

Sides

Description: HS = High School Only	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
Cheese, Mozzarella String	1.00 each	80.0	6.0	3.5	0.0	7.0	0.0	202.5	0.0	0.0	200.0	190.0	15.0	0.0
Chips, Baked KC Masterpiece - HS	1.00 each	141.4	3.2	0.0	0.0	2.6	24.4	25.7	0.0	1.5	128.6	244.3	0.0	2.6
Chips, Cheetos Baked	1.00 each	120.0	4.5	1.0	0.0	2.0	17.0	100.0	0.7	0.0	0.0	210.0	0.0	0.0
Chips, Cheetos Flaming Hot - HS	1.00 each	120.0	4.5	0.5	0.0	2.0	17.0	100.0	0.7	0.0	0.0	210.0	0.0	0.0
Chips, Chili Cheese Fantastix - HS	1.00 each	130.0	5.0	1.0	0.0	2.0	19.0	0.0	0.4	0.0	500.0	200.0	0.0	1.0
Chips, Cooler Ranch, Reduced Fat	1.00 each	131.6	5.1	1.0	0.0	2.0	19.2	40.5	0.4	0.0	0.0	162.0	0.0	2.0
Chips, Doritos Nacho Reduced Fat	1.00 each	98.7	3.8	0.8	0.0	1.5	14.4	15.2	0.3	0.0	0.0	167.1	0.0	1.5
Chips, Funyons - HS	1.00 each	146.7	6.7	0.7	0.0	2.7	18.7	0.0	1.0	0.0	0.0	240.0	0.0	0.0
Chips, Munchies Flaming Hot - HS	1.00 each	110.0	4.0	0.0	0.0	2.0	18.0	40.0	2.7	0.0	0.0	160.0	0.0	1.0
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
Chips, Sunchip French Onion - HS	1.00 each	140.0	6.0	1.0	0.0	2.0	18.0	0.0	0.4	0.0	0.0	130.0	0.0	3.0
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, Peanut Butter	1.00 each	190.6	9.0	1.5	0.0	4.0	23.1	20.1	1.1	0.0	0.0	300.9	0.0	1.0
Curly Fries - HS	1.00 serving	150.0	8.0	1.0	0.0	2.0	18.0	0.0	0.7	0.0	0.0	390.0	0.0	2.0
Curly Fries w/ Cheese - HS	1.00 serving	280.7	15.0	7.5	0.0	10.0	24.0	321.1	1.1	1.2	302.1	1,183.1	30.2	3.0
Jerky, Beef - HS	1.00 each	70.0	1.0	0.0	0.0	13.0	3.0	0.0	8.2	6.1	0.0	430.0	20.0	0.0
Melon Cup	1.00 serving	52.7	0.3	0.0	0.0	1.0	13.1	11.5	0.3	33.1	2,054.5	18.8	0.0	1.1
Pickles, Whole Dill	1.00 each	1.0	0.0	0.0	0.0	0.1	0.5	0.0	0.0	0.0	0.0	332.1	0.0	0.0
Strawberry & Cream Cup	1.00 serving	226.1	12.4	12.0	0.0	1.0	35.1	23.0	0.6	84.7	17.3	61.4	0.0	2.9
Sunflower Kernels	1.00 each	170.0	14.0	1.5	0.0	6.0	5.0	2.0	10.0	0.0	0.0	85.0	0.0	2.0