

# A La Carte Items Elementary 2017-2018

## NISD Child Nutrition Department

Not all items will be offered each day. Please check with the cafeteria manager to confirm items are available.



Generated on: 8/17/2017 5:23:08 PM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	CalcM (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
A La Carte Elementary 2017/2018															
Cereal Bar Apple	1 each	160	0	130	3.00	1.08	0.0	70	0.0	13	2.0	30.0	3.5	1.00	0.00
Cereal Bar Straw	1 each	172	0	145	2.15	0.77	0.0	0	0.0	16	2.15	26.88	4.3	1.61	0.00
Crackers Grah Fish	1 package	120	0	135	1.00	1.08	110.0	200	1.2	6	2.0	19.0	4.0	1.00	0.00
Crackers Cinnamon (Sky) Grahams	1 pkg	120	0	85	2.00	0.72	20.0	0	0.0	6	2.0	21.0	4.5	0.00	0.00
Crackers Honey Graham	1 pkg	90	0	95	1.00	0.72	100.0	500	0.0	5	2.0	17.0	2.5	0.00	0.00
Strawberry Yogurt Chex	1 package	120	0	55	2.00	0.72	0.0	30	0.0	6	2.0	23.0	3.0	1.00	0.00
Mini Vanilla Cookies	1 pkg	140	0	85	2.00	0.36	0.0	0	0.0	8	1.0	19.0	7.0	0.00	0.00
Crackers Chesse Plain	1 pkg	100	0	150	1.00	0.72	100.0	500	0.0	0	2.0	14.0	3.5	1.00	0.00
Pretzels	packet	1	0	2	0.02	0.01	0.0	0	0.0	0	0.02	0.15	0.02	0.00	0.00
Cheese, Cheddar Mild 1oz	1 oz	80	20	220	0.00	0.00	200.0	300	0.0	0	7.0	1.0	6.0	3.50	0.00
Tostitos	1 package	200	0	160	3.00	0.36	20.0	0	0.0	0	3.0	29.0	7.0	1.00	0.00
Popcorn White Cheddar	1 bag	70	0	100	2.00	0.00	0.0	0	0.0	0	2.0	9.0	2.5	0.00	0.00
Baked Cheetos Regular	1 package	120	0	200	1.00	0.36	0.0	0	0.0	1	2.0	17.0	4.5	1.00	0.00
BBQ Baked Chips	1 package	110	0	140	1.00	0.00	7.0	0	1.2	3	2.0	19.0	3.0	0.00	0.00
Sour Cream Baked Chips	1 package	110	0	150	1.00	0.00	16.0	10	0.0	2	2.0	19.0	3.0	0.00	0.00
Doritos Nacho	1 package	130	0	200	2.00	0.36	20.0	100	0.0	0	2.0	20.0	5.0	1.00	0.00
Doritos Ranch	1 package	130	0	150	2.00	0.36	20.0	5	0.0	0	2.0	20.0	5.0	0.50	0.00
Dill Pickle Fries (TGI FRIDAYS)	1 portion	110	0	170	1.00	0.72	100.0	200	0.0	1	2.0	19.0	3.5	0.50	0.00
Funyuns	1 portion	100	0	125	0.00	1.00	4.0	0	0.0	*N/A*	2.0	14.0	3.5	0.50	0.00
Fantastix	1 package	130	0	200	2.00	0.72	0.0	500	0.0	0	2.0	19.0	5.0	1.00	0.00
Kettle Plain	1 package	180	0	190	2.00	1.00	10.0	10	6.0	1	3.0	27.0	7.0	1.00	0.00
Kettle Salt/Vinegar	1 package	180	0	180	2.00	1.00	14.0	10	0.0	3	3.0	28.0	7.0	1.00	0.00
Sunflower Seeds	1 package	190	0	130	3.00	1.44	0.0	0	0.6	1	7.0	7.0	16.0	2.00	0.00
Toast Pastry Strawberry	1 package	180	0	180	3.00	1.80	0.0	500	0.0	15	2.0	38.0	2.5	1.00	0.00
Toast Pastry Fudge	1 package	180	0	190	3.00	1.80	100.0	500	0.0	16	3.0	38.0	3.0	1.00	0.00
Rice Krispies Treat	1 Bar	160	0	140	0.00	1.80	0.0	55	0.0	11	2.0	30.0	4.0	1.00	0.00
Chocolate Rice Krispies Treat	1 Bar	190	0	150	0.00	1.80	0.0	70	0.0	14	2.0	34.0	5.0	2.00	0.00
Brownie	1 each	189	2	199	2.00	1.62	0.0	99	0.0	20	2.0	34.0	5.0	1.00	0.00
Cupcake Chocolate	1 ea	140	20	200	6.00	0.72	100.0	40	0.0	8	2.0	26.0	3.0	1.00	0.00
Cupcake Vanilla	1 ea	140	20	170	6.00	0.72	100.0	35	0.0	7	2.0	27.0	2.5	0.50	0.00
Cookie Carnival	1.5 oz	160	0	125	1.00	0.72	20.0	100	0.0	14	2.0	27.0	6.0	1.50	0.00
Cookie Choc Chip	1.5 oz	160	0	125	1.00	0.72	20.0	100	0.0	14	2.0	27.0	6.0	1.50	0.00
Cookie Double Chocolate	1.5 oz	190	0	140	2.00	1.44	0.0	0	0.0	13	3.0	30.0	7.0	2.00	0.00
Cookie White Chocolate	1.5 oz	175	0	110	1.50	0.72	0.0	70	0.0	14	2.0	27.0	6.0	1.50	0.00
Cookie Sugar	1.5 oz	160	0	150	1.00	0.72	0.0	100	0.0	14	2.0	27.0	6.0	1.50	0.00

