

# MCPS Division of Food and Nutrition Services Elementary School Nutrient Information

Revised June 2023



Nutrient Information is provided by the Division of Food and Nutrition's approved food manufacturers. Variations may occur as product formulations can change periodically. As manufacturers inform us of product changes we will update nutritional information to reflect changes. This information is correct as of **June 20, 2023.**

MENU ITEM	PORTION SIZE	CALORIES	TOTAL FAT (G)	SAT FAT (G)	CHOL (MG)	SODIUM (MG)	CARBS (G)	SUGARS (G)	FIBER (G)	PROTEIN (G)
<b>BREAKFAST ENTRÉES</b>										
<b>Belgian Waffle<sup>™</sup></b>	<b>EACH</b>	<b>240</b>	<b>9</b>	<b>2.5</b>	<b>15</b>	<b>210</b>	<b>34</b>	<b>12</b>	<b>2</b>	<b>5</b>
<b>Blueberry Chex Cereal<sup>™</sup></b>	<b>EACH</b>	<b>240</b>	<b>5</b>	<b>0.5</b>	<b>0</b>	<b>350</b>	<b>46</b>	<b>12</b>	<b>1</b>	<b>3</b>
<b>Chicken Biscuit Sandwich<sup>™</sup></b>	<b>EACH</b>	<b>250</b>	<b>10</b>	<b>3.5</b>	<b>15</b>	<b>500</b>	<b>31</b>	<b>2</b>	<b>4</b>	<b>11</b>
<b>Egg &amp; Cheese English Muffin<sup>™</sup></b>	<b>EACH</b>	<b>200</b>	<b>7</b>	<b>1.5</b>	<b>80</b>	<b>322</b>	<b>24</b>	<b>2</b>	<b>2</b>	<b>9</b>
<b>Egg &amp; Turkey Sausage Bagel<sup>™</sup></b>	<b>EACH</b>	<b>180</b>	<b>6</b>	<b>3</b>	<b>55</b>	<b>380</b>	<b>23</b>	<b>6</b>	<b>2</b>	<b>10</b>
<b>French Toast Sticks</b>	<b>4 STICKS</b>	<b>272</b>	<b>12</b>	<b>2</b>	<b>0</b>	<b>281</b>	<b>35</b>	<b>11</b>	<b>3</b>	<b>6</b>
<b>Fruit &amp; Yogurt Parfait with Granola</b>	<b>EACH</b>	<b>240</b>	<b>2</b>	<b>0</b>	<b>2</b>	<b>122</b>	<b>52</b>	<b>30</b>	<b>4</b>	<b>4</b>
<b>Grahams<sup>™</sup></b>	<b>EACH</b>	<b>130</b>	<b>4</b>	<b>0</b>	<b>0</b>	<b>95</b>	<b>20</b>	<b>8</b>	<b>1</b>	<b>2</b>
<b>Honey Cheerios Cereal<sup>™</sup></b>	<b>EACH</b>	<b>210</b>	<b>3</b>	<b>0.5</b>	<b>0</b>	<b>340</b>	<b>44</b>	<b>12</b>	<b>5</b>	<b>6</b>
<b>Maryland-Made Cinnamon Roll<sup>™</sup></b>	<b>EACH</b>	<b>232</b>	<b>7</b>	<b>1.5</b>	<b>0</b>	<b>240</b>	<b>38</b>	<b>12</b>	<b>3</b>	<b>4</b>

<sup>™</sup> – Individually Wrapped

<b>MENU ITEM</b>	<b>PORTION SIZE</b>	<b>CALORIES</b>	<b>TOTAL FAT (G)</b>	<b>SAT FAT (G)</b>	<b>CHOL (MG)</b>	<b>SODIUM (MG)</b>	<b>CARBS (G)</b>	<b>SUGARS (G)</b>	<b>FIBER (G)</b>	<b>PROTEIN (G)</b>
<b>Mini Cinnamon Bagel<sup>IW</sup></b>	<b>EACH</b>	<b>240</b>	<b>6</b>	<b>2.5</b>	<b>10</b>	<b>180</b>	<b>41</b>	<b>13</b>	<b>2</b>	<b>6</b>
