

Saint Paul Public Schools Nutrition Services
Nutritional Information for Menu Items

Menu Item	Portion Size	Calories	Chol mg	Sodium mg	Total gram	Sat gram	Trans Fat gram	Protein gram	Carb gram	Fiber gram	Iron mg	Calcium mg	Vit A IU	Vit C mg
*Apple Crisp	1 square	209	18	53	8	5		2	34	2	1	14	227	0
*Apple Juice-fortified	4 fl. oz	58	0	4	0	0		0	15	0	0	333	3	1
*Apple Topping	1/2 cup	112	0	9	0	0		0	29	2	1	23	14	0
*Apple Wedges, fresh	6 wedges	71	0	1	0	0		0	19	3	0	8	73	6
*Apple, Fresh	1 apple	72	0	1	0	0		0	19	3	0	8	75	6
*Applesauce	3 oz spoon	69	0	12	0	0		0	18	2	0	0	0	0
*Autumn Vegetables	1/2 cup	16	0	22	0	0		1	3	1	0	13	2569	18
*Baked Rigatoni	1/2 cup	155	3	383	4	1		7	24	2	1	64	400	3
*Banana choc chip brd-wrapped	pkg	205	39	358	7	5		4	32	2	1	48	221	2
*Banana-petite	1 fruit	90	0	1	0	0		1	23	3	0	5	65	9
*Beans, Baked, vegetarian	1/3 cup	79	0	332	0	0		4	18	3	1	24	0	0
*Beans, Mexican Style Pinto	1/2 CUP	182	0	784	7	1		7	21	7	2	47	114	1
*Beans, refried -1/2 cp	1/2 cup	135	0	370	1	0		6	22	9	1	40	0	0
*Beans, refried -1/4 cp	1/4 cup	68	0	185	1	0		3	11	5	1	20	0	0
*Biscuit, Baking Powder	1 biscuit	190	0	580	9	8		4	25	1	1	0	0	0
*Black Bean and Corn Salad	1/4 cp	192	0	303	0	0		7	15	4	2	39	177	15
*Bread, Apple Cinn.-wrapped	pkg	284	54	325	10	6		5	44	2	2	48	331	0
*Bread, Lemon Poppyseed-wrap	pkg	174	42	240	6	3		4	27	2	1	47	175	0
*Bread, Pumpkin-wrapped	pkg	206	15	261	7	1		3	34	2	1	13	2372	1
*Bread, Roman meal	1 slice	90	0	190	1	0		4	17	3	1	40	0	0
*Bread, Wheat; Autm Grn.	1 slice	81	0	142	1	0		3	15	1	1	0	0	0
*Bread, white	1 slice	70	0	150	1	0		2	15	1	1	40	0	0
*Breakfast Smart Cookie	cookie	205	17	186	9	5		3	28	2	1	13	485	0
*Broccoli, fresh steamed	1/2 cup	26	0	25	0	0		2	5	2	1	36	471	67
*Broccoli; frozen, boiled	1/2 cup	26	0	10	0	0		3	5	3	1	30	1029	37
*Brown Rice	1/2 cup	115	0	4	1	0		2	24	1	1	12	0	0
*Buffalo Wild Rice Casserole	1/2 cup	221	21	353	3	1		16	34	2	1	329	2346	3
*Bun, Hamburger; 4 wheat"	1 bun	160	0	200	2	0		6	31	3	2	150	0	0
*Bun, Hoagie; 6 3/4 wheat"	1 bun	0	0	0	0	0		0	0	0	0	0	0	0
*Bun, Hot Dog; 6 wheat"	1 bun	140	0	170	2	0		5	27	3	2	150	0	0
*Butter, pat	1 pat	36	11	29	4	3		0	0	0	0	1	125	0
*Cantaloupe	1 wedge	23	0	11	0	0		1	6	1	0	6	2334	25
*Cantaloupe, chunks: breakfast	1/2 cup	27	0	13	0	0		1	7	1	0	7	2706	29
*Carrot coins, fresh	1/4 cup	13	0	21	0	0		0	3	1	0	10	5127	2
*Carrot coins, frozen, cooked	1/2 cup	27	0	43	1	0		0	6	2	0	26	12137	2
*Carrots, baby	1/2 cup	30	0	66	0	0		1	7	2	1	27	11722	7
*Carrots, fresh slices	1/2 cup	25	0	42	0	0		1	6	2	0	20	10255	4
*Carrots, fresh steamed	1/2 cup	25	0	42	0	0		1	6	2	0	20	10255	4

Saint Paul Public Schools Nutrition Services
Nutritional Information for Menu Items

