

**Prince George's County Public Schools
Department of Food and Nutrition Services
Nutrition Facts Sheet - Elementary Lunch Program
2023-2024**

NOTICE: The data contained 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.

Recipe No. Recipe Name	Portion Size	Cals ¹ (kcal)	Saturated Fat ¹ (g)	Sodium ¹ (mg)	Sugars (g)	Total Fat (g)	Trans Fat ² (g)	Chol (mg)	Carbs (g)	Dietary Fiber (g)	Protein (g)	Vitamin A (IU)	Calcium (mg)	Vitamin C (mg)	Iron (mg)
840 4 x 6 Cheese Pizza	EACH	350.000	7.000	510.000	10.000	14.000	0.000	35.000	38.000	4.000	17.000	400.000	250.000	0.000	1.800
411 Bean and Cheese Burrito	EACH	291.110	3.620	478.940	1.330	8.290	0.000	15.330	40.950	7.960	15.600	295.240	171.000	1.540	3.330
57 Beef Soft Shell Taco, Elementary	EACH	277.750	4.525	489.750	1.000	11.625	0.600	39.750	25.125	5.000	16.750	*0.000*	105.000	*0.000*	3.080
547 Cafe Burger on Bun with Cheese, Elementary	EACH	292.000	4.250	495.001	3.800	11.300	0.000	45.500	31.000	4.400	22.200	129.000	134.500	0.000	2.840
546 Cafe Burger, No Cheese	EACH	252.000	2.500	355.000	3.300	8.300	0.000	38.000	30.000	4.400	18.700	29.000	31.000	0.000	2.840
910 Cheese Stick, Colby Jack, IW	EACH	90.000	3.500	210.000	0.000	6.000	0.000	15.000	1.000	0.000	8.000	*N/A*	198.000	*N/A*	0.000
743 Cheese Stick, Mozzarella, IW	EACH	80.000	3.500	200.000	0.000	6.000	0.000	15.000	0.000	0.000	7.000	*N/A*	200.000	*N/A*	0.000
931 Chicken Drumstick, Regular	EACH	190.000	2.500	450.000	0.000	11.000	0.000	50.000	5.000	1.000	16.000	*N/A*	20.000	0.000	1.080
813 Chicken Drumstick, Spicy	EACH	212.169	2.526	383.925	0.000	12.124	0.000	85.878	7.072	1.010	17.176	*N/A*	0.000	*N/A*	1.010
586 Chicken Fajita Soft Taco, Elementary	EACH	259.301	2.480	753.235	0.000	7.029	0.000	98.687	24.682	3.000	23.952	*0.000*	90.624	*0.000*	1.954
930 Chicken Nuggets	5 EACH	240.000	2.500	450.000	1.000	13.000	0.000	25.000	16.000	3.000	15.000	*N/A*	20.000	*N/A*	1.800
728 Chicken Patty Sandwich	EACH	340.000	2.000	640.000	4.000	12.000	0.000	35.000	42.000	6.000	21.000	115.000	40.000	78.000	3.240
506 Chicken Sausage	2 EACH	140.000	2.000	680.000	0.000	7.000	0.000	90.000	0.000	0.000	18.000	0.000	0.000	0.000	0.720
729 Chicken Tenders, 3 EA	3 EACH	209.395	2.493	398.848	*N/A*	9.971	0.000	34.899	13.960	1.994	14.957	99.712	19.942	77.775	1.795
93 Eggo Pancakes w/Pork Sausage	SERVING	332.000	3.400	570.000	11.400	13.000	0.000	54.000	36.000	4.200	16.800	544.000	84.000	0.000	3.500
622 Fiesta Nachos, Elementary	SERVING	334.320	5.563	695.380	0.777	14.816	0.467	43.176	29.986	5.195	17.610	*0.000*	168.743	*0.000*	2.656
249 Fish Filet Sandwich	EACH	331.991	1.011	472.410	4.010	9.073	0.000	50.524	45.168	5.010	21.157	15.000	40.210	0.000	2.531
313 Japanese Cherry Blossom Chicken	SRV, 3.9 oz.	200.000	1.000	350.000	14.000	4.000	0.000	45.000	27.000	2.000	13.000	0.000	0.000	2.400	1.260
766 Mandarin Orange Chicken	3.6 OZ	150.000	0.500	280.000	10.000	3.000	0.000	40.000	19.000	0.000	11.000	*N/A*	*N/A*	1.200	0.720
897 Peanut Butter & Jelly Sandwich	EACH	410.000	2.998	445.000	15.998	18.000	0.000	0.000	53.000	6.000	12.998	65.000	120.000	0.000	2.160
928 Pizza Bagel, Cheese, Jumbo	EACH	345.385	9.982	507.096	3.993	15.972	0.000	40.927	32.941	2.995	19.965	*N/A*	310.447	*N/A*	1.996