<b>Mini Maple Pancakes<sup>IW</sup></b>	<b>EACH</b>	<b>210</b>	<b>6</b>	<b>1</b>	<b>10</b>	<b>320</b>	<b>35</b>	<b>11</b>	<b>4</b>	<b>4</b>
<b>Mini Strawberry Bagel<sup>IW</sup></b>	<b>EACH</b>	<b>230</b>	<b>6</b>	<b>2</b>	<b>10</b>	<b>190</b>	<b>42</b>	<b>13</b>	<b>2</b>	<b>6</b>
<b>Oatmeal Breakfast Bar<sup>IW</sup></b>	<b>EACH</b>	<b>140</b>	<b>4.5</b>	<b>0.5</b>	<b>5</b>	<b>90</b>	<b>23</b>	<b>9</b>	<b>1</b>	<b>2</b>
<b>Yogurt<sup>IW</sup></b>	<b>4 oz</b>	<b>80</b>	<b>0.5</b>	<b>0</b>	<b>4</b>	<b>65</b>	<b>15</b>	<b>9</b>	<b>0</b>	<b>4</b>
<b>MISC BREAKFAST</b>										
<b>Cheese Sticks<sup>IW</sup></b>	<b>EACH</b>	<b>60</b>	<b>3</b>	<b>2</b>	<b>9</b>	<b>197</b>	<b>1</b>	<b>0</b>	<b>0</b>	<b>7</b>
<b>Cream Cheese Cups<sup>IW</sup></b>	<b>EACH</b>	<b>70</b>	<b>6</b>	<b>0</b>	<b>20</b>	<b>110</b>	<b>2</b>	<b>1</b>	<b>0</b>	<b>0</b>
<b>Jelly Packets<sup>IW</sup></b>	<b>EACH</b>	<b>35</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>9</b>	<b>6</b>	<b>0</b>	<b>0</b>
<b>Peanut Butter Cups<sup>IW</sup></b>	<b>EACH</b>	<b>200</b>	<b>17</b>	<b>4</b>	<b>0</b>	<b>100</b>	<b>7</b>	<b>3</b>	<b>2</b>	<b>9</b>
<b>Syrup Packets<sup>IW</sup></b>	<b>EACH</b>	<b>120</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>25</b>	<b>31</b>	<b>21</b>	<b>0</b>	<b>0</b>
<b>LUNCH</b>										
<b>HOT PACK ENTRÉES</b>										
<b>BBQ Beef w/Baked Fries</b>	<b>1 HOT PACK</b>	<b>388</b>	<b>14</b>	<b>4</b>	<b>63</b>	<b>843</b>	<b>44</b>	<b>21</b>	<b>2</b>	<b>23</b>
<b>BBQ Beef w/Corn</b>	<b>1 HOT PACK</b>	<b>344</b>	<b>10.5</b>	<b>4</b>	<b>63</b>	<b>714</b>	<b>43</b>	<b>21</b>	<b>3</b>	<b>23</b>
<b>Breaded Chicken Drumstick w/Green Beans</b>	<b>1 HOT PACK</b>	<b>213</b>	<b>11</b>	<b>2.5</b>	<b>50</b>	<b>450</b>	<b>10</b>	<b>1</b>	<b>2</b>	<b>17</b>
<b>Breaded Chicken Drumstick w/Rosemary Potatoes</b>	<b>1 HOT PACK</b>	<b>290</b>	<b>13</b>	<b>2.5</b>	<b>50</b>	<b>630</b>	<b>24</b>	<b>0</b>	<b>3</b>	<b>18</b>

<b>MENU ITEM</b>	<b>PORTION SIZE</b>	<b>CALORIES</b>	<b>TOTAL FAT (G)</b>	<b>SAT FAT (G)</b>	<b>CHOL (MG)</b>	<b>SODIUM (MG)</b>	<b>CARBS (G)</b>	<b>SUGARS (G)</b>	<b>FIBER (G)</b>	<b>PROTEIN (G)</b>
<b>Breaded Chicken Drumstick w/Seasoned Potatoes</b>	<b>1 HOT PACK</b>	<b>330</b>	<b>14.5</b>	<b>3</b>	<b>50</b>	<b>610</b>	<b>30</b>	<b>0</b>	<b>3</b>	<b>18</b>