Menu Item	Portion Size	Calories	Chol mg	Sodium mg	Total gram	Sat gram	Trans Fat gram	Protein gram	Carb gram	Fiber gram	Iron mg	Calcium mg	Vit A IU	Vit C mg
*Catsup, packets	1 2 pkt	12	0	134	0	0		0	3	0	0	2	112	2
*CAULIFLOWER,raw: fresh	1/2 cup	13	0	15	0	0		1	3	1	0	11	7	23
*Celery Sticks	4 sticks	6	0	30	0	0		0	1	1	0	15	167	1
*Cereal, Cin.Tst.Cr. red sug.	1 bowl	110	0	200	3	0		1	22	3	4	200	400	5
*Cereal, Cornflakes, frosted	1 bowl	110	0	190	1	0		1	24	0	6	150	500	5
*Cereal, Mini Wheats, frst.	1 bowl	100	0	0	0	0		3	23	3	7	0	0	0
*Cereal, Rice Chex	1 bowl	70	0	180	1	0		1	17	0	5	60	300	4
*Cereal, Rice Krispies	1 bowl	70	0	170	0	0		1	16	0	5	0	200	2
*Cheese Sauce	1 oz.	25	2	157	1	1		0	4	0	0	1	0	0
*Cheese square, RF Colby Jack	1 oz.	90	20	190	7	4		7	0	0	0	200	200	0
*Cheese, American blend	1/2 oz. sl.	37	9	143	3	2		2	1	0	0	65	86	0
*Cheese, cheddar, lofat 1/4 cp	1/4 cup	81	20	202	6	4		7	1	0	0	203	304	0
*Cheese, pepper jack	3/4 oz sl	81	19	140	7	4		5	0	0	0	140	253	0
*Cheese, provolone	3/4 oz. sl	75	15	186	6	4		5	0	0	0	161	187	0
*Cheese, Swiss american	1/2 oz slice	46	12	220	3	2		3	1	0	0	102	121	0
*Cheesebread, whole wheat	1 slice	122	13	200	5	3		7	13	1	1	160	111	0
*Cheeseburger no bun-HS	patty w/ch.	325	83	205	27	12		21	1	0	2	95	250	0
*Cheeseburger no bun-MS	patty w/ch.	220	45	258	15	7		19	1	0	2	79	250	0
*Cheeseburger on bun	sand	380	45	458	17	7		25	32	3	3	229	250	0
*Cheeseburger on bun-HS only	sand	485	83	405	29	12		27	32	3	4	245	250	0
*Cherry Crisp	1 square	255	24	68	10	6		3	41	1	1	21	563	1
*Cherry Topping	1/2 cup	139	4	16	2	1		1	33	1	0	13	602	1
*Chicken & Edamame-Elem	1/2 cup	169	38	620	4	1		14	12	1	1	23	361	13
*Chicken & Edamame-SEC	cup	338	77	1240	8	2		28	24	3	2	46	722	26
*Chicken and gravy	3/8 cup	150	56	400	10	5		12	2	0	1	11	246	0
*Chicken Chow Mein	1/2 cup	87	33	486	3	1		10	5	1	1	27	529	9
*Chicken Fajita, meat only	2 oz.	109	48	325	4	1		14	2	0	1	8	218	0
*Chicken Gravy	2 oz.	40	3	322	1	0		1	6	0	0	17	20	0
*Chicken in Thai Peanut Sauce	1/3 cup	167	48	314	7	2		16	7	1	1	12	41	0
*Chicken Nuggets 4-12	5 nuggets	240	40	550	15	3		14	13	1	1	40	0	0
*Chicken Nuggets K-3	4 nuggets	195	32	446	12	2		11	11	1	1	32	0	0
*Chicken Patty Sandwich	sand	329	92	668	8	2		22	42	3	3	177	56	1
*Chicken Patty, breaded	1 patty	169	92	468	6	2		16	11	0	1	27	56	1
*Chicken Rice Soup	3/4 cup	128	26	500	3	1		9	15	1	1	24	1567	1
*Chicken Rotini Veg Soup	3/4 cup	115	27	508	3	1		11	10	1	1	23	1563	1
*Chicken stew	1/2 cup	132	44	439	8	4		10	5	1	1	30	4176	5
*Chicken Suqaar	3/8 cup	30	10	31	1	0		3	1	0	0	4	646	3
*Chicken, drumstick; buffalo	drumstick	110	53	62	5	1		15	0	0	1	7	106	0

Saint Paul Public Schools Nutrition Services
Nutritional Information for Menu Items