814 Pizza Slice, Cheese, Big Daddy's	EACH	350.000	8.000	470.000	7.000	17.000	0.000	45.000	34.000	3.000	19.000	500.000	300.000	0.000	1.800
280 Pizza Slice, Cheese, Unos	EACH	350.000	7.000	480.000	4.000	13.000	0.000	35.000	37.000	4.000	21.000	750.000	400.000	6.000	2.700
932 Pizza Slice, Pepperoni, Big Daddy's	EACH	350.000	8.000	570.000	7.000	17.000	0.000	45.000	34.000	3.000	19.000	500.000	250.000	0.000	1.800
730 Popcorn Chicken Smackers	SRV, 4.3 OZ	240.000	2.000	570.000	0.000	11.000	0.000	80.000	16.000	3.000	18.000	100.000	20.000	0.000	1.440
856 Roasted Sliced Turkey (Holiday Meal)	SRV, 2.99 OZ.	83.056	0.000	456.806	1.038	1.038	0.000	36.337	1.038	0.000	17.649	*N/A*	*N/A*	*N/A*	0.415
82 Spaghetti w/Meat Sauce	#6 SCP, 6 OZ.	303.853	5.943	372.326	*8.000*	15.230	1.000	54.000	23.286	3.943	17.267	*1.216*	49.187	*0.000*	2.451
942 Taco Hummus	EACH	120.000	0.000	180.000	3.000	3.000	0.000	0.000	18.000	5.000	6.000	*N/A*	41.000	*N/A*	2.000
825 Teriyaki Chicken	SRV, 3 oz	143.750	1.250	412.500	7.500	4.375	0.000	87.500	7.500	0.000	18.750	37.500	*N/A*	*N/A*	0.900
455 Three Cheese Pasta w/Chicken	# 6 SCP	334.514	8.997	818.187	2.500	17.066	0.097	66.466	24.136	1.902	22.651	*589.371*	*322.362*	*0.000*	1.217
898 Toasted Cheese Sandwich	EACH	200.000	1.750	420.000	6.500	5.000	0.000	7.500	33.000	4.000	9.500	130.000	223.500	0.000	1.440
647 Toasted /Grilled Cheese Sandwich, IW	EACH	280.320	5.560	580.790	5.650	9.910	0.000	31.850	30.960	3.000	18.550	523.960	465.890	0.000	1.640
786 Turkey Corn Dog Nuggets	6 EACH	257.000	1.800	362.001	11.000	10.000	0.000	37.000	35.000	0.000	10.000	*N/A*	55.000	*N/A*	2.000
426 Turkey Hot Dog on Bun	EACH	270.000	3.000	490.000	3.000	11.500	0.000	50.000	29.000	4.000	12.000	*15.000*	90.000	*0.000*	2.500
833 Yogurt, Danimals Strawberry Bn	EACH	70.000	0.000	60.000	10.000	0.000	0.000	0.000	14.000	0.000	4.000	50.000	150.000	0.000	0.000
834 Yogurt, Dannon Creamy	EACH	70.000	0.000	61.250	10.000	0.000	0.000	0.000	14.000	0.000	4.000	50.000	150.000	0.000	0.000
ENTRÉE SALAD PLATTERS & BUDDY PACKS															
565 Buddy Pack: Hummus & Cheese	EACH	405.068	4.500	755.103	13.001	15.001	0.000	15.000	55.510	9.003	16.504	*50.000*	260.023	*21.000*	10.101
720 Buddy Pack: PB&J Crustless Sandwich & Cheese Stick	EACH	605.000	7.500	695.000	36.000	26.500	0.000	*20.000*	75.500	8.000	20.500	*0.000*	*264.000*	*0.000*	*1.360*
937 Buddy Pack: Peanut Butter Dip & Cheese	EACH	565.000	7.498	735.000	30.998	28.000	0.000	*15.000*	66.500	8.000	17.498	*20.000*	*199.000*	*0.000*	*8.820*
575 Buddy Pack: Yogurt & Cheese	EACH	340.000	4.500	623.000	18.000	12.000	0.000	15.000	48.600	4.000	13.600	*90.000*	339.200	*21.000*	8.100
600 Salad Platter, Beef Taco and Cheese	EACH	281.774	7.891	507.711	*4.014*	16.454	0.408	54.864	15.364	5.370	19.464	*5657.235*	297.849	*30.494*	4.109
921 Salad Platter, Breaded Chicken	EACH	292.477	4.582	536.434	5.039	14.859	0.000	50.187	20.882	4.559	20.652	*5891.656*	183.957	*105.502*	3.316
452 Salad Platter, Cheese & Veggie	EACH	231.107	8.167	429.896	5.359	15.526	0.000	50.624	10.782	2.833	15.848	*6955.196*	470.017	*28.139*	1.631