<b>BBQ Pulled Chicken w/Corn</b>	<b>1 HOT PACK</b>	<b>200</b>	<b>6.5</b>	<b>1.6</b>	<b>50</b>	<b>179</b>	<b>18</b>	<b>0</b>	<b>2</b>	<b>14</b>
<b>Cheese Crunchers w/Marinara Sauce</b>	<b>1 HOT PACK</b>	<b>420</b>	<b>21</b>	<b>9</b>	<b>30</b>	<b>937</b>	<b>55</b>	<b>11</b>	<b>9</b>	<b>23</b>
<b>Chicken Bites w/Baked Fries</b>	<b>1 HOT PACK</b>	<b>324</b>	<b>13</b>	<b>2</b>	<b>27</b>	<b>483</b>	<b>31</b>	<b>1</b>	<b>4</b>	<b>21</b>
<b>Chicken Bites w/Corn</b>	<b>1 HOT PACK</b>	<b>354</b>	<b>10</b>	<b>2</b>	<b>27</b>	<b>354</b>	<b>30</b>	<b>1</b>	<b>5</b>	<b>21</b>
<b>Chicken Bites w/Green Beans</b>	<b>1 HOT PACK</b>	<b>234</b>	<b>10</b>	<b>2</b>	<b>27</b>	<b>355</b>	<b>18</b>	<b>2</b>	<b>5</b>	<b>20</b>
<b>Chicken Ham &amp; Cheese on Maryland Made Croissant</b>	<b>1 HOT PACK</b>	<b>265</b>	<b>11</b>	<b>5</b>	<b>26</b>	<b>460</b>	<b>31</b>	<b>5</b>	<b>3</b>	<b>13</b>
<b>Chicken Tacos w/Corn</b>	<b>1 HOT PACK</b>	<b>206</b>	<b>5</b>	<b>1.5</b>	<b>58</b>	<b>445</b>	<b>23</b>	<b>1</b>	<b>5</b>	<b>17</b>
<b>Chicken Tacos w/Corn &amp; Edamame</b>	<b>1 HOT PACK</b>	<b>211</b>	<b>6</b>	<b>1.5</b>	<b>58</b>	<b>446</b>	<b>21</b>	<b>1</b>	<b>5</b>	<b>17</b>
<b>Chicken Tacos w/Seasoned Potatoes</b>	<b>1 HOT PACK</b>	<b>278</b>	<b>8</b>	<b>2</b>	<b>58.5</b>	<b>604</b>	<b>32</b>	<b>0</b>	<b>5</b>	<b>16</b>
<b>Chicken Nuggets w/Baked Fries</b>	<b>1 HOT PACK</b>	<b>303</b>	<b>15</b>	<b>2</b>	<b>20</b>	<b>433</b>	<b>27</b>	<b>0</b>	<b>3</b>	<b>14</b>
<b>Chicken Nuggets w/Blueberry Bread</b>	<b>1 HOT PACK</b>	<b>453</b>	<b>24</b>	<b>4</b>	<b>55</b>	<b>646</b>	<b>43</b>	<b>15</b>	<b>4</b>	<b>17</b>
<b>Chicken Nuggets w/Cheesy Spinach</b>	<b>1 HOT PACK</b>	<b>401</b>	<b>24</b>	<b>8</b>	<b>46</b>	<b>774</b>	<b>25</b>	<b>4</b>	<b>5</b>	<b>23</b>
<b>Chicken Nuggets w/Corn</b>	<b>1 HOT PACK</b>	<b>318</b>	<b>16</b>	<b>3</b>	<b>25</b>	<b>405</b>	<b>29</b>	<b>1</b>	<b>5</b>	<b>18</b>
<b>Chicken Nuggets w/Corn &amp; Green Beans</b>	<b>1 HOT PACK</b>	<b>309</b>	<b>15</b>	<b>3</b>	<b>25</b>	<b>409</b>	<b>27</b>	<b>1</b>	<b>5</b>	<b>18</b>
<b>Chicken Nuggets w/Green Beans</b>	<b>1 HOT PACK</b>	<b>282</b>	<b>15</b>	<b>3</b>	<b>25</b>	<b>410</b>	<b>21</b>	<b>1</b>	<b>5</b>	<b>17</b>

<b>MENU ITEM</b>	<b>PORTION SIZE</b>	<b>CALORIES</b>	<b>TOTAL FAT (G)</b>	<b>SAT FAT (G)</b>	<b>CHOL (MG)</b>	<b>SODIUM (MG)</b>	<b>CARBS (G)</b>	<b>SUGARS (G)</b>	<b>FIBER (G)</b>	<b>PROTEIN (G)</b>