Menu Item	Portion Size	Calories	Chol mg	Sodium mg	Total gram	Sat gram	Trans Fat gram	Protein gram	Carb gram	Fiber gram	Iron mg	Calcium mg	Vit A IU	Vit C mg
*Chicken, drumstick; rotisseri	drumstick	109	53	88	5	1		15	0	0	1	7	36	0
*Chicken, Rice Bowl Elem/MS	3/8 cup	290	51	524	9	2		20	31	4	2	34	1579	3
*Chicken, Rice bwl HS Thai Pnt	3/8 cup	280	48	364	8	2		19	31	2	1	26	40	0
*Chili, vegetarian	3/4 cup	172	0	790	2	0		7	20	6	3	70	610	25
*Chip, Tortilla; corn	1 oz.(8-10 chips)	142	0	20	7	2		3	29	1	1	61	0	0
*Chocolate cake	1 square	137	18	164	6	3		2	20	1	1	37	106	0
*Cilantro	tsp	0	0	1	0	0		0	0	0	0	1	59	0
1/3 cup	150 1/3 cup	25	4	40	2	0		0	2	0	0	9	27	5
*Cookie, Chocolate Chip	cookie	140	18	135	7	4		2	19	1	1	9	136	0
*Cookie, M & M	cookie	150	20	143	7	4		2	20	1	1	5	145	0
*Cookie, Sugar	cookie	101	19	141	7	4		2	9	1	1	5	145	0
*Corn and Edamame Salad	1/4 cup	31	0	107	1	0		1	6	1	0	10	31	2
*Corn Bread, Green Chili	square	308	37	633	13	6		6	46	2	2	76	201	1
*Corn Bread, with honey	square	308	37	630	13	6		6	46	2	2	72	197	0
*Corn Dog, lite,Foster Farms	1 corn dog	210	15	740	6	2		12	27	1	3	40	0	0
*Corn on the cob	1 cob	46	5	15	2	1		1	7	1	0	2	132	2
*Corn with Peppers (Taco Bar)	1/2 cup	99	0	380	1	0		2	21	3	0	25	65	9
*Corn; canned, yellow	1/2 cup	80	0	310	1	0		2	17	2	0	20	0	4
*Cottage Cheese, fat free	1/4 cup	40	2	160	0	0		7	4	0	0	50	100	0
*Cous Cous, Herbed Corn	1/2 cup	126	0	319	1	0		4	26	2	0	17	22	2
*Cracker, graham goldfish	1 package	120	0	50	5	1		1	19	2	1	100	0	0
*Cranberry Sauce-local	1 oz.	64	0	0	0	0		0	16	1	0	2	11	3
*Cucumber slices	1/2 cup	8	0	1	0	0		0	2	0	0	8	55	1
*Dressing, French	1 Tb	35	0	135	1	0		0	7	0	1	0	50	0
*Dressing, Italian fat free	1 Tb	10	0	141	0	0		0	2	0	0	0	0	0
*Dressing, Ranch-ELEM	1 TB	55	5	125	6	1		1	1	0	0	0	0	0
*Dressing, Ranch-SEC	1 Tb	40	0	130	4	1		0	1	0	0	0	0	0
*Egg and Cheese Tortilla	1 wrap	190	190	490	10	4		10	16	0	2	98	366	0
*Egg Roll, Turkey	1 roll	240	120	600	10	3		13	25	2	3	45	854	10
*Egg, Hard boiled	1 egg	78	212	62	5	2		6	1	0	1	25	293	0
*Eggs, scrambled	1/4 cup	91	194	154	7	2		6	1	0	1	39	289	0
*Enchilada Bake	square	286	37	374	12	6		17	31	7	2	264	777	4
*Energy Bar-wrapped	bar	272	30	186	9	5		5	46	3	2	24	80	0
*Fish Filet	filet	180	35	340	7	1		13	16	1	0	0	0	0
*Fish Patty-ELEM	patty	200	45	510	7	2		15	21	0	0	0	0	0
*Fish Sandwich w/cheese SEC	sand	415	57	860	14	5		24	53	3	2	225	250	0
*Foccacia Bread	square	112	0	119	2	1		3	20	2	1	10	5	0
*French Bread, HS sand. bar	1/3 loat	143	0	313	1	0		6	28	3	2	20	0	0

Saint Paul Public Schools Nutrition Services
Nutritional Information for Menu Items

