

Scottsdale Unified School District :: Middle School Nutrient Values Rev. 1.31.12

Breakfast														
Recipes	Portion Size	Calories	Cholesterol	Sodium	Dietary Fiber	Iron	Calcium	Vitamin A	Vitamin C	Protein	Carbohydrate	Total Fat	Saturated Fat	Trans Fat
Apples, fresh, school boy	1 EACH	55	0	0	2.75	0	0	0	2.47	0	15.11	0.69	0	*N/A*
Bagel & Cream Chz	1 EACH	327	16	435	2.38	0	10	100	0	10.38	51.63	6.62	3.88	0
Banana	1 Each	90	0	1	2.63	0.26	5.1	65	8.79	1.1	23.07	0.33	0.11	*N/A*
Breakfast Pizza	slice	230	15	590	1	1.8	150	300	0	9	24	10	4	0
Cereal Bar, Stauffer's	1 Each	140	0	55	2	1.8	0	750	0	2	26	3.5	0.5	0
Cereal Cocoa Puffs	1 Each	90	0	125	1	3.6	80	400	4.8	1	20	1	0	0
Cereal Froot Loop	1 Each	70	0	105	0.9	2.7	0	200	9	1	16	0.5	0	0
Cereal, Assorted	1 Each	90	0	140	1.53	4.5	53.8	334	4.88	1.56	19.42	0.9	0	0
Cereal, Cheerios	1 Each	70	0	170	2	4.5	20	300	3.6	2	14	1	0	0
Cereal, Cinn Toast Crunch	1 Each	111	0	202	3.04	3.64	202.5	405	4.86	1.01	22.27	3.04	0	0
Cereal, Corn Flakes	1 Each	80	0	130	1	3.6	80	300	3.6	1	18	1	0	0
Cereal, Frosted Mini Wheats	1 Each	101	0	0	3.04	7.29	0	0	0	3.04	23.29	0	0	0
Cereal, Honey Nut Cheerios	1 Each	110	0	190	2	4.5	100	500	6	3	22	1.5	0	0
Cereal, Rice Krispies	1 Each	70	0	100	0	4.5	0	500	6	1	16	0	0	0
Cereal, Trix	1 Each	70	0	170	0	0.72	0	400	6	1	16	0	0	0
Cinnamon Roll	1 EACH	209	5	190	1	1.45	0.1	400	0	5	40.98	3.5	1	0
Egg, Cheese & Sausage Muffin	1 EACH	269	153	716	0.99	2.2	175.6	315	0	16.5	28.39	11.02	3.27	0
Egg, Ham & Cheese on Bagel	1 EACH	289	138	873	0.97	15.13	95.9	315	0	15.34	40	7.26	2.77	0
French Toast Stix w/ Sausage	Serving	464	60	500	0.75	2.07	85	0	0	15.75	61.41	18	4.25	0
Fruit, mixed canned	1/2 cup	69	0	8	1.5	0.36	6	12	3.9	0.51	17.9	0.1	0.01	0
Grapes	2 oz	21	0	0.64	0.29	0.09	4.48	32	1.28	0.2	5.49	0.11	0.04	0
Juice, 100% Fruit, assrtd 6 oz	6 fl oz	86	0	1	0	0.24	18.8	112	75.75	0.45	22.32	0.15	0	0
Juice, Apple	1 Each	85	0	2	0	0.3	16.8	0	90	0.15	21.75	0	0	0
Juice, Orange 6oz	1 Each	83	0	0	0	0.3	15.3	281	93.75	0.15	21.6	0.15	0	0
Juice, Orange/Pineapple	1 Each	88	0	1	0	0.15	22.5	140	52.5	0.9	23.25	0.3	0	0
Milk, Chocolate Fat Free	EACH (8 oz)	130	4	220	0	0.36	300	500	2.4	8	24	0	0	0
Milk, Fat Free	8 oz CAR	90	4	125	0	0	300	500	2.4	8	12	0	0	0
Milk, Strawberry 1%	8 oz CAR	170	15	130	0	0	300	500	2.4	9	28	2.5	1.5	0
Milk, White 1%	EACH (8 oz)	100	10	125	0	0	300	500	2.4	8	12	2.5	1.5	0
Muffin Blueberry	1 Each	260	65	320	3	4.5	250	1000	0	6	44	7	1.5	0

