

Watervliet Public Schools - Nutritional Information for School Menus

Side Dishes, Fruits and Vegetables

Description of Menu Item	Serving Size	Calories	Carbohydrates (g)	Fat(g)
Apple, Red Delicious	1each	65	18	0
Apple, Golden Delicious	1each	80	22	0
Applesauce, regular unsweetened	1/2 cup	26	7	0
Appleslices, warm with cinnamon	1/2cup	178	37.8	3.7
Banana, petite	1each	72	19	0
Beans, Green unseasoned	1/2 cup	14	4	0
Biscuit, Riches whole grain	1each	180	23	8
Baked Beans	1/2 cup	140	29	1
Black Beans, Seasoned	1/2cup	119	22	0.5
Black Bean and Corn Salsa	1/2 cup	141	27.75	0.73
Bread, wheat sandwich	2 slices	234	45	2.2
Breadstick, garlic	1each	150	29	2
Broccoli, fresh, plain	1/4 cup	6	1	0
Broccoli with Cheddar Cheese	1/2c	37	2.7	1.5
Broccoli, frozen, steamed	1/2 cup	26	5	0
Brown Rice	1/2 cup	95	19.9	0.07
Bun, White Wheat Hamburger	1each	140	25	2
Bun, White Wheat Hot Dog	1each	150	27	2
Bun, 6" Seeded Sub Bun	1each	150	31	2
Carrots, Baby	1/4 cup	20	4.7	0.12
Carrots, honey glazed	1/2cup	72	19	0
Cauliflower, fresh	1/2cup	13	3	0
Celery Sticks	2each	14	3	0
Coleslaw	1/2 cup	98	7.5	7.3
Crackers, Bug Bites - graham type	1pk	120	21	3.5
Crackers, Scooby Bones - graham type	1pkg	120	21	3.5
Crackers, Keebler Graham's	1pk	90	18	2.5
Crackers, Wheat, Hearty Westminster	2pks	64	10	1

Corn, whole kernel, canned	1/2 cup	66	15.24	0.82
Dinner Roll, whole grain	1each	80	13	1.5
Eggo Minis, Waffle - maple flavored	1pkg	200	35	1.5
Eggo Minis, Pancake -maple flavored	1pkg	210	35	6
eggo Minis, French Toast	1pkg	210	37	5
Fruit Cocktail, light syrup	1/2 cup	71	18	0
Fruit Crisp, apple or cherry	1/2 cup	151	39.8	3.8
Garlic Bread	1 slice	128	17.1	5.3
Grapes, Lunch Bunch	1 3 oz serving	89	23	0
Go Bonzo's Seasoned ChickPeas	1.5z	80	12	2
Hash Brown Patty	3z patty	140	16	7
Hash Browns, Seasoned Cubes	4z	130	18	6
Hash Browns, Southern Style	4z	173	24	8
Honey,	1tsp	20	6	0
Jelly, Apple/Grape	1tsp	17	4.4	0
Juice, Apple 100%	4oz cup	50	13	0
Juice, Grape 100%	4oz cup	80	19	0
Juice, Orange 100%	4oz cup	60	13	0
Juice, 100%, Dragonfruit & Mango Wango	4oz cup	50	13	0
Kellogg Fruit Snack	1pkg			
Mashed Potatoes, Basic American Country Style RS	1/2 cup	82	16	1
Mashed Potatoes, Cheddar Baked	1/2 cup serving	102	16.3	2.6
Milk, 1% White	1 carton	110	13	2.5
Milk, Troo Moo Fat Free Chocolate	1 carton	130	24	0
Milk, Fat Free White	1 carton	90	13	0
Mandarin Oranges	1/2cup	90	20	0
Muffin, Blueberry	1each	167	23	7
Muffin, Corn	1each	180	22	9
Munchie Mix, Frito Lay	1z bag	110	18	4
Orange, Fresh Whole	1each	80	21	0
Oven Baked Fries - Sweet Potato, seasoned	6z	160	240	8
Oven Baked Fries - Sweet Potato Tots	4z	173	30.7	4
Oven Baked Fries - unseasoned	4z	134	21	5.1

Oven Baked Fries - seasoned	4z	160	21	8
Peaches, light syrup, sliced USDA Foods	1/2 cup	68	18	0
Pears, light syrup, diced USDA Foods	1/2 cup	72	20	0
Pears, light syrup, sliced	1/2 cup	62	16	0
Peas - unseasoned	1/2 cup	66	12.09	0.4
Pineapple - juice packed	1/2 cup	80	20	0
Pretzels, fun size; Frito Lay	.5z bag	60	12	0.5
Refried Bean Dip	1/2cup	168	18	4
Salad - Macaroni, homemade	1/4 cup	140	15	7.5
Salad - Romaine	1cup	10	1	0
Salad - Potato, homestyle	1/2 cup	220	27	11
Salad - Romaine, chopped	1/2 cup	10	1	0
Salad, BLT	1cup serving	22	2	1.2
Salad, BLT Grab N Go	1 large salad	269	17.3	15.7
Soup, Tuscan Vegetable	8oz bowl	100	18.9	1
Southwest Black Beans	1/4 cup	78	8.28	0.13
Vegetable Pasta Salad	1/2 cup	123	20.11	3.4

Sat Fat(g)
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