

**Prince George's County Public Schools  
Department of Food and Nutrition Services  
Nutrition Facts Sheet - Secondary 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.<br>Recipe Name                        | Portion Size       | Cals <sup>1</sup><br>(kcal) | Saturated<br>Fat <sup>1</sup> (g) | Sodium <sup>1</sup><br>(mg) | Sugars<br>(g) | Total Fat<br>(g) | Trans Fat <sup>2</sup><br>(g) | Chol<br>(mg) | Carbs<br>(g) | Dietary<br>Fiber (g) | Protein<br>(g) | Vitamin A<br>(IU) | Calcium<br>(mg) | Vitamin C<br>(mg) | Iron<br>(mg) |
|--------------------------------------------------|--------------------|-----------------------------|-----------------------------------|-----------------------------|---------------|------------------|-------------------------------|--------------|--------------|----------------------|----------------|-------------------|-----------------|-------------------|--------------|
| 806<br>3 Cheese Cavatappi (w/Chicken & Broccoli) | EACH               | 322.422                     | 8.781                             | 840.951                     | *3.000*       | 16.285           | 0.000                         | 56.073       | 28.224       | 2.035                | 18.331         | 627.625           | 384.588         | 0.461             | 1.065        |
| 411<br>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        |
| 597<br>Bean and Cheese Papusa                    | EACH               | 290.000                     | 3.500                             | 480.000                     | 1.000         | 11.000           | 0.000                         | 15.000       | 35.000       | 4.000                | 13.000         | *N/A*             | 250.000         | *N/A*             | 1.000        |
| 31<br>Beef Soft Taco w/10" Tortilla              | SERVINGS           | 377.081                     | 5.798                             | 576.202                     | 1.034         | 16.618           | 0.620                         | 44.818       | 35.355       | 6.068                | 19.961         | *0.000*           | 151.985         | *0.000*           | 3.868        |
| 669<br>Cafe Burger on Bun with Cheddar           | EACH               | 342.000                     | 6.500                             | 495.000                     | 3.300         | 15.300           | 0.000                         | 58.000       | 31.000       | 4.400                | 23.700         | *29.000*          | 182.000         | *0.000*           | 2.840        |
| 900<br>Cafe Burger on Bun with Pepper Jack       | EACH               | 332.000                     | 6.500                             | 495.000                     | 3.300         | 15.300           | 0.000                         | 58.000       | 30.000       | 4.400                | 23.700         | *29.000*          | 190.000         | *0.000*           | 2.840        |
| 546<br>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<br>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<br>Cheese Stick, Mozzarella, IW              | EACH               | 80.000                      | 3.500                             | 200.000                     | 0.000         | 6.000            | 0.000                         | 15           | 0.000        | 0.000                | 7.000          | *N/A*             | 200.000         | *N/A*             | 0.000        |
| 149<br>Cheeseburger Sliders, Twin Pack           | EACH               | 272.000                     | 2.900                             | 355.000                     | 3.500         | 7.800            | 0.000                         | 45.000       | 31.300       | 2.600                | 19.700         | 100.000           | 82.000          | 0.000             | 2.800        |
| 861<br>Chicken Alfredo and Penne Pasta           | EACH               | 369.209                     | 4.677                             | 679.356                     | 6.149         | 10.785           | 0.000                         | 47.363       | 47.688       | 4.092                | 20.187         | *32.321*          | 292.953         | *1.479*           | 2.061        |
| 829<br>Chicken Fajita w/10" Tortilla             | SERVINGS           | 420.397                     | 5.059                             | 787.007                     | *1.685*       | 18.688           | 0.000                         | 91.098       | 38.027       | 4.617                | 24.587         | *307.494*         | 176.836         | *18.810*          | 2.803        |
| 246<br>Chicken Tenders                           | 4 EACH             | 262.989                     | 1.195                             | 561.839                     | 1.195         | 8.368            | 0.000                         | 65.747       | 21.517       | 2.391                | 26.299         | 239.080           | 23.908          | 1.434             | 1.291        |
| 827<br>Chicken Chunks                            | 5 EACH             | 210.000                     | 1.500                             | 570.000                     | 0.000         | 8.000            | 0.000                         | 50.000       | 17.000       | 2.000                | 18.000         | 200.000           | 20.000          | 0.000             | 1.080        |
| 320<br>Chicken Filet Sandwich, Regular           | EACH               | 360.000                     | 1.500                             | 850.000                     | 3.000         | 10.000           | 0.000                         | 50.000       | 47.000       | 6.000                | 24.000         | 215.000           | 40.000          | 0.000             | 2.520        |
| 308<br>Chicken Filet Sandwich, Spicy             | EACH               | 342.496                     | 2.025                             | 574.119                     | 4.012         | 12.125           | 0.000                         | 45.562       | 38.112       | 5.012                | 25.237         | *15.000*          | 20.000          | *0.000*           | 2.452        |
