

North East ISD Vegetable Nutrient Analysis 2008-09				Questions - Contact School Nutrition Services 657-8820										
Description - Portion: Elementary 0.25 cup, Middle/High 0.33 cup + = Portion All Grades	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
Baked Beans	0.25 cup	86.2	1.0	0.3	0.0	3.5	17.2	24.8	0.9	1.2	41.2	351.2	1.1	2.8
Baked Beans	0.33 cup	113.8	1.3	0.4	0.0	4.6	22.7	32.7	1.1	1.6	54.3	463.6	1.5	3.7
Broccoli w/ Cheese Sauce	0.33 cup	71.3	3.9	2.2	0.0	4.3	5.0	95.9	0.3	27.4	554.5	213.1	11.1	1.6
Broccoli w/ Cheese Sauce	0.25 cup	54.0	3.0	1.7	0.0	3.2	3.8	72.7	0.2	20.8	420.1	161.4	8.4	1.2
Broccoli, w/ Butter Flavor	0.25 cup	17.1	0.0	0.0	0.0	1.3	2.8	11.9	0.2	22.2	324.2	87.6	0.0	1.3
Broccoli, w/ Butter Flavor	0.33 cup	22.5	0.0	0.0	0.0	1.7	3.7	15.8	0.3	29.3	428.0	115.6	0.0	1.7
California Vegetables w/ Butter Flavor	0.25 cup	11.3	0.0	0.0	0.0	0.7	1.9	7.2	0.1	7.5	1,611.5	76.5	0.0	0.7
California Vegetables w/ Butter Flavor	0.33 cup	15.0	0.0	0.0	0.0	0.9	2.6	9.5	0.2	9.9	2,127.2	101.0	0.0	0.9
Carrot Coins, Fresh	0.25 cup	13.5	0.0	0.0	0.0	0.3	3.1	8.6	0.2	2.9	4,434.7	11.2	0.0	0.9
Carrot Coins, Fresh	0.33 cup	17.8	0.0	0.0	0.0	0.4	4.2	11.4	0.2	3.8	5,853.8	14.8	0.0	1.3
Celery Sticks w/ Peanut Butter	0.25 cup	66.9	5.0	0.9	0.0	2.4	2.8	13.0	0.3	1.0	145.7	69.6	0.0	1.1
Celery Sticks w/ Peanut Butter	0.33 cup	68.2	5.1	1.0	0.0	2.5	3.1	16.6	0.3	1.3	186.5	76.9	0.0	1.3
Celery Sticks, Fresh	0.33 cup	5.5	0.1	0.0	0.0	0.3	1.2	15.8	0.1	1.2	177.8	31.7	0.0	0.6
Celery Sticks, Fresh	0.25 cup	4.2	0.1	0.0	0.0	0.2	0.9	12.0	0.1	0.9	134.7	24.0	0.0	0.5
Chalupa Trimmings +	0.33 cup	4.9	0.1	0.0	0.0	0.3	1.0	5.3	0.1	1.7	189.4	2.9	0.0	0.4
Corn on the Cob w/ Margarine +	1.00 each	106.7	2.3	0.3	0.0	2.0	19.0	0.0	0.4	4.8	82.8	19.2	0.0	2.0
Corn w/ Butter Flavor	0.25 cup	41.6	0.0	0.0	0.0	1.2	9.1	2.3	0.4	4.0	38.2	110.9	0.0	0.9
Corn, w/ Butter Flavor	0.33 cup	54.9	0.1	0.0	0.0	1.6	12.0	3.1	0.5	5.3	50.4	146.3	0.0	1.2
Cucumber Slices, Fresh	0.25 cup	4.0	0.0	0.0	0.0	0.3	0.9	4.9	0.1	0.9	11.4	0.6	0.0	0.2
Cucumber Slices, Fresh	0.33 cup	5.3	0.0	0.0	0.0	0.4	1.1	6.4	0.1	1.1	15.1	0.8	0.0	0.3
Green Beans, Savory	0.33 cup	6.7	0.0	0.0	0.0	0.3	1.4	6.3	0.2	1.2	97.5	105.3	0.0	0.4
Green Beans, Savory	0.25 cup	5.1	0.0	0.0	0.0	0.2	1.1	4.8	0.2	0.9	73.8	79.8	0.0	0.3
Green Peas, Savory	0.25 cup	47.5	0.0	0.0	0.0	2.7	8.2	13.3	0.9	7.9	258.8	126.9	0.0	2.6
