

# MCPS Division of Food and Nutrition Services Middle School Nutrient Information

Revised June 2023



Nutrient Information is provided by the Division of Food and Nutrition's approved food manufacturers. Variations may occur as product formulations can change periodically. As manufacturers inform us of product changes we will update nutritional information to reflect changes. This information is correct as of **June 20, 2023.**

MENU ITEM	PORTION SIZE	CALORIES	TOTAL FAT (G)	SAT FAT (G)	CHOL (MG)	SODIUM (MG)	CARBS (G)	SUGARS (G)	FIBER (G)	PROTEIN (G)
<b>BREAKFAST ENTRÉES</b>										
Belgian Waffle <sup>IW</sup>	EACH	240	9	2.5	15	210	34	12	2	5
Blueberry Chex Cereal <sup>IW</sup>	EACH	240	5	0.5	0	350	46	12	1	3
Chicken Biscuit Sandwich <sup>IW</sup>	EACH	250	10	3.5	15	500	31	2	4	11
Egg & Cheese English Muffin <sup>IW</sup>	EACH	200	7	1.5	80	322	24	2	2	9
Egg & Cheese on <i>Maryland Made</i> Croissant	EACH	310	14.5	6.5	115	525	31	5	3	15
Egg & Turkey Sausage Bagel <sup>IW</sup>	EACH	180	6	3	55	380	23	6	2	10
French Toast Sticks	4 STICKS	272	12	2	0	281	35	11	3	6
Fruit & Yogurt Parfait with Granola	EACH	240	2	0	2	122	52	30	4	4
Grahams <sup>IW</sup>	EACH	130	4	0	0	95	20	8	1	2
Honey Cheerios Cereal <sup>IW</sup>	EACH	210	3	0.5	0	340	44	12	5	6

<sup>IW</sup> – Individually Wrapped

<b>MENU ITEM</b>	<b>PORTION SIZE</b>	<b>CALORIES</b>	<b>TOTAL FAT (G)</b>	<b>SAT FAT (G)</b>	<b>CHOL (MG)</b>	<b>SODIUM (MG)</b>	<b>CARBS (G)</b>	<b>SUGARS (G)</b>	<b>FIBER (G)</b>	<b>PROTEIN (G)</b>
<i>Maryland-Made Cinnamon Roll</i> <sup>IW</sup>	EACH	232	7	1.5	0	240	38	12	3	4
Mini Cinnamon Bagel <sup>IW</sup>	EACH	240	6	2.5	10	180	41	13	2	6
Mini Maple Pancakes <sup>IW</sup>	EACH	210	6	1	10	320	35	11	4	4
Mini Strawberry Bagel <sup>IW</sup>	EACH	230	6	2	10	190	42	13	2	6
Oatmeal Breakfast Bar <sup>IW</sup>	EACH	140	4.5	0.5	5	90	23	9	1	2
Sausage Breakfast Sandwich	EACH	260	12	4.5	25	450	29	4	3	12
Turkey Ham & Cheese Breakfast Sandwich	EACH	270	9	3.5	43	679	31	5	4	19
Yogurt <sup>IW</sup>	4 oz	80	0.5	0	4	65	15	9	0	4
<b>MISC BREAKFAST</b>										
Cheese Sticks <sup>IW</sup>	EACH	60	3	2	9	197	1	0	0	7
Cream Cheese Cups <sup>IW</sup>	EACH	70	6	0	20	110	2	1	0	0