| 179<br>Chorizo, Bean and Cheese Papusa           | EACH               | 330.000                     | 8.000                             | 620.000                     | 2.000         | 18.000           | 0.000                         | 40.000       | 30.000       | 3.000                | 14.000         | *N/A*             | 369.000         | *N/A*             | 1.000        |
| 370<br>Egg, Hard- Boiled                         | 1 EACH             | 77.500                      | 1.634                             | 62.000                      | 0.560         | 5.305            | *N/A*                         | 186.500      | 0.560        | 0.000                | 6.290          | 260.000           | 25.000          | 0.000             | 0.595        |
| 623<br>Fiesta Nachos, Secondary                  | SRV:<br>2OZ+#10SCP | 424.948                     | 6.563                             | 751.094                     | 0.777         | 19.331           | 0.467                         | 43.176       | 40.094       | 6.206                | 18.621         | *0.000*           | 168.858         | *0.000*           | 2.658        |
| 312<br>General Tso's Chicken (AFS)               | SERVING            | 210.000                     | 1.000                             | 450.000                     | 14.000        | 7.000            | 0.000                         | 50.000       | 24.000       | 1.000                | 12.000         | 0.000             | 20.000          | 0.000             | 0.720        |
| 899<br>Gourmet Grilled Cheese Sandwich           | EACH               | 415.000                     | 12.000                            | 700.000                     | 6.000         | 23.000           | 0.000                         | 60.000       | 33.500       | 4.000                | 21.000         | *30.000*          | 585.000         | *0.000*           | 1.440        |
| 284<br>Jalapeno Cheese Bites                     | SRV, 7 EA          | 340.000                     | 7.000                             | 470.000                     | 2.000         | 19.000           | 0.000                         | 30.000       | 32.000       | 3.000                | 19.000         | *N/A*             | 460.000         | *N/A*             | 1.800        |
| 313<br>Japanese Cherry Blossom Chicken           | 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<br>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        |
| 93<br>Mini 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        |
| 887<br>Mozzarella Cheese Sticks, Breaded         | 6 EACH             | 492.001                     | 8.400                             | 552.001                     | 2.400         | 25.200           | 0.000                         | 36.000       | 43.200       | 3.600                | 22.800         | *N/A*             | 540.001         | *N/A*             | 2.520        |
| 897<br>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        |
| 814<br>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        |
| 932<br>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<br>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        |
| 792<br>Pork BBQ Rib Sandwich                     | EACH               | 287.310                     | 2.400                             | 768.057                     | 13.933        | 7.399            | 0.000                         | 31.993       | 40.366       | 3.400                | 16.898         | 230.629           | 79.114          | 0.000             | 2.884        |
| 856<br>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        |
| 183<br>Southwest Veggie Burger                   | EACH               | 324.662                     | 1.003                             | 634.683                     | 5.479         | 9.056            | 0.000                         | 0.000        | 43.960       | 10.357               | 20.320         | 1189.901          | 66.140          | 3.240             | 3.039        |
| 82<br>Spaghetti w/Meat Sauce                     | #6 SCP, 6<br>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        |
| 885<br>Steak & Cheese Pinwheel                   | EACH               | 320.000                     | 6.000                             | 730.000                     | 2.000         | 12.000           | 0.000                         | 30.000       | 33.000       | 4.000                | 21.000         | 200.000           | 300.000         | 9.000             | 2.700        |
| 136<br>Sweet and Spicy Nachos                    | SERVINGS           | 405.686                     | 4.890                             | 550.736                     | 11.662        | 16.081           | 0.000                         | 60.072       | 44.802       | 3.972                | 18.124         | *0.000*           | 92.004          | *0.000*           | 2.304        |
| 942<br>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        |
| 724<br>Thin Crust Cheese Pizza                   | EACH               | 320.000                     | 10.000                            | 450.000                     | 3.000         | 15.000           | 0.000                         | 45.000       | 28.000       | 3.000                | 19.000         | 750.000           | 450.000         | 0.000             | 1.800        |
| 859<br>Turkey Burger on Bun, No Cheese           | EACH               | 311.164                     | 2.853                             | 759.349                     | 3.176         | 12.411           | 0.000                         | 66.173       | 29.176       | 4.000                | 23.764         | *15.000*          | 20.000          | *0.000*           | 2.211        |
