

**MONROE-WOODBURY CSD - FOOD SERVICES
NUTRITION INFORMATION**

Please note: due to substitutions, allergen and nutrition information may not reflect what is actually served. Please speak with your cafeteria manager to ensure that your meal is allergen free.

ALLERGEN KEY	
1=MILK	4=NUTS
2=EGG	5=SOY
3=WHEAT	6= UNKNOWN

CATEGORY	FOOD ITEM	SCHOOL	SERVING	CALORIES	FAT (g)	SAT. FAT (g)	CHOLES (mg)	FIBER (g)	CARBS (g)	SODIUM (mg)	SUGARS (g)	PROTEIN (g)	ALLERGENS
BREAKFAST	CEREAL, RICE CHEX (GLUTEN FREE)	ALL	EACH	70	0	0	0	<1	16	170	2	1	
BREAKFAST	EGG & CHEESE	ALL	2.1 OZ	130	10	4	180	0	2	300	1	7	1;2
BREAKFAST	EGG, HARD BOILED	ALL	EACH	155	10.61	3.27	424	0	1.12	124		12.58	2
BREAKFAST	EGGS, SCRAMBLED	MS	1.75 OZ	80	5	1.5	195	0	1	220		6	1;2
BREAKFAST	PIZZA OMELET	ALL	2.3 OZ	200	15	5	335	0	3	520	1	13	1;2
BREAKFAST	SAUSAGE LINKS	MS	1 LINK	60	4.5	1.5	20	0	0	135	0	6	
BREAKFAST	SAUSAGE LINKS, PORK		2 LINKS	130	9	3	40	0	1	270	0	12	
BREAKFAST	SAUSAGE LINKS, TURKEY		1 LINK	88	4.58	1.11	42	0	0.26	336	0	10.66	
BREAKFAST	SAUSAGE PATTY	ALL	PER PATTY	130	9	3	10	0	1	320	0	12	
BREAKFAST	YOGURT, PEACH	ALL	EACH	90	0	0	0		19	75	16	3	
BREAKFAST	YOGURT, RASPBERRY (UPSTATE)	ALL	EACH	90	0	0	0		19	75	16	3	1
BREAKFAST	YOGURT, STRAW/BANANA	ALL	EACH	90	0	0	0		19	75	16	3	1
CONDIMENT	BUTTER	ALL	PACKET	70	8	5	20	0	0	65			1
CONDIMENT	JELLY, GRAPE	ALL	PACKET	50	0	0	0	0	13	15	5	0	
CONDIMENT	MARGARINE	ALL	1 TBSP	100	11	4	0		0	115		0	
CONDIMENT	CREAM CHEESE	ALL	PACKET	45	4	2.5	15	0	1	95	1	2	1
COOKIES	CHOCOLATE BROWNIE COOKIE (WHOLE GRAIN)	ALL	1 OZ	100	3.5	1	5	1	17	90	8	2	1;2;3;5
COOKIES	CHOCOLATE CHIP COOKIE (WHOLE GRAIN)	ALL	1 OZ	100	3.5	1	5	1	17	85	8	2	1;2;3;5

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COOKIES	OATMEAL RAISIN COOKIE (WHOLE GRAIN)	ALL	1 OZ	100	3	1	5	1	18	65	8	2	1;2;3;5
COOKIES	RAINBOW CANDY COOKIE (WHOLE GRAIN)	ALL	1 OZ	100	3.5	1	10	1	15	85	8	2	1;2;3;5
COOKIES	SUGAR COOKIE (WHOLE GRAIN)	ALL	1 OZ	100	3.5	1	5	1	18	90	8	1	1;2;3;5
DRINKS	MILK, 1%	ALL	CARTON	100	2	1	10	0	11	125	11	8	1
DRINKS	MILK, CHOCOLATE	ALL	CARTON	150	1.5	0	5	0	26	210	25	8	1
DRINKS	MILK, LACTAID	ALL	CARTON	80	0	0	<5		13	125	12		
DRINKS	MILK, SKIM	ALL	CARTON	80	0	0	0	0	11	125	11	8	1

