

### Breads & Grains

Description	Portion	Calories	Total Fat grams	Sat. Fat grams	Trans Fat grams	Protein grams	Carb. Grams	Calcium (mg)	Iron (mg)	Vit. C (mg)	Vit. A (IU)	Sodium (mg)	Chol. (mg)	Fiber grams
Chips & Queso	1.00 serving	174.0	7.5	2.7	0.0	4.6	21.4	0.0	2.9	0.0	150.8	311.7	8.7	2.1
Chips, Pretzel Heartzel	1.00 each	110.0	1.0	0.0	0.0	2.0	23.0	0.0	1.1	0.0	0.0	450.0	0.0	1.0
Chips, Sunchip Cheddar	1.00 each	140.0	6.0	1.0	0.0	2.0	19.0	0.0	0.4	0.0	0.0	160.0	0.0	2.0
Cornbread	1.00 piece	161.3	5.5	3.2	0.0	4.7	8.0	98.2	0.3	0.0	220.1	273.5	13.1	0.3
Cornbread Dressing	0.33 Cup	92.6	3.8	0.7	0.0	5.7	35.4	40.4	2.0	0.2	27.0	262.5	24.7	1.6
Cornbread Dressing	0.25 Cup	70.2	4.0	0.6	0.0	4.7	27.8	20.3	1.5	0.1	1.8	294.2	0.2	2.8
Cracker, Whole Grain Goldfish	1.00 each	100.0	7.4	2.4	0.0	4.6	21.4	128.3	3.0	1.4	116.0	313.9	9.5	2.0
Crackers, Cheese Reduced Fat	1.00 each	190.0	1.5	0.0	0.0	2.0	23.0	0.0	1.1	0.0	0.0	200.0	0.0	3.0
Crackers, Saltines	1.00 each	50.0	3.0	0.5	0.0	1.5	9.4	32.3	0.5	0.8	131.9	186.4	3.0	0.6
Croutons	0.75 ounce	121.5	3.5	1.0	0.0	3.0	14.0	20.0	0.4	0.0	0.0	170.0	5.0	1.0
Focaccia Bread Stick	1.00 each	102.3	4.1	0.6	0.0	3.7	31.1	15.0	0.7	0.9	622.1	568.7	0.0	1.6
Garlic Bread	1.00 slice	148.9	7.2	4.2	0.0	6.3	10.5	129.7	0.4	0.0	290.5	361.0	17.3	0.4
Macaroni & Cheese	0.33 Cup	133.9	2.8	0.9	0.0	0.9	26.5	189.0	0.3	0.0	0.0	70.9	0.0	0.9
Macaroni & Cheese	0.25 Cup	101.4	1.3	0.1	0.0	4.9	25.5	13.9	1.6	5.0	637.5	735.9	0.0	2.0
Rice, Fried Brown	0.66 Cup	176.0	1.0	0.0	0.0	1.0	9.0	0.0	0.4	0.0	0.0	160.0	0.0	1.0
Rice, Spanish Brown	0.33 Cup	93.1	6.0	1.5	0.0	6.0	28.0	40.0	1.8	0.0	100.0	440.0	0.0	1.0
Roll, Cornmeal	1.00 each	200.7	1.9	0.3	0.0	3.3	18.5	18.5	1.1	0.1	37.1	185.6	0.2	1.9
Roll, Whole Grain	1.00 each	161.0	4.9	0.9	0.0	3.5	22.1	23.5	1.3	0.1	171.5	210.0	0.3	0.8
Strawberry Fruit & Grain Bar	1.00 each	132.3	3.9	0.7	0.0	2.0	12.3	42.6	0.7	1.0	174.2	246.1	4.0	0.8
Spaghetti Side w/ Marinara Sauce	0.50 Cup	138.7	3.0	0.5	0.0	1.7	14.8	12.6	0.4	3.4	167.0	224.0	0.0	0.9