

## ARAMARK/YCSD Nutrition Information

Breakfast	Fat Grams	Carbohydrates G	Sodium MG
Bagel (Wheat)	1.5	41	420
Biscuit	8	23	590
Biscuit w/ Chicken	13	29	815
Breakfast Burrito W/Salsa Egg & Cheese	8.6	3	542
Breakfast Pizza	12.17	24.51	520
Cereal Variety	0.56	22.61	119
Cereal Cheerios	1	14	110
Cereal Cinnamon Toast Crunch	3	22	200
Cereal Golden Graham	1	23	260
Cheese Omelet	7.28	0.847	169.81
Cheese Stick ( 1 OZ.)	4.5	0.8	132
Cinnamon bun Mini	7	40	300
Croissant Mini	6	14	60
Croissant	12	21	280
Eggs, Scrambled	4.99	1.36	148
English Muffin with Egg & Cheese	10.135	26.872	422.263
French Toast	1.5	39	340
French Toast Sticks	12	38	220
Grits	1	58	0
Oatmeal with Cinnamon & Raisin	2.456	36.232	10.289
Omelet with Salsa	4.71	1.575	164.05
Pancakes	6	40	380
Pancakes with Sliced Bananas	6	52.5	0.5
Sausage Biscuit	20.84	27.5	903
Sausage Egg & Cheese Croissant	26.5	23	855
Southwest Omelet	4.71	1.575	164.05
Strawberry Cereal Bar	1.5	18	95
Taco with Egg & Cheese	13.971	22.989	435
Taco Breakfast ; Potato, Egg & Cheese	4.766	20.101	556.73
Turkey Sausage	6	1	270
Vegetable & Cheese Strata	3.862	10.67	178.738
Waffles Mini Blueberry Bash	6	32	200
Waffles Mini Maple Syrup	5	33	200
Western Scrambled Eggs	8.251	3.061	523.48
Whole Grain Waffle Sticks	2	28	430
Whole Wheat Bagel	1.5	41	420
Whole Wheat Egg & Cheese Breakfast Sandwich	9.6	31.153	502.14
Whole Wheat Pancakes	4	27.33	260
Whole Wheat Toast	1	10	115
Whole Wheat Toast W/ Cinnamon	1.07	11.84	116
Whole Wheat Tortilla	4	20	360
Yogurt	1.5	23	55
Yogurt & Fruit Parfait w/ Granola	2.127	52.7	233
Grape Jelly .5 oz.	0	9	5
Entrée's	Fat Grams	Carbohydrates G	Sodium MG
Baked Potato Overloaded	7.96	55.98	572
Beef With Broccoli Stir-Fry (LoMein)	4.854	3.699	572
Beef Patty	23	0	50
Catfish	12	11	370

Cheese (Slice)	8	2	480
Cheesy Thurkey Casserole	9	8	223
Chicken BBQ , Oven Baked w/ Lemon	16.866	17.759	688
Chicken & Cheese Quesadilla	23.158	56.991	489
Chicken Rotisserie, Oven Baked	3.627	0.054	78.496
Chicken or Turkey Pot Pie	18.74	22.98	261
Chicken or Turkey Tamale Pie	11.39	23.29	416
Chicken or Turkey Chop Suey	4.66	7.93	332
Chicken or Turkey Rice Soup	1.73	16.79	205
Chicken Noodle Bowl	1.556	30.04	188.5
Chicken, Oven Fried	4.66	9.67	104
Chicken Fajitas with Vegetables	3.914	1.305	55.8
Chicken Nuggets (5 pieces)	10	12.5	437.5
Chicken Sandwich on Whole Wheat Roll	11.02	34.36	857
Chicken Salad Croissant	19.24	28.38	537
Chili with Beans / Texas	8.106	69.531	604
Corn Dog	14	27	740
Diavolo Alfredo	25.598	67.413	429
Fish Baked ( No Bun)	2.765	4.608	101
Grilled Cheese Sandwich	12.348	28.333	684
Hot Dog (Beef) on Whole Wheat Bun	18	22	690
Hot Dog w/ Chili	19.8	24	806
Jammin' Jambalaya	3	37	360
Lasagna Cheesy	12.531	49.721	720
Lasagna W/ Ground Beef	8.7	28.35	406
Macho Nachos	18.937	49.329	120
Manicoti Inside- Out	6.861	48.549	534
Meatball Sub	5.046	43.338	1028
Meatloaf	9.296	21.113	639.728
Mini Hot Dog (Sliders)	16	14.025	979.979
Nachos W/ Chicken	21.211	50.891	914.848
Nachos W/ Cheese Sauce	12	23	530
Pastrami & Bacon Melt	10.121	27.896	856
Pasta Primavera	40.387	55.387	797.051
Perogies W/ Meat Sauce	16	63	630
Pizza Burger	23.475	45.261	771.25
Red Beans & Rice	1.474	55.387	148
Salisbury Steak	11.529	6.065	162
Teriyaki Chicken Over Rice	2.961	44.02	499
Turkey Sloppy Joe	9.264	33.989	341.871
Southern Red Beans & Rice	2.183	16.74	274.571
Spaghetti W/ Meat Sauce	10.71	34.24	310
Stuffed Green Peppers	9.4	25.6	164
Stuffed Turkey	8	20.7	412.5
Sweet and Sour Chicken	2.7	17	98
Taco, Beef Soft Shell	19.065	33.064	1429
Taco Bowl	8.61	43.97	510
Taco Supreme	19.065	33.064	1429
Turkey Bacon Double Cheeseburger	25.22	67.66	780
Turkey & Cheese Bitable	54.41	36.9	1370
Turkey & Cheese Deli Wrap	10.17	27.7	624
Turkey, Let, Tomato Croissant w/ Cheese	13.397	38.055	1035
Turkey Roast Breast with Gravy	1.784	3.639	364
Turkey Stuffed	8	20.7	412.5
Turkey Tamale Pie	11.39	23.29	416

