

K-8 NUTRIENT INFORMATION

K-8	Svg Size	Calories	Total Fat	Sat Fat	Sodium	Protein	Carbs
Sack Lunch							
Turkey Ham and Cheese on Bun	1 each	309	9.5	4	762	20.6	32
Mayonnaise	1 packet	40	4	0.5	90	0	2
Pickle Slices	1/2 cup	10	0.2	0	588	0.425	2.4
Baby Carrots	1/2 cup	36	0.21	0.03	48	0.82	8.42
Fat Free Ranch Dressing PPI	1 packet	10	0	0	125	0	2
Applesauce Cup	1/2 cup	90	0	0	15	0	22
Fresh Orange	1/2 cup	53	0	0	0	1	13
Sliced Peaches	1/2 cup	48	0	0	4.3	0	12.5
Pineapple Tidbits	1/2 cup	62	0	0	0	0	16
Banana	1 each	121	0	0	2	1	31
Apple Slices	1 pkg	34	0	0	0	0	8
Milk, 1% plain	8 oz	100	2.5	1.5	125	8	12
Milk, Skim plain	8 oz	80	0	0	125	8	12