119 Salad Platter, Chef	EACH	200.573	4.389	453.970	4.319	10.482	*0.000*	143.045	8.488	2.559	19.365	*5921.656*	176.457	*27.894*	2.287

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Recipe No. Recipe Name	Portion Size	Cals' (kcal)	Saturated Fat' (g)	Sodium' (mg)	Sugars (g)	Total Fat (g)	Trans Fat ² (g)	Chol (mg)	Carbs (g)	Dietary Fiber (g)	Protein (g)	Vitamin A (IU)	Calcium (mg)	Vitamin C (mg)	Iron (mg)
835 Salad Platter, Chicken Fajita	EACH	173.759	3.393	533.242	4.076	7.696	0.000	75.916	9.573	2.585	18.621	*5797.399*	164.112	*28.750*	2.105
203 Salad Platter, Chicken Salad	EACH	153.474	1.341	565.623	6.865	5.309	0.000	63.091	13.073	2.764	15.683	5905.386	64.888	29.049	2.196
810 Salad Platter, Egg & Cheese	EACH	163.517	4.221	196.971	*2.787*	10.122	*0.000*	201.687	6.955	2.268	11.678	*5789.628*	185.887	*23.141*	2.021
909 Salad Platter, Egg, Chs, Bacon	EACH	184.681	4.574	306.321	*2.963*	11.532	*0.000*	207.860	7.132	2.268	13.441	*5789.628*	185.887	*23.141*	2.092
836 Salad Platter, Fiesta Chicken	EACH	156.654	0.999	470.882	*3.783*	3.465	0.000	60.729	16.266	4.426	17.872	5816.371	70.062	33.199	3.419
453 Salad Platter, Fruit Salad & Yogurt	EACH	183.165	3.537	272.763	16.238	6.154	0.000	15.000	21.459	0.578	12.079	*1668.618*	358.043	*13.169*	0.227
798 Salad Platter, Popcorn Chx Smk	EACH	284.477	4.182	592.434	4.039	13.659	0.000	79.187	20.682	4.959	20.052	*5871.656*	179.957	*27.502*	2.668
110 Salad Platter, Tuna	EACH	170.716	1.197	353.286	*7.328*	6.044	*0.000*	32.545	12.746	2.884	16.787	5893.671	67.976	28.316	2.393

DELI SANDWICHES

518 Chicken Salad on Bun	EACH	274.063	1.639	464.770	5.104	8.016	0.000	45.055	33.153	4.096	20.044	*31.637*	27.233	0.224	2.242
838 Chicken Salad on Croissant	EACH	320.161	4.167	437.237	5.618	12.890	0.000	47.693	32.667	3.096	19.044	*14.205*	*27.233*	*0.224*	*2.237*
518 Chicken Salad on Bun	EACH	274.063	1.639	464.770	5.104	8.016	0.000	45.055	33.153	4.096	20.044	*31.637*	27.233	0.224	2.242
832 Chicken Salad on Roll	EACH	272.411	1.671	518.062	4.302	7.925	0.000	47.693	31.296	3.179	20.072	*115.555*	*67.458*	*0.299*	*2.662*
908 Chicken Salad on Slices	EACH	292.411	1.171	528.062	8.302	7.925	0.000	47.693	36.296	4.179	20.072	*135.555*	*127.458*	*0.299*	*2.302*
776 Tuna Salad Croissant	EACH	323.926	4.146	503.038	*7.289*	12.741	*0.000*	32.545	34.371	3.325	19.173	102.015	25.267	0.814	2.317
779 Tuna Salad on Bun	EACH	273.926	1.146	553.038	*6.289*	7.741	*0.000*	32.545	34.371	4.325	20.173	117.015	25.267	0.814	2.317
778 Tuna Salad on Slices	EACH	293.926	1.146	593.038	*9.289*	7.741	*0.000*	32.545	37.371	4.325	20.173	132.015	125.267	0.814	2.317
683 Turkey and Cheese on Bun	EACH	271.916	2.594	668.958	3.250	8.769	0.000	45.047	29.753	4.000	23.435	*65.000*	*114.528*	*0.000*	1.773
758 Turkey and Cheese on Croissant	EACH	311.916	5.511	623.958	3.250	12.769	0.000	50.047	27.753	3.000	22.435	*250.000*	154.528	*0.000*	1.740
684 Turkey and Cheese on Hoagie Roll	EACH	271.917	3.094	698.959	2.250	8.769	0.000	45.047	27.753	3.000	23.435	*60.000*	*154.528*	*0.000*	2.133
685 Turkey and Cheese on Slices	EACH	291.917	2.594	708.959	6.250	8.769	0.000	45.047	32.753	4.000	23.435	*80.000*	*214.528*	*0.000*	1.773
