

Winter 2021 Menu

| Fruits | Serving Size | Calories | Carbohydrates (grams) | Total Fat (grams) | Saturated Fat (grams) | Fiber (grams) | Protein (grams) | Allergens* |
|----------------------------|---------------------|-----------------|------------------------------|--------------------------|------------------------------|----------------------|------------------------|-------------------|
| Apple (fresh) | 1 | 71 | 14 | 0 | 0 | 3 | 0 | none |
| Applesauce | 1/2 cup | 50 | 14 | 0 | 0 | 1 | 0 | none |
| Banana (fresh) | 1 | 90 | 23 | 0 | 0 | 3 | | none |
| Blueberries (frozen) | 1/2 cup | 40 | 9 | 1 | 0 | 2 | 0 | none |
| Cranberries (dried) | 1 oz | 110 | 28 | 0 | 0 | 3 | 0 | none |
| Fruit mix (canned) | 1/2 cup | 68 | 18 | 0 | 0 | 2 | 1 | none |
| Grapes (fresh) | 1/2 cup | 30 | 8 | 0 | 0 | 1 | 0 | none |
| Kiwi (fresh) | 1 | 55 | 13 | 0 | 0 | 3 | 1 | none |
| Nectarine (fresh) | 1 | 62 | 15 | 0 | 0 | 2 | 1 | none |
| Orange (fresh) | 1 | 55 | 14 | 0 | 0 | 3 | 1 | none |
| Peaches (canned) | 1/2 cup | 60 | 14 | 0 | 0 | 0 | 0 | none |
| Peach (fresh) | 1 | 59 | 14 | 0 | 0 | 2 | 1 | none |
| Pears (canned) | 1/2 cup | 70 | 18 | 0 | 0 | 3 | 0 | none |
| Pears (fresh) | 1 | 96 | 27 | 0 | 0 | 5 | 1 | none |
| Plums (fresh) | 1 | 41 | 10 | 0 | 0 | 1 | 1 | none |
| Raisins | 1 box | 114 | 30 | 0 | 0 | 2 | 1 | none |
| Strawberries (fresh) | 6 each | 25 | 6 | 0 | 0 | 2 | 0 | none |
| Strawberry cup (frozen) | 1/2 cup | 90 | 22 | 0 | 0 | 2 | 1 | none |
| Tangerines (fresh) | 1 | 47 | 12 | 0 | 0 | 2 | 1 | none |
| Vegetables | | | | | | | | |
| Roasted Garbanzo Beans | 1/2 cup | 152 | 21 | 5 | 0 | 6 | 6 | none |
| Black Bean Corn Salad | 1/2 cup | 155 | 22 | 6 | 1 | 6 | 6 | none |
| Broccoli | 1/2 cup | 11 | 2 | 0 | 0 | 1 | 1 | none |
| Cheesy Beans | 1/2 cup | 120 | 16 | 2 | 1 | 6 | 7 | D |
| Carrots | 1/2 cup | 20 | 5 | 0 | 0 | 2 | 0 | none |
| Celery | 1/2 cup | 8 | 2 | 0 | 0 | 1 | 0 | none |
| Corn | 1/2 cup | 65 | 15 | 1 | 0 | 2 | 2 | none |
| Cucumber | 1/2 cup | 12 | 2 | 0 | 0 | 1 | 1 | none |
| Fries, Oven Baked | 1/2 cup | 130 | 22 | 4 | 1 | 2 | 2 | none |
| Jicama | 1/2 cup | 23 | 5 | 0 | 0 | 3 | 0 | none |
| Lettuce, romaine | 1 cup | 6 | 2 | 0 | 0 | 1 | 0 | none |
| Mixed Green Salad | 1 cup | 15 | 3 | 0 | 0 | 2 | 1 | none |
| Onion, slices | 1/8 cup | 5 | 1 | 0 | 0 | 0 | 0 | none |
| Pickles, dill | 4 slices | 3 | 1 | 0 | 0 | 0 | 0 | none |
| Tomatoes, cherry | 1/2 cup | 13 | 3 | 0 | 0 | 1 | 1 | none |
| Tomato slices | 1/2 cup | 16 | 4 | 0 | 0 | 1 | 1 | none |
| Juice (100% juice) | | | | | | | | |
| Apple | 4 oz | 55 | 15 | 0 | 0 | 0 | 0 | none |
| Appleberry | 4 oz | 60 | 15 | 0 | 0 | 0 | 0 | none |
| Milk | | | | | | | | |
| Milk, Fat Free Chocolate | 8 oz | 110 | 20 | 0 | 0 | 0 | 8 | D |
| Milk, 1% White | 8 oz | 120 | 16 | 3 | 2 | 0 | 11 | D |
| Milk, Nonfat White | 8 oz | 90 | 12 | 0 | 0 | 0 | 9 | D |
| Extra | | | | | | | | |
| Chili Lime Seasoning | 1/4 tsp | 0 | 0 | 0 | 0 | 0 | 0 | none |
| Choc Chip Cookie (Fat Cat) | 1 | 147 | 24 | 5 | 2 | 2 | 2 | D,E,S,W |
| Italian Dressing | 1 oz | 117 | 1 | 14 | 2 | 0 | 0 | S |
| Ketchup | 1 Tbsp | 17 | 5 | 0 | 0 | 0 | 0 | none |
| Mayonnaise | 1 Tbsp | 100 | 0 | 11 | 2 | 0 | 0 | E,S |
| Mustard | 1 tsp | 0 | 0 | 0 | 0 | 0 | 0 | none |
| Ranch Dressing | 1 oz | 62 | 1 | 7 | 1 | 0 | 0 | D,E,S |
| Salsa (red) | 1/4 cup | 11 | 2 | 0 | 0 | 1 | 0 | none |
| Salsa (verde) | 2 oz | 18 | 4 | 0 | 0 | 1 | 0 | none |
| Syrup | 1.25 oz | 120 | 30 | 0 | 0 | 0 | 0 | none |
| Tapatio | 1 packet | 5 | 0 | 0 | 0 | 0 | 0 | none |

*ALLERGENS NOTED: D = Dairy, E = Eggs, F = Fish, P = Peanuts, S = Soy, T = Treenuts, W = Wheat, Pork=Pork, Oats=Oats