



# Manatee County Nutrient Database

Item #	Item	Cals	Pro (g)	Tot fat (g)	Sat fat (g)	Trans fat (g)	Sodium	Carbohydrate
<b>BEVERAGES</b>								
01120	Gatorade G2, Orange	35	0	0	0	0	160	8
	Gatorade, G2 Lemon Lime, Glacier, Fruit Punch, Berry	30	0	0	0	0	160	8
07716	Juice - V8 Fusion Pomegranate Blueberry	100	0	0	0	0	70	25
07717	Juice - V8 Fusion Strawberry Banana	110	0	0	0	0	80	27
07720	Juice, Apple (4oz)	60	0	0	0	0	15	14
07723	Juice, Apple (6oz)	80	0	0	0	0	20	20
07719	Juice, Apple Cherry (4oz)	60	1	0	0	0	15	14
07724	Juice, Apple Cherry (6oz)	90	0	0	0	0	20	21
07706	Juice, Apple Sour (4oz)	60	0	0	0	0	15	14
01134	Juice, Capri Sun Berry 6oz	90	0	0	0	0	25	21
01133	Juice, Envy Fuji Apple	110	0	0	0	0	5	29
01131	Juice, Envy Strawberry Kiwi	110	0	0	0	0	5	29
07725	Juice, Fruit Punch (6oz)	90	0	0	0	0	20	21
07703	Juice, Grape (4oz)	80	1	0	0	0	15	18
07726	Juice, Orange (4oz) Trop	60	1	0	0	0	5	14
07707	Juice, Raspberry Blue (4oz)	60	0	0	0	0	15	14
07722	Juice, Orange (6oz)	80	1	0	0	0	20	20
01305	Water, Bottled 16.9oz	0	0	0	0	0	0	0
01306	Water, Bottled 8 oz	0	0	0	0	0	0	0
01321	Water, Ice Cherry	0	0	0	0	0	0	0
01324	Water, Ice Lemonade	0	0	0	0	0	0	4
01323	Water, Ice Orange Mango	0	0	0	0	0	0	4
01320	Water, Ice Strawberry Watermelon	0	0	0	0	0	0	0
01319	Water, Ice Strawberry Kiwi	0	0	0	0	0	0	0
<b>MILK / MILK PRODUCTS</b>								
06008	Milk, 1% 8oz	100	9	2.5	1.5	0	120	11
06006	Milk, Chocolate Skim 8oz	120	8	0	0	0	240	22
06011	Milk, Lactose Free	34	3.4	0.8	0.6	0	42	5
06007	Milk, Skim 8oz	80	9	0	0	0	140	13
06012	Milk, Soy	130	6	3.5	0.5	0	115	18
06009	Milk, Strawberry Skim - 8oz	120	8	0	0	0	125	22
<b>VEGETABLES</b>								
M-241	Apple and Radish Mini Salad	32	0.7	0	0	0	7	8
12107	Bean, Baked Vegetarian	150	6	1	0	0	440	30
12101	Bean, Black Canned	90	6	0	0	0	360	16