Menu Item	Portion Size	Calories	Chol mg	Sodium mg	Total gram	Sat gram	Trans Fat gram	Protein gram	Carb gram	Fiber gram	Iron mg	Calcium mg	Vit A IU	Vit C mg
*French Bread, Whole Wheat ult	1 oz. sl	80	0	176	1	0		3	16	2	1	11	0	8
*French Bread, WW-2 sl	1 oz. each	160	0	352	1	0		6	32	3	2	22	0	17
*French Toast, Cinnamon Swirl	1 slice	156	99	276	5	1		7	23	0	1	43	142	85
*Fried Rice	1/2 cup	185	89	428	5	2		7	27	2	1	41	971	7
*Fruit Punch	4 fl. oz.	60	0	1	0	0		0	16	0	0	7	7	60
*Fruit Salad	1/2 cup	135	0	260	3	3		0	30	0	0	84	39	1
*Garlic Bread	2 oz. pc	216	15	418	7	4		7	32	3	2	24	178	17
*Granola	1/3 cup	109	0	74	1	1		2	24	1	1	10	372	2
*Grape juice, white-fortified	4 fl. oz	64	0	3	0	0		0	16	0	0	333	10	60
*Grapes ,fresh	1/2 cup	31	0	1	0	0		0	8	0	0	6	46	2
*Green beans, fresh steamed	1/2 cup	23	0	5	0	0		1	5	3	1	28	522	12
*Green beans, frz	1/2 cup	19	0	6	0	0		1	4	2	1	33	376	3
*Green Beans; canned,cooked	1/2 cup	14	0	169	0	0		1	3	1	1	18	236	3
*Greens, mixed	1/2 cup	28	0	388	0	0		2	4	2	1	73	4545	11
*Grilled cheese sand, W.W.	sand	316	41	968	14	9		20	34	4	1	380	1000	0
*GtG-Asian Noodle Salad	salad	211	18	853	3	1		10	25	2	2	19	1503	23
*GtG-Buffalo Chicken Salad	salad	251	78	552	9	2		25	14	4	4	61	9145	18
*GtG-Chef Salad	salad	120	123	308	6	3		11	6	2	2	162	6185	19
*GtG-Chicken Caesar Salad	salad	194	34	420	10	3		15	10	2	2	297	5935	18
*GtG-Chicken Pasta Salad	salad	467	47	814	27	5		21	33	3	2	94	397	24
*GtG-Chipotle Turkey/Ched	sand	195	22	665	8	3		13	18	3	2	153	3903	13
*GtG-Dressing, Lofat Caesar	Tb	36	1	125	3	1		1	2	0	0	26	19	0
*GtG-Lettuce, ice/rom mix	1/4 cup	4	0	3	0	0		0	1	0	0	7	1306	4
*GtG-Pizza Pasta Salad	salad	405	26	650	9	5		23	57	6	4	323	4619	10
*GtG-Sm. Turk/Cheese Rollup	sand	260	50	857	16	7		12	18	2	1	216	577	3
*GtG-Sub Sandwich-large	sand	1125	56	3082	16	7		55	195	20	12	259	546	100
*GtG-Sub Sandwich-small	sand	562	28	1541	8	3		27	97	10	6	129	273	50
*GtG-Thai Chicken Salad	salad	228	48	441	11	2		19	12	3	2	59	5867	19
*GtG-Turkey and Bacon Club	sand	183	27	831	5	1		15	21	2	2	23	1794	7
*GtG-Vegetarian Chef Salad	salad	117	215	121	7	2		9	6	2	2	109	8378	18
*Guacamole	1 TB	24	0	38	2	0		0	1	1	0	0	96	1
Hamburger on bun	1 sand	325	32	308	12	4		23	31	3	3	154	0	0
*Hamburger on bun-HS only	1 sand	430	70	255	24	9		24	31	3	4	170	0	0
*Harvest Bar	bar	228	35	156	11	3		2	30	0	1	25	622	1
*Harvest Vegetables	1/2 cup	80	0	105	4	0		1	12	3	0	34	5153	13
*Hmong Beef Fried Rice	cup	234	161	232	8	3		13	25	1	2	33	158	0
*Honey BBQ Sauce	2 TB	38	0	81	0	0		0	10	0	0	4	28	0
*Hot dog, turkey on bun	1 sand	290	50	910	14	4		12	29	3	3	230	300	0

Saint Paul Public Schools Nutrition Services
Nutritional Information for Menu Items

