

Watervliet Public Schools - Nutritional Information for School Menus

Self Serve Condiments and Sauce

Description of Menu Item	Serving Size	Calories	Carbohydrates (g)	Fat(g)	Sat Fat(g)
Bacon Bits - flavored, imitation	1 TBSP	64	17	0	0
Cheese - Parmesan	1 TBSP	15	0	1	0
Crouton - Seasoned	11 pieces	15	2.5	0.5	0
Dressing - Caesar	2 TBSP	113	1	12	2
Dressing - Lite French	2 TBSP	60	10	2	0
Dressing - Lite Italian	2 TBSP	60	6	4	1
Dressing - Lite Ranch	2 TBSP	90	7	7	1
Dressing - Lite Salad (mayo style)	1 TBSP	32	3	2	0
Honey - Clover	1 TBSP	64	17	0	0
Jelly - Apple/Grape flavor	1 TBSP	50	13	0	0
Jelly - Grape, portion pack	1each	35	9	0	0
Ketchup	2 TBSP	30	8	0	0
Mustard	1 TSP	0	0	0	0
Mustard - Honey	2 TBSP	150	9	13	2
Onion, Spanish chopped/sliced	1/2 oz	10	1	0	0
Onion, Red sliced	1/2 oz	10	1	0	0
Pickle, Sliced Dill	4each	0	0	0	0
Pickle, Spear Dill	1each	0	0	0	0
Pickle, Sweet Relish	1 TBSP	15	4	0	0
Promise Margarine - Cup	1each	28	0	3	1
Sauce - BBQ	2 TBSP	60	14	0	0