| 857<br>Turkey Burger with Cheddar Cheese         | EACH               | 380.000                     | 6.500                             | 790.000                     | 3.000         | 18.000           | 0.000                         | 80.000       | 30.000       | 4.000                | 27.000         | *15.000*          | 171.000         | *0.000*           | 2.140        |
| 689<br>Turkey Burger with Pepper Jack Cheese     | EACH               | 370.000                     | 6.500                             | 790.000                     | 3.000         | 18.000           | 0.000                         | 80.000       | 29.000       | 4.000                | 27.000         | *15.000*          | 179.000         | *0.000*           | 2.140        |
| 426<br>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<br>Yogurt, Danimals Strawberry Banana        | 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<br>Yogurt, Dannon Creamy (all flavors)       | 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        |

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| Recipe No.<br>Recipe Name                            | Portion Size | Cals <sup>1</sup><br>(kcal) | Saturated<br>Fat <sup>1</sup> (g) | Sodium <sup>1</sup><br>(mg) | Sugars<br>(g) | Total Fat<br>(g) | Trans Fat <sup>2</sup><br>(g) | Chol<br>(mg) | Carbs<br>(g) | Dietary<br>Fiber (g) | Protein<br>(g) | Vitamin A<br>(IU) | Calcium<br>(mg) | Vitamin C<br>(mg) | Iron<br>(mg) |
|------------------------------------------------------|--------------|-----------------------------|-----------------------------------|-----------------------------|---------------|------------------|-------------------------------|--------------|--------------|----------------------|----------------|-------------------|-----------------|-------------------|--------------|
| <b>ENTRÉE SALAD PLATTERS</b>                         |              |                             |                                   |                             |               |                  |                               |              |              |                      |                |                   |                 |                   |              |
| 944<br>Hummus, Veggie & Cheese Pack                  | EACH         | 224.678                     | 3.524                             | 428.019                     | 5.511         | 9.092            | 0.000                         | 15.000       | 22.968       | 6.362                | 14.125         | *4242.662*        | 259.879         | *3.552*           | 2.212        |
| 921<br>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<br>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<br>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        |
| 835<br>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<br>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<br>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<br>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<br>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<br>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<br>Salad Platter, Popcorn Chicken                | 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        |
| 600<br>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        |
| 110<br>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        |
| 812<br>Yogurt, Fruit, and Cheese Pack                | EACH         | 184.000                     | 3.500                             | 265.000                     | 16.000        | 6.000            | 0.000                         | 15.000       | 21.400       | *0.000*              | 11.400         | *80.000*          | 369.200         | *21.000*          | 0.000        |
| <b>DELI SANDWICHES</b>                               |              |                             |                                   |                             |               |                  |                               |              |              |                      |                |                   |                 |                   |              |
| 518<br>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<br>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<br>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<br>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<br>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<br>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<br>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<br>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<br>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        |
| 553<br>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        |
| 759<br>Turkey and Cheese Croissant                   | EACH         | 351.667                     | 7.083                             | 658.334                     | 3.000         | 16.250           | 0.000                         | 62.500       | 27.500       | 3.000                | 24.167         | *300.000*         | *210.500*       | *0.000*           | 1.773        |
| 673<br>Turkey and Cheese on Bun                      | EACH         | 316.667                     | 4.833                             | 688.334                     | 3.000         | 12.750           | 0.000                         | 57.500       | 29.500       | 4.000                | 25.167         | *15.000*          | *175.000*       | *0.000*           | 1.773        |
| 671<br>Turkey and Cheese on Hoagie                   | EACH         | 316.667                     | 5.333                             | 718.334                     | 2.000         | 12.750           | 0.000                         | 57.500       | 27.500       | 3.000                | 25.167         | *10.000*          | *215.000*       | *0.000*           | 2.133        |
