

Poudre School District Nutrition Information

SIDES	Nutrition Information								Allergens					
	Calories	Total Fat g	Saturated Fat g	Cholesterol mg	Sodium mg	Total Carb g	Dietary Fiber g	Protein g	Egg	Fish	Milk	Soy	Wheat	Peanut/Tree Nut
FRESH FRUIT														
APPLE - LARGE	130	0.0	0.0	0	0	34	5	1						
BANANA - MEDIUM	110	0.0	0.0	0	0	30	3	1						
CANTALOUPE - 1/4 MEDIUM	50	0.0	0.0	0	20	12	1	1						
GRAPES - 1/2 CUP	60	0.0	0.0	0	10	15	1	0						
GRAPEFRUIT - 1/2 MEDIUM	60	0.0	0.0	0	0	15	2	1						
HONEYDEW - 1/10 MEDIUM	50	0.0	0.0	0	30	12	1	1						
KIWI - MEDIUM	45	0.5	0.0	0	0	10	2	0.5						
NECTARINE - MEDIUM	60	0.5	0.0	0	0	15	2	1						
ORANGE - MEDIUM	80	0.0	0.0	0	0	19	3	1						
PEACH - MEDIUM	60	0.5	0.0	0	0	15	2	1						
PEAR - MEDIUM	100	0.0	0.0	0	0	26	6	1						
PINEAPPLE - 4 OZ	50	0.0	0.0	0	10	13	1	1						
PLUM - MEDIUM	35	0.0	0.0	0	0	9	1	0.5						
STRAWBERRIES - 4 MEDIUM	25	0.0	0.0	0	0	6	1	0.5						
TANGERINE - MEDIUM	50	0.0	0.0	0	0	13	2	1						
WATERMELON - 1/2 CUP	20	0.0	0.0	0	0	5	0	0.25						
CANNED FRUIT - 1/2 CUP														
APPLESAUCE	60	0.0	0.0	0	0	15	2	0						
CRANBERRY SAUCE	151	0.2	0.0	0	29	38.9	1	0						
FRUIT MIX, DICED	80	0.0	0.0	0	5	18	1	0						
ORANGES, MANDARIN	70	0.0	0.0	0	10	17	1	1						
PEACHES, DICED	50	0.0	0.0	0	10	12	1	1						
PEARS, DICED	90	0.0	0.0	0	0	22	3	0						
PINEAPPLE TIDBITS	80	0.0	0.0	0	10	20	1	0						
MISCELLANEOUS ITEMS														
COOKIES, ANIMAL - 10 cookies	130	3.5	1.0	0	150	22	0	2				•	•	
CRACKERS, GOLDFISH - 1 OZ	140	5.0	1.0	3	250	20	1	4			•	•	•	
CRACKERS, GRAHAM - 2 FULL	140	4.0	1.0	0	150	23	0	2				•	•	
CRANBERRIES, DRIED - 1.4 OZ	140	1.0	0.0	0	0	34	2	0						
PRETZEL TWISTS - 1 OZ	110	0.0	0.0	0	470	25	1	3					•	
PUDDING, CHOCOLATE - 4 OZ	100	0.0	0.0	0	140	22	1	2			•			
PUMPKIN SEEDS - 1 OZ	170	13.8	2.6	0	5	5	1	7						
JELLO, LIME & STRAWBERRY	70	0.0	0.0	0	105	17	0	1						

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FRESH VEGETABLES														
BROCCOLI - 4 OZ	36	0.0	0.0	0	64	6	2	3						
CARROTS, BABY	60	0.0	0.0	0	120	14	4	2						
CAULIFLOWER - 3.5 OZ	25	0.0	0.0	0	30	5	2	2						
CELERY STICKS - 4	15	0.0	0.0	0	115	4	2	0						
CUCUMBER - 3.5 OZ	10	0.0	0.0	0	0	2	1	1						
GREEN SALAD MIX	23	0.0	0.0	0	38	4	2	2						
JICAMA - 1/2 CUP	25	0.0	0.0	0	0	6	3	1						
MUSHROOMS - 5 MEDIUM	20	0.0	0.0	0	15	3	1	3						
PEPPER, BELL - MEDIUM	25	0.0	0.0	0	40	6	2	1						
RADISHES - 7	10	0.0	0.0	0	55	3	1	0						
TOMATOES - MEDIUM	25	0.0	0.0	0	20	5	1	1						
HOT VEGETABLES - 1/2 CUP														
BROCCOLI, STEAMED	36	0.0	0.0	0	64	6	2	3						
CALIFORNIA BLEND	40	0.0	0.0	0	71	8	3	2						
CARROTS, STEAMED	60	0.0	0.0	0	120	14	4	2						
CORN, WHOLE KERNEL	64	0.5	0.1	0	213	15	2	2						
BEANS, BLACK	120	0.0	0.0	0	430	21	6	8						
BEANS, GREEN	20	0.0	0.0	0	380	4	2	1						
BEANS, REFRIED	148	1.4	0.5	0	596	25	8	9				•	•	
BEANS, VEGETARIAN	110	0.0	0.0	0	140	20	5	6						
PEAS	93	0.0	0.0	0	266	16	5	7						
POTATO, MASHED	53	0.7	0.0	0	20	11.3	4	1				•		
WITH COUNTRY GRAVY	88	2.6	1.0	0	161	16	4	1				•	•	•
POTATO, SHOESTRING - 2.5 oz	150	5.0	0.5	0	230	24	2	2						
POTATO, SWEET CRINKLE	150	6.0	1.0	0	170	22	3	1					•	
POTATO, WAFFLE - 2.5 oz	170	9.0	1.0	0	490	21	2	2					•	

The data within this report should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.