# Manatee County Nutrient Database

Item #	Item	Cals	Pro (g)	Tot fat (g)	Sat fat (g)	Trans fat (g)	Sodium	Carbohydrate
12113	Bean, Black Seasoned Bag	210	12	1.5	0.5	0	490	37
12103	Bean, Green Canned (1/2 Cup)	16	1	0	0	0	140	3
12627	Bean, Green Fresh or Frozen (1/2 Cup)	15.5	1	0.1	0	0	3	3.5
M-126	Bean, Green Garlic Parm (1/2 Cup)	63	2	3	0.8	0	47	7
M-277	Bean, Green Honey Garlic (1/2 Cup)	36	1	0.1	0	0	40	13
M-107	Bean, Green Sweet & Spicy (1/2 Cup)	31	1.2	0.2	0	0	94	7
12115	Bean, Refried (1/2 Cup)	180	10	1.5	0.5	0	650	31
M-329	Bean, Refried Cheesy (2/3 Cup)	217	13	4.6	2.5	0	735	31
	Beans, Green Garlic and Herb (1/2 cup)	15.5	1	0.1	0	0	3	3.5
M-142	Black Bean & Corn Salsa (1/2 Cup)	84	4	0.2	0	0	612	18
M-23	Broccoli and Cheese Sauce (1/2 Cup)	67	4	3	2	0	203	6
12601	Broccoli, Cooked (1/2 Cup)	27	2	0	0	0	32	6
M-165	Broccoli, Garlic & Herb Broccoli (1/2 Cup)	25	2	0	0	0	19	4
M-239	Broccoli, Lemon Pepper (1/2 Cup)	89	2	7	3	0	538	4
12433	Broccoli, Raw (1/2 Cup)	15	1.2	0.2	0	0	15	3
M-276	Broccoli, Stir Fried	34	2	0.2	0	0	223	7
M-411	Carrot & Broccoli Cup (1/2 Cup)	20	0.8	0.1	0	0	35	4
M-406	Carrots & Celery Sticks (1/2 Cup)	18	0.5	0.1	0	0	54	4
M-130	Carrots & Cucumbers (1/2 Cup)	16	0.4	0	0	0	28	4
12415	Carrots, Baby Raw (1/2 Cup)	28	0.5	0.1	0	0	62	7
12602	Carrots, Cooked (1/2 Cup)	27	1	0	0	0	45	6
M-743	Carrots, Cucumbers & Broccoli	16	0.8	0.1	0	0	21	3
M-257	Carrots, Honey Glazed Carrots (1/2 Cup)	56	0.6	0.5	0.2	0	76	13
M-139	Carrots, Ranch Glazed (1/2 Cup)	74	0.5	4	2	0	447	10
M-129	Cauliflower Casserole	98	6	4	2	0	328	11
12432	Celery Sticks (1/2 Cup)	15	0	0	0	0	115	4
M-133	Coleslaw (1/2 Cup)	52	0.6	3.3	0.5	0	133	5
12608	Corn (1/2 cup)	7	2.5	1	0.1	0	1	16
	Corn on Cob (1)	70	2	1.5	0.5	0	5	13
	Corn, Mexican	137	2.3	7.8	3.3	0	60	17
12419	Cucumber, Slices (1/2 Cup)	8	0	0	0	0	1	2
M-238	Green Bean Casserole (1/2 Cup)	87	2.7	5.5	2	0	166	13
M-131	Lettuce and Tomato Cup	16	1	0.2	0	0	13	3.5
12428	Lettuce, Romaine Chopped (1 /2 Cup)	4	0.3	0	0	0	4	1
M-445	Lettuce, Tomato, and Cheese Cup	44	2.5	2.4	1.5	0	61	4
M-443	Lettuce, Tomato, and Pickle Cup	21	1	0.2	0	0	393	4