Scottsdale Unified School District :: Middle School Nutrient Values Rev. 1.31.12

Lunch														
Recipes	Portion Size	Calories	Cholesterol	Sodium	Dietary Fiber	Iron	Calcium	Vitamin A	Vitamin C	Protein	Carbohydrate rate	Total Fat	Saturated Fat	Trans Fat
ALE Bistro Fruit & Yogurt	1 EACH	136	4	36	2.38	0.15	82.1	361	14.64	2.9	30.91	1.22	0.46	0
Apple Walnut Salad	1 EACH	337	40	481	6.31	2.7	86.2	12601	8.82	18.55	47.36	10.96	0.93	0
Apples, fresh, school boy	1 EACH	55	0	0	2.75	0	0	0	2.47	0	15.11	0.69	0	*N/A*
Bacon Cheeseburger	1 EACH	415	57	917	1	3.61	186	314	0.4	25.86	36.84	16.86	5.43	0.5
Banana	1 Each	90	0	1	2.63	0.26	5.1	65	8.79	1.1	23.07	0.33	0.11	*N/A*
BBQ Chicken on Bun w/ Beans	3 OZ	402	35	1210	9.23	3.6	162.8	576	2.09	25.4	71.98	4.28	0.09	0
BBQ Riblet Sandwich	1 EACH	360	35	1070	3.99	3.24	139.9	401	1.2	22.01	42.97	12.51	4.01	0
Bean & Cheese Burrito	1 EACH	330	17	740	4	2.7	120	350	0	13	39	13	3	0
Beef & Broccoli Noodle Bowl	2 Cup SV	629	63	1896	4.83	5.15	231.6	5197	54.43	32.95	96.75	15.92	4.85	0
Beef Ravioli	1 Cup	299	24	856	4.5	0.05	105.5	0	0	12	40.5	10.25	4.7	0
Berry Cup	.5 CUP	66	0	2	2.18	0.36	6.8	22	21.24	0.33	17.51	0.22	0.02	0
Black Beans w/ Salsa	SVGS	145	0	732	8.67	3.14	43.9	631	10.85	7.58	27.09	0.37	0.09	0
BLT Salad w/ Turkey	1 EACH	314	64	964	1.99	1.28	265.1	7758	24.49	22.8	8.26	21.91	7.41	0
Broccoli, raw	1/2 Cup	15	0	15	1.14	0.32	20.7	274	39.25	1.24	2.92	0.16	0.02	*N/A*
Buffalo Chicken Tenders	4 OZ	233	40	577	0	1.09	0	202	0	18.22	25.31	7.09	1.52	0
Buffalo Chix Wrap MS-HS	1 each	522	33	1456	2.61	3.46	336.1	1564	12.4	21.45	67.73	17.96	6.36	0
Carrots, baby raw	Serving	30	0	66	2.47	0.76	27.2	11722	2.21	0.54	7	0.11	0.02	*N/A*
Carrots, raw	1 each	25	0	42	1.71	0.18	20.1	10255	3.6	0.57	5.84	0.15	0.02	0
Cauliflorets	1 CUP	25	0	30	2	0.42	22	0	48.2	1.92	4.97	0.28	0.06	*N/A*
Celery, raw	1/2 Cup s	10	0	48	0.96	0.12	24	269	1.86	0.41	1.78	0.1	0.03	*N/A*
Cheese Flatbread Sandwich	1 Each	270	10	480	2	1.8	250	200	0	17	30	9	3	0
Cheese Stuffed Bread Stick	SVG	347	10	883	4.9	5.53	269	2850	27	16.9	37.4	14.45	5	0
Cheeseburger	1 EACH	334	43	868	4	3.27	195.9	238	0	23.53	32.52	12.53	4.27	0.5
Cheeseburger Mini Sliders	2 each	374	47	737	2	3.62	155.9	138	0	20.48	41.52	12.99	5.25	0
Cheesy Mashed Potatoes	1/2 CUP	138	15	403	1	0.46	126.9	144	3.61	5.58	17.21	5.76	3.03	0
Chef's Salad	1 EACH	253	45	867	4.35	2.56	192	14679	19.42	17.08	17.63	13.82	3.88	0.02
Chicken BLT Wrap	1 EACH	523	59	1604	4.67	3.46	433.7	5572	13.75	33.05	59.37	16.48	6.38	0
Chicken Caesar Salad	1 EACH	350	53	872	1.79	1.06	163.8	7783	20.41	22.74	8.37	24.83	5.75	0
Chicken Caesar Wrap	1 EACH	446	45	1189	2.65	5.27	316	80	7.17	26.61	60.02	10.76	4.08	0
Chicken Drumsticks w/ Corn	SVG	640	170	1595	1.89	2.87	5	45	0.69	44.58	36.64	34.89	8.16	0
Chicken Tenders	4 OZ	202	35	547	1.01	0.36	20.2	0	0	18.22	14.17	7.09	1.01	0

