

**Nutrient Information - Sides**

Sides	Serving Size	Calories	Protein	Carbohydrates	Fiber	Total Fat	Carb Count
BBQ Sauce	1 oz	33	0g	8g	1g	0g	0.5
Beans: BBQ Baked Beans	2/3 cup	174	8.5g	34g	7.5g	.5g	2
Beans: Festive Black Beans	1/2 cup	222	13.5g	37.5g	18.5g	1.5g	1.5
Beans: Refried no cheese	1/2 cup	122	6g	19.5g	5g	2g	1
Crackers; Scrabble Cheezelt	1 pouch	97	2.5g	14g	1g	3g	1
Crackers: Scooby Graham	1 pouch	121	2g	21g	1g	4g	1.5
Cracker: Whole Wheat- Harvest	1 pouch	49	1g	7.5g	.5g	2g	0.5
Crackers: Elfin Graham	1 pouch	42	.69g	7g	.5g	1g	1.5
Crackers: Animal	1 pouch	126	2g	20g	1g	4g	1.5
Fruit: applesauce	1/2 cup	56	0g	13.5g	2g	0g	1
Fruit: chilled pears, canned	1/2 cup	72	0g	18g	1g	0g	1
Fruit: fresh apple	1 small	53	.2g	14g	2.5g	0g	1
Fruit: fresh banana	1 small	90	1g	23g	2.5g	0g	1.5
Fruit: salad watermelon	1/2 cup	33	0.5g	8g	0.5g	0g	0.5
Fruit: salad peach	1/2 cup	63	0.7g	15.5g	1.5	0g	1
Fruit: salad cantalop	1/2 cup	35	0.5g	8.5g	1g	0g	0.5
Fruit: fresh orange	1 small	50	1g	12g	0g	0g	1
Fruit: salad pear	1/2 cup	69	1g	17g	1g	0.5g	1
Fruit: Canteloupe	1/2 cup	54	1g	13g	1.5g	0g	1
Fruit: pineapple, canned	1/2 cup	61	1g	15g	1g	0g	1
Fruit: peaches, canned	1/2 cup	77	1g	19g	1g	0g	1
Fruit: Mandarin oranges, canned	1/2 cup	63	1g	25g	1g	0g	1.5
Fruit: mix, canned	1/2 cup	58	1g	13.5g	1g	0g	1
Fruit: watermelon	1 serving	45	1g	12g	0.5g	0g	1
French Fries	2.5 oz	116	2g	18.5g	4.5g	3.5g	1
Mashed Potatoes	1/2 cup	75	2g	15g	1g	5g	1
Rice: Confetti Brown Rice	1/2cup	120	2.5g	22.5g	1.5g	2g	1.5
Rice: Cilantro Lime	1/2 cup	121	2.5g	23g	1.5g	2g	1.5
Rice: Spanish Brown	1/2 Cup	126	3g	24g	2g	2g	1.5
Roasted Sweet Potato	1/2 cup	307	0g	67g	3g	4g	4
Roll Whole Wheat	2 oz	187	4g	26g	2g	7g	2
Salad- Berry fruit	1/2 cup	63	0.5g	15.5g	2g	0g	1
Salad: Honey mustard slaw	1/2 cup	58	1g	7.5g	2g	2.5g	0.5
Salad: spinach	1 cup	112	9g	5g	1.5g	6g	0
Salad: cucumber ranch	1/2 cup	19	1g	4g	1g	0g	0
Salad - Garden w/Ranch	1/2 cup	19	1g	2.5g	1g	.5g	0
Salad- Celebrate Summer	1/2 cup	61	1g	4.5g	1g	4.5g	0
Salad - Broccoli, Cauliflower, Tomato	1/2 cup	24	1g	3.5g	1g	1g	0
Sweet Potato Waffle Fries	2.5 oz	107	1g	16g	1g	4g	1
Seasoned Potato Cubes	1/2 cup	156	2g	25g	2g	4.5g	1.5
Soft Garlic Pretzel	1 each	70	2g	14g	1g	.5g	1
Whole Wheat Garlic Toast w/ cheese	1 slice	154	3.9g	15g	1.5g	8g	1
Vegetable: California Mix	1/2 cup	42	2.5g	5.5g	2.5g	2g	0
Vegetable: Broccoli, steamed	1/2 cup	44	3g	7g	2.5g	2g	0.5
Vegetable: Carrots, steamed	1/2 cup	46	.5g	7g	2g	2g	0.5
Vegetable: Carrots, raw	1/2 cup	25	.5g	6g	2g	0g	0
Vegetable: Carrots, glazed	1/2 cup	42	.5g	10g	2g	0g	0.5
Vegetable: Carrots & Celery	1/2 cup	19	.5g	4g	1.5g	0g	0
Vegetable: Cauliflower	1/2 cup	26	1g	2g	1g	2g	0
Vegetable: golden corn	1/2 cup	126	3.7g	22g	2.5g	3g	1.5
Vegetable: mexicali corn	1/2 cup	110	3.6g	22g	2.5g	1g	1.5
Vegetable: Mixed	1/2 cup	83	3.5g	13.5g	3.5g	1.5g	1
Vegetable: roasted corn&tomatoes	1/2 cup	103	3g	18.5g	2g	2g	1
Vegetable: Green beans, seasoned	1/2 cup	23	1g	4.5g	2g	0g	0
Vegetable: Peas&Carrots	1/2 cup	66	2.5g	9.5g	3.5g	2g	0.5
Vegetable: Celebrate summer	1/2 cup	61	1g	4.5g	1g	4.5g	0
Vegetable: fajita mix	1/2 cup	44	1g	5.5g	1.5g	2g	0
Vegetable: zucchini	1/2 cup	35	1.5g	4g	1g	2g	0
Vegetable: sauteed spinach	1/2 cup	42	3.5g	4.5g	2.5g	2g	0
Dessert: Cowboy Bread	1 each (2 oz)	165	2.7g	25.5g	1g	6g	1.5
Dessert: Wacky Cake no Icing	1 each (2 oz)	200	2.1g	33g	1.5g	7.5g	2
Dessert: Wacky Cake with Icing	1 each (2 oz)	284	2g	49.5g	1.7g	9.6g	3
Milk truemoo chocolate	1 cup	130	8g	24g	0g	0g	1.5
Milk truemoo strawberry	1 cup	130	8g	23g	0g	0g	1.5
Milk 1%	1 cup	100	8g	12g	0g	2.5g	1
Milk Fat Free	1 cup	88	9g	13g	0g	0g	1