Menu Item	Portion Size	Calories	Chol mg	Sodium mg	Total gram	Sat gram	Trans Fat gram	Protein gram	Carb gram	Fiber gram	Iron mg	Calcium mg	Vit A IU	Vit C mg
*Hot dog, turkey,	1 hot dog	150	50	740	12	4		7	2	0	1	80	300	0
*Hot Sauce	1 Tb	0	0	360	0	0		0	0	0	0	1	258	7
*Italian Bean and Pasta Salad	1/4 cup	90	0	106	0	0		5	16	1	1	13	67	4
*Italian Dunker w/o sauce	1 pc	370	58	697	19	12		17	33	3	2	359	562	17
*Jelly	1 Tb	50	0	0	0	0		0	12	0	0	0	0	0
*Jicama	1/2 cup	23	0	3	0	0		1	6	3	0	5	25	12
*Kiwi Fruit, fresh	1/2 fruit	23	0	1	0	0		0	6	1	0	13	33	35
*Kiwi-wedges	6 wedges	46	0	2	0	0		1	11	2	0	26	66	70
*Kohlrabi	1/2 cup	18	0	14	0	0		1	4	2	0	0	0	0
*Lasagna, Three Cheese	1 square	274	48	982	8	5		20	31	3	3	390	2216	17
*Lettuce leaf	1 leaf	4	0	7	0	0		0	1	0	0	9	1777	4
*Lettuce, romaine	1/2 cup	4	0	2	0	0		0	1	0	0	8	2047	6
*Lettuce/cabbage, shredded	1/4 cup	3	0	2	0	0		0	1	0	0	4	396	2
*Macaroni and Cheese-Elem	1/2 cup	288	40	563	14	8		14	26	1	1	260	405	0
*Macaroni and Cheese-HS & MS	cup	274	5	562	5	2		8	49	2	2	10	0	0
*Mandarin oranges	3 oz spoon	35	0	5	0	0		1	9	1	0	10	798	32
*Mango	1/4 cup	27	0	1	0	0		0	7	1	0	4	316	11
*Marinara Sauce, 1 oz	1 oz	24	0	155	1	0		0	3	0	0	9	166	1
*Marinara Sauce, 1/3 cup	1/3 cup	63	0	403	3	0		1	8	1	0	23	432	3
*Marinara Sauce-1/2 cup	1/2 cup	106	0	673	4	0		2	13	1	1	38	721	6
*Marinara Sauce-3/4 cup	3/4 cup	146	0	930	6	1		3	19	1	1	53	997	8
*Mashed Potatoes	1/2 cup	122	0	554	0	0		2	24	2	0	3	0	6
*Mashed Potatoes-Garlic	1/2 cup	170	2	798	3	0		3	24	2	0	19	24	6
*Meatballs in sauce	2	162	23	610	8	2		12	9	0	2	58	332	3
*Meatsauce, cp	cup	227	56	796	12	4		18	14	4	4	58	2576	14
*Meatsauce-1/2 cup	1/2 cup	113	28	398	6	2		9	7	2	2	29	1288	7
*Meatsauce-1/3 cup	1/3 cup	76	19	265	4	1		6	5	1	1	19	859	5
*Meatsauce-3/4 cup	3/4 cup	170	42	597	9	3		14	11	3	3	44	1932	10
*Mexican Rice	1/2 cup	145	1	429	1	0		3	30	2	1	20	157	2
*Milk, 1% Schroeders	8 fl. oz	110	15	125	3	0		8	13	0	0	300	500	2
*Milk, average of 1%, skim, ch	8 fl. oz	107	8	160	1	0		8	16	0	0	300	500	2
*Milk, Choc. skim-Schroeder	8 fl. oz	130	5	230	0	0		8	23	0	0	300	500	0
*Milk, red. lactose	8 fl. oz	80	4	125	0	0		8	13	0	0	500	500	0
*Milk, weighted average	8 fl. oz	114	8	119	2	1		8	17	0	0	282	470	1
*Milk,Skim	8 fl. oz	80	4	125	0	0		8	13	0	0	300	500	2
*Miracle whip packet	1 packet	30	4	105	3	0		0	2	0	0	0	0	0
*Mixed fruit	3 oz spoon	60	0	4	0	0		1	14	1	0	0	150	1
*Mixed Fruit, cup	3/8 cup	51	0	4	1	0		1	13	1	6	6	100	3

Saint Paul Public Schools Nutrition Services
Nutritional Information for Menu Items