# Manatee County Nutrient Database

Item #	Item	Cals	Pro (g)	Tot fat (g)	Sat fat (g)	Trans fat (g)	Sodium	Carbohydrate
05539	Marinara Sauce 2.5oz Portion Cup	40	1	1	0	0	200	7
12121	Marinara Sauce C	70	2	1.5	0	0	135	12
12110	Marinara Sauce, Canned (1/4 cup)	25	1	0.75	0	0	210	4
	Mushrooms, Cooked (1/2 Cup)	22	1.7	0.4	0	0	194	4
12652	Onion Rings (1-2)	32	0.6	1.6	0.3	0	72	4
	Onions & Peppers Roasted, 1/4 cup	9	0.3	0	0	0	97	3
M-120	Potatoes, Roasted Red (Rosemary) 2-3 potatoes	307	8	0.5	0	0	41	50-70
XX_12611	Potato - Curly Fries (4.5oz)	233	2.1	10.5	1	0	636	32
	Potato, Baked Medium	163	4.3	0.2	0	0	17	30-40
12641	Potato, Bites (11)	150	2	8	2	0	280	17
M-144	Potato, Cinnamon Sweet	277	2	9	1.9	0	296	45
12649	Potato, Emoticons	168	2.4	6	1.2	0	114	28
12618	Potato, Fries Crinkle Cut (4.5oz)	196	2	6.5	0	0	251	30.5
12651	Potato, Fries Curly RS (3oz)	140	1.4	4.2	0	0	210	24
12630	Potato, Fries Stix Season (4.5oz)	228	1.9	7.5	1	0	256	38
12650	Potato, Fries Waffle (4oz)	210	2.5	12.4	1.86	0	422	25
12467	Potato, Mashed (2/3 Cup)	110	2	3.5	1	0	340	18
12612	Potato, Smiles (6 Smiles)	195	3	6.75	0.75	0	270	30
12625	Potato, Sweet Fries Potato Slim (4.5oz)	259	1.4	11.5	1.4	0	345	36
12624	Potato, Sweet Fries Waffle (4.5oz)	270	1.5	13.5	2.3	0	345	34.5
12637	Potato, Sweet Puff (10)	150	1	3.5	0	0	200	30
M-141	Potatoes, Mashed Red (1/2 Cup)	117	2.4	3.8	1.7	0	415	18
	Potatoes, Red Small, 2-3 potatoes	307	8	0.5	0	0	41	50-70
12639	Potatoes, Sweet Mashed (2/3 Cup)	140	1	1	0	0	50	31
M-202	Potatoes, Sweet Potato Bake	293	2.8	9	3.3	0	107	51
M-118	Roasted Vegetables, 1/2 cup	48	1.2	2.4	0.3	0	43	6
M-134	Romaine Mini Salad, 1/2 cup	13	0.8	0	0	0	5	3
12118	Salsa Cup, Red Gold	25	1	0	0	0	195	5
11231	Spaghetti Sauce	60	1	1	0	0	140	12
M-256	Spinach & Mushroom Salad (Mini)	66	6	4	1	0	165	2.4
12635	Tator Tots, 1/2 cup or 8 Tots	130	2	6	1	0	310	16
12407	Tomato, Cherry (1/2 Cup)	14	0.7	0.2	0	0	4	3
	Zucchini, Italian Roasted	43	1.4	3	0.5	0	48	3
<b>FRUIT</b>								
07207	Apple, Fresh	116	0.5	0.4	0	0	2	30
	Apple Crisp, 1/2 Cup	252	2.3	10	4.4	0	82	40