| 672<br>Turkey and Cheese on Slices                   | EACH         | 336.667                     | 4.833                             | 728.334                     | 6.000         | 12.750           | 0.000                         | 57.500       | 32.500       | 4.000                | 25.167         | *30.000*          | *275.000*       | *0.000*           | 1.773        |
| 760<br>Turkey Ham and Cheese on Croissant            | SERVING      | 343.333                     | 7.500                             | 791.665                     | 3.000         | 16.250           | 0.000                         | 75.000       | 28.333       | 3.000                | 22.500         | *300.000*         | 210.500         | *1.000*           | 2.340        |
| 658<br>Turkey Ham and Cheese on Bun                  | SERVING      | 308.333                     | 5.250                             | 821.665                     | 3.000         | 12.750           | 0.000                         | 70.000       | 30.333       | 4.000                | 23.500         | *15.000*          | 175.000         | *1.000*           | 2.340        |
| 657<br>Turkey Ham and Cheese on Hoagie               | SERVING      | 308.333                     | 5.750                             | 851.665                     | 2.000         | 12.750           | 0.000                         | 70.000       | 28.333       | 3.000                | 23.500         | *10.000*          | 215.000         | *1.000*           | 2.700        |
| 659<br>Turkey Ham and Cheeses on Slices              | SERVING      | 328.333                     | 5.250                             | 861.665                     | 6.000         | 12.750           | 0.000                         | 70.000       | 33.333       | 4.000                | 23.500         | *30.000*          | 275.000         | *1.000*           | 2.340        |
| 579<br>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        |
| 361<br>Turkey & 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        |
| 781<br>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        |
| 562<br>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<br>Turkey Italian Cold Cut Sub w/American Cheese | 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<br>Turkey Italian Cold Cut Sub w/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        |
| 654<br>Wrap, Cheddar Cheese & Veggie                 | EACH         | 477.010                     | 12.533                            | 585.386                     | *1.627*       | 25.170           | *0.000*                       | 60.000       | 38.837       | 5.120                | 20.829         | *852.044*         | 526.466         | *23.289*          | 2.133        |
| 656<br>Wrap, Mozzarella Cheese & Veggie              | EACH         | 369.007                     | 7.620                             | 570.381                     | *1.627*       | 16.320           | *0.000*                       | 30.375       | 37.862       | 5.120                | 17.979         | *852.044*         | 415.686         | *23.289*          | 2.133        |
| 655<br>Wrap, Pepper Jack Cheese & Veggie             | EACH         | 417.010                     | 11.033                            | 525.386                     | *1.627*       | 22.170           | *0.000*                       | 60.000       | 35.837       | 5.120                | 20.829         | 1452.044          | 523.466         | 23.289            | 2.133        |
| 461<br>Wrap, Chicken Salad                           | SERVINGS     | 306.374                     | 1.789                             | 685.328                     | 2.789         | 9.004            | 0.000                         | 63.091       | 37.626       | 4.179                | 18.055         | 107.987           | 62.024          | 0.299             | 2.474        |
| 690<br>Wrap, Turkey Bacon Club                       | EACH         | 406.264                     | 5.791                             | 828.089                     | *0.408*       | 17.092           | 0.000                         | 69.846       | 33.333       | 4.156                | 27.847         | *633.112*         | *215.249*       | *1.290*           | 2.404        |
| 667<br>Wrap, Turkey Ham and Cheese                   | SERVING      | 358.333                     | 5.750                             | 741.665                     | 0.000         | 14.750           | 0.000                         | 70.000       | 33.333       | 4.000                | 22.500         | *0.000*           | 215.000         | *1.000*           | 2.700        |
| 904<br>Wrap, Turkey Italian and Cheese               | EACH         | 327.166                     | 3.522                             | 656.249                     | *0.000*       | 11.788           | 0.000                         | 64.260       | 32.673       | 4.000                | 19.871         | *66.667*          | 185.555         | *1.000*           | 2.460        |

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

| Recipe No.<br>Recipe Name                          | Portion Size  | Cals <sup>1</sup><br>(kcal) | Saturated<br>Fat <sup>1</sup> (g) | Sodium <sup>1</sup><br>(mg) | Sugars<br>(g) | Total Fat<br>(g) | Trans Fat <sup>2</sup><br>(g) | Chol<br>(mg) | Carbs<br>(g) | Dietary<br>Fiber (g) | Protein<br>(g) | Vitamin A<br>(IU) | Calcium<br>(mg) | Vitamin C<br>(mg) | Iron<br>(mg) |
|----------------------------------------------------|---------------|-----------------------------|-----------------------------------|-----------------------------|---------------|------------------|-------------------------------|--------------|--------------|----------------------|----------------|-------------------|-----------------|-------------------|--------------|