Menu Item	Portion Size	Calories	Chol mg	Sodium mg	Total gram	Sat gram	Trans Fat gram	Protein gram	Carb gram	Fiber gram	Iron mg	Calcium mg	Vit A IU	Vit C mg
*Mixed Vegetables	1/2 cup	28	0	21	0	0		1	6	2	0	11	2234	5
*Mozzarella, shredded	1/4 cup	72	18	175	5	3		7	1	0	0	222	136	0
*Mushrooms, canned	1 Tb	6	0	100	0	0		1	1	0	0	0	0	0
*Mustard: individual PC	pkt	3	0	56	0	0		0	0	0	0	4	0	0
*Nacho St. Paul	1 entree	371	56	976	19	7		16	33	1	2	108	1263	6
*Nacho St. Paul with beans	1 entree	364	13	870	11	4		10	53	10	2	131	947	5
*Nectarine, fresh	1 med	60	0	0	0	0		1	14	2	0	8	452	7
*Noodles, Chow Mein	1 Tb	15	0	12	1	0		0	2	0	0	1	0	0
*Olives, black	1 Tb	10	0	73	1	0		0	1	0	0	7	34	0
*Onion, diced	tsp	1	0	0	0	0		0	0	0	0	1	0	0
*Onion, slice	1 slice	4	0	0	0	0		0	1	0	0	2	0	1
*Orange Juice	4 fl. oz.	60	0	1	0	0		1	15	0	0	150	12	60
*Orange wedges, fresh	6 wedges	62	0	0	0	0		1	15	3	0	52	295	70
*Orange, fresh	1 medium	62	0	0	0	0		1	15	3	0	52	295	70
*Parfait, Fruit and Yogurt-Blu	1 serving	160	5	70	2	1		5	33	1	0	153	18	1
*Parfait, Fruit and Yogurt-Ch	1 serving	209	7	78	2	1		5	45	0	0	157	301	1
*Parfait, Fruit and Yogurt-Str	1 serving	188	5	71	1	1		5	41	1	0	160	27	25
*Parmesan cheese	1 Tb	21	4	85	1	1		2	0	0	0	63	32	0
*Pasta (Pasta Plus)-cooked	3/4 cup	118	0	16	1	0		6	22	2	1	13	0	0
*Pasta Salad	1/2 cup	232	0	395	12	1		6	26	3	2	29	3240	14
*Pea pod	1 pod	1	0	0	0	0		0	0	0	0	1	37	2
*Peach, cup	3/8 cup	54	0	5	0	0		1	15	1	0	4	175	2
*Peach, fresh	1 med	34	0	0	0	0		1	8	1	0	5	284	6
*Peaches, canned; lite syrup	3 oz spoon	53	0	8	0	0		0	13	0	0	0	226	1
*Peanut Butter & Jelly Bar	bar	318	1	271	20	4		10	29	2	2	16	2	0
*Peanut butter & jelly sand	sand	320	0	150	17	3		11	36	2	0	0	0	0
*Peanut Butter, smooth	1 TB	95	0	74	8	2		4	3	1	0	7	0	0
*Peanuts	1 Tb	83	0	115	7	1		3	3	1	0	8	0	0
*Pear, fresh	1 med	96	0	2	0	0		1	26	5	0	15	38	7
*Pears,diced ,light syrup	3 oz spoon	60	0	11	0	0		0	14	1	0	0	0	0
*Peas	1/2 cp	42	0	4	0	0		3	7	2	2	47	1049	18
*Peas, cilantro, scallions	1 svg	10	0	3	0	0		1	2	1	0	15	263	6
*Peas, Sugar Snap	1/2 cup	44	0	32	1	0		0	7	2	2	38	273	56
*Pepper, Green, Sweet	1/2 cup	15	0	2	0	0		1	4	2	0	5	275	60
*Pepper, jalapeno; canned	1 Tb	2	0	142	0	0		0	0	0	0	2	145	1
*Pepper, Red, Sweet	1/2 cup	19	0	1	0	0		1	5	2	0	5	2325	142
*Pepperoni, beef	1 oz. (18 sl)	138	29	463	12	4		6	0	0	0	6	0	0
*Pickle slices	2 slices	1	0	92	0	0		0	0	0	0	0	0	0

Saint Paul Public Schools Nutrition Services
Nutritional Information for Menu Items