<b>Chicken Nuggets w/Green Beans &amp; Carrots</b>	<b>1 HOT PACK</b>	<b>302</b>	<b>15</b>	<b>3</b>	<b>25</b>	<b>441</b>	<b>25</b>	<b>3</b>	<b>7</b>	<b>18</b>
<b>Chicken Nuggets w/Mac &amp; Cheese</b>	<b>1 HOT PACK</b>	<b>476</b>	<b>27</b>	<b>10</b>	<b>54</b>	<b>771</b>	<b>35</b>	<b>3</b>	<b>3</b>	<b>24</b>
<b>Chik'N Nuggets w/Corn</b>	<b>1 HOT PACK</b>	<b>290</b>	<b>11.5</b>	<b>2</b>	<b>0</b>	<b>457</b>	<b>33</b>	<b>6</b>	<b>5</b>	<b>17</b>
<b>Chik'N Nuggets w/Green Beans &amp; Carrots</b>	<b>1 HOT PACK</b>	<b>277</b>	<b>11.5</b>	<b>2</b>	<b>0</b>	<b>487</b>	<b>31</b>	<b>5</b>	<b>6</b>	<b>16</b>
<b>Chik'N Nuggets w/Rosemary Potatoes</b>	<b>1 HOT PACK</b>	<b>297</b>	<b>11</b>	<b>1.5</b>	<b>0</b>	<b>545</b>	<b>39</b>	<b>2</b>	<b>5</b>	<b>14</b>
<b>Chik'N Nuggets w/Seasoned Potatoes</b>	<b>1 HOT PACK</b>	<b>338</b>	<b>12.5</b>	<b>2</b>	<b>0</b>	<b>526</b>	<b>45</b>	<b>2</b>	<b>5</b>	<b>14</b>
<b>Crunchy Taco w/Corn</b>	<b>1 HOT PACK</b>	<b>169</b>	<b>5.5</b>	<b>2</b>	<b>13</b>	<b>327</b>	<b>23</b>	<b>4</b>	<b>5</b>	<b>12</b>
<b>Crunchy Taco w/Corn &amp; Edamame</b>	<b>1 HOT PACK</b>	<b>184</b>	<b>6</b>	<b>2</b>	<b>13</b>	<b>327</b>	<b>24</b>	<b>3</b>	<b>6</b>	<b>12</b>
<b>Curry Chickpeas w/ Rice</b>	<b>1 HOT PACK</b>	<b>330</b>	<b>8</b>	<b>0.5</b>	<b>0</b>	<b>339</b>	<b>57</b>	<b>9</b>	<b>9</b>	<b>11</b>
<b>French Toast Sticks w/ Sausage</b>	<b>1 HOT PACK</b>	<b>344</b>	<b>19</b>	<b>4.5</b>	<b>50</b>	<b>731</b>	<b>26</b>	<b>8</b>	<b>2</b>	<b>19</b>
<b>French Toast Sticks w/ Scrambled Eggs</b>	<b>1 HOT PACK</b>	<b>249</b>	<b>12</b>	<b>2.5</b>	<b>95</b>	<b>341</b>	<b>27</b>	<b>8</b>	<b>2</b>	<b>8</b>
<b>Grilled Cheese w/Baked Fries</b>	<b>1 HOT PACK</b>	<b>366</b>	<b>12.5</b>	<b>5.5</b>	<b>32</b>	<b>681</b>	<b>44</b>	<b>6</b>	<b>4</b>	<b>20</b>
<b>Hamburger w/Baked Fries</b>	<b>1 HOT PACK</b>	<b>275</b>	<b>15.5</b>	<b>5</b>	<b>49</b>	<b>316</b>	<b>18</b>	<b>0</b>	<b>2</b>	<b>14</b>
<b>Hamburger w/Corn</b>	<b>1 HOT PACK</b>	<b>211</b>	<b>12</b>	<b>5</b>	<b>49</b>	<b>187</b>	<b>12</b>	<b>0</b>	<b>2</b>	<b>13</b>
<b>Hamburger w/Crinkle Cut Potatoes</b>	<b>1 HOT PACK</b>	<b>264</b>	<b>15</b>	<b>5</b>	<b>49</b>	<b>354</b>	<b>16</b>	<b>0</b>	<b>3</b>	<b>13</b>
<b>Hamburger w/Green Beans</b>	<b>1 HOT PACK</b>	<b>184</b>	<b>12</b>	<b>5</b>	<b>49</b>	<b>192</b>	<b>5</b>	<b>0</b>	<b>3</b>	<b>13</b>