361 Turkey and Cheese Sandwich, IW	EACH	310.000	3.500	720.000	7.000	10.000	0.000	30.000	35.000	0.000	11.000	*N/A*	350.000	*N/A*	3.000
474 Turkey Bacon and Cheese Club Wrap	EACH	286.576	3.301	759.999	0.842	10.119	0.000	57.393	23.586	3.179	24.123	*632.441*	*137.598*	*1.620*	1.634
664 Turkey Ham and Cheese on Bun	SERVING	263.583	3.011	802.290	3.250	8.769	0.000	57.547	30.587	4.000	21.769	*65.000*	114.528	*1.000*	2.340
757 Turkey Ham and Cheese on Croissant	EACH	303.583	5.511	782.290	3.250	12.769	0.000	62.547	28.587	3.000	20.769	*250.000*	154.528	*1.000*	2.340
663 Turkey Ham and Cheese on Hoagie Roll	SERVING	263.583	3.511	832.290	2.250	8.769	0.000	57.547	28.587	3.000	21.769	*60.000*	154.528	*1.000*	2.700
665 Turkey Ham and Cheese on Slices	SERVING	283.583	3.011	842.290	6.250	8.769	0.000	57.547	33.587	4.000	21.769	*80.000*	214.528	*1.000*	2.340
579 Turkey Ham Sandwich, No Cheese	EACH	260.000	1.500	810.000	6.000	6.500	0.000	60.000	33.000	4.000	21.000	30.000	120.000	1.200	2.520
781 Turkey Ham & Cheese Sub, IW	EACH	300.000	3.750	795.000	4.000	11.500	0.000	37.500	30.500	2.500	19.500	*50.000*	230.000	*1.200*	2.350
553 Turkey Sandwich, No Cheese	EACH	266.667	1.667	628.335	4.667	7.750	0.000	50.500	30.833	3.667	21.000	*18.333*	*66.667*	*0.000*	2.120
562 Turkey Italian & Cheese Sub Sandwich, IW	EACH	270.000	3.500	690.000	2.000	11.000	0.000	50.000	29.000	2.000	15.000	100.000	300.000	2.400	2.700
511 Turkey Italian Cold Cut Sub, American	EACH	281.329	3.503	809.685	2.979	9.806	0.000	64.167	29.127	3.357	21.653	1341.568	209.641	4.240	2.619
901 Turkey Italian Cold Cut Sub, Mozzarella	EACH	281.828	3.525	770.933	2.479	9.843	0.000	64.260	28.633	3.357	21.190	*1241.568*	191.695	*4.240*	2.619

GRAINS

Recipe No. Recipe Name	Portion Size	Cals' (kcal)	Saturated Fat' (g)	Sodium' (mg)	Sugars (g)	Total Fat (g)	Trans Fat ² (g)	Chol (mg)	Carbs (g)	Dietary Fiber (g)	Protein (g)	Vitamin A (IU)	Calcium (mg)	Vitamin C (mg)	Iron (mg)
753 Baked Tostitos	EACH	109.372	0.000	124.286	0.000	2.486	0.000	0.000	18.892	1.989	1.989	0.000	19.886	0.000	0.358
587 Brown Rice	3/4 CUP	161.105	0.173	8.762	0.159	0.899	0.000	0.000	34.684	1.152	3.588	0.797	4.333	0.000	0.664
338 Cheddar Goldfish Crackers	EACH	100.000	1.000	170.000	0.000	3.500	0.000	5.000	14.000	1.000	3.000	0.000	20.000	0.000	0.360
581 Cookie, Pumpkin Shaped Sugar	EACH	160.000	2.000	95.000	10.000	8.000	0.000	0.000	21.000	1.000	2.000	50.000	0.000	0.000	0.720
582 Cookie, Yellow Star Sugar	EACH	160.000	2.000	95.000	10.000	8.000	0.000	0.000	21.000	1.000	2.000	50.000	0.000	0.000	0.720
749 Crackers, Cheez-Its, Whole Grain	EACH	100.000	1.000	150.000	0.000	3.500	0.000	0.000	14.000	1.000	2.000	500.000	100.000	0.000	0.720
811 Crackers, Savory	EACH	170.000	1.000	370.000	4.000	6.000	0.000	0.000	30.000	3.000	3.000	20.000	0.000	0.000	8.100
133 Dinner Roll, Whole Wheat	EACH	80.000	0.000	130.000	2.000	1.000	0.000	0.000	16.000	2.000	3.000	10.000	0.000	0.000	1.080
750 Garlic Breadsticks (H&S)	EACH	121.465	0.002	230.515	1.014	1.506	0.000	0.000	24.314	3.052	4.081	6.212	101.019	0.083	1.476
636 Pasta, Spaghetti, Whole Grain	3/4 Cup	144.424	0.108	12.823	*0.000*	0.582	*0.000*	0.000	31.199	4.083	6.083	0.000	24.806	0.000	1.509
