

SURE START NUTRITIONALS

Recipe Description	Portion Size	Cals	Sodm (mg)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)	Cholst (mg)	Fiber (g)	Carb (g)	Protn (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)
SCH APPLE SLICES	1 CUP	62	1	0.13	0	0	0	3	15	0	0.13	7.6	0	0
SCH APPLESAUCE WITH CINNAMON	1/2 CUP	52	10	0.01	0	0	0	2	14	0	0.23	6.5	2	1.22
SCH Applesauce, Sugar Free	1/2 CUP	50	10	0	0	0	0	2	13	0	0.18	0	0	1.2
SCH BABY CARROTS & BROCCOLI	1 CUP	30	48	0.22	0.03	0	0	2	6	2	0.7	34.3	6135	40.35
SCH Baked Beans	1/2 CUP	170	780	0.5	0	0	0	7	35	6	1.08	60	0	0
SCH Banana, Fresh	1/2 EA	56	1	0.21	0.07	0	0	2	15	1	0.17	3	41	3.3
SCH BEEF NACHOS	1 EACH	466	1282	23.74	5.66	0	91	4	37	25	5.06	165.5	1598	6.64
SCH BEEF STEAK NACHOS	1 EACH	446	1503	23.95	7.19	0	44	4	40	17	9.4	156.3	1627	7.15
SCH Bell Pepper Veggi Dippers	1 CUP	23	3	0.22	0.04	0	0	2	5	1	0.35	7.8	1610	95.73
SCH Black Beans	1/2 CUP	90	140	0	0	0	0	5	16	6	7.2	150	0	0
SCH Broccoli	1/2 CUP	28	19	0	0	0	0	2	5	1	0	0	0	0
SCH CANTALOUPE, FRESH	1 CUP	54	26	0.3	0.08	0	0	1	13	1	0.34	14.4	5411	58.72
SCH Carrot Sticks, Fresh	1 CUP	50	84	0.29	0.05	0	0	3	12	1	0.37	40.3	20509	7.2
SCH Celery Sticks	1 CUP	24	119	0.25	0.06	0	0	2	4	1	0.3	59.4	667	4.61
SCH CHEESY CHICKEN ALFREDO	1 CUP	309	560	13.67	4.09	0	48	4	25	21	1.19	180.9	2678	0.6
SCH Chicken Egg Roll, WG	1 EACH	160	400	5	1	0	30	3	20	10	1.8	40	750	4.8
SCH Corn, Whole Kernal	1/2 CUP	70	140	1	0	0	0	2	15	2	0.72	0	0	6
SCH COUNTRY GRAVY	2 OUNCE	89	524	3.13	0.82	0	1	2	13	2	0.27	13.3	0	0
SCH CRUNCHY CHICKEN FINGERS	8 EACH	251	377	14.86	2.86	0	23	2	16	15	2.06	45.7	114	0
SCH EASY CHICKEN CORDON BLEU	FILET	222	674	7.25	3.67	0	85	0	3	33	1.02	220	300	0
SCH Garden Side Salad	1 CUP	17	12	0.2	0.03	0	0	1	3	1	0.5	21.4	4901	7.64
SCH Golden Deli Roasters	1/2 CUP	66	76	1.77	0.25	0	0	1	12	1	0.36	0	0	2.43
SCH Green Beans	1/2 CUP	14	140	0	0	0	0	2	3	1	0.72	20	300	3.6
SCH GREEN PEAS	1/2 CUP	51	73	0	0	0	0	3	9	4	1.98	30	150	24
SCH Grilled Jumbo Sluggers	1 EACH	130	330	8	2	0	45	0	2	13	0.36	0	0	0
SCH GROUND BEEF & RICE	1 CUP	418	189	9.39	2.52	0	77	7	57	27	4.2	34.6	88	15
SCH HEARTY PASTA BAKE	1 cup	360	1002	19.51	8.31	0	87	3	15	34	3.12	258.9	667	9.19
SCH HONEY BBQ PORK RIBLET	4 EACH	240	680	16.01	5.34	0	47	0	9	15	1.92	53.4	267	1.6
SCH IND PEPPERONI PIZZA	1 EACH	336	690	5.83	1.01	0.36	0	2	62	8	3.53	13.9	226	0.01
SCH Mandarin Oranges	1/2 CUP	72	9	0.08	0	0	0	2	18	1	0.54	20	2480	64.2
SCH Mashed Potatoes	1/2 CUP	127	372	6.27	1.64	0	4	1	17	2	0.25	54.9	1232	10.86
SCH Milk, NF	Carton	80	120	0	0	0	5	0	12	8	0	300	500	2.4
SCH Milk, White 1%	CARTON	110	120	2.37	1.55	0	10	0	12	8	0	300	500	0
SCH Orange Wedges, Fresh	1 CUP	85	0	0.22	0.04	0	0	4	21	2	0.18	72	405	95.76
SCH Pancakes, Mini Blueberry	SERVING	200	290	5	1	0	10	3	34	4	2.7	60	500	0
SCH PEARS, FRESH	1 CUP	87	2	0.18	0.02	0	0	5	23	1	0.26	13.6	34	6.33

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SCH PEPPERY CHICKEN PASTA	1 CUP	405	932	13.74	4.7	0	61	7	40	35	5.6	265.4	1828	18.82
SCH Pineapple Chunks	1/2 CUP	60	10	0	0	0	0	1	15	0	0.36	0	0	15
SCH PIZZA CHICKEN BURGER	1 EACH	327	947	10.11	3.01	0	59	5	33	29	1.87	261.8	158	8.02
SCH Pulled Pork	3 OZ	160	301	7.03	2.51	0	70	0	1	22	0.72	0	0	0
SCH Sliced Peaches	1/2 CUP	53	6	0.13	0	0	0	1	13	1	0.38	6	340	3.81
SCH Spaghetti & Meatball (ES)	3/4 CUP	267	1010	17.01	7.91	0.48	39	3	12	13	2.13	160.5	911	1.72
SCH Spaghetti (P)	3/4 CUP	131	3	0.57	0.1	0	0	5	28	6	1.11	15	3	0
SCH STEAMED DICED CARROTS	1/2 CUP	30	60	0	0	0	0	3	7	1	0.36	40	9500	2.4
SCH Sugar Snap Peas	1/2 CUP	40	0	0	0	0	0	2	7	2	0.72	40	200	12
SCH Tomato & Cuc Side Salad	SALAD	63	77	3.77	2.06	0	13	1	4	4	0.61	98.4	4478	6.8
SCH Turkey Sausage Omelet	SERVING	100	290	7	3	0	200	0	2	8	0.72	60	400	0