# Manatee County Nutrient Database

Item #	Item	Cals	Pro (g)	Tot fat (g)	Sat fat (g)	Trans fat (g)	Sodium	Carbohydrate
07242	Apple Slices, Bag	30	0	0	0	0	0	7
07003	Applesauce (1/2 Cup)	51	0	0	0	0	2	14
07016	Applesauce Cup C	51	0	0	0	0	2	14
07029	Applesauce, Cup Bday	50	0	0	0	0	0	14
07028	Applesauce, Cup Blue Rasp	90	0	0	0	0	0	22
07024	Applesauce, Cup Cinnamon	50	0	0	0	0	15	14
07030	Applesauce, Cup Cotton Candy	50	0	0	0	0	0	14
07027	Applesauce, Cup Unswt	50	0	0	0	0	0	14
07214	Banana, Fresh	105	1	0.4	0	0	1	27
07204	Blackberry, Fresh, 1/2 cup	31	1	0.3	0	0	1	7
	Blue Fish Applesauce (1/2 Cup)	66	0.4	0	0	0	22	17
07412	Blueberries, Frozen, 1/2 cup	40	0.3	0.5	0	0	1	9
07205	Blueberry, Fresh, 1/2 cup	42	0.6	0.2	0	0	1	11
	Cantaloupe, Fresh (1/2 Cup)	27	0.7	0.2	0	0	13	6.5
07809	Craisins, Orange	110	0	0	0	0	0	27
07804	Craisins, Strawberry	110	0	0	0	0	0	27
	Fresh Fruit Cup, Cantaloupe/Honeydew, 1/2 cup	29	0.6	0.1	0	0	14	7
	Fresh Fruit Cup, Cantaloupe/Watermelon, 1/2 cup	25	0.6	0	0	0	7	6
	Fresh Fruit Cup, Grapes/Honeydew, 1/2 cup	41	0.5	0	0	0	8	11
	Fresh Fruit Cup, Grapes/Oranges, 1/2 cup	48	0.4	0	0	0	0	12
M-396	Frosty Blue Applesauce (1/2 Cup)	66	0.4	0	0	0	22	17
07208	Grape, Fresh (1/2 Cup)	52	0.5	0	0	0	1.5	13.5
07212	Grapefruit, 1/2	53	1	0.2	0	0	0	14
	Honeydew - Fresh (1/2 Cup)	31	0.5	0.1	0	0	15	8
	Kiwi, Fresh	42	8	0.4	0	0	2	10
M-81	Mandarin Oranges & Pineapples, 1/2 cup	75	0.5	0	0	0	5	20
	Mango, 1/2 cup	50	0.7	0.3	0	0	0.8	13
07235	Mango, Sliced (2oz Bag)	30	0.4	0.2	0	0	0.5	7.5
07005	Mixed Fruit, Canned (1/2 Cup)	60	0	0	0	0	5	15
07026	Mixed Fruit, Cup	60	0	0	0	0	5	15
07227	Nectarine, Fresh	62	1.5	0.5	0	0	0	15
07203	Orange, Fresh	86	0.7	0.2	0	0	0	22
07009	Orange, Mandarin Canned (1/2 Cup)	90	1	0	0	0	10	23
M-146	Peach Crisp, 1/2 Cup	277	2.5	10	4.4	0	83	46
07022	Peach, Cup	60	0	0	0	0	5	15
07007	Peach, Diced Canned (1/2 Cup)	60	0	0	0	0	5	14



# Manatee County Nutrient Database

Item #	Item	Cals	Pro (g)	Tot fat (g)	Sat fat (g)	Trans fat (g)	Sodium	Carbohydrate
07226	Peach, Fresh	58	1.4	0.4	0	0	0	14
07023	Pear, Cup	60	0	0	0	0	5	15
07224	Pear, Fresh	101	0.6	0.3	0	0	2	27
07014	Pear, Sliced Canned (1/2 Cup)	60	0	0	0	0	10	14
	Pineapple, Fresh (1/2 Cup)	41	0.4	0.1	0	0	0.8	11
07010	Pineapple, Tidbits Canned (1/2 Cup)	60	0	0	0	0	0	16
07220	Plum, Fresh	30	0.5	0.2	0	0	0	8
07807	Raisels, Orange	130	1	0	0	0	0	35
07808	Raisels, Watermelon	140	1	0	0	0	0	35
07802	Raisin (3 oz)	255	3	0.5	0	0	9	68
M-114	Rosy Applesauce (1/2 Cup)	66	0.4	0	0	0	22	17
07401	Sidekick, Blue Raspberry Lemon	90	0	0	0	0	30	22
07402	Sidekick, Strawberry Kiwi	90	0	0	0	0	30	22
07406	Sidekick, Strawberry Mango	90	0	0	0	0	30	22
07423	Slushie Luck O' The Ice	99	0	0	0	0	15	25
07422	Slushie, American Hero	99	0	0	0	0	15	25
	Slushie, Bloom	99	0	0	0	0	15	25
07431	Slushie, Eek	90	0	0	0	0	25	22
07424	Slushie, Emoji Ice	99	0	0	0	0	15	25
	Slushie, Givin Thanks (Apple Juice)	99	0	0	0	0	15	25
	Slushie, Sno Joe	99	0	0	0	0	15	25
07429	Slushie, Spiced Straw/Jalapeno	90	0	0	0	0	15	25
	Slushie, Sports (Apple Juice)	99	0	0	0	0	15	25
	Slushie, Sweetheart Freeze (Apple Juice)	99	0	0	0	0	15	25
M-261	Spooky Applesauce, 1/2 cup	66	0.4	0	0	0	22	17
M-243	Starberries & Blueberries	78.5	0.4	0	0	0	1	21
M-113	Strawberries & Bananas, 1/2 cup	119	0.9	0.3	0	0	2	31
07209	Strawberries, Fresh 1/2 cup	23	0.5	0.3	0	0	0.7	6
07426	Strawberries, IQF Frozen, 1/2 cup	25	0	0	0	0	0	7
07409	Strawberry, Cup Frozen	90	1	0	0	0	0	22
07234	Tangerine, Whole (1)	64	1	0.4	0	0	0	16
	Watermelon - Fresh (1/2 Cup)	23	0.5	0	0	0	0.8	6
<b>LUNCH - GRAIN / BREAD ITEMS</b>								
02091	Biscuit, White	190	3	9	6	0	660	23
02098	Bread, French	160	6	4	1	0	240	27
08418	Bread, Garlic Cheese	370	16	22	4	0	610	29