Scottsdale Unified School District :: Middle School Nutrient Values Rev. 1.31.12

Lunch														
Recipes	Portion Size	Calories	Cholesterol	Sodium	Dietary Fiber	Iron	Calcium	Vitamin A	Vitamin C	Protein	Carbohydrate rate	Total Fat	Saturated Fat	Trans Fat
Chix Parmesan w/ Pasta	serving	573	44	871	5.72	3.84	352.7	5625	67.5	34.59	72.64	16.85	5.78	0
Chix Tenders w/ Buffalo Sauce	SERVING	202	35	1897	1.01	0.36	20.2	0	0	18.22	14.17	7.09	1.01	0
Chocolate Dipped Banana	1/2 EACH	93	0	7	1.53	0.29	2.5	32	4.39	0.77	13.51	4.56	4.23	0
Corn	1/2 CUP	122	0	448	2.85	1.08	7.5	68	1.05	3.97	28.25	1.4	0.26	*N/A*
Crispy Chicken Sandwich	1 EACH	340	30	810	3.99	1.8	99.8	0	0	20	38.96	13.51	2	0
Cucumber, peeled, raw	.5 cup slice	7	0	1	0.42	0.13	8.3	43	1.9	0.35	1.29	0.1	0.01	*N/A*
Deli Turkey & Bacon Club Sand.	1 EACH	365	44	1052	6.85	2.84	55.3	1240	9.83	27.03	43.5	8.86	1.78	0.05
Dinner Roll	1 each	120	0	190	2	1.08	20	0	3.6	4	22	1.5	0	0
Dressing, Italian FF	1 each	10	0	460	0	0	0	0	0	0	2	0	0	0
Dressing, Ranch- Lite	1 each	47	5	170	0	0	0	0	0	0	0.94	4.73	0.94	0
Egg, Hard Boiled & WG Crackers	1 EACH	106	190	116	0	0.36	20	301	0	6.01	6.06	6.02	1.5	0
Fajita Style Burrito	1 EACH	769	88	2374	14	7.55	593.4	981	10.85	43.18	95.03	24.15	11.38	0
Fish Filet Sandwich MS-HS	1 EACH	390	50	520	2	0.9	60	0	0	20	50	11.5	1	0
Fish Sticks MS-HS	7 EACH	408	89	514	1.77	1.91	35.4	0	0	26.58	38.98	15.95	1.77	0
French Toast Stixw/Sausage M	SVG	501	65	745	4	2.88	80	0	0	17	67.35	21	4	0
Fruit, mixed canned	1/2 cup	69	0	8	1.5	0.36	6	12	3.9	0.51	17.9	0.1	0.01	0
Garden Veggie Salad	SERVING	193	23	482	4.19	1.68	316.2	14622	33.54	10.18	10.82	12.86	4.8	0
Goldfish Pretzel Crackers	bag	91	0	304	0	0.73	0	0	0	2.03	17.21	1.52	0	0
Grapes	2 oz	21	0	0.64	0.29	0.09	4.48	32	1.28	0.2	5.49	0.11	0.04	0
Greek Gyro Sandwich	1 each	286	32	736	2.97	7.38	170.4	1075	8.31	17.61	33.75	9.25	4.2	0
Green Beans	1/2 CUP	18	0	311	1.8	1.08	28.8	385	4.08	0.96	4.2	0.12	0.03	*N/A*
Grilled Chicken Sandwich	1 EACH	270	65	1000	4	9.54	160	300	6	36	29	3.5	0	0
Hamburger	1 EACH	300	35	640	4	3.24	120	100	0	21	31	10.5	3	0.5
Homestyle Chicken Club Sand.	1 EACH	409	38	868	1.61	2.36	47.6	1074	6.4	21.51	45.86	16.11	2.02	0
Honey Fire Chx & Rice	4 oz # Ch	537	50	806	3.6	1.51	43.3	189	0	21.73	99.79	6.07	2.65	0
Hot Dog w/ Beans MS-HS	1 EACH	407	35	1407	8.23	2.97	145.3	317	0	17.03	52.63	16.89	7.05	0.5
Hot Dog, MS-HS	1 EACH	350	50	941	1	2.16	50	0	0	12.01	24.01	23.53	8.01	1
Italian Sub MS-HS	1 EACH	401	83	1755	5.3	3.72	226.4	1517	17.99	31.53	39.48	13.8	4.6	0
Jello	4 OZ	72	0	90	0	0	3.2	0	15.35	1.02	17.39	0	0	0
Juice, 100% Fruit, asstrd 6 oz	6 fl oz	86	0	1	0	0.15	18.8	337	39.75	0.45	22.32	0.15	0	0
Juice, Apple	1 Each	85	0	2	0	0.3	16.8	0	90	0.15	21.75	0	0	0

