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)
Pre-Portion Salads	4 oz	0 g	0 g	5.33 mg	1.33 g	0 g	4 g	20	0 mg
w/Diced Chicken	2 oz	8 g	2 g	281 mg	1 g	.5 g	6 g	132	23 mg
w/Diced Turkey	2 oz	3.5 g	1 g	330 mg	0 g	0 g	0 g	75	33 mg
w/Diced Ham, Turkey	2 oz	.25 g	.05 g	640 mg	0 g	0 g	1 g	60	35 mg
Premium Salads	8 oz	0 g	0 g	10.66 mg	2.66 g	0 g	8 g	40	0 mg
w/Chicken	2 oz	8 g	2 g	281 mg	1 g	.5 g	6 g	132	23 mg
w/Beef	2 oz	15 g	6 g	36 mg	0 g	0 g	0 g	172	32 mg
Shredded Moz. Cheese	2 oz	12 g	7 g	340 mg	0 g	.5 g	.5 g	160	30 mg
Celery & Carrot Sticks	1/2 cup	0 g	0 g	225 mg	7 g	4 g	8.66 g	60	0 mg
Ranch Dressing	1 oz	16 g	3 g	530 mg	0 g	12 g	12 g	315	40 mg
Fruit Bowls	16 oz	11 g	3 g	269 mg	6 g	69 g	88 g	495	0 mg
Yogurt	1 oz	.75 g	.5 g	37.25 mg	0 g	7.75 g	7.75 g	48	2.75 mg
Yogurt Cups	4 oz	1.5 g	1 g	65 mg	0 g	16 g	19 g	110	5 mg
Yogurt Parfaits	10 oz	4.5 g	3 g	224.5 mg	3 g	53.5 g	57.5 g	331	16.5 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
Peach Cups	1/2 cup	14 g	0 g	164 mg	1 g	0 g	3g	235	0 mg
Whole Wheat Dinner Roll	1.3 oz	1.5 g	0 g	200 mg	1 g	4 g	21 g	110	0 mg
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.