# Manatee County Nutrient Database

Item #	Item	Cals	Pro (g)	Tot fat (g)	Sat fat (g)	Trans fat (g)	Sodium	Carbohydrate
02012	Bread, Garlic Toast	80	2	3.5	1	0	150	11
02006	Bread, Loco (1 Piece)	150	4	3	0	0	135	26
02084	Bread, Sliced Gluten Free (2 Slices)	100	1	2	1	0	220	20
02059	Bread, White WG (2 Slices)	160	6	2	0	0	320	30
02011	Breadstick, Garlic Twist (2oz)	150	5	3	1	0	180	26
02066	Bun, Hamburger	150	5	2	0	0	300	27
02083	Bun, Hamburger Gluten Free	200	2	4.5	1.5	0	440	40
02003	Bun, Hot Dog	150	5	2	0	0	300	27
02095	Bun, Slider(2)	280	8	7	1	0	420	42
10049	Chip, Top N Go Doritos	190	3	7	1	0	280	28
10048	Chip, Top N Go Tositos	190	3	7	1	0	160	28
10032	Chips, Tostitos Crispy Rounds	200	3	7	1	0	160	29
02088	Cornbread Loaf (1)	180	3	6	0.5	0	90	28
10324	Cracker Ritz 2PK	70	1	3.5	1	0	90	8
10323	Cracker Wheat Thin	220	3	8	1	0	450	34
02090	Hoagie 6in WG	210	9	2	0	0	310	39
02002	Hoagie Roll - Mini	170	6	3	0	0	180	29
02075	Hushpuppies (5)	233	3	10	1.7	0	317	33
XX_02509	Pasta - Elbow Macaroni (1/2 Cup)	95	3.5	0.5	0	0	0	20.5
02513	Pasta - Elbow Macaroni (1/2 Cup)	100	3.5	0.5	0	0	0	20.5
XX_02508	Pasta - Penne (1/2 Cup)	93.5	3	0.45	0	0	0	18
02514	Pasta - Penne (1/2 Cup)	100	3.5	0.5	0	0	0	20.5
XX_02506	Pasta - Rotini (1/2 Cup)	93.5	3	0.45	0	0	0	18
02515	Pasta - Rotini (1/2 Cup)	100	3.5	0.5	0	0	0	20.5
M-305	Pasta - Seasoned (1/2 Cup - ES)	138	3.5	4	1.6	0	315	22
XX_02507	Pasta - Spaghetti (1/2 Cup)	105	3.5	0.75	0	0	0	20.5
02516	Pasta - Spaghetti (1/2 Cup)	100	3.5	0.5	0	0	0	20.5
02050	Pretzel WG LRG	140	5	0.5	0	0	150	30
M-518	Rice - Cilantro Lime (1 Cup)	190	4	5	1.6	0	28	36
02608	Rice, Brown (1 Cup)	170	4	1.5	0	0	0	36
02602	Rice, Chicken Flavor (1 Cup)	210	6	3	1	0	430	40
02602	Rice, Chicken Flavor (1/2 Cup)	105	3	1.5	0.5	0	215	20
M-158	Roll - Garlic (2oz)	155	5	2.5	0.2	0	274	30
02706	Roll, Hawaiian	110	4	2.5	1	0	180	18
02034	Roll, Dinner WG (2oz)	150	5	2	0	0	270	30
02067	Stuffing - Cornbread (1/2 Cup - MS & HS)	220	6	5	0	0	980	38



