1.5 oz	120	3	0	N/A	9	450	N/A	7.5	4.5	22	
Cheese, American	2 oz	160	4	0	N/A	12	600	N/A	10	6	30	
Cheese, Cheddar	0.5 oz	58	0	0	N/A	3.4	91	N/A	4.7	2.7	14	
Cheese, Cheddar	1 oz	115	0	0	N/A	6.8	183	N/A	9.5	5.5	29	
Cheese, Cheddar	1.25 oz	144	0	0	N/A	8.5	228	N/A	11.9	6.8	36	
Cheese, Mozzarella	0.5 oz	33	0	0	N/A	2.5	73	N/A	2.1	1.2	7	
Cheese, Mozzarella	1 oz	65	1	0	N/A	5	147	N/A	4.2	2.5	14	
Cheese, Mozzarella	1.25 oz	86	2	0	N/A	6.7	194	N/A	5.6	3.2	18	
Cheese, Parmesan, packet	1 Pkg	15	0	0	N/A	1	35	N/A	1	0.5	5	
Cheese, String	1 oz	80	0	0	0	6	200	N/A	6	3.5	15	
Dressing, Fat Free Ranch, pkt	1 Pkg	10	2	0	N/A	0	125	N/A	0	0	0	
Dressing, Italian, packet	1 Pkg	10	2	0	N/A	0	55	N/A	0	0	0	
Dressing, Light French, packet	1 Pkg	30	3	0	N/A	0	40	N/A	2	0	0	
Dressing, 1000 Island, packet	1 Pkg	25	2	0	N/A	0	65	N/A	2	0	5	
Gravy, Brown	1/4 Cup	15	3	0	0	0	310	N/A	0	0	0	
Hot Dog Chili	2 Tbsp	92	5	0.9	N/A	7.3	46	N/A	4.5	1.6	23	
Jelly	1 Tbsp	56	14	0.2	N/A	0	6	N/A	0	0	0	
Ketchup, Can	0.6 oz	20	4	0	4	0	50	65	0	0	0	
Ketchup, Packet	1 Pkg	10	2	0	N/A	0	25	N/A	0	0	0	
Margarine	1 Pat	23	0	0	0	0	120	0	2.6	1.1	0	
Mayonnaise, Light, packet	1 Pkg	50	2	0	N/A	0	75	N/A	4.5	0.5	10	
Mustard, packet	1 Pkg	5	0	0	N/A	0	25	N/A	0	0	0	
Mustard, Honey, packet	1 Pkg	80	7	0	N/A	0	125	N/A	6	1	10	
Peanut Butter	2 Tbsp	188	8	2	2	7	152	N/A	16	3	0	
Peanut Butter, Jif, 1.1 oz	1 Pkg	180	8	2	3	6	130	N/A	15	2.5	0	
Salsa	2 Tbsp	10	1	0	1.2	0.7	95	N/A	0	0	0	
Sauce, BBQ, packet	1 Pkg	20	5	0	N/A	0	95	N/A	0	0	0	
Sauce, Hot, packet	1 pkt	0	0	0	0	0	100	N/A	0	0	0	

