Penn Trafford School District
Nutritional Data

Menu Item	Serving Size	Fat (g)	Sat Fat (g)	Sodium (mg)	Fiber (g)	Sugar (g)	Carbs (g)	Calories	Cholesterol (mg)
Hoagie Roll	2.3 oz	1.5 g	0 g	390 mg	1 g	4 g	35 g	170	0 mg
Bagel	3 oz	1 g	0 g	408 mg	2 g	5 g	49 g	245	0 mg
Wheat Bread	2 dlices	1 g	0 g	220 mg	<1 g	2 g	22 g	120	0 mg
White Bread	2 slices	1 g	0 g	230 mg	<1 g	2 g	24 g	120	0 mg
Turkey Breast	3 oz	11 g	3 g	231 mg	0 g	0 g	8 g	218	71 mg
Roast Beef	2 oz	1 g	.5 g	650 mg	0 g	0 g	0 g	60	25 mg
Baked Ham	2 oz	1.5 g	.5 g	680 mg	0 g	0 g	0 g	40	20 mg
Bologna	2 oz	16 g	5 g	610 mg	0 g	1 g	3 g	180	40 mg
Cooked Salami	1 oz	9 g	4 g	420 mg	0 g	0 g	0 g	110	25 mg
Hard Salami	2 oz	13 g	5 g	600 mg	0 g	2 g	3 g	150	40 mg
Pepperoni	1 oz	13 g	5 g	480 mg	0 g	0 g	0 g	140	40 mg
American Cheese	1 oz	9 g	5 g	500 mg	0 g	<1 g	<1 g	100	25 mg
Mozzerella Cheese	1 oz	6 g	4 g	160 mg	0 g	0 g	1 g	90	20 mg
Provalone Cheese	1 oz	8 g	5 g	248 mg	0 g	0 g	1 g	100	20 mg
Swiss Cheese	1 oz	8 g	5 g	60 mg	0 g	0 g	1 g	100	25 mg
Tuna Salad	1 cup	19 g	3 g	824 mg	0 g	0 g	19 g	383	27 mg
Lettuce	1 cup	0 g	0 g	6 mg	1 g	1 g	2 g	8	0 mg
Tomatos	1 cup	0 g	0 g	9 mg	2 g	5 g	7 g	32	0 mg
Onions	1 cup	0 g	0 g	5 mg	2 g	7 g	16 g	67	0 mg
Peppers	1 oz	0 g	0 g	260 mg	0 g	0 g	2 g	10	0 mg
Cucumbers	1 cup	0 g	0 g	3 mg	1 g	2 g	3 g	16	0 mg
Pickles	1 slice	0 g	0 g	90 mg	0 g	0 g	0 g	1	0 mg
Applesauce	1/2 cup	0 g	0 g	20 mg	3 g	7 g	14g	60	0 mg
Pear Halves	1/2 cup	0 g	0 g	10 mg	2 g	11.5 g	14g	50	0 mg
Fruit Cocktail	1/2 cup	0 g	0 g	2 mg	2 g	12 g	14g	36	0 mg
Apple Slices	1/2 cup	0 g	0 g	3mg	1.5g	15.5g	17g	68.5	0 mg
Cranberries	1/2 cup	0 g	0 g	1mg	2g	26g	33g	123	0 mg
Cinnamon Applesauce	1/2 cup	0 g	0 g	35.5mg	1.5g	7 g	25.5g	97	0 mg
Pineapple Tidbits	1/2 cup	0 g	0 g	1 mg	1 g	18 g	20 g	75	0 mg
French Fries-crinkle cut	1/2 cup	4 g	0 g	25 mg	0 g	0 g	22 g	130	5 mg
French Fries	1/2 cup	19 g	2 g	25 mg	0 g	0 g	21 g	270	5 mg
Pudding	3.5 oz	4g	1.5g	190g	1g	21g	27g	140	0mg
Peach Cups	1/2 cup	0 g	0 g	10 g	1.5 g	7.9 g	12g	32g	0mg
Milk - 1% white	1 cup	2.5 g	1.5 g	115mg	0g	12 g	12g	100	10 mg
Milk - 1% chocolate	1 cup	2.5 g	1.5 g	190mg	0 g	24g	26g	150	10 mg
Milk - 1% strawberry	1 cup	2.5 g	1.5 g	220mg	0 g	23g	25g	150	10mg
Milk - 1% vanilla	1 cup	2g	1.5 g	110mg	0 g	24g	25g	150	10mg
Milk - skim	1 cup	0 g	0 g	115mg	0 g	12 g	13g	90	< 5 mg
50% Fruit Drink	1 cup	0 g	0 g	0 g	0g	18g	32g	130	0mg
Apple	1	0 g	0 g	0 g	3g	13g	17g	65	0mg
Orange	1	0 g	0 g	3mg	8g	10.6 g	26g	107	0mg
Banana	1	.5g	0 g	1mg	3g	14g	25.5g	100	0mg
DAILY TARGETS		**< 67 g**	**< 20 g**	**< 1800 mg**	**26 g**	**xxx**	**xxx**	**2000**	**< 300 mg**

Contact Mrs. Robin Duff, Food Service Director at 724-744-2664 for further information.

The nutritional content on this menu was compiled from ARAMARK's "Nutrikids Lunchbyte Systems" and from ARAMARK's e-recipes. Nutritional content may vary depending on ingredients used, cooking techniques, portion size selected, seasonings added by the customer, and other factors. For more information, or special needs, please speak with the manager on duty.