Jelly Packets <sup>IW</sup>	EACH	35	0	0	0	0	9	6	0	0
Peanut Butter Cups <sup>IW</sup>	EACH	200	17	4	0	100	7	3	2	9
Syrup Packets <sup>IW</sup>	EACH	120	0	0	0	25	31	21	0	0

<b>ENU ITEM</b>	<b>PORTION SIZE</b>	<b>CALORIES</b>	<b>TOTAL FAT (G)</b>	<b>SAT FAT (G)</b>	<b>CHOL (MG)</b>	<b>SODIUM (MG)</b>	<b>CARBS (G)</b>	<b>SUGARS (G)</b>	<b>FIBER (G)</b>	<b>PROTEIN (G)</b>
<b>LUNCH</b>										
<b>CHEF INSPIRED ENTRÉES</b>										
<b>BBQ Chicken Drumstick w/Mashed Potatoes &amp; Rolls</b>	<b>SERVING</b>	<b>428</b>	<b>15</b>	<b>3</b>	<b>90</b>	<b>732</b>	<b>53</b>	<b>5</b>	<b>5.5</b>	<b>23</b>
<b>BBQ Pulled Chicken Sandwich</b>	<b>EACH</b>	<b>274</b>	<b>7</b>	<b>1.5</b>	<b>50</b>	<b>400</b>	<b>35</b>	<b>3</b>	<b>4</b>	<b>19</b>
<b>Beef Nachos w/Salsa, Lettuce &amp; Tomatoes</b>	<b>SERVING</b>	<b>499</b>	<b>26.5</b>	<b>10</b>	<b>37</b>	<b>745</b>	<b>48</b>	<b>3</b>	<b>4</b>	<b>17</b>
<b>Beef Philly Sandwich</b>	<b>EACH</b>	<b>338</b>	<b>12.5</b>	<b>4</b>	<b>67</b>	<b>534</b>	<b>30</b>	<b>3</b>	<b>4</b>	<b>28</b>
<b>Beef Tacos</b>	<b>2 TACOS</b>	<b>327</b>	<b>13.5</b>	<b>5</b>	<b>28</b>	<b>722</b>	<b>35</b>	<b>5</b>	<b>6</b>	<b>19</b>
<b>Chicken &amp; Vegetable Dumplings</b>	<b>6 DUMPLINGS</b>	<b>281</b>	<b>7</b>	<b>0.5</b>	<b>35</b>	<b>694</b>	<b>40</b>	<b>3</b>	<b>2</b>	<b>17</b>
<b>Chicken &amp; Waffle Flatbread Sandwich w//Syrup</b>	<b>1 SANDWICH</b>	<b>522</b>	<b>15</b>	<b>2.5</b>	<b>46</b>	<b>539</b>	<b>74</b>	<b>29</b>	<b>5</b>	<b>23</b>
<b>Chicken Philly Sandwich</b>	<b>EACH</b>	<b>331</b>	<b>13.5</b>	<b>3.5</b>	<b>58</b>	<b>457</b>	<b>31</b>	<b>3</b>	<b>3.5</b>	<b>22</b>
<b>Curry Chicken with Rice</b>	<b>1 BOWL</b>	<b>377</b>	<b>13.5</b>	<b>3</b>	<b>100</b>	<b>446</b>	<b>34</b>	<b>5</b>	<b>3</b>	<b>28</b>
<b>Korean BBQ Chicken Drumstick w/Rice</b>	<b>SERVING</b>	<b>367</b>	<b>11</b>	<b>3</b>	<b>90</b>	<b>516</b>	<b>46</b>	<b>6</b>	<b>1.5</b>	<b>19</b>
<b>Mac &amp; Cheese w/Chicken Bites &amp; Roll</b>	<b>SERVING</b>	<b>419</b>	<b>19</b>	<b>8</b>	<b>45</b>	<b>712</b>	<b>40</b>	<b>5</b>	<b>4</b>	<b>24</b>
<b>Meatball Sub</b>	<b>EACH</b>	<b>338</b>	<b>12</b>	<b>4</b>	<b>48</b>	<b>793</b>	<b>39</b>	<b>2</b>	<b>6</b>	<b>20</b>