ENTRÉE	BURGER, CHARBROILED		2 OZ	130	8	3	45	0	0	135	0	15	
ENTRÉE	BURGER, MINI		3 PCS	190	12	5	70	0	0	200	0	22	
ENTRÉE	CANADIAN BACON	ALL	56 G	60	3	1	30	0	2	510	1	8	
ENTRÉE	CHEESEBURGER ON WW		SANDWICH	406	21.86	10.58	72	2	28.45	952			GF IF NO BUN
ENTRÉE	CHICKEN, DICED		2.72 OZ	85	2	0	50	0	0	270	0	16	
ENTRÉE	CHICKEN, GRILLED OVER SALAD			163	4.17	1.03	50	1.17	12.66	796.81			
ENTRÉE	CHICKEN, ROASTED 8 PCS NEW		3 OZ	170	9	3	57	0	3		3	14	
ENTRÉE	CHILI, TURKEY AND BEANS	MS	SERVING	354	10.99	1.07	61	6.88	21.44	2025		45.23	
ENTRÉE	CHILI, VEGETARIAN	MS	6 OZ	126	2.09	0.2	0	6.68	22.83	602.94		12.6	
ENTRÉE	FRANKS, ALL-BEEF NO BUN	ELEM	EACH	140	12	5	25	600	0	2	0	7	
ENTRÉE	NACHOS W/ MEAT & CHEESE			521	27.37	5.46	70	2	46.4	1318.9			Check with café manager
ENTRÉE	NACHOS W/ SALSA	ELEM	4 OZ	150	7	1	0	1	20.02	256.42			
ENTRÉE	SAUSAGE, ITALIAN TURKEY	MS	2 EACH	280	16	5	100	0	2	1160	0	30	
ENTRÉE	TURKEY, SLICED		56 G	60	2	0.5	25	0	2	470	0	9	
ENTRÉE	TURKEY, ROASTED	MS	3 OZ	132	4.92	1.62	45	0	2.61	578		18.13	

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ENTRÉE	TUNA	ELEM	2 OZ	60	0	0	45	0	0	150	0	14	