Menu Item	Portion Size	Calories	Chol mg	Sodium mg	Total gram	Sat gram	Trans Fat gram	Protein gram	Carb gram	Fiber gram	Iron mg	Calcium mg	Vit A IU	Vit C mg
*Pineapple cup	3/8 cup	94	0	3	1	0		1	20	1	10	10	5	5
*Pineapple Tidbits	3 oz spoon	53	0	8	0	0		1	13	1	1	15	75	7
*Pineapple, fresh	1/2 cup	41	0	1	0	0		0	11	1	0	11	48	39
*Pita Bread, wh. wheat	1/2 bread	75	0	63	0	0		3	16	2	1	10	0	0
*Pizza, Elem. Cheese	slice	165	16	380	6	3		9	20	2	1	207	264	2
*Pizza, Elem. Hawaiian	slice	172	18	414	6	3		10	21	2	1	208	270	3
*Pizza, Elem. Pepperoni	slice	178	19	421	7	4		10	20	2	1	208	265	2
*Pizza, Elem. Veggie	slice	167	16	380	6	3		9	20	2	1	208	276	5
*Pizza, Sec. Hawaiian	slice	345	37	828	12	7		19	41	4	3	417	540	6
*Pizza, Sec; Cheese	slice	362	40	838	14	8		21	40	4	3	513	589	4
*Pizza, Sec; Pepperoni	slice	387	46	921	16	9		22	40	4	3	514	590	4
*Pizza, Sec; Sausage	slice	387	43	966	15	9		23	40	4	3	519	589	4
*Pizza, Sec; Veggie	slice	366	40	838	14	8		21	40	4	3	514	613	10
*Plum, fresh	1 med	30	0	0	0	0		0	8	1	0	4	228	6
*Potatoes, roasted w/rosemary	1/2 cup	129	0	143	3	0		3	23	3	1	18	5	26
*Quesadilla	each	153	18	384	7	4		9	14	0	1	258	164	0
*Raisins, indiv. box	1.4 oz. bx	119	0	4	0	0		1	31	1	1	20	2	1
*Ravioli	cup	250	30	690	8	4		16	30	5	3	20	200	1
*RELISH: individual PC	pkt	10	0	62	0	0		0	3	0	0	0	64	0
*Ribique - no bun	patty	332	50	638	23	9		17	15	1	2	38	1616	0
*Ribique Sandwich	sand	572	50	928	26	10		25	61	5	5	238	1616	0
*Rice Bowl Toppings-fresh veg.	svg	19	0	23	0	0		1	4	2	0	20	6257	9
*Rotini Hot Dish-Elem	1/2 cup	179	33	466	7	3		13	16	3	2	80	1401	7
*Rotini Hot Dish-SEC	3/4 vup	273	51	708	11	4		20	24	5	4	131	2109	11
*Rutabaga, fresh	1/2 cup	25	0	14	0	0		1	6	2	0	33	406	18
*Sage Dressing	1/4 cup	128	12	691	5	3		4	17	1	1	46	164	1
*Salad greens	1/2 cup	9	0	15	0	0		1	2	1	1	27	3400	12
*Salami, turkey	1 slice (1/2 oz)	19	13	126	1	0		2	0	0	0	8	0	0
*Salsa	1/4 cup	30	0	300	0	0		0	6	0	1	40	400	2
*Sand. Eng Muff-egg/tky ham	sand	224	154	608	8	2		13	26	1	2	249	149	0
*Sand. Grilled smoked turkey	sand	287	55	1055	12	6		15	31	1	2	175	282	0
*Sandwich, Cheese	sand	250	25	600	10	6		9	31	1	1	230	500	0
*Sandwich, Hoagie	sand	348	43	949	10	4		18	47	4	3	275	250	0
*Sandwich, sm. turk&ch hoagie	sand	366	53	1118	11	4		21	48	4	3	275	250	0
*Sandwich, TurkHam/Swiss	sand	268	43	859	9	4		16	32	3	2	225	250	0
*Sauce, Sweet Sour	Tb	25	0	46	0	0		0	6	0	0	0	0	0
*Scallions	Tb	2	0	1	0	0		0	0	0	0	5	62	1
*Seasoned Steak Fries	1/2 cup	103	0	116	2	0		3	19	2	1	18	2	12

Saint Paul Public Schools Nutrition Services
Nutritional Information for Menu Items