Twisted Spaghetti	11.953	38.328	480.918
Vegetable Soup	0.746	8.571	746
Vegetarian Chili	8.106	69.531	603.195
Vegetable Quesadilla	8.22	25.77	459
Pepperoni Pizza	14.12	28.32	541
Cheese Pizza	13.35	28.29	509

Vegetables	Fat Grams	Carbohydrates G	Sodium MG
Asparagus (Baked)	2.472	4.071	0
BBQ Baked Beans	2.355	21.985	552.897
Black Beans	0.154	26.33	1.11
Black eye Peas	0	17	380
Broccoli	0.33	5.84	29
Brussel Sprouts	0.073	7.548	13.608
Butternut Squash	10.22	10.273	404.498
Cabbage Steamed	0.07	8.48	11.56
California Blend	5.309	20.114	160.027
Caribbean Baked Beans	4.866	17.335	339.577
Carrots (Orange Glazed)	1.71	9.376	126.194
Carrot Sticks w/ Ranch Dip	3.37	11.58	351
Cauliflower, Fresh	0.387	3.532	12.89
Celery Sticks W/ Ranch Dip	3.71	8.62	398
Cole Slaw	1.63	4.52	77
Collard Greens	0.328	5.689	39.951
Corn 2/3 Cup	1	21	0
Corn on the cob	0.05	20	0
Cucumber Slices	0.499	16.466	9.072
Green Beans	3.378	6.94	366
Green Peppers (1 Cup)	0	4	0
Lettuce, Tomato & Pickles	0.23	3.59	369
Mexicall Corn	0.539	16.213	163.459
Mixed Vegetables	0	12	85
Oven Roasted Vegetables	0.453	14.022	114.9
Peas, Green	3.592	11.601	58.578
Peas and Carrots	1.346	8.975	58.027
Potatoes Au Gratin	1	23	470
Potatoes, Mashed	0	21	30
Potatoes Mashed Parmesan	16	21	125
Potatoes, French Fry (Oven Baked)	9.32	34.68	200
Sweet Potato Fries	8	27.312	100
Tater Tots (Oven Baked)	8	25.32	440
Spinach Sautéed	7.413	8.015	396.914
Tomatoes (1 Large)	1	2	10
Tomato Cherry (1 Cup)	0	5	5
Vegetable Blend	0	6	20
Yellow Squash (Roasted)	10.018	10.342	218
Zucchini	1.452	14.107	36.288

Salads	Fat Grams	Carbohydrates G	Sodium MG
Caesar Side Salad	16.914	28.835	1056
Chicken Salad	7.24	7.38	257
Garden Salad W/ Cheese	12.39	6.89	434
Macaroni Salad	3.1	25.03	262
Rotini Salad	7.975	23.993	222.036

Side Salad w/ Ranch Dressing	11.146	6.473	184.401
Spinach Salad	7.5	6.915	494.69
Tuna Salad	3.596	11.378	287.219
Deli Sub	13.58	37.24	11.66
Mixed Green Salad	8	6.915	495
White Bean Salad	5.06	10.409	493.606