# Manatee County Nutrient Database

Item #	Item	Cals	Pro (g)	Tot fat (g)	Sat fat (g)	Trans fat (g)	Sodium	Carbohydrate
02042	Stuffing - Cornbread (1/4 Cup - ES)	110	3	2.5	0	0	490	19
02074	Taco Shell Hard (2)	170	2	8	1	0	0	22
02082	Tortilla, 6in Wheat (2)	140	4	3	1	0	280	24
02099	Tortilla, 6in White (2)	170	5	4.5	2	0	320	27
02071	Tortilla, Galric and Herb WG	140	3	4	1	0	190	23
02039	Waffle - Dutch (1)	300	4	13	3	0	350	43
02089	Waffle (1)	90	2	3	0	0	160	14
<b>LUNCH - ENTREES</b>								
M-229	Baked Ziti	481	26	16	7	0	1085	55
M-394	BBQ Pork Flatbread	573	41	26	9	0	1059	47
08012	Beef, Crumbles (2.2oz)	120	11	7	3	0	190	2
08019	Beef, Patty 3oz	190	17	13	5	0	260	0
08001	Beef, Patty Smokie Grill	230	16	17	7	1	370	0
08022	Beef, Philly Shredded	250	20	7	0	0	470	3
M-637	Boom Boom Chicken	472	19	24	5.5	0	761	22
XX_08006	Breaded Beef Patty WG	300	18	17	5	0	460	18
08424	Breadstick, Cheese Bosco (1 Stick)	210	12	6	3	0	270	25
XX_08335	Breadstick, Cheese Stuffed (1)	160	7	6	3.5	0	300	19
08248	Burrito Beef CHS & Chile	378	21	15	6.7	0	625	41
XX_08315	Burrito Cheesy Wrap	293	15	14	5	0	535	30
M-253	Burrito Smothered	398	20	16	6.4	0	1016	46
08427	Burrito, Bean Chile & CHS IW	404	17	15	6.4	0	692	52
	Cajun Chicken Penne (Pasta, Chicken, and Sauce)	450	28	11	2.7	0	773	61
XX_08421	Calzone, Buffalo Chicken	270	18	10	4.5	0	610	29
XX_08411	Calzone, Cheese	250	19	5	2	0	430	33
XX_08422	Calzone, Ham & Cheese	270	20	11	5	0	600	29
XX_08410	Calzone, Pepperoni	270	19	7	2.5	0	560	33
M-217	Cheese Lasagna Rolls	312	18	9	5	0	546	37
	Cheeseburger on bun	375	25.5	17	6.25	0	665	28
M-488	Chicken, BBQ Drumstick	195	16	10	2.5	0	465	11
M-244	Buffalo Chicken Tender Hoagie (sesame)	488	28	17	2.3	0	1180	55
M-218	Chicken, Creamy Chicken Enchilada Bowl	603	29	29	8	0	917	59
08814	Chicken, Diced (2.72oz)	100	19	3	0.5	0	320	0
M-391	Chicken Bacon Ranch Flatbread	499	30	29.5	10	0	1022	29
08824	Chicken, Dill Pickle Bites (5)	213	21.3	8.8	1.3	0	387.5	9
08852	Chicken, Dippers (5 pieces)	210	18	8	1.5	0	570	17