870 Pretzel Goldfish Crackers	EACH	90.000	0.000	200.000	0.000	1.500	0.000	0.000	16.000	1.000	2.000	0.000	0.000	0.000	0.720
801 Tortilla, Whole Grain Flour, 8"	EACH	110.000	0.000	110.000	0.000	0.500	0.000	0.000	22.000	3.000	3.000	0.000	40.000	0.000	1.080

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387 Vegetable Brown Rice Pilaf	3/4 Cup	181.517	0.201	22.087	*0.159*	1.047	0.000	0.000	38.503	2.286	4.532	1440.385	11.420	2.948	0.934
73 Waffles, Bulk	2 EACH	100.000	0.500	170.000	5.000	3.500	0.000	5.000	15.000	1.000	2.000	*N/A*	20.000	*N/A*	0.700
FRUITS & VEGETABLES															
Recipe No. Recipe Name	Portion Size	Cals ¹ (kcal)	Saturated Fat ¹ (g)	Sodium ¹ (mg)	Sugars (g)	Total Fat (g)	Trans Fat ² (g)	Chol (mg)	Carbs (g)	Dietary Fiber (g)	Protein (g)	Vitamin A (IU)	Calcium (mg)	Vitamin C (mg)	Iron (mg)
409 100% Fruit Juice, Apple, 4 OZ.	EACH	60.000	0.000	5.000	13.000	0.000	0.000	0.000	14.000	0.000	0.000	300.000	80.000	6.000	0.000
168 100% Fruit Juice, Grape, 4 OZ.	EACH	80.000	0.000	10.000	18.000	0.000	0.000	0.000	19.000	0.000	0.000	*N/A*	0.000	1.200	0.000
77 100% Fruit Juice, Orange, 4 OZ.	EACH	50.000	0.000	0.000	12.000	0.000	0.000	0.000	13.000	0.000	1.000	*N/A*	100.000	42.000	*N/A*
245 Apple, Fresh, All Varieties	EACH	95.004	0.055	2.002	*N/A*	0.309	0.000	0.000	25.134	4.404	0.473	98.007	10.993	8.408	0.218
569 Apple Crisps	1 Pkg.	40.000	0.000	0.000	7.000	0.000	0.000	0.000	10.000	2.000	0.000	*N/A*	*N/A*	*N/A*	*N/A*
738 Apple Slices, Fresh, IW	1 Pkg.	30.000	0.000	0.000	6.000	0.000	0.000	0.000	7.000	1.000	0.000	30.000	20.000	21.000	0.000
800 Applesauce Cup, Cinnamon	EACH, 4.5 OZ.	50.000	0.000	15.000	12.000	0.000	0.000	0.000	14.000	1.000	0.000	60.000	0.000	60.000	0.000
914 Applesauce Cup, Mixed Berry	EACH, 4.5 OZ.	90.575	0.000	15.308	19.136	0.000	0.000	0.000	21.687	2.551	*N/A*	*N/A*	*N/A*	1.276	*N/A*
878 Applesauce Cup, Natural	EACH, 4.5 OZ.	50.000	0.000	15.000	12.000	0.000	0.000	0.000	14.000	1.000	0.000	60.000	0.000	60.000	0.000
570 Applesauce Cup, Peach	EACH, 4.5 OZ.	50.000	0.000	15.000	12.000	0.000	0.000	0.000	14.000	1.000	0.000	60.000	0.000	60.000	0.000
247 Applesauce Cup, Straw-Banana	EACH, 4.5 OZ.	50.000	0.000	15.000	12.000	0.000	0.000	0.000	14.000	1.000	0.000	60.000	0.000	60.000	0.000
532 Applesauce Cup, Strawberry	EACH, 4.5 OZ.	49.752	0.000	15.308	11.481	0.000	0.000	0.000	14.033	1.276	*N/A*	*N/A*	*N/A*	1.276	*N/A*
143 Baby Carrots (Carroteenies)	1 Pkg.	18.677	0.000	34.686	2.668	0.000	0.000	0.000	4.269	1.067	0.534	3201.826	10.673	3.202	0.192
454 Baby Carrots, Fresh	1/2 CUP	28.826	0.028	48.512	*N/A*	0.169	0.000	0.000	6.735	1.969	0.654	11819.269	23.201	4.148	0.211
68 Banana, Fresh	EACH	105.020	0.132	1.180	14.431	0.389	0.000	0.000	26.951	3.068	1.286	75.520	5.900	10.266	0.307
737 Black Bean and Corn Mix	1/2 CUP	137.344	0.538	136.255	*0.000*	1.144	0.000	0.000	24.795	6.636	8.746	28.978	42.226	0.516	5.304
548 Black Bean Salad	1/2 CUP	150.800	*0.688*	166.317	*0.792*	2.276	*0.000*	*0.000*	25.808	*6.500*	8.449	*342.351*	*53.160*	*9.401*	*5.308*
256 Broccoli Florets, Fresh Cut	1/2 CUP	15.470	0.052	15.015	0.774	0.168	0.000	0.000	3.021	1.183	1.283	283.465	21.385	40.586	0.332
