Menu Item Nutrient Details

Fruits and Vegetables

Item Name	Serving Size	FE (Kcal)	Fat (g)	Sfat (g)	Tfat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugar (g)	Pro (g)	Fe (mg)	Ca (mg)	A,RE	A,IU	VitC (mg)	Mois (g)	Ash (g)
Fruits and Vegetables																		
Applesauce	1/2 c.	95.087	0.000	0.000	0(M)	0.000	10.565	23.243	2.113	19.017	0.000	0(M)	0(M)	0(M)	0(M)	0(M)	0(M)	0(M)
Baked Beans	1/2 c.	164.980	1.100	0.000	0.000	5.499	593.929	32.996	7.699	12.098	6.599	1.980	65.992	0(M)	0.000	0.000	0(M)	0(M)
Baked Potato Wedge	1/2 c.	82.757	0.460	0.000	0.000	0.000	211.490	18.390	1.839	0.000	1.839	0.662	0(M)	0(M)	0(M)	8.276	0(M)	0(M)
Black Beans	1/2 c.	138.804	0.644	0.094	0.000(M)	0.000	753.012	24.305	8.391	0.000(M)	8.347	1.192	53.661	0.000	0.146	0.538	124.654(M)	2.967(M)
Black Eyed Peas	1/2 c.	103.908	0.882	0.086	0.000(M)	1.458	537.143	17.539	3.697	0.667(M)	6.065	1.486	45.029	0.000(M)	50.133	0.893	5.941(M)	0.023(M)
Cantaloupe	1/2 c.	55.352	0.309	0.083	0(M)	0.000	26.048	13.284	1.465	0(M)	1.368	0.342	14.652	524.216	5505.896	59.748	146.764	1.058
Cole Slaw	1/2 c.	62.759	3.586	0.672	0.000	4.483	80.690	6.724	0.897	5.379	0.448	0.161	17.931	0(M)	134.484	12.104	0(M)	0(M)
Cucumber Slices & Cherry Tomatoes	1/2 c.	22.560	0.208	0.047	0(M)	0.000	4.629	5.188	1.126	0(M)	1.040	0.380	18.329	54.522	598.615	10.033	130.899	0.599
Fresh Apple - Elem.	1/2 ea.	47.320	0.155	0.027	0(M)	0.000	0.910	12.567	2.184	0(M)	0.237	0.109	5.460	4.550	49.140	4.186	77.860	0.173
Fresh Apple - Sec.	1 ea.	94.640	0.309	0.055	0(M)	0.000	1.820	25.134	4.368	0(M)	0.473	0.218	10.920	9.100	98.280	8.372	155.719	0.346
Fresh Baby Carrots	1/2 c.	30.120	0.116	0.020	0(M)	0.000	66.864	7.056	2.498	0(M)	0.603	0.789	28.608	1269.960	11939.040	3.048	80.457	0.559
Fresh Broccoli	1/2 c.	12.852	0.140	0.015	0(M)	0.000	12.474	2.510	0.983	0(M)	1.066	0.276	17.766	58.212	235.494	33.718	33.755	0.329
Fresh Cherry Tomatoes	1/2 c.	11.940	0.132	0.020	0(M)	0.000	4.461	2.577	0.810	0(M)	0.614	0.210	7.961	47.766	874.672	8.780	63.468	0.341
Fresh Cucumber Slices	1/2 c.	11.340	0.083	0.028	0(M)	0.000	1.512	2.744	0.378	0(M)	0.491	0.212	12.096	15.876	79.380	2.117	71.994	0.287
Fresh Fruit Mix	1/2 c.	46.220	0.225	0.068	0(M)	0.000	11.459	11.661	0.845	0(M)	0.630	0.220	9.468	76.326	803.034	16.755	85.335	0.514
Fresh Green Apple - Elem.	1 ea.	94.640	0.309	0.055	0(M)	0.000	1.820	25.134	4.368	0(M)	0.473	0.218	10.920	9.100	98.280	8.372	155.719	0.346
Fresh Green Apple - Sec.	1 ea.	94.640	0.309	0.055	0(M)	0.000	1.820	25.134	4.368	0(M)	0.473	0.218	10.920	9.100	98.280	8.372	155.719	0.346
Fresh Jicama Sticks	1/2 c.	4.230	0.021	0.002	0.000(M)	0.000	70.478	1.140	0.250	0.000(M)	0.112	0.082	3.939	9.187(M)	358.790	2.814	10.477(M)	0.050(M)
Fresh Orange	1 ea.	61.570	0.157	0.026	0(M)	0.000	0.000	15.392	3.144	0(M)	1.231	0.131	52.400	27.510	294.750	69.692	113.642	0.576
Fresh Pear	1 ea.	103.240	0.214	0.018	0(M)	0.000	1.780	27.519	5.518	0(M)	0.676	0.303	16.020	3.560	40.940	7.476	149.004	0.587
Fresh Spinach Salad	1/2 c.	14.113	0.185	0.029	0.000(M)	0.000	19.420	2.781	1.083	0(M)	1.058	0.714	26.186	177.440	2436.246	12.458	67.722	0.622
Fruit Cocktail	1/2 c.	68.970	0.085	0.012	0	0.000	7.260	18.065	1.210	0	0.484	0.351	7.260	25.410	248.050	2.299	102.088	0.278
Green Grapes	1/2 c.	50.652	0.265	0.086	0(M)	0.000	1.512	12.965	0.680	0(M)	0.476	0.219	10.584	7.560	75.600	3.024	61.463	0.431
Honeydew Melon	1/2 c.	45.000	0.175	0.048	0(M)	0.000	22.500	11.362	1.000	0(M)	0.675	0.212	7.500	5.000	62.500	22.500	112.275	0.512
Italian Vegetable Medley	1/2 c.	39.322	0.000	0.000	0.000(M)	0.000	171.256	6.741	2.247	2.247(M)	2.247	0.000	0.000	0.000(M)	1123.479	6.741	0(M)	0(M)
Juice Fruit 100% Cranraspberry	1 ea.	60.000	0.000	0.000	0.000	0	10.000	13.000	0	11.000	0.000	0	100.000	0	500.000	60.000	0	0
Juice Fruit 100% White Grape	1 ea.	80.000	0.000	0.000	0.000	0.000	10.000	20.000	0.000	20.000	0.000	0.000	100.000	0	500.000	60.000	0	0