# Manatee County Nutrient Database

Item #	Item	Cals	Pro (g)	Tot fat (g)	Sat fat (g)	Trans fat (g)	Sodium	Carbohydrate
m-279	Chicken, Fajita Meat (2.47oz)	125	15	3.6	1	0	463	3
08868	Chicken, General Tsos 3.6 oz	170	11	3	0.5	0	361	23
08896	Chicken, Lemongrass (1/2 Cup)	150	11	3	0.5	0	200	19
M-337	Chicken, Nashville Hot	250	18	9	1.25	0	842	23
08862	Chicken, Orange Mandarin (3/4 Cup)	150	11	3	0.5	0	280	19
M-167	Chicken, Parmesian	351	28	15.75	5	0	1011	23.5
XX-08836	Chicken, Patty Breaded Premium Tyson	200	19	9	1.5	0	290	9
08895	Chicken, Patty Premium C	200	19	9	1.5	0	290	9
08864	Chicken, Patty Breaded Spicy	220	18	8	1.5	0	570	18
08863	Chicken, Patty Breaded WM Goldkist	220	18	8	1.5	0	610	18
08869	Chicken, Patty Dill	230	23	9	1.5	0	440	15
08871	Chicken, Patty Grilled	120	22	2.5	0.5	0	320	1
M-215	Chicken, Popcorn Smacker Chicken Bowl	471	22	23.5	5.5	0	995	45
08870	Chicken, Popcorn Smackers (10 Pieces)	240	18	11	2	0	570	16
08867	Chicken, Shredded (2.2oz)	120	16	5	1.5	0	120	1
08841	Chicken, Southern Drumstick	190	16	11	2.5	0	450	5
08886	Chicken, Stripa Grilled 2.47oz	100	16	3.5	1	0	490	2
XX_08888	Chicken, Tender Guajillo (3)	218	16	10.7	1	0	345	14
08884	Chicken, Tender Spicy (2)	203	16	8	1.5	0	393	16
08885	Chicken, Tender WG (3)	220	22	7	1	0	450	18
08809	Chicken, Wing Zings (5 pieces)	281	25	12	2	0	1184	19.24
XX_08874	Chicken, Wings (4 Wings)	220	20	15	3.5	0	560	1
08894	Chicken, Wings Plain (5 Wings)	171	11	12	3	0	214	4.5
M-278	Chicken, Wings Sweet Bay Ray's Wing Sauce (5)	175	11	12	3	0	382	6
11605	Chili Veggie 3 Bean (1/2 Cup)	124	6	4	0.7	0	261	18
08321	Corn Dog, Large	280	9	13	3.5	0	660	31
08326	Corn Dog, Mini (6)	255	9	12	2.25	0	660	27
08606	Fish, Patty Breaded	190	15	8	1	0	190	16
08023	Frank, Beef	180	6	16	6	1	550	2
08811	Frank, Turkey	110	7	9	2.5	0	300	2
08811	Frank, Turkey	110	7	9	2.5	0	300	2
M-232	Grilled Cheese, Homemade	324	20	12.6	6.2	0	760	34
M-441	Ham & Cheese Bagel (Lunch)	305	18.5	7	2.75	0	745	35
08702	Ham, Spiral Cut (2oz)	115	8	8	2.7	0	553.5	2
M-176	Hamburger Gravy (1/2 cup)	146	12.6	7.3	2.6	0	607	6
	Hamburger on Bun	340	22	15	5	0	560	27