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
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Dessert/Fruit, Craisins 1718	Pkg	110	0	0	3.00	0.00	0.0	120	0.0	24	0.0	28.0	0.0	0.00	0.00
Fruit Snacks	Pkg	130	0	55	9.00	0.00	0.0	0	60.0	15	0.0	38.0	0.0	0.00	0.00
Mini Choc Chip	Pkg	120	0	35	1.00	1.08	20.0	50	0.0	10	2.0	22.0	2.5	1.00	0.00
Pudding Cup Chocolate	1 cup	90	0	150	1.00	0.00	100.0	0	0.0	14	2.0	21.0	0.0	0.00	0.00
Pudding Cup Vanilla	1 cup	80	0	140	0.00	0.00	100.0	0	0.0	13	1.0	19.0	0.0	0.00	0.00
Sherbet Cup J&J	1 cup	110	5	20	0.00	0.36	20.0	95	60.0	19	1.0	23.0	1.5	1.00	0.00
Ice Cream Fudge Bar	1 Bar	130	0	65	1.00	0.72	150.0	100	0.0	21	4.0	26.0	1.5	1.00	0.00
Ice Cream Sandwich	1 Sandwich	120	5	105	2.00	0.00	200.0	100	0.0	12	3.0	26.0	1.5	1.00	0.00
Ice Cream Sundae Bar	1 Bar	160	5	45	0.00	0.36	200.0	100	0.0	16	3.0	25.0	5.0	1.50	0.00
Ice Cream Strawberry Sundae Bar	1 Bar	150	0	65	1.00	0.00	200.0	100	0.0	14	2.0	24.0	5.0	1.50	0.00
Ice Cream Chocolate Vanilla Cup	1 portion	70	5	35	2.00	0.00	80.0	200	0.0	11	2.0	14.0	1.0	0.50	0.00
Ice Cream Dream Bar	1 portion	100	5	25	0.00	0.00	60.0	100	0.0	16	1.0	19.0	1.5	1.00	0.00
Ice Cream Strawberry Fruit Bar	1 portion	130	0	30	2.00	0.00	0.0	0	18.0	23	0.0	32.0	0.0	0.00	0.00
Ice Cream Pineapple Fruit Bar	1 portion	120	0	10	1.00	0.36	0.0	750	2.4	24	0.0	31.0	0.0	0.00	0.00
Fruit Cup Frozen Berry Lemon	1 Cup	70	0	5	3.00	0.00	80.0	200	60.0	16	0.0	19.0	0.0	0.00	0.00
Fruit Cup Frozen Cherry Lemon	1 Cup	70	0	5	3.00	0.36	80.0	200	60.0	16	0.0	19.0	0.0	0.00	0.00
Fruit Cup Frozen Cherry	1 Cup	70	0	10	3.00	0.00	80.0	500	120.0	16	0.0	19.0	0.0	0.00	0.00
Fruit Cup Frozen Mango Strawberry	1 Cup	70	0	5	3.00	0.36	80.0	1500	60.0	15	0.0	18.0	0.0	0.00	0.00
Fruit Cup Frozen Orange Pineapple	1 Cup	70	0	5	3.00	0.36	80.0	750	60.0	16	0.0	20.0	0.0	0.00	0.00
Fruit Cup Frozen Pineapple Cherry	1 Cup	70	0	10	3.00	0.00	80.0	500	120.0	16	0.0	19.0	0.0	0.00	0.00
Fruit Cup Frozen Strawberry	1 Cup	70	0	5	3.00	0.00	80.0	500	60.0	16	0.0	19.0	0.0	0.00	0.00
Jerky, Beef /stick	1 package	30	10	100	0.00	0.36	0.0	5	0.0	1	4.0	1.0	1.0	0.00	0.00
Juice Juicy OJ/Tan	carton	110	0	15	0.00	0.00	0.0	0	60.0	26	0.0	27.0	0.0	0.00	0.00
Juicy Juice Apple	carton	100	0	15	0.00	0.00	0.0	0	60.0	22	0.0	24.0	0.0	0.00	0.00
Juicy Juice Berry	carton	100	0	15	0.00	0.00	0.0	0	60.0	22	0.0	24.0	0.0	0.00	0.00
Juicy Juice Fruit Punch	carton	100	0	15	0.00	0.00	0.0	110	60.0	22	0.0	24.0	0.0	0.00	0.00
Juicy Juice Grape	carton	100	0	15	0.00	0.00	0.0	0	60.0	23	0.0	25.0	0.0	0.00	0.00
Juicy Juice Strawberry / Kiwi	carton	100	0	15	0.00	0.00	0.0	0	60.0	22	0.0	24.0	0.0	0.00	0.00
1%WhiteOakFarms8oz	8 oz	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
LactoseFr-OakFarm8oz	8 oz	90	5	130	0.00	0.00	300.0	500	0.0	12	8.0	13.0	0.0	0.00	0.00
SkimChocOakFarm8oz	8 oz	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
Soy Pearl Vanilla8oz	8 oz	140	0	110	1.00	1.80	300.0	1000	0.0	15	8.0	17.0	4.5	0.50	0.00
Soy Pearl Plain8oz	8 oz	120	0	170	0.00	1.80	300.0	500	0.0	*N/A*	8.0	15.0	3.0	0.00	0.00

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