Green Peas, Savory	0.33 cup	62.7	0.0	0.0	0.0	3.5	10.8	17.6	1.2	10.4	341.6	167.5	0.0	3.4
Mashed Potatoes	0.25 cup	42.7	0.4	0.0	0.0	0.9	9.4	0.0	0.1	1.9	0.0	196.2	0.0	0.9
Mashed Potatoes	0.33 cup	56.3	0.6	0.0	0.0	1.1	12.4	0.0	0.2	2.5	0.0	259.0	0.0	1.1
Mixed Green Salad w/ Croutons +	0.33 cup	13.8	0.4	0.0	0.0	0.6	2.4	7.2	0.3	1.8	532.3	30.7	0.0	0.3
Mixed Vegetables w/ Butter Flavor	0.25 cup	26.8	0.0	0.0	0.0	1.3	5.0	8.7	0.3	2.6	1,519.0	106.2	0.0	0.9
Mixed Vegetables w/ Butter Flavor	0.33 cup	35.4	0.0	0.0	0.0	1.7	6.6	11.5	0.4	3.4	2,005.0	140.2	0.0	1.1
Oriental Style Vegetables w/ Butter Flavor	0.25 cup	32.2	0.0	0.0	0.0	1.2	6.0	23.4	0.4	28.0	467.1	43.5	0.0	2.3
Oriental Style Vegetables w/ Butter Flavor	0.33 cup	42.5	0.0	0.0	0.0	1.5	7.9	30.9	0.6	37.0	616.6	57.4	0.0	3.1
Pickle, Dill +	0.50 each	0.5	0.0	0.0	0.0	0.1	0.3	0.0	0.0	0.0	0.0	166.0	0.0	0.0
Pinto Beans	0.33 cup	102.8	0.6	0.1	0.0	6.3	18.2	33.3	1.5	2.0	61.2	289.4	0.0	4.5
Pinto Beans	0.25 cup	77.9	0.5	0.1	0.0	4.8	13.8	25.2	1.1	1.5	46.3	219.2	0.0	3.4
Potatoes, Crispy Fry	0.33 cup	79.2	3.3	0.7	0.0	1.3	11.2	0.0	0.5	2.4	0.0	184.8	0.0	1.3
Potatoes, Seasoned Wedges +	0.33 cup	79.2	3.3	0.7	0.0	1.3	9.9	0.0	0.2	1.6	0.0	231.0	0.0	1.3
Potatoes, Spicy Hashbrown +	0.33 cup	105.6	4.0	1.0	0.0	2.0	15.8	0.0	0.5	3.2	0.0	316.8	0.0	2.0
Potatoes, Tater Tots +	0.33 cup	98.8	5.6	1.6	0.1	1.0	11.1	5.0	0.3	2.9	7.0	198.6	0.0	1.2
Ranch Style Beans	0.33 cup	41.1	0.5	0.0	0.0	2.0	7.6	18.5	0.9	0.8	185.2	236.9	0.0	1.9
Ranch Style Beans	0.25 cup	31.1	0.4	0.0	0.0	1.5	5.7	14.0	0.7	0.6	140.3	179.4	0.0	1.5

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Raw Vegetable Medley	0.25 cup	15.3	0.1	0.0	0.0	0.7	3.4	15.6	0.2	14.2	2,536.4	18.9	0.0	1.0
Raw Vegetable Medley	0.33 cup	20.1	0.2	0.0	0.0	0.9	4.5	20.6	0.3	18.8	3,348.1	24.9	0.0	1.3
Sandwich Trimmings w/ Tomatoes & Pickles +	0.33 cup	5.6	0.1	0.0	0.0	0.3	1.3	4.3	0.1	2.7	235.7	145.8	0.0	0.4
Spinach, Country Style	0.25 cup	25.4	1.0	0.4	0.0	2.8	2.5	75.5	1.0	11.9	5,670.6	157.0	2.1	1.5
Spinach, Country Style	0.33 cup	33.5	1.3	0.5	0.0	3.7	3.4	99.7	1.3	15.7	7,485.2	207.3	2.8	2.0
Taco Trimmings +	0.33 cup	54.9	3.8	2.4	0.0	3.5	1.5	92.8	0.1	1.7	289.4	135.4	10.0	0.4
Tossed Salad +	0.33 cup	7.4	0.1	0.0	0.0	0.3	1.7	7.9	0.1	1.3	960.1	7.4	0.0	0.5
CATCH Program color codes - Green = Go Food, Yellow = Slow Food, Red = Whoa Food														