Fruits & Desserts	Fat Grams	Carbohydrates G	Sodium MG
Apples (1) Medium	0	19	0
Baked Apple Slices 1/2 C	0	18	20
Banana (1) Petite	0.55	26.71	1
Orange (1) Medium	0.16	15.39	0
Applesauce 1/2 C	0	22	10
Applesauce ( Cinnamon)	0.217	22.313	2.552
Apple Cobbler	11.576	40.28	108.046
Apple Crisp	13.73	39.01	955
Apples Escalloped	2.106	24.242	91.066
Cantaloupe	0	6.5	12.5
Fruit Salad	0.443	22.473	21.263
Grapes 1/2 C	0	9	0
Honeydew	0	8	15
Kiwi	0	11	0
Mandarin Oranges 1/2 C	0	13	15
Peach Cobbler	11.59	46.41	101
Peaches 1/2 C	0	12	10
Pears 1/2 C	0	14	5
Pineapple 1/2 C	0.17	18.598	1.418
Mixed Fruit 1/2 C	0	19	10
Romaine Lettuce (100 grams)	0	3	10
Fruited Jell-O	0.37	6.045	19.364
Juice	Fat Grams	Carbohydrates G	Sodium MG
Apple Juice	0	13	10
Orange Juice	0	15	0
Fruit Punch	0	15	0
Milk	Fat Grams	Carbohydrates G	Sodium MG
Chocolate Low fat Milk 1%	2.5	28	220
White Low fat Milk 1%	2.5	13	130
Fat Free Skim Milk	0	11	125
Lactaid Milk	0	13	125
Grains	Fat Grams	Carbohydrates G	Sodium MG
Breadstick Wheat	1.5	22	150
Cornbread	3.158	18.494	149.751
Dinner Roll White Wheat	1	15	150
Dressing, Bread	4.899	29.551	313.039
Eggroll Vegetable	4	10.33	244
Garlic Toast	9.233	16.11	281.536
Hamburger Bun Whole Wheat	2	24	190
Hamburger Bun White Wheat	1	22	220
Hot Dog Bun Whole Wheat	2	21	170
Nachos (Plain)	7	18	120
Rice Pudding	0.9	17.49	115
Sandwich Bread Whole Wheat (1 Slice)	1	10	115
Sub Roll Wheat	2.5	44	480
Tortilla 12 inch	9	49	600
Brown Rice	1.145	32.983	241.861

Spanish Rice	3.172	26.995	643.383
Macaroni & Cheese	19.132	39.429	383.616
Macaroni Salad	3.1	25.03	262
Three Beans & Rice	2.183	16.74	274.571

Condiments	Fat Grams	Carbohydrates G	Sodium MG
BBQ Sauce	0	11	440
Caesar Salad Dressing	16	2	300
Cream Cheese Light	5	2	130
Cheese Sauce	5	5	410
Hot Sauce Packet	0	<1	170
Italian Golden	14	2	290
Honey Mustard	11	7	210
Ketchup Packet	0	1	65
Mayonnaise Packet	9	0	65
Mustard Packet	1.25	2	355
Ranch Dressing	15	2	310
Raspberry Vinaigrette	12	5	90
Salsa 1 oz.	0	2	210
Syrup 2 oz.	0	41	150
Margarine Spread 1 TBSP	0.06	1.98	122

Ala Carte	Fat Grams	Carbohydrates G	Sodium MG
Minute Maid Apple Juice (10 fl. Oz.)	0	35	25
Minute Maid Orange Juice (10 fl. Oz.)	0	33	20
Minute Maid Mixed Berry Juice (10 fl. Oz.)	0	36	25
Minute Maid Grape Juice (10 fl. Oz.)	0	39	25
Minute Maid Fruit Punch Juice (10 fl. Oz.)	0	36	25
V8-Fusion Strawberry Banana (12 fl. Oz.)	0	42	110
V8-Fusion Pomegranate Blueberry (12 fl. Oz.)	0	38	90
V8-Fusion Peach Mango (12 fl. Oz.)	0	42	105
PowerAde Fruit Punch (12 fl. Oz.)	0	21	150
PowerAde Mountain Blast (12 fl. Oz.)	0	21	150
PowerAde Orange (12 fl. Oz.)	0	21	150
PowerAde Grape (12 fl. Oz.)	0	21	150
PowerAde Zero Strawberry (12 fl. Oz.)	0	21	150
PowerAde Zero Grape (12 fl. Oz.)	0	21	150
PowerAde Mixed Berry (12 fl. Oz.)	0	21	83
Izzy Sparkling Blackberry	0	22	15
Izzy Sparkling Apple	0	23	15
Izzy Sparkling Clementine	0	21	15
Poland Spring Water 8 fl. oz.	0	0	0
Dasani Water 16.9 fl. Oz	0	0	0
Dasani Water 20 fl. Oz.	0	0	0
Sun Chips Harvest Cheddar 1 1/2 oz.	0	29	240
Sun Chips Multigrain 1 oz.	9	29	240
Lays Potato Crisps Baked 1 1/2 oz.	2	26	200
Lays Sour Cream & Onion Crisps Baked 1 1/2 oz.	3.5	24	240
Lays Baked BBQ Crisps 1 1/2 oz.	3.5	24	240
Lays Southwestern Ranch Crisps 1 oz.	3	21	160
Doritos Baked Nacho Cheese 3/4 oz.	3	16	170
Rice Krispy Treat	2.5	17	105
Teddy Grahams	3	16	100
Scooby Doo Fruit Snack	0	21	30
Chocolate Chip Cookie Reduced Fat (1 Cookie) 1.33 oz.	5	25	90

Sugar Cookie Reduced Fat (1 Cookie)	1.33 oz.	5	25	105
Chocolate Chip Cookie Reduced Fat (1 Cookie)	4.0 oz.	11	35	180
Chocolate Ice Cream Cup		4.5	13	35
Vanilla Ice Cream Cup		7	16	55
Ice Cream Sandwich		7	27	170
Fudge Bar		0	24	70
Orange Sherbet		1.5	30	25
Lime Sherbet		1.5	30	25
Cotton Candy		2	15	25
Strawberry		8	17	40