Montgomery County Public Schools

Nutritional Information

	Portion	Calories	Carbs	Fiber	Sugars	Protein	Sodium	Potassium	Fat	Sat. Fat	Cholesterol	Comments
Sauce, Marinara	2 Tbsp	15	2	0.5	1.2	0.5	122	96	0.5	0	0	
Sauce, Marinara	3 Tbsp	22	3	0.7	1.8	0.7	183	144	0.7	0	0	
Sauce, Marinara	1/4 Cup	30	4	1	2.5	1	245	192	1	0	0	
Sauce, Marinara	1/2 Cup	60	9	2	5	2	490	385	2	0	0	
Sauce, White	3 Tbsp	45	3	0	N/A	1.5	16	N/A	2.6	0.5	1	
Sauce, Taco, mild, packet	1 pkt	0	0	0	0	0	55	N/A	0	0	0	
Sauce, Tartar, packet	1 Pkg	60	2	0	N/A	0	130	N/A	6	1	5	
Syrup, Americana, packet	1 pkt	120	31	0	19	0	0	N/A	0	0	0	
Vinegar, packet	1 Pkg	0	0	0	N/A	0	0	N/A	0	0	0	
<b>BREAKFAST</b>												
Biscuit, 1.25 oz	1 Each	100	14	1	1	2	170	N/A	4.5	2.5	0	
Biscuit, 2.5 oz	1 Each	210	28	2	3	5	340	N/A	9	4.5	0	
Breakfast Pizza	1 Each	190	22	3	2	8	440	N/A	7	1.5	5	No pork. Turkey sausage on pizza.
Cereal Bar, Fruity Cheerios	1.42 oz	150	30	3	9	2	105	N/A	3	0.5	0	
Cereal Bar, Trix	1.42 oz	150	30	2	9	2	100	N/A	3.5	0.5	0	
Chicken Biscuit	1 Oz	200	21	2	N/A	10	470	N/A	9.5	3.5	15	
Chicken Biscuit	2 Oz	310	34	3	N/A	12	710	N/A	14.5	6	15	
Chicken on 1 oz Roll (slider)	1 Each	175	20	2.5	N/A	10.5	287	N/A	6	1.2	15	
Chicken on 2 oz Roll (slider)	1 Each	260	34	4	N/A	14	355	N/A	7.5	1.5	15	
Chicken Patty	1.6 oz	95	6	1.5	0	7	215	N/A	4.5	1	12	
Cinnamon Swirl Buns, 2 oz	2 Buns	190	29	3	7	4	220	N/A	7	1	0	
Danish, Mini Breakfast Bun	1.6 oz	140	24	2	6	4	210	N/A	5	1	0	
Egg & Cheese Roll (slider), 1 oz	1 Each	245	17	1.5	N/A	13	369	N/A	13.7	4.4	149	
Egg & Cheese Roll (slider), 2 oz	1 Each	330	31	3	N/A	16.5	437	N/A	15.2	4.7	149	
Egg patty	1 Each	190	3	0	N/A	9	310	N/A	16	3.5	270	
French Toast Stick	3 Sticks	210	26	2	N/A	8	270	N/A	9	2	0	
French Toast, Cinnamon Glazed	1 pkg	252	31	3	N/A	9	343	N/A	10.5	2.5	128	
French Toast Cinnamon Mini	1 pkg	220	37	2	11	3	380	N/A	7	1	5	
French Toast Mini, Berry	1 pkg	220	37	2	11	4	380	N/A	7	1.5	5	
Graham Crackers, Scooby Doo	1 Pkg	120	21	1	8	2	115	165	3.5	1	0	
Granola	1/4 Cup	125	21	2	6.5	1	90	N/A	3.5	0.5	0	
Mini Pancakes (Maple Burst)	1 Pkg	230	41	3	14	4	150	N/A	7	0.5	0	
Mini Pancakes (Strawberry)	1 Pkg	240	42	3	16	4	150	N/A	7	1	0	
Mini Waffles	1 Pkg	210	38	3	N/A	4	175	N/A	6	1	<5	
Muffin, Chocolate Chip Mini	1.6 oz	140	25	2	11	3	140	N/A	3.5	1	0	
Pie, Apple Pocket	2 oz	160	27	3	11	2	145	N/A	4.2	1.3	0	
Pie, Apple Pocket	3.9 oz	310	54	6	22	4	290	N/A	8	3	0	
Pie, Cherry Pocket	2 oz	160	27	3	11	2	102	N/A	4.2	1.4	0	
Pie, Cherry Pocket	3.9 oz	310	54	8	22	4	200	N/A	8	3	0	