<b>MENU ITEM</b>	<b>PORTION SIZE</b>	<b>CALORIES</b>	<b>TOTAL FAT (G)</b>	<b>SAT FAT (G)</b>	<b>CHOL (MG)</b>	<b>SODIUM (MG)</b>	<b>CARBS (G)</b>	<b>SUGARS (G)</b>	<b>FIBER (G)</b>	<b>PROTEIN (G)</b>
<b>Hamburger w/Green Beans &amp; Corn</b>	<b>1 HOT PACK</b>	<b>196</b>	<b>12</b>	<b>5</b>	<b>49</b>	<b>189</b>	<b>8</b>	<b>0</b>	<b>3</b>	<b>13</b>
<b>Hamburger w/Seasoned Potatoes</b>	<b>1 HOT PACK</b>	<b>305</b>	<b>15.5</b>	<b>5</b>	<b>49</b>	<b>346</b>	<b>26</b>	<b>0</b>	<b>3</b>	<b>14</b>
<b>Hot Dog w/Baked Fries</b>	<b>1 HOT PACK</b>	<b>220</b>	<b>11.5</b>	<b>2</b>	<b>35</b>	<b>500</b>	<b>17</b>	<b>0</b>	<b>1</b>	<b>11</b>
<b>Hot Dog w/Corn</b>	<b>1 HOT PACK</b>	<b>176</b>	<b>8.5</b>	<b>2</b>	<b>35</b>	<b>371</b>	<b>17</b>	<b>0</b>	<b>2</b>	<b>11</b>
<b>Hot Dog w/Green Beans</b>	<b>1 HOT PACK</b>	<b>129</b>	<b>8</b>	<b>2</b>	<b>35</b>	<b>371</b>	<b>5</b>	<b>0</b>	<b>1</b>	<b>10</b>
<b>Hot Dog w/Green Beans &amp; Corn</b>	<b>1 HOT PACK</b>	<b>158</b>	<b>8</b>	<b>2</b>	<b>35</b>	<b>371</b>	<b>12</b>	<b>0</b>	<b>2</b>	<b>11</b>
<b>Hot Dog w/Ranchero Beans</b>	<b>1 HOT PACK</b>	<b>295</b>	<b>12</b>	<b>3</b>	<b>35</b>	<b>658</b>	<b>30</b>	<b>3</b>	<b>10</b>	<b>17</b>
<b>Mac &amp; Cheese w/ Fish Bites</b>	<b>1 HOT PACK</b>	<b>371</b>	<b>19</b>	<b>9</b>	<b>51</b>	<b>612</b>	<b>33</b>	<b>3</b>	<b>2</b>	<b>17</b>
<b>Meatballs w/ Marinara Sauce</b>	<b>1 HOT PACK</b>	<b>218</b>	<b>11</b>	<b>4</b>	<b>48</b>	<b>598</b>	<b>16</b>	<b>9</b>	<b>4</b>	<b>15</b>
<b>Penne Pasta w/Meat Sauce</b>	<b>1 HOT PACK</b>	<b>301</b>	<b>4.5</b>	<b>1</b>	<b>7</b>	<b>445</b>	<b>56</b>	<b>6</b>	<b>10</b>	<b>15</b>
<b>Rotini w/Meat Sauce &amp; Green Beans</b>	<b>1 HOT PACK</b>	<b>353</b>	<b>16</b>	<b>6.5</b>	<b>54</b>	<b>454</b>	<b>32</b>	<b>6</b>	<b>5</b>	<b>20</b>
<b>Scrambled Eggs &amp; Sausage w/Seasoned Potatoes</b>	<b>1 HOT PACK</b>	<b>440</b>	<b>24.5</b>	<b>7</b>	<b>265</b>	<b>1200</b>	<b>27</b>	<b>0</b>	<b>2</b>	<b>29</b>
<b>Spicy Chicken Tenders w/Seasoned Potatoes</b>	<b>1 HOT PACK</b>	<b>360</b>	<b>13.5</b>	<b>1.5</b>	<b>60</b>	<b>540</b>	<b>42</b>	<b>2</b>	<b>6</b>	<b>19</b>
<b>Spaghetti &amp; Meatballs w/ Marinara</b>	<b>1 HOT PACK</b>	<b>352</b>	<b>11.5</b>	<b>4</b>	<b>48</b>	<b>705</b>	<b>43</b>	<b>13</b>	<b>7</b>	<b>20</b>