Scottsdale Unified School District :: Middle School Nutrient Values Rev. 1.31.12

Lunch														
Recipes	Portion Size	Calories	Cholesterol	Sodium	Dietary Fiber	Iron	Calcium	Vitamin A	Vitamin C	Protein	Carbohydrate rate	Total Fat	Saturated Fat	Trans Fat
Juice, Orange 6oz	1 Each	83	0	0	0	0.3	15.3	281	93.75	0.15	21.6	0.15	0	0
Juice, Orange/Pineapple	1 Each	88	0	1	0	0.15	22.5	140	52.5	0.9	23.25	0.3	0	0
Ketchup	1 each	10	0	100	0	0	0	0	1.2	0	3	0	0	0
Lasagna Rollup	1 EACH	270	39	636	3.5	2.21	185.5	5108	60.1	20	33.52	6.25	2.7	0
Lettuce, green leaf, raw	Leaf	1	0	3	0.13	0.09	3.6	740	0.92	0.14	0.29	0.01	0	*N/A*
Macaroni & Cheese MS-HS	9 oz weigh	420	37	1005	1.5	1.62	600	1125	0	25.5	48	7.5	7.5	0
Macaroni & Cheese, Side	4 OZ	193	20	654	0.67	0.96	400.2	534	0	10.67	21.35	7.34	4	0
Mashed Potatoes	1/2 CUP	76	0	346	1.53	0.27	2.8	0	2.75	1.53	15.27	1.14	0	0
Mashed Potatoes & Gravy	1/2 CUP	88	0	426	1.21	0.18	13.9	0	3.64	1.95	16.91	1.64	0.1	0
Mayonnaise	1 each	80	5	70	0	0	0	0	0	0	1	9	1	0
Meatball Sub MS-HS	1 EACH	422	39	866	6.6	4.12	286.8	1222	13.61	27.85	43.47	16.3	6.6	0
Milk, Chocolate Fat Free	EACH (8 OZ)	130	4	220	0	0.36	300	500	2.4	8	24	0	0	0
Milk, Fat Free	8 oz CARTRIDGE	90	4	125	0	0	300	500	2.4	8	12	0	0	0
Milk, Strawberry 1%	8 oz CARTRIDGE	170	15	130	0	0	300	500	2.4	9	28	2.5	1.5	0
Milk, White 1%	EACH (8 OZ)	100	10	125	0	0	300	500	2.4	8	12	2.5	1.5	0
Mini Chicken Sliders	2 EACH	373	25	606	4.03	3.62	120.6	0	0	19.19	49.16	10.12	1.52	0
Mini Turkey Corn Dogs	8 EACH	440	40	1060	1.8	2.88	120	0	0	14	35.99	25.99	8	0
Mustard	1 each	5	0	78	0	0	0	0	0	0	0.92	0	0	0
Nachos w/ Cheese Cup, RF	1 EACH	413	30	1109	2.02	4.19	300	400	0	12.05	38.42	23.17	10.05	0
Nectarines, raw	1 Each	62	0	0	2.41	0.4	8.5	471	7.67	1.51	14.98	0.45	0.04	*N/A*
Orange Chicken w/ Rice	2 cup serving	543	41	1638	2.24	2.44	33.1	2103	16.78	18.64	83.68	16.39	3.29	0
Orange Chix Rice Bowl	2.125 cups	559	80	573	3.57	2.04	20.6	270	2.24	24.49	74.65	14.69	2	0
Orange, Fresh	1 Each	62	0	0	3.14	0.13	52.4	295	69.69	1.23	15.39	0.16	0.03	*N/A*
Oven Fries	4 OZ	178	0	136	3	0.85	6.7	0	7.45	2.83	27.34	6.42	1.42	0
Pasta Salad	1/2 CUP	113	0	203	1.47	0.93	15.5	645	3.81	3.75	21.64	0.9	0.15	0
Pasta w/ Marinara Sauce	1.25 CUP	175	0	330	2.77	2.14	23.3	3555	44.25	5.95	35.2	1.18	0.09	0
Pasta w/ Meat Sauce	2.25 CUP	541	31	791	6.01	6.09	58.5	4397	53.61	26.32	86.04	9.47	2.97	0
PBJ Uncrustable	1 Each	580	0	540	5	2.7	40	0	0	18	55	32	7	0
Peaches, canned	1/2 cup	68	0	6	1.59	0.45	4	23	2.99	0.56	18.19	0.04	0	0
Peaches, raw	1 Each	38	0	0	1.47	0.25	5.9	319	6.47	0.89	9.35	0.25	0.02	*N/A*
Peanut Butter	#40 scooper	158	0	123	1.61	0.5	11.6	0	0	6.74	5.26	13.54	2.77	*N/A*