<b>Penne w/Meatballs &amp; Marinara</b>	<b>SERVING</b>	<b>467</b>	<b>12</b>	<b>4</b>	<b>48</b>	<b>591</b>	<b>57</b>	<b>11</b>	<b>8</b>	<b>21</b>
<b>Ranch Chicken Power Bowl</b>	<b>1 BOWL</b>	<b>655</b>	<b>28</b>	<b>9</b>	<b>62</b>	<b>893</b>	<b>72</b>	<b>5</b>	<b>9</b>	<b>31</b>

<b>MENU ITEM</b>	<b>PORTION SIZE</b>	<b>CALORIES</b>	<b>TOTAL FAT (G)</b>	<b>SAT FAT (G)</b>	<b>CHOL (MG)</b>	<b>SODIUM (MG)</b>	<b>CARBS (G)</b>	<b>SUGARS (G)</b>	<b>FIBER (G)</b>	<b>PROTEIN (G)</b>
<b>Rotini with Beef Sauce &amp; Roll</b>	<b>SERVING</b>	<b>438</b>	<b>18.5</b>	<b>7</b>	<b>58</b>	<b>606</b>	<b>44</b>	<b>7</b>	<b>5</b>	<b>23</b>
<b>Southwest Beef &amp; Rice Bowl</b>	<b>1 BOWL</b>	<b>384</b>	<b>10</b>	<b>3.5</b>	<b>38</b>	<b>507</b>	<b>56</b>	<b>0</b>	<b>7</b>	<b>18</b>
<b>Southwest Power Bowl</b>	<b>1 BOWL</b>	<b>601</b>	<b>15.5</b>	<b>2.5</b>	<b>56</b>	<b>714</b>	<b>85</b>	<b>8</b>	<b>18</b>	<b>31</b>
<b>Spicy Chicken Power Bowl</b>	<b>1 BOWL</b>	<b>475</b>	<b>20.5</b>	<b>2</b>	<b>69</b>	<b>842</b>	<b>51</b>	<b>7</b>	<b>9</b>	<b>24</b>
<b>Sweet N Sour Chicken with Rice</b>	<b>1 BOWL</b>	<b>275</b>	<b>5</b>	<b>1.5</b>	<b>50</b>	<b>327</b>	<b>41</b>	<b>6</b>	<b>2</b>	<b>15</b>
<b>Teriyaki Chicken &amp; Broccoli with Rice</b>	<b>1 BOWL</b>	<b>312</b>	<b>10</b>	<b>2</b>	<b>50</b>	<b>257</b>	<b>38</b>	<b>1</b>	<b>4</b>	<b>17</b>
<b>PLANT-BASED &amp; PLANT-FORWARD ENTRÉES</b>										
<b>Bean &amp; Cheese Nachos with Salsa, Lettuce &amp; Tomatoes</b>	<b>1 SERVING</b>	<b>545</b>	<b>24</b>	<b>8.5</b>	<b>29</b>	<b>669</b>	<b>64</b>	<b>2</b>	<b>11</b>	<b>16</b>
<b>Cheese Nachos</b>	<b>1 SERVING</b>	<b>663</b>	<b>42</b>	<b>20</b>	<b>75</b>	<b>1150</b>	<b>49</b>	<b>4</b>	<b>2</b>	<b>22</b>
<b>Chik'N &amp; Waffle Flatbread Sandwich w//Syrup</b>	<b>1 SANDWICH</b>	<b>567</b>	<b>17</b>	<b>3</b>	<b>0</b>	<b>702</b>	<b>90</b>	<b>31</b>	<b>6</b>	<b>18</b>
<b>Curry Chickpeas with Rice</b>	<b>1 BOWL</b>	<b>331</b>	<b>8</b>	<b>0.5</b>	<b>0</b>	<b>399</b>	<b>56</b>	<b>9</b>	<b>8</b>	<b>11</b>
<b>Korean BBQ Chik'N w/Rice</b>	<b>1 SERVING</b>	<b>391</b>	<b>12</b>	<b>2</b>	<b>0</b>	<b>652</b>	<b>56</b>	<b>8</b>	<b>5.5</b>	<b>17</b>