| <b>GRAINS</b>                                      |               |                             |                                   |                             |               |                  |                               |              |              |                      |                |                   |                 |                   |              |
| Recipe No.<br>Recipe Name                          | Portion Size  | Cals <sup>1</sup><br>(kcal) | SaturatedFat <sup>1</sup>         | Sodium <sup>1</sup><br>(mg) | Sugars<br>(g) | Total Fat<br>(g) | Trans Fat <sup>2</sup><br>(g) | Chol<br>(mg) | Carbs<br>(g) | Dietary<br>Fiber     | Protein<br>(g) | Vitamin A<br>(IU) | Calcium<br>(mg) | Vitamin C<br>(mg) | Iron<br>(mg) |
| 372<br>Brown Rice                                  | 1 CUP         | 206.214                     | 0.221                             | 11.216                      | 0.204         | 1.151            | 0.000                         | 0.000        | 44.395       | 1.474                | 4.593          | 1.021             | 5.546           | 0.000             | 0.850        |
| 338<br>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        |
| 541<br>Cookie, 1.85 oz., Assorted                  | EACH          | 194.020                     | 2.048                             | 181.698                     | 17.540        | 5.998            | 0.000                         | 14.750       | 33.326       | 2.606                | 2.998          | 60.000            | 14.000          | 0.000             | 1.152        |
| 581<br>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<br>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<br>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<br>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<br>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        |
| 501<br>Penne Pasta, Cooked, 1 CUP                  | 1 CUP         | 218.073                     | 0.000                             | 10.938                      | 2.077         | 1.558            | 0.000                         | 0.000        | 42.576       | 4.154                | 7.269          | 10.384            | 31.707          | 0.000             | 1.869        |
| 870<br>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        |
| 708<br>Tortilla, Whole Grain Flour, 10"            | EACH          | 190.000                     | 0.500                             | 160.000                     | 0.000         | 4.000            | 0.000                         | 0.000        | 32.000       | 4.000                | 5.000          | 0.000             | 60.000          | 0.000             | 1.800        |
| 535<br>Tostitos Rounds, Reduced Fat                | EACH          | 200.000                     | 1.000                             | 180.000                     | 0.000         | 7.000            | 0.000                         | 0.000        | 29.000       | 3.000                | 3.000          | 0.000             | 20.000          | 0.000             | 0.360        |
| 707<br>Vegetable Brown Rice Pilaf                  | 1 CUP         | 232.341                     | 0.257                             | 28.271                      | *0.204*       | 1.340            | 0.000                         | 0.000        | 49.283       | 2.926                | 5.801          | 1843.693          | 14.618          | 3.774             | 1.195        |
| 73<br>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        |
| <b>FRUITS &amp; VEGETABLES</b>                     |               |                             |                                   |                             |               |                  |                               |              |              |                      |                |                   |                 |                   |              |
| Recipe No.<br>Recipe Name                          | Portion Size  | Cals <sup>1</sup><br>(kcal) | SaturatedFat <sup>1</sup>         | Sodium <sup>1</sup><br>(mg) | Sugars<br>(g) | Total Fat<br>(g) | Trans Fat <sup>2</sup><br>(g) | Chol<br>(mg) | Carbs<br>(g) | Dietary<br>Fiber     | Protein<br>(g) | Vitamin A<br>(IU) | Calcium<br>(mg) | Vitamin C<br>(mg) | Iron<br>(mg) |
| 409<br>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<br>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<br>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<br>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<br>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<br>Apple Slices, Fresh, 1W                     | 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<br>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<br>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<br>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<br>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<br>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<br>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<br>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<br>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<br>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<br>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<br>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<br>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<br>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<br>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<br>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<br>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<br>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<br>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<br>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<br>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<br>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<br>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<br>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        |