FRUIT	APPLE, SLICES	ALL	1/2 CUP	50	0	0	0	2	12	20			
FRUIT	APPLE, WHOLE	ALL	EACH	65	0	0	0	3	17	1		0	
FRUIT	BANANA, PETITE	ALL	EACH	72	27	0.09	0	2.11	18.5	0.81			
FRUIT	BLUEBERRIES, FRESH	ALL	1 CUP	84	0.49	0.04	0	3.55	21.45	1.48			
FRUIT	CRANBERRY APPLESAUCE			98	0.19	0.03	0	1.24	25.51	30		0.2	
FRUIT	GRAPES	ALL	1/2 CUP	31	0.16	0.05	0	0.41	7.89	0.92			
FRUIT	MELON WEDGE	ALL	WEDGE	23	0.13	0.04	0	0.62	5.63	11.04			
FRUIT	ORANGE, WHOLE	ALL	180 G	85	0	0	0	4	21	0		2	
FRUIT	PEACHES, DICED	ALL	1/2 CUP	70	0	0	0	0	17	10			
FRUIT	PEACHES, WHOLE	ALL	1 PEACH	40	0	0	0	2	10	0	9	1	
FRUIT	PEAR, WHOLE	ALL	148 G	86	0	0	0	5	23	1		1	
FRUIT	PEARS, DICED	ALL	1/2 CUP	80	0	0	0	2	20	5			
FRUIT	PINEAPPLE, CHUNKS	ALL	1/2 CUP	70	0	0	0	1	17	10			
FRUIT	PINEAPPLE, TIDBIT	ALL	1/2 CUP	70	0	0	0	1	17	10			
FRUIT	SALAD, TROPICAL	ELEM	1/2 CUP	79	0	0	0	2	19	35			
FRUIT	STRAWBERRY CUP	ALL	CONTAINER	46	0.43	0.02	0	2.88	11.06	1.44			
FRUIT	STRAWBERRY, FRESH	ALL	8 BERRIES	45	0	0	0	4	12	0	8	1	
FRUIT	WATERMELON	ALL	WEDGE	86	0.43	0.05	0	1.14	21.59	2.86			
ICE CREAM	CHOCOLATE CONE	ALL	1 CONE	120	1.5	1	5	0	23	85	15	3	1;3;5
ICE CREAM	CHOCOLATE ÉCLAIR BAR	ALL	1 BAR	140	4	1.5	0	0	23	60	21	2	1;3;5
ICE CREAM	CHOCOLATE SANDWICH	ALL	1 SANDWICH	140	2	1	5	2	29	135	16	3	1
ICE CREAM	COOKIES 'N CREAM CONE	ALL	1 CONE	130	2	1	5	<1	26	110	17	3	1;3;5
ICE CREAM	COOKIES 'N CREAM BAR	ALL	1 BAR	90	1.5	1	5	2	18	55	10	2	1;3;5
ICE CREAM	COTTON CANDY BAR	ALL	1 BAR	90	1.5	1	5	0	18	70	16	3	1
ICE CREAM	COTTON CANDY CUP (LOW FAT)	ALL	1 CUP	70	1	0.5	5	0	12	50	12	2	1
ICE CREAM	CRY BABY SOUR APPLE (ITALIAN ICE) 100% JUICE	ALL	4 FL. OZ	99	0	0	0	0	25	15	25	0	
ICE CREAM	CRY BABY SOUR CHERRY (ITALIAN ICE) 100% JUICE	ALL	4 FL. OZ	99	0	0	0	0	25	15	25	0	

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ICE CREAM	FUDGE BAR	ALL	1 BAR	130	0.5	0.5	0	0	26	125	26	5	1
ICE CREAM	ORANGE CREAM BAR	ALL	1 BAR	90	1.5	1	5	0	19	65	15	3	1
ICE CREAM	SOUR APPLE-LICIOUS JUICE BAR	ALL	1 BAR	40	0	0	0	2	10	5	7	0	
ICE CREAM	STRAWBERRY FRUIT BAR	ALL	1 BAR	60	0	0	0	0	16	0	15	0	
ICE CREAM	STRAWBERRY POMEGRANATE JUICE CUP	ALL	4.4 FL OZ	70	0	0	0	3	19	5	16	0	
ICE CREAM	STRAWBERRY SUNDAE CRUNCH BAR	ALL	1 BAR	140	5	1.5	0	0	21	65	15	2	1
ICE CREAM	TYPHOON BLUE RASPBERRY (ITALIAN ICE) 100% JUICE	ALL	4 FL. OZ	99	0	0	0	0	25	15	25	0	
ICE CREAM	VANILLA-CHOCOLATE (LOW FAT)	ALL	1 CUP	70	1	0.5	5	0	13	50	12	2	1
ICE CREAM	VANILLA CONE (LOW FAT)	ALL	1 CONE	110	1.5	1	5	0	22	80	16	3	1;3;5
ICE CREAM	VANILLA SANDWICH	ALL	1 SANDWICH	130	2	1	0	0	26	135	16	3	1;3
ICE CREAM	VERY BERRY JUICE BAR	ALL	2 FL OZ	40	0	0	0	2	10	5	7	0	
ICE CREAM	WATERMELON JUICE CUP	ALL	4.4 FL OZ	90	0	0	0	3	25	10	21	0	
ICE CREAM	WILD CHERRY JUICE BAR	ALL	2 FL OZ	40	0	0	0	2	9	5	7	0	
ICE CREAM	WILD CHERRY JUICE CUP	ALL	4.4 FL OZ	70	0	0	0	3	19	10	16	0	
SHERBET	CHOCOLATE SHERBET	ALL	4 FL OZ	120	15	1	5	0	26	60	25	1	1
SHERBET	GRAPE SHERBET	ALL	4 FL OZ	110	10	1	5	0	23	20	19	1	1
SHERBET	LIME SHERBET	ALL	4 FL OZ	110	10	1	5	0	23	20	19	0	1
SHERBET	RASPBERRY SHERBET	ALL	4 FL OZ	110	1	1	5	0	23	20	19	0	1
SNACKS	FROZEN JUICE	ALL	CONTAINER	60	0	0	0	0	15	10	14		
SNACKS	FRUITED GELATIN	ALL	SERVING	70	0	0	0	0	17	55	17	1	
SNACKS	POPCORN, WHITE CHEDDAR RF	ALL	BAG	60	2.5	0	0	1	9	125	0	2	1