<b>Mac &amp; Cheese with Chik'N Nuggets &amp; Roll</b>	<b>1 SERVING</b>	<b>438</b>	<b>20</b>	<b>8</b>	<b>29</b>	<b>774</b>	<b>47</b>	<b>6</b>	<b>5</b>	<b>21</b>
<b>Spicy Chik'N Street Tacos</b>	<b>2 TACOS</b>	<b>428</b>	<b>14</b>	<b>1</b>	<b>0</b>	<b>740</b>	<b>57</b>	<b>5</b>	<b>10</b>	<b>24</b>
<b>Sweet N Sour Chik'N with Rice</b>	<b>1 BOWL</b>	<b>429</b>	<b>12</b>	<b>2</b>	<b>0</b>	<b>690</b>	<b>66</b>	<b>7</b>	<b>6</b>	<b>18</b>
<b>Teriyaki Edamame &amp; Broccoli with Rice</b>	<b>1 BOWL</b>	<b>315</b>	<b>10</b>	<b>1.5</b>	<b>0</b>	<b>171</b>	<b>44</b>	<b>3</b>	<b>8</b>	<b>13</b>

<b>MENU ITEM</b>	<b>PORTION SIZE</b>	<b>CALORIES</b>	<b>TOTAL FAT (G)</b>	<b>SAT FAT (G)</b>	<b>CHOL (MG)</b>	<b>SODIUM (MG)</b>	<b>CARBS (G)</b>	<b>SUGARS (G)</b>	<b>FIBER (G)</b>	<b>PROTEIN (G)</b>
<b>Veggie Burger on Bun</b>	<b>EACH</b>	<b>280</b>	<b>6.5</b>	<b>0.5</b>	<b>0</b>	<b>640</b>	<b>36</b>	<b>6</b>	<b>7</b>	<b>22</b>
<b>Veggie Power Bowl</b>	<b>1 BOWL</b>	<b>615</b>	<b>18.5</b>	<b>1</b>	<b>0</b>	<b>467</b>	<b>96</b>	<b>10</b>	<b>24</b>	<b>20</b>
<b>FROM THE FARMS</b>										
<b>Baked French Fries</b>	<b>½ cup</b>	<b>110</b>	<b>3.5</b>	<b>0</b>	<b>0</b>	<b>130</b>	<b>17</b>	<b>0</b>	<b>1</b>	<b>2</b>
<b>Entrée Salad, Chef</b>	<b>EACH</b>	<b>476</b>	<b>23.5</b>	<b>8</b>	<b>75</b>	<b>1195</b>	<b>43</b>	<b>7</b>	<b>7</b>	<b>27</b>
<b>Entrée Salad, Chickpea</b>	<b>EACH</b>	<b>381</b>	<b>7.5</b>	<b>0</b>	<b>0</b>	<b>532</b>	<b>66</b>	<b>10</b>	<b>24</b>	<b>17</b>
<b>Entrée Salad, Chik'N</b>	<b>EACH</b>	<b>448</b>	<b>14.5</b>	<b>2</b>	<b>0</b>	<b>729</b>	<b>64</b>	<b>11</b>	<b>11</b>	<b>23</b>
<b>Entrée Salad, Spicy Chicken</b>	<b>EACH</b>	<b>381</b>	<b>16.5</b>	<b>3</b>	<b>45</b>	<b>437</b>	<b>37</b>	<b>6</b>	<b>5</b>	<b>23</b>
<b>Entrée Salad, Taco</b>	<b>EACH</b>	<b>481</b>	<b>19</b>	<b>5</b>	<b>19</b>	<b>800</b>	<b>61</b>	<b>6</b>	<b>12</b>	<b>17</b>
<b>Fresh Baby Carrots<sup>IW</sup></b>	<b>½ cup</b>	<b>35</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>65</b>	<b>8</b>	<b>5</b>	<b>2</b>	<b>1</b>
<b>Fresh Celery Sticks</b>	<b>½ cup</b>	<b>4</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>19</b>	<b>1</b>	<b>0</b>	<b>0</b>	<b>0</b>