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| Recipe No.<br>Recipe Name                  | Portion Size      | Cals <sup>1</sup><br>(kcal) | Saturated<br>Fat <sup>1</sup> (g) | Sodium <sup>1</sup><br>(mg) | Sugars<br>(g) | Total Fat<br>(g) | Trans Fat <sup>2</sup><br>(g) | Chol<br>(mg) | Carbs<br>(g) | Dietary<br>Fiber (g) | Protein<br>(g) | Vitamin A<br>(IU) | Calcium<br>(mg) | Vitamin C<br>(mg) | Iron<br>(mg) |
|--------------------------------------------|-------------------|-----------------------------|-----------------------------------|-----------------------------|---------------|------------------|-------------------------------|--------------|--------------|----------------------|----------------|-------------------|-----------------|-------------------|--------------|
| 588<br>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<br>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<br>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<br>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<br>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<br>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<br>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<br>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<br>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<br>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<br>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<br>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<br>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<br>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<br>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<br>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<br>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<br>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<br>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        |
| 437<br>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<br>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<br>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<br>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<br>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<br>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<br>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<br>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<br>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<br>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<br>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<br>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<br>Shredded Lettuce, Pico De Gallo     | SRV:<br>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<br>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<br>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<br>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<br>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<br>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<br>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<br>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<br>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<br>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<br>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<br>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<br>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<br>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<br>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<br>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        |

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

| Recipe No.<br>Recipe Name             | Portion Size | Cals <sup>1</sup><br>(kcal) | Saturated<br>Fat <sup>1</sup> (g) | Sodium <sup>1</sup><br>(mg) | Sugars<br>(g) | Total Fat<br>(g) | Trans Fat <sup>2</sup><br>(g) | Chol<br>(mg) | Carbs<br>(g) | Dietary<br>Fiber (g) | Protein<br>(g) | Vitamin A<br>(IU) | Calcium<br>(mg) | Vitamin C<br>(mg) | Iron<br>(mg) |
|---------------------------------------|--------------|-----------------------------|-----------------------------------|-----------------------------|---------------|------------------|-------------------------------|--------------|--------------|----------------------|----------------|-------------------|-----------------|-------------------|--------------|
| 449<br>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<br>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<br>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<br>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<br>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<br>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<br>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<br>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<br>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.<br>Recipe Name           | Portion Size | Cals <sup>1</sup><br>(kcal) | Saturated<br>Fat <sup>1</sup> | Sodium <sup>1</sup><br>(mg) | Sugars<br>(g) | Total Fat<br>(g) | Trans Fat <sup>2</sup><br>(g) | Chol<br>(mg) | Carbs<br>(g) | Dietary<br>Fiber | Protein<br>(g) | Vitamin A<br>(IU) | Calcium<br>(mg) | Vitamin C<br>(mg) | Iron<br>(mg) |
|-------------------------------------|--------------|-----------------------------|-------------------------------|-----------------------------|---------------|------------------|-------------------------------|--------------|--------------|------------------|----------------|-------------------|-----------------|-------------------|--------------|
| 70<br>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<br>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<br>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<br>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        |