Montgomery County Public Schools

Nutritional Information

	Portion	Calories	Carbs	Fiber	Sugars	Protein	Sodium	Potassium	Fat	Sat. Fat	Cholesterol	Comments
Poptart (2 Pouch)	1 Pkg	370	75	6	N/A	5	380	N/A	5	2	0	
Poptart (1 Pouch)	1 Pkg	180	37	3	N/A	2	190	N/A	2.5	1	0	
Pretzel, Nuggets	1 Each	30	6	0.5	0	1	30	N/A	0	0	0	
Pretzel, Nuggets	3 Each	90	19	1.5	0	3	90	N/A	0	0	0	
Sausage Biscuit	1 Each	180	16	1	N/A	9	490	N/A	9.5	3	20	
Sausage on 1 oz Roll (slider)	1 Each	155	15	1.5	N/A	9.5	307	N/A	6	1.7	20	
Sausage on 2 oz Roll (slider)	1 Each	240	29	3	N/A	13	375	N/A	7.5	2	20	
Sausage Patty, Pork	1 Each	70	1	0	0	6	240	N/A	4.5	1.5	20	
String Cheese	1 oz	80	0	0	0	6	200	N/A	6	3.5	15	
Yogurt, Plain	4 oz	60	10	0	7	4	90	190	0	0	0	
Yogurt, Trix, All Flavors	4 oz	100	20	0	13	3	50	N/A	0.5	0.5	<5	
Yogurt, Upstate Farm, Blueberry	4 oz	90	19	0	15	3	50	140	0	0	0	
Yogurt, Upstate Farm, Cherry Vanilla	4 oz	90	19	0	15	3	50	140	0	0	0	
Yogurt, Upstate Farm, Peach	4 oz	90	19	0	15	3	55	140	0	0	0	
Yogurt, Upstate Farm, Strawberry	4 oz	90	19	0	15	3	50	140	0	0	0	
Yogurt, Upstate Farm, Straw/Ban	4 oz	90	19	0	14	3	50	150	0	0	0	
Yogurt, Upstate Farm, Vanilla	4 oz	90	19	0	15	3	50	140	0	0	0	
Yogurt, Yoplait, Go Big Yogurt	4 oz	100	18	0	12	4	70	N/A	1.5	1	5	
Cereal:												
Cheerios, Apple Cinn	1 oz	110	22	2	10	2	110	N/A	1.5	0	0	
Cheerios, Honey Nut	1 oz	110	22	2	9	2	160	N/A	1.5	0	0	
Cocoa Puffs	1 oz	110	25	2	8	2	160	N/A	1.5	0	0	
Lucky Charms	1 oz	110	23	2	10	2	180	N/A	1	0	0	
Trix	1 oz	110	24	1	7	1	140	N/A	1	0	0	
<b>A LA CARTE</b>												
Cereal Bar Trix	1.42 oz	150	30	3	9	2	105	N/A	3	0.5	0	
Chex Snack Cheddar Mix	1 Pkg	110	20	2	4	2	135	N/A	2.5	0.5	0	
Chex Strawb. Yogurt	1 Pkg	120	23	2	6	2	55	N/A	3	1	0	
Cheese (bread)stick w/Marinara	1 Each	156	18	2.2	N/A	7.2	385.6	N/A	6	2	5	
Cheetos (Flamin' Hot)	1 Pkg	90	14	1	N/A	2	135	N/A	3.5	0	0	
Cheetos (Puffs)	1 Pkg	90	14	1	N/A	2	135	N/A	3.5	0	0	
Cheez-it, WG	1 Pkg	100	14	1	0	2	150	N/A	3.5	1	5	
Chip Pot,Barbecue Baked	1 Pkg	110	19	2	3	2	170	N/A	2.5	0	0	
Chip Pot, Org.Big Grab,Lays	1 Pkg.	130	26	2	2	2	150	N/A	2	0	0	
Chip Potato, Reg, Lays	1 Pkg.	100	20	2	2	2	115	N/A	1.5	0	0	
Chip Potato Sr/Crm & Onn Bkd	1 Pkg	100	18	1	3	2	140	N/A	2.5	0	0	
Chip Tortilla Cool Ranch Dorito	1 Pkg	130	19	2	1	2	160	N/A	5	0	0	
Cookie, Double Choc Chip	1.33 oz	138	23	1.7	12.8	2.2	136	N/A	4.3	7.2	10	
Cookie, Double Choc Red Fat	1 oz	105	18	0.7	N/A	1.5	102	N/A	3.4	1.1	7	