<b>Spaghetti &amp; Meat Sauce</b>	<b>1 HOT PACK</b>	<b>258</b>	<b>4</b>	<b>1</b>	<b>8</b>	<b>384</b>	<b>43</b>	<b>5</b>	<b>6</b>	<b>13</b>
<b>Teriyaki Beef Bites w/Veggie Rice</b>	<b>1 HOT PACK</b>	<b>379</b>	<b>8</b>	<b>2.5</b>	<b>39</b>	<b>870</b>	<b>58</b>	<b>11</b>	<b>3</b>	<b>17</b>

<b>MENU ITEM</b>	<b>PORTION SIZE</b>	<b>CALORIES</b>	<b>TOTAL FAT (G)</b>	<b>SAT FAT (G)</b>	<b>CHOL (MG)</b>	<b>SODIUM (MG)</b>	<b>CARBS (G)</b>	<b>SUGARS (G)</b>	<b>FIBER (G)</b>	<b>PROTEIN (G)</b>
<b>Teriyaki Meatballs w/ Veggie Rice</b>	<b>1 HOT PACK</b>	<b>341</b>	<b>9.5</b>	<b>3</b>	<b>38</b>	<b>753</b>	<b>48</b>	<b>3</b>	<b>3</b>	<b>13</b>
<b>Three Bean Chili w/Corn</b>	<b>1 HOT PACK</b>	<b>167</b>	<b>1</b>	<b>0</b>	<b>0</b>	<b>272</b>	<b>33</b>	<b>10</b>	<b>8</b>	<b>7</b>
<b>Turkey &amp; Cheese Croissant</b>	<b>1 HOT PACK</b>	<b>331</b>	<b>12</b>	<b>5.5</b>	<b>50</b>	<b>817</b>	<b>32</b>	<b>5</b>	<b>3</b>	<b>26</b>
<b>Turkey Ham &amp; Cheese Croissant</b>	<b>1 HOT PACK</b>	<b>348</b>	<b>14</b>	<b>7</b>	<b>55</b>	<b>736</b>	<b>32</b>	<b>6</b>	<b>3</b>	<b>24</b>
<b>Turkey Sausage &amp; Cheese Egg Bites w/Seasoned Potatoes</b>	<b>1 HOT PACK</b>	<b>379</b>	<b>21</b>	<b>5.5</b>	<b>258</b>	<b>538</b>	<b>31</b>	<b>0</b>	<b>4</b>	<b>13</b>
<b>Veggie Burger w/Baked Fries</b>	<b>1 HOT PACK</b>	<b>250</b>	<b>8</b>	<b>1</b>	<b>0</b>	<b>550</b>	<b>26</b>	<b>3</b>	<b>4</b>	<b>18</b>
<b>Veggie Burger w/Crinkle Cut Potatoes</b>	<b>1 HOT PACK</b>	<b>239</b>	<b>7</b>	<b>1</b>	<b>0</b>	<b>588</b>	<b>24</b>	<b>3</b>	<b>5</b>	<b>17</b>
<b>Veggie Burger w/Seasoned Potatoes</b>	<b>1 HOT PACK</b>	<b>280</b>	<b>8</b>	<b>1</b>	<b>0</b>	<b>580</b>	<b>34</b>	<b>3</b>	<b>5</b>	<b>18</b>
<b>CARGO ENTRÉES</b>										
<b>Bagel, Honey Wheat<sup>™</sup></b>	<b>EACH</b>	<b>130</b>	<b>1.5</b>	<b>0</b>	<b>0</b>	<b>200</b>	<b>25</b>	<b>2</b>	<b>2</b>	<b>4</b>
<b>Belgian Waffle<sup>™</sup></b>	<b>EACH</b>	<b>240</b>	<b>9</b>	<b>2.5</b>	<b>15</b>	<b>210</b>	<b>34</b>	<b>12</b>	<b>2</b>	<b>5</b>
<b>Cheese Stick<sup>™</sup></b>	<b>EACH</b>	<b>60</b>	<b>3</b>	<b>2</b>	<b>9</b>	<b>197</b>	<b>1</b>	<b>0</b>	<b>0</b>	<b>7</b>
<b>Cheesy Pull-Aparts<sup>™</sup></b>	<b>EACH</b>	<b>303</b>	<b>13</b>	<b>6</b>	<b>30</b>	<b>525</b>	<b>32</b>	<b>5</b>	<b>2</b>	<b>14</b>
<b>Chicken Patty</b>	<b>EACH</b>	<b>202</b>	<b>9</b>	<b>1.5</b>	<b>46</b>	<b>294</b>	<b>9</b>	<b>0</b>	<b>3</b>	<b>19</b>