265 Broccoli and Cauliflower Florets, Fresh Cut	1/2 CUP	14.515	0.066	16.202	0.969	0.161	0.000	0.000	2.867	1.142	1.147	97.140	15.436	31.672	0.269
927 Broccoli Salad	1/2 CUP	75.422	0.518	59.135	*4.300*	3.835	*0.000*	3.000	8.845	1.713	2.212	304.088	54.652	40.460	0.475
160 Carrot Sticks, Fresh	1/2 CUP	24.152	0.019	40.647	2.792	0.141	0.000	0.000	5.643	1.649	0.548	9841.179	19.440	3.476	0.177
264 Cauliflower Florets, Fresh	1/2 CUP	12.500	0.065	15.000	0.955	0.140	0.000	0.000	2.485	1.000	0.960	0.000	11.000	24.100	0.210
154 Celery and Carrot Sticks	1/2 CUP	17.704	0.025	50.755	1.943	0.136	0.000	0.000	4.025	1.448	0.540	5262.079	24.920	2.951	0.166
267 Celery Sticks, Fresh Cup	1/2 CUP	8.400	0.025	48.000	0.804	0.102	0.000	0.000	1.782	0.960	0.414	269.400	24.000	1.860	0.120
490 Coleslaw, Creamy	1/2 CUP	63.316	1.000	130.430	2.945	4.500	*0.000*	4.914	5.215	1.072	0.583	45.047	18.918	15.258	0.238
56 Craisins (all flavors)	EACH	110.000	0.000	0.000	24.000	0.000	0.000	*N/A*	28.000	3.000	0.000	*N/A*	*N/A*	*N/A*	*N/A*
115 Crinkle Cut Fries (McCain)	1/2 CUP	59.999	0.000	15.000	0.000	2.000	0.000	0.000	12.000	0.000	0.000	*N/A*	10.000	*N/A*	0.200
377 Cucumbers, Fresh Cut	1/2 CUP	5.950	0.046	1.190	0.821	0.095	0.000	0.000	1.285	0.416	0.351	42.840	8.330	1.904	0.131
155 Cucumbers and Grape Tomatoes	1/2 CUP	10.605	0.020	2.382	1.414	0.103	0.000	0.000	2.393	0.577	0.497	337.592	7.885	5.831	0.173
588 Edamame, Steamed	1/2 CUP	132.665	1.175	117.214	0.065	5.295	0.000	0.142	10.371	7.200	12.240	408.049	73.209	12.232	1.835
940 Emoji-Shaped Potatoes	SRV, 4 EA	120.000	0.500	80.000	0.000	4.000	0.000	0.000	18.000	2.000	2.000	0.000	0.000	0.000	0.720
78 Frozen Fruit Cup, Mango	EACH	90.000	0.000	0.000	22.000	0.000	0.000	0.000	22.000	0.000	0.000	*N/A*	20.000	*N/A*	0.500
415 Frozen Fruit Cup, Sour Orange	EACH	70.000	0.000	5.000	15.000	0.000	0.000	0.000	19.000	3.000	0.000	3000.000	60.000	60.000	0.360
420 Frozen Fruit Cup, Sour Raspberry	EACH	70.000	0.000	10.000	15.000	0.000	0.000	0.000	20.000	3.000	0.000	0.000	80.000	60.000	0.000
448 Frozen Fruit Cup, Sour Watermelon	EACH	70.000	0.000	10.000	15.000	0.000	0.000	0.000	20.000	3.000	0.000	0.000	80.000	60.000	0.000
271 Frozen Fruit Cup, Tangerine	EACH	90.000	0.000	0.000	22.000	0.000	0.000	0.000	22.000	0.000	0.000	*N/A*	20.000	*N/A*	0.500
108 Garden Salad	CUP	15.497	0.016	24.607	*1.333*	0.104	*0.000*	0.000	2.864	1.187	1.335	3509.508	36.139	12.522	0.867
422 Grapes, Fresh	1/2 CUP	30.820	0.052	0.920	7.475	0.161	0.000	0.000	7.889	0.414	0.290	46.000	6.440	1.840	0.133
428 Hash Browns Rounds, McCain	SRV, 2 Ea.	101.600	0.000	106.680	0.000	3.556	0.000	0.000	16.256	1.016	1.016	0.000	0.000	3.658	0.274
531 Kale Salad, Tuscan	CUP	59.268	0.817	107.150	*0.609*	4.531	0.012	1.158	3.835	2.272	2.141	2533.847	151.102	50.399	0.914
150 Mandarin Oranges, Canned	1/2 CUP	99.021	0.000	0.000	24.755	0.000	0.000	0.000	25.993	1.238	0.000	371.330	24.755	7.427	0.000
705 Mashed Potatoes w/Gravy	2/3 Cup	121.213	0.055	615.774	1.023	2.009	0.000	0.050	23.417	1.023	2.003	5.115	29.333	30.000	0.360
869 Mixed Fruit Cup (Del Monte)	EACH, 4 OZ.	50.000	0.000	5.000	8.000	0.000	0.000	0.000	12.000	1.000	0.000	*N/A*	13.000	*N/A*	0.000