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SNACKS	NY PRETZEL	HS/MS	3OZ	200	1	0	0	6	45	70	2	8	3
SNACKS	6" CHEESE BOSCO STICK (WHOLE GRAIN)	ALL	1 STICK	190	6	2	10	2	25	220	3	9	1;3
SNACKS	VEGETABLE EGG ROLL (WHOLE GRAIN)	ALL	1 EGG ROLL	140	35	9	0	4	22	150	4	4	2;3
VEGETABLES	BEANS, BAKED-VEGETARIAN		1/2 CUP	110	0	0	0	6	21	400	2	7	
VEGETABLES	BEANS, PINTO- CANNED	ALL	1/4 CUP	52	0.49	0.1	0	1.8	9.15	70	0.13	2.92	
VEGETABLES	BROCCOLI, FRESH	ALL	1/2 CUP	35	0	0	0	2.77	5.53	27.66			
VEGETABLES	BROCCOLI, NORMANDY	ALL	89 G	25	0	0	0	2	4	25	1	3	
VEGETABLES	BROCCOLI, SPEARS	ALL	2 SPEARS	25	0	0	0	2	4	25	1	3	
VEGETABLES	CARROTS, BABY	ALL	1/2 CUP	45	0	0	0	3	11	180			
VEGETABLES	CARROTS, SLICED	ALL	1/2 CUP	45	0	0	0	3	11	180			
VEGETABLES	CORN		1/2 CUP	80	1	0	0	2	17	310			
VEGETABLES	GREEN BEANS		1/2 CUP	20	1.99	0	0	1	3	390			
VEGETABLES	ITALIAN		4 OZ	37	0	0	0	2.74	8.23	3.66			
VEGETABLES	LETTUCE	ALL	LEAF	2.1	0	0	0	0.2	1.6	1.5	0.3		
VEGETABLES	MARINATED	HS	3 OZ	61	4.77	0.61	0	1.19	4.06	94		0.9	
VEGETABLES	MIXED	ALL	1/2 CUP	80	0	0	0	2.67	14.67	86.72			
VEGETABLES	POTATO, BAKED		MEDIUM	278	0	0	0	7	63	0	4	7	
VEGETABLES	POTATO, MASHED	MS	1/2 CUP	85	1.26	0.23	0	1.05	14.68	182.87			
VEGETABLES	POTATO, MASHED	ELEM	2 OZ	80	0.7	0.17	0.5	1.01	14.57	38.1			
VEGETABLES	POTATO, SWEET MASHED	MS	1/2 CUP	120	0.05	0	0	3	27	40			
VEGETABLES	POTATO, TATER TOTS NEW	ALL	2.52 OZ	130	6	1	0	2	16	310	0		2 5
VEGETABLES	POTATO, WEDGES	ELEM		189	7	1	2	0	26	375			
VEGETABLES	SALAD, TOSSED	ELEM	1/2 CUP	8	0.09	0.01	0	0.64	1.6	3.25			
VEGETABLES	SALAD, TOSSED	HS/MS	3/4 CUP	53	1.3	0.4	90		3.3	245		7.3	