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)
Cheeseburger	5.5 oz	**25.5 g**	10.5 g	790 mg	3 g	3 g	21 g	400	57.5 mg
Hamburger	5 oz	**19 g**	10.5 g	540 mg	3 g	3 g	21 g	360	45 mg
Meatball Hoagie	6.55 oz	16.17 g	5 g	1138.33 mg	3.83 g	4.83 g	43.33 g	378.33	41.67 mg
Deli Hoagie	4.3 oz	19.61 g	7.60 g	1267.75 mg	1 g	5.87 g	37.3 g	377.25	48.65 mg
Italian Hoagie	4.3 oz	16.25 g	6.75 g	1060 mg	1 g	4.25 g	35.75 g	357.5	50 mg
Chicken Sandwich w/bun	5.60 oz	16 g	3 g	800 mg	3 g	6 g	40 g	460	40 mg
Steak and Cheese Hoagie	4.8 oz	**21 g**	8.5 g	680 mg	1 g	4 g	35 g	380	47 mg
Chicken Nuggets	4.1 oz	14.5 g	3 g	570 mg	3 g	3 g	22 g	285	40 mg
Tuna Salad Sand on 6" Bun	4.3 oz	9.18 g	1.28 g	658 mg	1 g	5.6 g	37 g	296.8	23.2 mg
Fish Sandwich w/bun	4.6 oz	13 g	1.5 g	710 mg	2 g	5 g	50 g	370	60 mg
Fish Sandwich w/Cheese	5.4 oz	14 g	3.5 g	870 mg	2 g	7 g	44 g	360	35 mg
Hot Dog on Bun	3.4 oz	11.5 g	.25 g	810 mg	<1 g	2 g	24 g	240	45 mg
Ranch Dressing	1 oz	11 g	0 g	230 mg	0 g	0 g	1 g	110	10 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
	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
Tossed Salad w/ dress.	1/2 cup	14 g	0 g	164 mg	1 g	0 g	3g	235	0 mg
French Fries-Baked	1/2 cup	4 g	0 g	25 mg	0 g	0 g	22 g	130	5 mg
French Fries	4 oz	26 g	8.67	40 mg	2.67 g	<1 g	36 g	387	13.33 mg
Tator Tots	1/2 cup	7g	2 g	330 mg	2 g	<1 g	19g	150	0 mg
Seasoned Curly Fries	3.5 oz	5 g	1.3 g	22 mg	1.63 g	.22 g	25.84 g	156.8	5.95 mg
Dinner Roll	.81 oz	1.5 g	0 g	100 mg	1 g	1 g	11g	60	0 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.