<b>Fresh Cucumber Slices</b>	<b>½ cup</b>	<b>10</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>0</b>	<b>0</b>	<b>0</b>
<b>Fresh Grape Tomatoes</b>	<b>½ cup</b>	<b>20</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>5</b>	<b>5</b>	<b>2</b>	<b>1</b>	<b>1</b>
<b>Fresh Side Salad</b>	<b>1 cup</b>	<b>20</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>8</b>	<b>4</b>	<b>2</b>	<b>1</b>	<b>1</b>
<b>Fresh Spinach, Romaine, &amp; Craisin Salad</b>	<b>1 cup</b>	<b>64</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>49</b>	<b>14</b>	<b>10</b>	<b>3</b>	<b>2</b>
<b>Garlic &amp; Herb Broccoli</b>	<b>½ cup</b>	<b>70</b>	<b>4.5</b>	<b>2.5</b>	<b>12</b>	<b>94</b>	<b>4</b>	<b>1</b>	<b>2</b>	<b>5</b>

<b>MENU ITEM</b>	<b>PORTION SIZE</b>	<b>CALORIES</b>	<b>TOTAL FAT (G)</b>	<b>SAT FAT (G)</b>	<b>CHOL (MG)</b>	<b>SODIUM (MG)</b>	<b>CARBS (G)</b>	<b>SUGARS (G)</b>	<b>FIBER (G)</b>	<b>PROTEIN (G)</b>
<b>Roasted Chickpeas<sup>IW</sup></b>	<b>Each</b>	<b>180</b>	<b>4</b>	<b>0</b>	<b>0</b>	<b>260</b>	<b>27</b>	<b>1</b>	<b>17</b>	<b>9</b>
<b>Roasted Corn</b>	<b>½ cup</b>	<b>65</b>	<b>2.5</b>	<b>0.5</b>	<b>0</b>	<b>0</b>	<b>9</b>	<b>4</b>	<b>2</b>	<b>2</b>
<b>Roasted Green Beans</b>	<b>½ cup</b>	<b>26</b>	<b>1</b>	<b>0</b>	<b>0</b>	<b>2</b>	<b>5</b>	<b>1</b>	<b>2</b>	<b>1</b>
<b>Southwest Seasoned Pinto Beans</b>	<b>½ cup</b>	<b>164</b>	<b>1.5</b>	<b>0</b>	<b>0</b>	<b>191</b>	<b>30</b>	<b>1</b>	<b>12</b>	<b>7</b>
<b>FAN FAVORITES</b>										
<b>Cheeseburger on Bun</b>	<b>EACH</b>	<b>340</b>	<b>16</b>	<b>6</b>	<b>57</b>	<b>511</b>	<b>29</b>	<b>4</b>	<b>5</b>	<b>22</b>
<b>Cheese Crunchers with Marinara Sauce<sup>IW</sup></b>	<b>4 EACH</b>	<b>467</b>	<b>20.5</b>	<b>9</b>	<b>30</b>	<b>862</b>	<b>51</b>	<b>3</b>	<b>8</b>	<b>22</b>
<b>Hot Dog on Bun</b>	<b>EACH</b>	<b>240</b>	<b>10</b>	<b>2.5</b>	<b>35</b>	<b>650</b>	<b>27</b>	<b>3</b>	<b>3</b>	<b>15</b>
<b>Pizza, Personal</b>	<b>EACH</b>	<b>310</b>	<b>13</b>	<b>6</b>	<b>30</b>	<b>440</b>	<b>31</b>	<b>9</b>	<b>3</b>	<b>16</b>
<b>Pizza, Stuffed Crust</b>	<b>EACH</b>	<b>320</b>	<b>12</b>	<b>6</b>	<b>35</b>	<b>570</b>	<b>36</b>	<b>5</b>	<b>4</b>	<b>17</b>
