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)
Pop Corn Chicken	3oz	13 g	2.5 g	780 mg	2 g	2 g	18 g	250	25 mg
Hot & Spicy Chicken	3.25oz	12	3.5 g	880 mg	3 g	3 g	41g	375	10 mg
Chicken Wrap	5.06 oz	12.71 g	2.83 g	681.8 mg	2 g	1 g	26.59 g	277.58	23.46 mg
Chicken cor don bleu on bun	7.79 oz	26.5 g	8.5 g	1390 mg	4 g	3.5 g	43 g	540	80 mg
Downtowner	1 Sand.	27.9 g	8.9 g	2157.5 mg	2.2 g	0 g	50.3 g	597	86 mg
Meatball Pocket	6.34 oz	9.75 g	5 g	737.50 mg	1.75 g	2.5 g	28 g	248.75	2.5 mg
Pepperoni Calzone	5.09oz	21.25 g	10.75 g	1650 mg	1 g	1.75 g	23.75 g	332.5	72.5 mg
Mexican Chicken Fajita	2	33 g	13.5 g	2350 mg	2 g	1 g	38.5 g	527.5	85 mg
Chicken Caesar Wrap	1 sand.	24 g	6 g	1418 mg	5.65 g	0 g	51 g	567	78 mg
Vegetable Wrap	7.5 oz	3.5 g	.5g	368 mg	3.896 g	0 g	42 g	223	1.767 mg
Spicy Fish Hoagie	2.8 oz	12 g	1.5 g	1330 mg	2 g	5 g	50 g	370	30 mg
Gyro	4.5 oz	25.5 g	11 g	895 mg	1 g	2 g	37 g	440	35 mg
Marinara Sauce	2 oz	1 g	0 g	360 mg	1 g	1.5 g	3.5 g	22.5	0 mg
Ranch Dressing	1 oz	11 g	0 g	230 mg	0 g	0 g	1 g	110	10 mg
Caesar Dressing	1 oz	16 g	2.5 g	300 mg	0 g	1 g	2 g	150	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
Tossed Salad w/ dress.	1/2 cup	14 g	0 g	164 mg	1 g	0 g	3g	235	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
Tator Tots	1/2 cup	7g	2 g	330 mg	2 g	<1 g	19g	150	0 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	65	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.