Legend: (M) - Missing Nutrient Values

Mandarin Orange Segments	1/2 c.	70.000	0.000	0.000	0.000	0.000	10.000	17.000	0.000	17.000	0.000	0.720	20.000	0.000	300.000	21.000	0	0
Mashed Potatoes	1/2 c.	94.828	2.634	0.527	0.000	4.215	410.921	16.858	1.054	0(M)	2.107	0.379	21.073	0.000	0.000	5.058	0(M)	0(M)
Petite Banana	1 ea.	89.890	0.333	0.113	0(M)	0.000	1.010	23.068	2.626	0(M)	1.101	0.263	5.050	8.080	64.640	8.787	75.659	0.828
Pineapple Tidbits	1/2 c.	68.141	0.157	0.013	0(M)	0.000	1.310	17.625	1.048	0(M)	0.472	0.511	18.346	1.310	49.795	9.828	112.341	0.459
Pinto Beans	1/2 c.	133.349	0.962	0.094	0.000(M)	1.591	735.959	24.310	7.213	0.000(M)	6.616	1.189	69.027	0.000(M)	0.146	0.538	124.648(M)	2.388(M)
Red Grapes	1/2 c.	50.652	0.265	0.086	0(M)	0.000	1.512	12.965	0.680	0(M)	0.476	0.219	10.584	7.560	75.600	3.024	61.463	0.431
Seasoned Corn	1/2 c.	63.016	0.450	0.000	0.000(M)	0.000	149.602	18.005	2.701	0(M)	2.701	1.296	0.000	0.000	0.000	4.321	0(M)	0(M)
Seasoned Green Beans	1/2 c.	30.491	0.000	0.000	0.000(M)	0.000	114.286	6.100	2.030	0(M)	1.020	0.734	40.660	40.660	203.291	9.150	0(M)	0(M)
Sliced Carrots	1/2 CUP, sliced	27.010	0.496	0.088	0	0.000	43.070	5.643	2.409	0	0.423	0.387	25.550	1292.100	12357.440	1.679	65.934	0.504
Steamed Broccoli	1/2 c.	18.400	0.000	0.000	0.000(M)	0.000	217.457	2.455	1.227	0(M)	1.227	0.002	12.396	0.000	0.000	18.400	0.001(M)	0.528(M)
Steamed Edamame	1/2 c.	94.052	3.734	0.746	0.000(M)	0.000	69.566	6.392	5.538	0.000(M)	8.265	1.371	48.733	354.436(M)	2414.465	7.410	15.503(M)	0.127(M)
Sweet Potato Sticks	1/2 c.	59.105	0.034	0.012	0(M)	0.000	37.800	13.828	2.062	0(M)	1.079	0.419	20.618	1378.667	9750.321	1.650	53.112	0.680
Sweet Potato Waffle Fries	1/2 c.	143.158	7.579	1.684	0.000(M)	0.000	303.158	17.684	2.526	4.210(M)	0.842	0.303	16.842	0.000(M)	2526.320	3.032	0(M)	0(M)
Three Bean Salad	1/2 c.	79.957	0.000	0.000	0.000(M)	0.000	481.589	13.285	4.228	0.711(M)	4.929	1.115	52.329	7.633(M)	38.164	0.719	0(M)	0(M)
Watermelon	1/2 c.	24.644	0.123	0.013	0(M)	0.000	0.821	6.202	0.329	0(M)	0.501	0.197	5.750	30.394	467.405	6.654	75.122	0.205

Updated 10-20-11

Legend: (M) - Missing Nutrient Values