Menu Item	Portion Size	Calories	Chol mg	Sodium mg	Total gram	Sat gram	Trans Fat gram	Protein gram	Carb gram	Fiber gram	Iron mg	Calcium mg	Vit A IU	Vit C mg
*Sesame Chicken w/pineappl	3/8 cup	170	38	1496	4	1		13	4	0	1	36	69	2
*Sloppy Joe meat only	1/3 cup	164	42	724	8	3		12	11	1	1	12	231	4
*Sloppy Joe on bun	sand	324	42	924	10	3		18	42	4	3	162	231	4
*Smoked Turkey, Canadian	2 slices	30	20	300	2	1		5	1	0	0	0	0	1
Smoked turkey	1 slice	18	10	170	1	0		3	0	0	0	0	0	0
*Snack, Saltine Cracker	1 pkg	80	0	270	2	0		2	13	1	1	0	0	1
*Soup, Tomato-low sodium	3/4 cup	102	2	376	1	0		5	18	1	0	107	520	0
*Sour Cream, lite	1 Tb	19	5	10	2	1		1	1	0	0	20	46	0
*Soy Sauce	1 Tb	10	0	1029	0	0		1	2	0	0	3	0	0
*Spaghetti and sauce	1/2 cup	201	0	612	5	1		5	31	2	1	39	649	5
*Spaghetti pasta plus	cup	212	0	13	2	0		6	38	2	2	8	0	0
*Spanish Rice	1/2 cup	142	6	642	3	1		3	27	2	1	31	416	9
*Spinach, fresh	1/4 cup	2	0	6	0	0		0	0	0	0	7	703	2
*Squash, butternut	1/4 cup	21	0	2	0	0		0	5	0	0	21	5717	8
*Sriracha Hot Sauce	1 Tb	15	0	300	0	0		0	3	0	0	0	0	0
*Steak Fries	1/2 cup	76	0	9	0	0		3	18	2	1	16	0	11
*Strawberries in Sauce -1/2 cp	1/2 cup	91	0	2	0	0		0	24	2	1	18	51	47
*Strawberries in Sauce 1/4 cp	1/4 cup	48	0	1	0	0		0	13	1	0	10	27	25
*Strawberry cup	1 cont.	122	0	4	0	0		1	33	2	1	14	31	53
*Strawberry, fresh	1/4 cup	12	0	0	0	0		0	3	1	0	6	4	21
*String cheese	1 oz	80	15	200	6	4		6	1	0	0	200	200	0
*Sub Sandwich	sand	245	34	910	4	2		18	34	4	3	106	191	1
*Sandwich, Hoagie	sand	231	30	832	6	3		15	28	2	2	352	121	0
*Sandwich, St. Paul Hero	sand	205	33	670	8	4		11	23	1	2	175	250	1
*Sandwich, Stacker	sand	237	31	743	7	4		14	28	2	2	325	250	0
*Sandwich, Sub	sand	210	30	732	7	4		12	23	1	2	175	250	0
*Sandwich, Turkey/Cheese	sand	239	29	786	7	4		15	28	2	2	325	250	0
*Sun Chips	1 bag	140	0	120	6	1		2	18	2	0	0	0	0
*Sweet Potato Fries	1/2 cup	180	0	200	8	1		2	25	3	0	20	8000	1
*Sweet Potato Pie	square	119	17	162	3	1		2	20	1	0	49	46	3
*Sweet Potato Sticks	1/2 cup	89	0	7	0	0		1	21	3	0	13	104	13
*Taco (meat & tortilla)	1 taco	142	43	476	9	3		12	2	1	2	17	316	1
*Taco Meat	1/4 cup	142	43	476	9	3		12	2	1	2	17	316	1
*Taco-hard shell	1 shell	62	0	52	3	1		1	8	1	0	13	2	0
*Tangelo, fresh	1 medium	50	0	0	1	0		1	15	3	0	40	0	30
*Tangerine, fresh	med	45	0	2	0	0		1	11	2	0	31	572	22
*Teriyaki Sauce	2 Tb	44	0	914	0	0		1	1	0	0	7	1	0
*Thai Peanut Noodles	1/2 cup	222	0	445	6	1		10	35	3	1	22	0	0

Saint Paul Public Schools Nutrition Services
Nutritional Information for Menu Items

Menu Item	Portion Size	Calories	Chol mg	Sodium mg	Total gram	Sat gram	Trans Fat gram	Protein gram	Carb gram	Fiber gram	Iron mg	Calcium mg	Vit A IU	Vit C mg
*Tomato slice	1 slice	3	0	1	0	0		0	1	0	0	2	125	2
*Tomato, grape	1/2 cup	16	0	7	0	0		1	3	1	6	37	23207	4
*Tomatoes, fresh ripe diced	tsp	1	0	0	0	0		0	0	0	0	0	31	0
*Tortilla Chips	1 oz (9 chips)	140	0	20	7	2		3	29	1	1	60	0	0
*Tortilla, whole wheat	1 tortilla	120	0	310	4	2		3	20	1	1	60	0	0
*Turkey, sliced deli style	1 slice	12	6	106	0	0		3	0	0	0	0	0	0
*Vegetable Rice	1/2 cup	132	0	379	4	1		2	22	1	2	28	3197	3
*Veggie Pack-summer	pkt	14	0	11	0	0		1	3	1	1	18	6804	9
*Veggies, fresh asst 1 cp	cup	38	0	28	0	0		1	8	3	2	39	8633	14
*Veggies, fresh asst 3/4 cp	3/4 cup	29	0	21	0	0		1	6	2	2	30	6515	10
*Veggies, fresh asst. 1/2 cp	1/2 cup	19	0	14	0	0		1	4	1	1	20	4316	7
*Waffle sticks, Belgian	2 sticks	140	0	370	2	1		3	28	1	2	80	0	0
*Watermelon	1 wedge	24	0	1	0	0		0	6	0	0	6	455	6
*Yogurt, Upstate Farms	4 oz.	100	0	75	0	0		3	22	0	0	300	0	1
*Zucchini Chocolate Chip Bread	square	267	15	301	12	3		3	36	2	1	14	45	2
*Zucchini sticks	1/2 cup	9	0	6	0	0		1	2	1	0	8	113	10