

Side Item Nutrition and Allergen Information

Fruit and Vegetable Sides									
Item	Serving Size	Calories	Total Fat (grams)	Saturated Fat (grams)	Sodium (mg)	Carbohydrates (grams)	Fiber (grams)	Protein (grams)	Allergens
Apple, fresh	1 each	60	0	0	0	15	3	0	N/A
Applesauce, canned	1/2 cup	55	0	0	10	14	2	0	N/A
Apricot Cup, frozen	1 each	110	0	0	0	24	2	1	N/A
Banana, fresh	1 each	110	0	0	0	28	3	1	N/A
Blueberries, frozen	1/2 cup	45	0	0	0	10	3	0	N/A
Cherries, frozen	1/2 cup	45	0	0	0	12	1	1	N/A
Mixed Berry Cup, frozen	1 each	90	0	0	0	22	2	1	N/A
Orange Juice, frozen	4 oz.	60	0	0	0	14	0	1	N/A
Orange, fresh	1 each	60	0	0	0	15	3	1	N/A
Peach Cup, frozen	1 each	80	0	0	0	19	1	1	N/A
Sliced Apples, canned	1/2 cup	40	0	0	10	9	1	0	N/A
Sliced Peaches, canned	1/2 cup	60	0	0	10	13	0	0	N/A
Sliced Pears, canned	1/2 cup	60	0	0	5	14	2	0	N/A
Strawberries, frozen	1/2 cup	30	0	0	0	8	2	0	N/A
Strawberry Cup, frozen	1 each	90	0	0	0	22	2	1	N/A
Baby Carrots, fresh	2.6 oz.	35	0	0	60	8	2	0	N/A
Broccoli Florets, frozen	1/2 cup	25	0	0	25	5	3	3	N/A
Corn Kernels, frozen	1/2 cup	80	1	0	20	18	2	2	N/A
Edamame, frozen	1/2 cup	100	4	0	5	7	4	9	S
Condiments and Extras									
Item	Serving Size	Calories	Total Fat (grams)	Saturated Fat (grams)	Sodium (mg)	Carbohydrates (grams)	Fiber (grams)	Protein (grams)	Allergens
Lettuce, Tomato, & Pickles <i>(included with sandwiches)</i>	1 each	10	0	0	130	1	0	0	N/A
Mayonnaise, light	1 packet	40	3	0	105	3	0	0	E, S
Mustard	1 packet	0	0	0	65	0	0	0	N/A
Ketchup	1 packet	10	0	0	25	3	0	0	N/A
Ranch Dressing, light	1 packet	60	7	1	100	1	0	0	E, M, S
Milk Choices									
Milk	Serving Size	Calories	Total Fat (grams)	Saturated Fat (grams)	Sodium (mg)	Carbohydrates (grams)	Fiber (grams)	Protein (grams)	Allergens
Fat Free Chocolate Milk	8 oz.	110	0	0	135	20	0	8	M
Lowfat 1% Plain Milk	8 oz.	120	2.5	1.5	150	16	0	11	M

*ALLERGENS: E=Eggs, F=Fish, M=Milk, P=Peanuts, S=Soy, T=Tree Nuts, W=Wheat/Gluten

Please be advised that this is general information and not intended to be used as medical advice. Information is accurate to the best of our knowledge based on the information provided by the manufacturer. Products may change at any time.