

Nutritional Analysis for POTATOES AND MISCELLANEOUS at the Secondary Level

Updated 1-17-17

Fat, Saturated Fat, Fiber, and Carbohydrates are measured in grams and Sodium in milligrams.

Potatoes	Serving Size	Calories	Fat Grams	Sat. Fat	Sodium	Carbs	Sugars	Fiber
Curly Fries	3.0 oz	160	8	2	390	20	0	2
Oven Fries	3.0 oz	160	7	0	230	21	0	2
Rosemary Roasted Red Potatoes	3.13 oz	70	1	0	95	14	0	1
Seasoned Crispy Cubes	3.0 oz	130	6	2	280	18	0	2
Starz Potatoes	3.0 oz	180	10	1	330	20	0	2
Tater Tots	3.0 oz	160	8	2	330	19	0	2
Wedges, Seasoned	3.0 oz	130	6	2	280	18	0	2

Misc. items	Serving Size	Calories	Fat Grams	Sat. Fat	Sodium	Carbs	Sugars	Fiber
Barbecue Sauce	2 tbls	50	0	0	440	11	9	0
Dressing - Balsamic Vinaigrette	2 tbls	60	5	1	190	4	4	0
Dressing - Caesar	2 tbls	130	14	2	160	1	1	0
Dressing - French	2 tbls	120	7	1	290	14	13	0
Dressing - Greek	2 tbls	120	14	2	280	0	0	0
Dressing - Honey Mustard	2 tbls	140	11	2	160	9	8	0
Dressing - Italian	2 tbls	120	13	2	340	2	2	0
Dressing - Ranch	2 tbls	77	7	1	151	3	2	0
Dressing - Raspberry Vinaigrette	2 tbls	35	0	0	80	8	7	0
Southwest Ranch	2 tbls	82	7	1	311	4	3	0
Dressing - Toasted Sesame	2 tbls	50	0	0	330	11	8	0
Sriracha Aioli	2 tbls	125	10	1	380	7	5	0
Sriracha Chili Sauce	2 oz.	60	0	0	1440	12	12	
Milk - Chocolate Fat Free	8 oz.	110	0	0	180	20	18	0
Milk White - Fat Free	8 oz.	80	0	0	120	11	11	0
Milk White - Low Fat	8 oz.	100	3	2	120	11	11	0
Milk Soy - Vanilla	8 oz.	140	5	1	110	17	15	2
Milk Soy-Chocolate	8 oz.	150	5	1	70	18	13	4

***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.**