<b>Grilled Cheese<sup>™</sup></b>	<b>EACH</b>	<b>280</b>	<b>10</b>	<b>5.5</b>	<b>32</b>	<b>581</b>	<b>31</b>	<b>6</b>	<b>3</b>	<b>19</b>
<b>Hummus<sup>™</sup></b>	<b>EACH</b>	<b>110</b>	<b>2</b>	<b>0</b>	<b>0</b>	<b>100</b>	<b>18</b>	<b>4</b>	<b>5</b>	<b>6</b>

<b>MENU ITEM</b>	<b>PORTION SIZE</b>	<b>CALORIES</b>	<b>TOTAL FAT (G)</b>	<b>SAT FAT (G)</b>	<b>CHOL (MG)</b>	<b>SODIUM (MG)</b>	<b>CARBS (G)</b>	<b>SUGARS (G)</b>	<b>FIBER (G)</b>	<b>PROTEIN (G)</b>
<b>Marinara Cup<sup>IW</sup></b>	<b>EACH</b>	<b>40</b>	<b>1</b>	<b>0</b>	<b>0</b>	<b>200</b>	<b>7</b>	<b>4</b>	<b>1</b>	<b>1</b>
<b>Mini Cheese Calzones</b>	<b>EACH</b>	<b>329</b>	<b>12</b>	<b>5</b>	<b>25</b>	<b>489</b>	<b>37</b>	<b>6</b>	<b>2</b>	<b>17</b>
<b>Mini Pancakes<sup>IW</sup></b>	<b>EACH</b>	<b>210</b>	<b>6</b>	<b>1</b>	<b>10</b>	<b>320</b>	<b>35</b>	<b>11</b>	<b>4</b>	<b>4</b>
<b>Peanut Butter Cup<sup>IW</sup></b>	<b>EACH</b>	<b>200</b>	<b>17</b>	<b>4</b>	<b>0</b>	<b>100</b>	<b>7</b>	<b>3</b>	<b>2</b>	<b>9</b>
<b>Peanut Butter &amp; Jelly Sandwich<sup>IW</sup></b>	<b>EACH</b>	<b>600</b>	<b>34</b>	<b>6</b>	<b>0</b>	<b>540</b>	<b>64</b>	<b>29</b>	<b>7</b>	<b>18</b>
<b>Pepperoni &amp; Cheese Stuffed Sandwich<sup>IW</sup></b>	<b>EACH</b>	<b>300</b>	<b>12</b>	<b>5</b>	<b>30</b>	<b>590</b>	<b>31</b>	<b>5</b>	<b>3</b>	<b>19</b>
<b>Pizza, Personal</b>	<b>EACH</b>	<b>310</b>	<b>13</b>	<b>6</b>	<b>30</b>	<b>440</b>	<b>31</b>	<b>9</b>	<b>3</b>	<b>16</b>
<b>Pizza, Stuffed Crust</b>	<b>EACH</b>	<b>320</b>	<b>12</b>	<b>6</b>	<b>35</b>	<b>570</b>	<b>36</b>	<b>5</b>	<b>4</b>	<b>17</b>
<b>Salsa Cup<sup>IW</sup></b>	<b>EACH</b>	<b>25</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>195</b>	<b>5</b>	<b>3</b>	<b>1</b>	<b>1</b>
<b>Tostito® Rounds<sup>IW</sup></b>	<b>EACH</b>	<b>200</b>	<b>7</b>	<b>1</b>	<b>0</b>	<b>160</b>	<b>29</b>	<b>0</b>	<b>3</b>	<b>3</b>
<b>Tostito® Scoops<sup>IW</sup></b>	<b>EACH</b>	<b>110</b>	<b>2.5</b>	<b>0</b>	<b>0</b>	<b>125</b>	<b>19</b>	<b>0</b>	<b>1</b>	<b>2</b>
<b>Yogurt<sup>IW</sup></b>	<b>4 oz</b>	<b>80</b>	<b>0.5</b>	<b>0</b>	<b>4</b>	<b>65</b>	<b>15</b>	<b>9</b>	<b>0</b>	<b>4</b>
<b>Yogurt<sup>IW</sup></b>	<b>8 oz</b>	<b>180</b>	<b>0</b>	<b>0</b>	<b>24</b>	<b>150</b>	<b>38</b>	<b>32</b>	<b>0</b>	<b>8</b>
<b>VEGETABLE SIDES</b>										