734 Mixed Fruit, Light Syrup, Canned	1/2 CUP	60.000	0.000	5.000	12.000	0.000	0.000	0.000	16.000	1.000	0.000	100.000	0.000	4.800	0.360
83 Nectarines, Fresh	EACH	56.760	0.032	0.000	10.178	0.413	0.000	0.000	13.610	2.193	1.367	428.280	7.740	6.966	0.361
86 Oranges, Fresh	EACH	61.570	0.020	0.000	12.248	0.157	0.000	0.000	15.393	3.144	1.231	294.750	52.400	69.692	0.131
88 Peaches, Fresh	EACH	58.500	0.029	0.000	12.585	0.375	0.000	0.000	14.310	2.250	1.365	489.000	9.000	9.900	0.375
585 Peach Cup, Del Monte	EACH, 4 OZ.	50.000	0.000	5.000	8.000	0.000	0.000	0.000	12.000	1.000	0.000	*N/A*	13.000	*N/A*	0.300

**Prince George's County Public Schools
Department of Food and Nutrition Services
Nutrition Facts Sheet - Elementary Lunch Program
2023-2024**

Recipe No. Recipe Name	Portion Size	Cals ¹ (kcal)	Saturated Fat ¹ (g)	Sodium ¹ (mg)	Sugars (g)	Total Fat (g)	Trans Fat ² (g)	Chol (mg)	Carbs (g)	Dietary Fiber (g)	Protein (g)	Vitamin A (IU)	Calcium (mg)	Vitamin C (mg)	Iron (mg)
437 Peaches, Light Syrup, Canned	1/2 CUP	67.770	0.004	6.275	16.629	0.038	0.000	0.000	18.260	1.632	0.565	444.270	3.765	3.012	0.452
438 Pear Cup (Del Monte)	EACH, 4 OZ.	50.000	0.000	5.000	8.000	0.000	0.000	0.000	13.000	1.000	0.000	*N/A*	20.000	*N/A*	*N/A*
7 Pears, Diced, in Juice	1/2 CUP	60.000	0.000	0.000	10.000	0.000	0.000	0.000	15.000	2.000	0.000	50.000	0.000	1.200	0.360
90 Pears, Fresh	EACH	94.620	0.037	1.660	16.185	0.232	0.000	0.000	25.282	5.146	0.598	41.500	14.940	7.138	0.299
92 Pineapple Chunks, Canned	1/2 CUP	74.700	0.008	1.245	17.990	0.100	0.000	0.000	19.547	0.996	0.523	47.310	17.430	11.828	0.349
403 Pineapple Tidbits, Canned	1/2 CUP	70.000	0.000	0.000	15.000	0.000	0.000	0.000	16.000	1.000	0.000	0.000	0.000	19.000	0.000
642 Plantains, Baked	SERVING	200.704	0.753	0.000	32.113	4.014	0.000	0.000	39.137	2.007	1.004	*N/A*	5.018	*N/A*	0.502
94 Plums, Fresh	EACH	30.360	0.011	0.000	6.547	0.185	0.000	0.000	7.537	0.924	0.462	227.700	3.960	6.270	0.112
539 Seasoned Potato Wedges	1/2 CUP	130.000	1.000	210.000	0.000	6.000	0.000	0.000	20.000	1.000	1.000	*N/A*	10.000	*N/A*	0.200
486 Salad, Cucumber and Tomato	1/2 CUP	100.242	1.389	282.716	*3.293*	8.895	*0.000*	0.000	4.899	1.059	0.795	341.988	15.342	7.720	0.258
637 Salsa Cup, Red Gold	EACH	30.374	0.000	212.621	3.037	0.000	0.000	0.000	6.075	0.000	0.000	303.745	0.000	7.290	1.093
774 Seasoned Collard Greens	1/2 CUP	49.830	0.199	62.072	*0.626*	1.349	0.000	0.000	8.323	3.756	2.873	8927.775	202.055	40.433	1.122
549 Shredded Lettuce, Pico De Gallo	SRV: 1/2C+1/4C	19.096	0.007	7.446	0.810	0.058	0.000	0.000	3.889	1.160	1.037	706.641	14.070	11.157	1.609
788 Shredded Lettuce & Tomato Cup	1/2 C SRV	13.409	0.019	7.190	1.916	0.140	0.000	0.000	2.866	1.045	0.778	537.811	13.245	5.752	0.315
488 Spinach, Steamed	1/2 CUP	48.390	0.016	131.563	*0.007*	0.020	0.000	0.014	6.753	4.905	6.533	19105.328	213.486	8.818	2.939
401 Steamed Broccoli	1/2 CUP	17.986	0.013	15.217	*N/A*	0.070	0.000	0.000	3.411	1.935	1.973	643.364	32.516	25.528	0.388
201 Steamed California Blend Vegetables	1/2 CUP	28.000	0.000	32.666	*N/A*	0.000	0.000	0.000	4.667	1.867	0.933	4199.926	0.000	28.000	1.344
625 Steamed Carrots	1/2 CUP	34.029	0.110	54.256	*0.000*	0.626	0.000	0.000	7.111	3.027	0.534	15294.971	32.839	2.143	0.488