Scottsdale Unified School District :: Middle School Nutrient Values Rev. 1.31.12

Lunch														
Recipes	Portion Size	Calories	Cholesterol	Sodium	Dietary Fiber	Iron	Calcium	Vitamin A	Vitamin C	Protein	Carbohydrate rate	Total Fat	Saturated Fat	Trans Fat
Pears, canned	1/2 cup	57	0	5	1.83	0.33	10.1	0	1.83	0.38	14.68	0.08	0	0
Pears, raw	1 Each	96	0	2	5.15	0.28	14.9	38	6.97	0.63	25.66	0.2	0.02	*N/A*
Pepperoni Hot Pocket	1 EACH	360	10	600	3	3.96	340	800	0	16	42	14	4.5	0
Peppers, sweet, green, raw	2 oz	11	0	2	0.96	0.19	5.7	210	45.59	0.49	2.63	0.1	0.03	*N/A*
Peppers, sweet, red, raw	2 oz	18	0	2	1.19	0.24	4	1775	72.4	0.56	3.42	0.17	0.02	*N/A*
Philly Cheesesteak Sub	1 EACH	446	69	1015	4.43	3.37	435.4	211	49.78	36.27	42.43	13.98	6.02	0
Pineapple,canned	1/2 cup	66	0	1	1.01	0.49	17.6	19	9.45	0.45	16.95	0.15	0.01	0
Pizza Hut Pizza Slice	SLICES	380	48	1011	2	3.15	332.6	584	3.88	17.75	39.13	16.88	8.5	0
Pizza, Big Daddy's Cheese	SLICE	450	40	1030	2	3.6	400	500	0	23	52	17	9	0.5
Pizza, Big Daddy's Pepperoni	SLICE	470	35	1190	3	3.6	300	500	0	24	54	18	9	0.5
Plums, raw	1 Each	30	0	0	0.92	0.11	4	228	6.27	0.46	7.54	0.18	0.01	*N/A*
Popcorn Chicken	4 oz	294	40	759	0	0.73	0	101	0	12.15	28.35	15.19	3.04	0
Pretzel w/ Cheese Cup	1 each	489	30	1104	2	3.77	300	400	0	19.98	79.86	11	6	0
Pudding	1/2 cup	130	0	140	0	0	60	0	0	1	23	4	1	0
Radishes	1 cup	19	0	45	1.86	0.39	29	8	17.17	0.79	3.94	0.12	0.04	*N/A*
Refried Beans	1/2 CUP	89	9	260	2.42	0.65	147.2	89	0.77	6.28	7.3	3.87	2.12	0
Rice, Brown	cups	380	0	378	3.6	1.51	32.1	0	0	8.47	79.39	3	0.61	0
Salad, Spring Greens	1 EACH	107	5	219	0.68	0.62	17.3	1012	1.05	1.51	9.31	6.61	0.94	0
Seasoned Fries 4 oz	4 OZ	200	0	500	2.67	1.2	0	0	5.8	2.67	26.67	9.33	2.33	0
Shrimp Poppers	4 OZ	270	115	1026	2.7	2.43	81	0	0	12.15	25.65	13.5	2.03	0
Side Salad	1 EACH	60	5	175	1.4	0.61	21.2	5064	4.41	0.87	3.62	4.93	0.97	0
Spaghetti w/ Meat Sauce MS-H	1.75 CUP	714	51	667	14.53	7.53	30.6	4179	52	33.63	114.91	17.24	4.79	0.71
Spicy Chicken Salad	1 EACH	308	57	761	4.05	2.67	322.4	13095	10.14	19.19	15.99	19.64	6.34	0
Spicy Chicken Sandwich	1 EACH	390	55	760	2	3.6	60	500	0	21	46	14.5	2.5	0
Spicy Chix Wrap	1 EACH	491	39	1352	3.23	4.02	220.1	1685	12.4	17.83	62.26	18.67	5.52	0
Spicy Chzburg w/ Jalapenos	1 EACH	412	55	888	3.99	3.24	322.3	505	1.19	27.06	32.21	19.61	9.08	0
Squash	2 oz	10	0	5	0.57	0.21	9.1	113	10.15	0.69	1.76	0.18	0.05	*N/A*
SW Chicken Flatbread Sandwich	1 EACH	270	20	490	3	1.8	200	200	0	18	28	9	3	0
SW Corn & Black Beans-side	1 EACH	353	0	802	15.14	5.83	45.9	1600	26.08	16.02	68.71	1.76	0.36	0
Sweet Potato Fries	4 oz	180	0	220	4	0.24	26.7	5667	12.4	1.33	32	5	0.33	0
Taco Salad w/ Turkey Meat	1 EACH	272	54	592	4.92	3.58	322	13046	10.86	20.22	20.97	12.81	4.9	0