Montgomery County Public Schools

Nutritional Information

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Cookie, Oatmeal Raisin Red Fat	1 oz	108	17	1.1	N/A	2	107	N/A	3.5	1	7	
Dasani, Drops Pineapple Coconut	1/3 tsp	0	0	0	0	0	0	0	0	0	0	
Dasani Drops, Pink Lemonade	1/3 tsp	0	0	0	0	0	0	0	0	0	0	
Dasani Drops, Mixed Berry	1/3 tsp	0	0	0	0	0	0	0	0	0	0	
Fruit Roll-Up Strberryw/splenda	5 oz	45	11	3	4	0	55	N/A	1	0	0	
Fudge Bar	1 Bar	130	25	0.5	N/A	5	95	N/A	1.5	1	5	
Get Vertical Bar - Cocoa Cherry	1 Bar	200	37	6	N/A	3	55	N/A	5	2	0	
Goldfish, Cheddar	1 Pkg	100	14	1	N/A	3	170	N/A	3.5	1	5	
Ice cream bar,fudge FF	3 oz	130	25	1	21	5	95	N/A	1.5	1	5	
Ice Cream Sandwich	1 Sandwich	130	25	1	N/A	3	105	N/A	2.5	1	5	
Kraave S'mores	1 oz	110	21	3	9	2	95	N/A	3	0.5	0	
Meat Sticks, Western's	1	45	0	0	0	7	200	N/A	1.5	0	20	Contains pork
Meat Sticks, Fast Fuel, Beef	1	30	0	0	0	4	190	N/A	1	0	10	Beef
Meat Sticks, Fast Fuel, Turkey	1	40	0	0	0	4	200	N/A	1.5	0	10	Turkey
Mozzarella String Cheese Stick	1 oz	80	0	0	0	6	200	N/A	6	3.5	15	
Nutrigrain Bar, Blueberry	1 Bar	160	30	3	N/A	2	135	N/A	4	0.5	0	Contains Red #40, Blue #1
Nutrigrain Bar, Strawberry	1 Bar	160	29	3	N/A	2	150	N/A	4	0.5	0	Contains Red #40
Pita Chips, Cinn Sugar	1 Pkg	100	18	2	N/A	3	130	N/A	2.5	0	0	
Pita Chips, Garlic & Herb	1 Pkg	100	18	2	N/A	3	190	N/A	2.5	0	0	
Pita Chips, Original	1 Pkg	100	18	2	N/A	3	190	N/A	2	0	0	
Popcorn, Kettle	1 pkg	130	21	2	N/A	1	130	N/A	5	0	0	
Popcorn, Butter	1 pkg	50	8	1	N/A	1	90	N/A	1	0	0	
Poptart, WG Frosted Fudge	1 pastry	180	38	3	15	3	190	N/A	3	1	0	
Poptart, WG Br. Sugar Cinn.	1 pastry	180	37	3	15	2	190	N/A	2.5	1	0	
Powerade, Zero Drops Mt Berry Blas	3/4 tsp	0	0	0	N/A	0	100	N/A	0	0	0	
Powerade, Zero Drops Fruit Punch	3/4 tsp	0	1	n/a	N/A	0	100	N/A	0	0	0	
Side Kicks (All Flavors)	1 Each	80	20	0	N/A	0	45	N/A	0	0	0	
Strawberry Sundae Crunch Bar	1 Bar	160	25	1	N/A	3	75	N/A	5	1.5	5	
TOTALLY Bar (Apple Cinnamon)	1 Bar	140	25	4	N/A	2	110	N/A	4	1.5	0	
<b>Beverages</b>												
Dasani, Grape Water	20 fl oz	0	0	0	N/A	0	70	N/A	0	0	0	
Dasani, Lemon Water	20 fl oz	5	0	0	N/A	0	70	N/A	0	0	0	
Dasani, Sparkling Apple Water	12 fl oz	0	0	0	N/A	0	25	N/A	0	0	0	
Dasani, Sparkling Berry Water	12 fl oz	0	0	0	N/A	0	35	N/A	0	0	0	
Dasani, Sparkling Lemon Water	12 fl oz	0	0	0	N/A	0	25	N/A	0	0	0	
Dasani, Sparkling Lime Water	12 fl oz	0	0	0	N/A	0	35	N/A	0	0	0	
Dasani, Smartwater	20 fl oz	0	0	0	N/A	0	0	N/A	0	0	0	
Dasani, Strawberry Water	20 fl oz	0	0	0	N/A	0	70	N/A	0	0	0	



Montgomery County Public Schools

Nutritional Information

	<b>Portion</b>	<b>Calories</b>	<b>Carbs</b>	<b>Fiber</b>	<b>Sugars</b>	<b>Protein</b>	<b>Sodium</b>	<b>Potassium</b>	<b>Fat</b>	<b>Sat. Fat</b>	<b>Cholesterol</b>	<b>Comments</b>
N/A denotes a nutrient is not available												