

Watervliet Public Schools - Nutritional Information for School Menus

Side Dishes, Fruits and Vegetables

Description of Menu Item	Serving Size	Calories	Carbohydrates (g)	Fat(g)	Sat Fat(g)
Apple, Red Delicious	1each	65	18	0	0
Apple, Golden Delicious	1each	80	22	0	0
Applesauce,	1/2 cup	26	7	0	0
Banana, petite	1each	72	19	0	0
Beans, Green	1/2 cup	14	4	0	0
Black Bean and Corn Salsa	1/2 cup	141	27.75	0.73	0.02
Broccoli, fresh, plain	1/4 cup	6	1	0	0
Broccoli with Cheddar Cheese	1/2c	37	2.7	1.5	1
Broccoli, frozen, steamed	1/2 cup	26	5	0	0
Carrots, Baby	1/4 cup	20	4.7	0.12	0.01
Carrots, honey glazed	1/2cup	72	19	0	0
Cauliflower, fresh	1/2cup	13	3	0	0
Celery Sticks	2each	14	3	0	0
Coleslaw	1/2 cup	98	7.5	7.3	1.5
Corn, whole kernel, canned	1/2 cup	66	15.24	0.82	0.12
Corn, whole kernel, frozen at high school only	1/2 cup	70	16	1	0
Cucumber - fresh sliced	1/2 cup	5	1	0	0
Fruit Cocktail, light syrup	1/2 cup	71	18	0	0
Fruit Crisp, apple or cherry	1/2 cup	151	39.8	3.8	0.6
Grapes, Lunch Bunch	1 3 oz serving	89	23	0	0
Juice, Apple 100%	4oz cup	50	13	0	0
Juice, Grape 100%	4oz cup	80	19	0	0
Juice, Orange 100%	4oz cup	60	13	0	0
Juice, Dragonfruit	4oz cup	50	13	0	0
Juice, Wango Mango	4oz cup	50	13	0	0
Milk, 1% White	1 carton	110	13	2.5	1.5
Milk, Fat Free Chocolate	1 carton	130	24	0	0
Milk, Fat Free White	1 carton	90	13	0	0

Mandarin Oranges	1/2cup	90	20	0	0
Olives, black - sliced	2 TBSP	30	1	2.5	0.5
Olives, Green - sliced	2 TBSP	35	0	3	1
Orange, Fresh Whole	1each	80	21	0	0
Orange Smiles	3 pieces	40	11	0	0
Peaches, light syrup, sliced USDA Foods	1/2 cup	68	18	0	0
Pears, light syrup, diced USDA Foods	1/2 cup	72	20	0	0
Pear - fresh/whole	1 each	81	21	0	0
Peas - green/spring	1/2 cup	66	12.09	0.4	0.06
Pea Pods/Snow Peas	1/2 cup	45	8	0	0
Pepper Strips, Green	3 oz	15	4	0	0
Pepper Strips, Red	1/4 cup	10	2.25	0	0
Pepper Rings - Mild Banana	1 oz serving	5	1	0	0
Peppers, Jalepeno - slices	1 oz serving	5	1	0	0
Pineapple - juice packed	1/2 cup	80	20	0	0
Radish - fresh/whole	about 2 pieces	5	1	0	0
Raisins - 1.5oz boxed	1 box	130	31	0	0
Rice Noodles	1/2 cup	130	20	4	0.5
Salad - Romaine/Iceburg Mixed Greens	1cup	10	1	0	0
Spinach - fresh/baby	1cup	5	1	0	0
Strawberries - sliced in cup	1 each	90	22	0	0
Strawberries - whole fresh	1/2 cup	25	6	0	0
Strawberries - whole frozen	1/2 cup	25	7	0	0
Tomatoes - fresh grape	1/4 cup	8	1.5	0	0
Tomatoes - fresh sliced	1 slice	15	3	0	0
Watermelon - fresh wedge	1 each	30	8	0	0