389 Steamed Carrots and Broccoli	1/2 CUP	26.686	0.054	32.792	*N/A*	0.302	0.000	0.000	5.326	2.616	1.641	6616.631	36.681	19.313	0.477
147 Steamed Green Beans	1/2 CUP	25.347	0.036	8.001	*N/A*	0.145	0.000	0.000	5.806	2.667	1.352	501.618	44.026	3.738	0.789
159 Steamed Green Peas	1/2 CUP	47.174	0.066	4.536	4.373	0.345	0.000	0.000	8.183	2.812	3.175	1189.318	53.524	19.958	2.177
148 Steamed Mixed Vegetables	1/2 CUP	73.638	0.050	49.820	3.491	0.187	0.000	0.014	14.843	4.921	3.195	4777.315	29.129	3.574	0.916
439 Steamed Peas and Carrots	1/2 CUP	53.871	0.087	78.822	*2.381*	0.507	0.000	0.000	10.081	3.673	2.756	8710.137	27.039	9.656	0.975
542 Steamed Sweet Corn	1/2 CUP	66.381	0.083	1.006	*N/A*	0.553	0.000	0.000	15.917	2.012	2.103	163.936	2.012	2.919	0.396
99 Strawberries, Fresh	1/2 CUP	23.040	0.011	0.720	3.521	0.216	0.000	0.000	5.530	1.440	0.482	8.640	11.520	42.336	0.295
769 Sweet Potato Fries	1/2 CUP	120.000	0.500	180.000	5.000	4.500	0.000	0.000	17.000	3.000	2.000	3500.000	20.000	2.400	0.360
100 Tangerines, Fresh	EACH	46.640	0.034	1.760	9.310	0.273	0.000	0.000	11.739	1.584	0.713	599.280	32.560	23.496	0.132
710 Tater Tots	1/2 CUP	77.562	0.000	137.888	0.000	3.016	0.000	0.000	12.065	0.862	0.862	0.000	0.000	0.000	0.310
449 Tex Mex Black Beans	1/2 CUP	155.803	1.689	197.526	*0.632*	2.924	*0.000*	5.000	23.775	6.367	9.984	205.114	96.825	2.411	5.440
357 Tomato Soup	CUP	38.104	0.238	197.135	4.763	0.476	0.000	0.000	7.621	0.476	0.476	190.521	1.852	2.858	0.171
152 Tomatoes (Grape/Cherry), Fresh	1/2 CUP	13.287	0.000	3.796	1.898	0.000	0.000	0.000	2.847	0.949	0.949	616.874	9.490	10.250	0.171
49 Tropical Fruit Salad	1/2 CUP	70.000	0.000	0.000	14.000	0.000	0.000	0.000	16.000	2.000	0.000	400.000	20.000	36.000	0.000
916 V-Blend Juice, Cherry Star	EACH	55.000	0.000	35.000	13.000	0.000	0.000	0.000	14.000	0.000	0.000	500.000	0.000	42.000	0.000
239 V-Blend Juice, Dragon Punch	EACH	55.000	0.000	35.000	13.000	0.000	0.000	0.000	14.000	0.000	0.000	500.000	0.000	42.000	0.000
207 V-Blend Juice, Wango Mango	EACH	55.000	0.000	30.000	13.000	0.000	0.000	0.000	14.000	0.000	0.000	500.000	0.000	42.000	0.000
450 Vegetarian Baked Beans	1/2 CUP	178.140	0.500	230.548	*16.220*	1.133	*0.000*	0.000	35.180	6.302	7.328	47.258	56.077	2.826	2.348
101 Watermelon, Fresh Cup	1/2 CUP	22.800	0.012	0.760	4.712	0.114	0.000	0.000	5.738	0.304	0.464	432.440	5.320	6.156	0.182

MILK

Recipe No. Recipe Name	Portion Size	Cals ¹ (kcal)	Saturated Fat ¹ (g)	Sodium ¹ (mg)	Sugars (g)	Total Fat (g)	Trans Fat ² (g)	Chol (mg)	Carbs (g)	Dietary Fiber (g)	Protein (g)	Vitamin A (IU)	Calcium (mg)	Vitamin C (mg)	Iron (mg)
70 Milk, 1% Low Fat, Plain White	EACH	110.000	1.500	135.000	12.000	2.500	0.000	15.000	13.000	0.000	8.000	500.000	300.000	1.200	0.000
69 Milk, Fat Free, Chocolate	EACH	130.000	0.000	210.000	22.000	0.000	0.000	5.000	23.000	0.000	8.000	500.000	300.000	1.200	0.360
170 Milk, Fat Free, Plain White	EACH	102.375	0.000	153.562	13.650	0.000	0.000	5.688	14.788	0.000	10.238	568.750	341.250	1.365	0.000
169 Milk, Fat Free, Strawberry	EACH	142.492	0.000	142.492	24.114	0.000	0.000	5.480	25.210	0.000	8.769	548.048	328.829	1.315	0.000