Scottsdale Unified School District :: Middle School Nutrient Values Rev. 1.31.12

Lunch														
Recipes	Portion Size	Calories	Cholesterol	Sodium	Dietary Fiber	Iron	Calcium	Vitamin A	Vitamin C	Protein	Carbohydrate	Total Fat	Saturated Fat	Trans Fat
Tater Tots	4 oz	200	0	319	2.98	0.48	0	0	1.58	2.98	26.86	8.95	2.98	2.98
Teriyaki Chix Rice Bowl	2 cups	398	97	707	2.18	2.97	40.5	2103	9.69	30.9	48.68	8.99	2.03	0
Toasted Spicy Italian Sub	1 EACH	380	66	1569	6	3.13	324.5	0	16.94	31.99	38.5	11.7	4.53	0
Tomatoes, red, ripe, raw, year	Slice	4	0	1	0.24	0.05	2	167	2.74	0.18	0.78	0.04	0.01	*N/A*
Tomatoes, red, ripe, raw, year	.5 cup ch	13	0	4	0.89	0.2	7.5	621	10.21	0.66	2.9	0.15	0.02	*N/A*
Tuna Salad Sand. on Multigrain	1 EACH	364	26	732	6.89	3.63	61.1	1665	7.7	24.2	41.1	10.91	1.8	0
Turkey & Cheese Sandwich	1 EACH	355	42	1087	6.48	3.1	125.6	1683	6.92	25.24	43.96	8.83	3.03	0.05
Turkey & Cheese Sub	1 EACH	308	42	1075	1	2.63	141.6	1350	1.44	22.89	37.4	7.25	2.02	0.05
Turkey Bowl	1 EACH	248	47	1144	1.53	1.71	25.6	7	2.75	21.74	23.58	6.25	1.68	0
Turkey Burger MS-HS	1 EACH	301	50	623	1	0.91	40	0	0	21.14	34	9.55	2.02	0
Turkey Roast w/ Gravy	SVGS	172	47	798	0	1.43	22.7	7	0	20.22	8.32	5.11	1.68	0
Turkey Wrap	1 EACH	455	39	1389	2.6	3.41	215.1	2469	1.82	22.72	56.78	14.54	4.71	0
Vegetables, Fresh side	1/2 CUP	12	0	12	0.88	0.21	10.5	1163	20.63	0.54	2.43	0.11	0.02	*N/A*
Vegetarian Wrap	1 EACH	451	24	1057	3.19	5.06	646.6	4385	31.78	21.35	55.44	14.99	7.97	0
Yogurt, 4 oz	1 EACH	90	0	50	0	0	100	300	0	3	19	0	0	0
Vegetables, Fresh side	1/2 CUP	12	0	12	0.88	0.21	10.5	1163	20.63	0.54	2.43	0.11	0.02	*N/A*
Yogurt Parfait Lunch	1 EACH	468	3	131	5.15	2.21	432.8	258	6.59	9.72	69.22	19.26	2.12	0