<b>Spicy Chicken Tenders with Roll</b>	<b>3 TENDERS</b>	<b>297</b>	<b>11</b>	<b>1</b>	<b>59</b>	<b>494</b>	<b>32</b>	<b>4</b>	<b>6</b>	<b>20</b>
<b>GRAB 'N GO</b>										
<b>Cold Cut Sub</b>	<b>EACH</b>	<b>292</b>	<b>9</b>	<b>3</b>	<b>56</b>	<b>817</b>	<b>33</b>	<b>4</b>	<b>4</b>	<b>24</b>
<b>Fruit &amp; Yogurt Parfait</b>	<b>EACH</b>	<b>440</b>	<b>3</b>	<b>0.5</b>	<b>5</b>	<b>250</b>	<b>95</b>	<b>50</b>	<b>6</b>	<b>8</b>
<b>Hummus<sup>IW(2)</sup> &amp; Rounds<sup>IW</sup></b>	<b>SERVING</b>	<b>420</b>	<b>11</b>	<b>1</b>	<b>0</b>	<b>360</b>	<b>65</b>	<b>8</b>	<b>13</b>	<b>15</b>

<b>MENU ITEM</b>	<b>PORTION SIZE</b>	<b>CALORIES</b>	<b>TOTAL FAT (G)</b>	<b>SAT FAT (G)</b>	<b>CHOL (MG)</b>	<b>SODIUM (MG)</b>	<b>CARBS (G)</b>	<b>SUGARS (G)</b>	<b>FIBER (G)</b>	<b>PROTEIN (G)</b>
<b>PB&amp;J Sandwich<sup>™</sup>, Smuckers</b>	<b>EACH</b>	<b>600</b>	<b>34</b>	<b>6</b>	<b>0</b>	<b>540</b>	<b>64</b>	<b>29</b>	<b>7</b>	<b>18</b>
<b>MISC LUNCH</b>										
<b>Bagel, Honey Wheat<sup>™</sup></b>	<b>EACH</b>	<b>130</b>	<b>1.5</b>	<b>0</b>	<b>0</b>	<b>200</b>	<b>25</b>	<b>2</b>	<b>2</b>	<b>4</b>
<b>Belgian Waffle<sup>™</sup></b>	<b>EACH</b>	<b>240</b>	<b>9</b>	<b>2.5</b>	<b>15</b>	<b>210</b>	<b>34</b>	<b>12</b>	<b>2</b>	<b>5</b>
<b>Cheese Stick<sup>™</sup></b>	<b>EACH</b>	<b>60</b>	<b>3</b>	<b>2</b>	<b>9</b>	<b>197</b>	<b>1</b>	<b>0</b>	<b>0</b>	<b>7</b>
<b>Grilled Cheese<sup>™</sup></b>	<b>EACH</b>	<b>280</b>	<b>10</b>	<b>5.5</b>	<b>32</b>	<b>581</b>	<b>31</b>	<b>6</b>	<b>3</b>	<b>19</b>
<b>Hummus<sup>™</sup></b>	<b>EACH</b>	<b>110</b>	<b>2</b>	<b>0</b>	<b>0</b>	<b>100</b>	<b>18</b>	<b>4</b>	<b>5</b>	<b>6</b>
<b>Marinara Cup<sup>™</sup></b>	<b>EACH</b>	<b>40</b>	<b>1</b>	<b>0</b>	<b>0</b>	<b>200</b>	<b>7</b>	<b>4</b>	<b>1</b>	<b>1</b>
<b>Mini Pancakes<sup>™</sup></b>	<b>EACH</b>	<b>210</b>	<b>6</b>	<b>1</b>	<b>10</b>	<b>320</b>	<b>35</b>	<b>11</b>	<b>4</b>	<b>4</b>
<b>Peanut Butter Cup<sup>™</sup></b>	<b>EACH</b>	<b>200</b>	<b>17</b>	<b>4</b>	<b>0</b>	<b>100</b>	<b>7</b>	<b>3</b>	<b>2</b>	<b>9</b>
<b>Pepperoni &amp; Cheese Stuffed Sandwich<sup>™</sup></b>	<b>EACH</b>	<b>300</b>	<b>12</b>	<b>5</b>	<b>30</b>	<b>590</b>	<b>31</b>	<b>5</b>	<b>3</b>	<b>19</b>