<b>Baked French Fries</b>	<b>½ cup</b>	<b>110</b>	<b>3.5</b>	<b>0</b>	<b>0</b>	<b>130</b>	<b>17</b>	<b>0</b>	<b>1</b>	<b>2</b>
<b>Fresh Baby Carrots<sup>IW</sup></b>	<b>½ cup</b>	<b>35</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>65</b>	<b>8</b>	<b>5</b>	<b>2</b>	<b>1</b>

<b>MENU ITEM</b>	<b>PORTION SIZE</b>	<b>CALORIES</b>	<b>TOTAL FAT (G)</b>	<b>SAT FAT (G)</b>	<b>CHOL (MG)</b>	<b>SODIUM (MG)</b>	<b>CARBS (G)</b>	<b>SUGARS (G)</b>	<b>FIBER (G)</b>	<b>PROTEIN (G)</b>
<b>Roasted Chickpeas<sup>™</sup></b>	<b>Each</b>	<b>180</b>	<b>4</b>	<b>0</b>	<b>0</b>	<b>260</b>	<b>27</b>	<b>1</b>	<b>17</b>	<b>9</b>
<b>Fresh Cucumber Slices</b>	<b>½ cup</b>	<b>10</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>0</b>	<b>0</b>	<b>0</b>
<b>Fresh Grape Tomatoes</b>	<b>½ cup</b>	<b>20</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>5</b>	<b>5</b>	<b>2</b>	<b>1</b>	<b>1</b>
<b>Fresh Side Salad</b>	<b>1 cup</b>	<b>18</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>6</b>	<b>4</b>	<b>2</b>	<b>1.5</b>	<b>1</b>
<b>Fresh Spinach, Romaine, &amp; Craisin Salad</b>	<b>1 cup</b>	<b>64</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>49</b>	<b>14</b>	<b>10</b>	<b>3</b>	<b>2</b>
<b>GRAINS</b>										
<b>Local Dinner Roll</b>	<b>EACH</b>	<b>80</b>	<b>1.5</b>	<b>0</b>	<b>0</b>	<b>120</b>	<b>15</b>	<b>2</b>	<b>2</b>	<b>3</b>
<b>Local Hamburger Roll</b>	<b>EACH</b>	<b>140</b>	<b>2</b>	<b>0</b>	<b>0</b>	<b>220</b>	<b>27</b>	<b>3</b>	<b>4</b>	<b>6</b>
<b>Local Hot Dog Roll</b>	<b>EACH</b>	<b>130</b>	<b>2</b>	<b>0.5</b>	<b>0</b>	<b>280</b>	<b>26</b>	<b>3</b>	<b>3</b>	<b>6</b>
<b>Mini Flatbread</b>	<b>EACH</b>	<b>80</b>	<b>2</b>	<b>0</b>	<b>0</b>	<b>150</b>	<b>13</b>	<b>1</b>	<b>1</b>	<b>3</b>
<b>Dressings</b>										
<b>MCPS Made Ranch</b>	<b>1 oz</b>	<b>100</b>	<b>8</b>	<b>1</b>	<b>9</b>	<b>377</b>	<b>5</b>	<b>0</b>	<b>0</b>	<b>1</b>
<b>MCPS Made Ranch</b>	<b>2 oz</b>	<b>200</b>	<b>16</b>	<b>2</b>	<b>18</b>	<b>754</b>	<b>10</b>	<b>0</b>	<b>0</b>	<b>2</b>
<b>MCPS Made Sweet Mustard</b>	<b>1 oz</b>	<b>30</b>	<b>2</b>	<b>0</b>	<b>0</b>	<b>25</b>	<b>3</b>	<b>2</b>	<b>0</b>	<b>0</b>
<b>MCPS Made Sweet Mustard</b>	<b>2 oz</b>	<b>60</b>	<b>4</b>	<b>0</b>	<b>0</b>	<b>50</b>	<b>6</b>	<b>4</b>	<b>0</b>	<b>0</b>
<b>MCPS Made Universal Dressing</b>	<b>1 oz</b>	<b>136</b>	<b>9.5</b>	<b>1</b>	<b>0</b>	<b>31</b>	<b>13.5</b>	<b>11</b>	<b>0</b>	<b>0</b>