

Watervliet Public Schools - Condiment Nutritional Information for School Menus

Description of Menu Item	Serving Size	Calories	Carbohydrate	Fat(g)	Sat Fat(g)
Cheese - Parmesan	1 TBSP	15	0	1	0
Crouton - Garlic & Cheese, packet	1 pkg	50	7	2	0
Dressing - Caesar	2 TBSP	113	1	12	2
Dressing - Caesar, packet	1 pkg	230	1	25	4
Dressing - Fat Free French Packet	1 pkg	45	12	0	0
Dressing - Honey Mustard	2 TBSP	140	9	11	2
Dressing - Honey Mustard, packet	1 pkg	130	8	11	1.5
Dressing - Lite French	2 TBSP	60	10	2	0
Dressing - Lite Italian	2 TBSP	60	6	4	1
Dressing - Lite Italian, packet	1 pkg	80	5	6	1
Dressing - Lite Ranch	2 TBSP	90	7	7	1
Dressing - Ranch, regular	2 TBSP	150	1	16	2.5
Dressing - Ranch, packet	1 pkg	200	2	22	3.5
Dressing - Fat Free Toasted Seseme, packet	1 pkg	70	17	0	0
Dressing - Lite Salad (mayo style)	1 TBSP	32	3	2	0
Mayonnaise	1 TBSP	110	0	12	2
Mayonnaise, Lite packet	1 pkg	50	2	4.5	0.5
Honey - Clover	1 TBSP	64	17	0	0
Hot Sauce	1 TSP	0	0	0	0
Hot Sauce - packet	1 pkg	0	0	0	0
Jelly - Apple/Grape flavor	1 TBSP	50	13	0	0
Jelly - Grape, portion pack	1each	35	9	0	0
Ketchup	2 TBSP	30	8	0	0
Sriracha Ketchup, packet	1 pkg	10	2	0	0
Mustard	1 TSP	0	0	0	0
Mustard - Honey	2 TBSP	150	9	13	2
Onion, Spanish chopped/sliced	1/2 oz	10	1	0	0
Onion, Red sliced	1/2 oz	10	1	0	0
Pickle, Sweet Relish	1 TBSP	15	4	0	0
Sweet Pickle Relish, packet	1 pkg	10	3	0	0
Promise Margarine - Cup	1each	28	0	3	1
Sauce - BBQ	2 TBSP	60	14	0	0
Soy Sauce	1 TBSP	5	1	0	0
Sweet & Sour Sauce	2 TBSP	60	14	0	0
Syrup, Maple Flavored	2oz	200	51	0	0