<b>Salsa Cup<sup>™</sup></b>	<b>EACH</b>	<b>25</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>195</b>	<b>5</b>	<b>3</b>	<b>1</b>	<b>1</b>
<b>Tostito® Rounds<sup>™</sup></b>	<b>EACH</b>	<b>200</b>	<b>7</b>	<b>1</b>	<b>0</b>	<b>160</b>	<b>29</b>	<b>0</b>	<b>3</b>	<b>3</b>
<b>Tostito® Scoops<sup>™</sup></b>	<b>EACH</b>	<b>110</b>	<b>2.5</b>	<b>0</b>	<b>0</b>	<b>125</b>	<b>19</b>	<b>0</b>	<b>1</b>	<b>2</b>
<b>Yogurt<sup>™</sup></b>	<b>4 oz</b>	<b>80</b>	<b>0.5</b>	<b>0</b>	<b>4</b>	<b>65</b>	<b>15</b>	<b>9</b>	<b>0</b>	<b>4</b>
<b>Yogurt<sup>™</sup></b>	<b>8 oz</b>	<b>180</b>	<b>0</b>	<b>0</b>	<b>24</b>	<b>150</b>	<b>38</b>	<b>32</b>	<b>0</b>	<b>8</b>

<b>MENU ITEM</b>	<b>PORTION SIZE</b>	<b>CALORIES</b>	<b>TOTAL FAT (G)</b>	<b>SAT FAT (G)</b>	<b>CHOL (MG)</b>	<b>SODIUM (MG)</b>	<b>CARBS (G)</b>	<b>SUGARS (G)</b>	<b>FIBER (G)</b>	<b>PROTEIN (G)</b>
<b>GRAINS</b>										
<b>Local Dinner Roll</b>	<b>EACH</b>	<b>80</b>	<b>1.5</b>	<b>0</b>	<b>0</b>	<b>120</b>	<b>15</b>	<b>2</b>	<b>2</b>	<b>3</b>
<b>Local Hamburger Roll</b>	<b>EACH</b>	<b>140</b>	<b>2</b>	<b>0</b>	<b>0</b>	<b>220</b>	<b>27</b>	<b>3</b>	<b>4</b>	<b>6</b>
<b>Local Hot Dog Roll</b>	<b>EACH</b>	<b>130</b>	<b>2</b>	<b>0.5</b>	<b>0</b>	<b>280</b>	<b>26</b>	<b>3</b>	<b>3</b>	<b>6</b>
<b>Mini Flatbread</b>	<b>EACH</b>	<b>80</b>	<b>2</b>	<b>0</b>	<b>0</b>	<b>150</b>	<b>13</b>	<b>1</b>	<b>1</b>	<b>3</b>
<b>Dressings</b>										
<b>MCPS Made Ranch</b>	<b>1 oz</b>	<b>100</b>	<b>8</b>	<b>1</b>	<b>9</b>	<b>377</b>	<b>5</b>	<b>0</b>	<b>0</b>	<b>1</b>
<b>MCPS Made Ranch</b>	<b>2 oz</b>	<b>200</b>	<b>16</b>	<b>2</b>	<b>18</b>	<b>754</b>	<b>10</b>	<b>0</b>	<b>0</b>	<b>2</b>
<b>MCPS Made Sweet Mustard</b>	<b>1 oz</b>	<b>30</b>	<b>2</b>	<b>0</b>	<b>0</b>	<b>25</b>	<b>3</b>	<b>2</b>	<b>0</b>	<b>0</b>
<b>MCPS Made Sweet Mustard</b>	<b>2 oz</b>	<b>60</b>	<b>4</b>	<b>0</b>	<b>0</b>	<b>50</b>	<b>6</b>	<b>4</b>	<b>0</b>	<b>0</b>
<b>MCPS Made Universal Dressing</b>	<b>1 oz</b>	<b>136</b>	<b>9.5</b>	<b>1</b>	<b>0</b>	<b>31</b>	<b>13.5</b>	<b>11</b>	<b>0</b>	<b>0</b>
<b>MCPS Made Universal Dressing</b>	<b>2 oz</b>	<b>272</b>	<b>19</b>	<b>2</b>	<b>0</b>	<b>62</b>	<b>27</b>	<b>22</b>	<b>0</b>	<b>0</b>