# Manatee County Nutrient Database

Item #	Item	Cals	Pro (g)	Tot fat (g)	Sat fat (g)	Trans fat (g)	Sodium	Carbohydrate
M-178	Lemongrass Asian Tacos (2)	358	17	9	3	0	589	52
02328	Mac & Cheese (2/3 Cup)	292	16	12	6.5	0	777	32
XX_02316	Mac & Cheese WG (2/3 Cup)	290	17	11	6	0	975	31
08350	MaxStix (2)	320	14	14	6	0	680	32
M-185	Meat Sauce, Italian (2/3 cup)	176	13	7	2.4	0	341	15
M-180	Meatballs in Italian Sauce (5)	212	16	10	3.5	0	410.5	17
08017	Meatballs, Beef (5)	150	14	9	3.5	0	250	4
08134	Mozzarella Dippers (4)	300	21	10	4	0	490	33
M-316	Nacho/Taco Meat (1/2 cup)	145	13	7.6	2.7	0	508	6
08892	Pepperoni Turkey Sliced (1.32 OZ)	60	6	3	1	0	320	1
M-405	Philly Cheese Steak	597	31	35	14	0	1343	39
08347	Pizza - Dominos Chicken Hot (1 Slice)	270	20	9	3.5	0	610	27
08348	Pizza - Dominos Hawaiian (1 Slice)	270	20	7	2.5	0	590	31
08395	Pizza, Buffalo Chicken (1 Slice)	390	20	19	7	0	750	35
08398	Pizza, Cheese (Wrapped)	280	15	12	6	0	410	26
08404	Pizza, Cheese WG Round C (1 Slice)	360	18	16	8	0	490	35
08330	Pizza, Dominos Cheese (1 Slice)	260	20	7	3.5	0	540	29
08331	Pizza, Dominos Pepperoni (1 Slice)	270	20	9	4	0	570	29
08413	Pizza, Dominos Valedictorian (1 Slice)	340	17	17	8	0	820	31
08412	Pizza, Dominos Zesty Italian (1 Slice)	270	20	9	2.5	0	690	30
08314	Pizza, Fiestada	360	17	14	6	0	710	43
08426	Pizza, Four Meat	370	20	17	7	0	650	36
08423	Pizza, Pepperoni Individual Round	310	17	10	3	0	480	38
08405	Pizza, Pepperoni Round C (1 Slice)	360	19	16	8	0	570	35
M-228	Pork Carnitas Tacos (2)	516	29	28	11	0	762	33
08709	Pork, BBQ Rib Patty	210	13	12	4.5	0	660	12
M-156	Pork, Majo	150	11	11	4	0	343	0
M-312	Pork, Pulled BBQ (No Bun)	392.4	22	22	8	0	763	24
08705	Pork, Pulled Plain 2.3OZ	150	11	11	4	0	190	0
08706	Pork, Sausage Link (Serving Size 2 Links)	140	14	10	3	0	520	0
02050	Pretzel WG Large	140	5	0.5	0	0	150	30
08311	Quesadilla, Chicken	300	19	11	5	0	570	32
08425	Quesadilla, Chicken & Chs IW	310	18	12.25	5.75	0	474	32
08415	Ravioli, Breaded (14) Sec	360	20	6	2	0	600	58
08415	Ravioli, Breaded (7) Elem	180	10	3	1	0	300	29
08430	Sandwich Croisaant Pepperoni w/Cheese IW	360	18	16	7	0	710	36



# Manatee County Nutrient Database

Item #	Item	Cals	Pro (g)	Tot fat (g)	Sat fat (g)	Trans fat (g)	Sodium	Carbohydrate
08431	Sandwich Croissant Meatball w/Cheese IW	420	19	20	8	0	640	39
M-338	Sandwich, Hawaiian Pork	513	42	24	7.4	0	905	38
M-275	Sandwich, Italian Beef Hot	482	26	29.5	11	0	1035	30
M-123	Shepherd's Pie	266	15	12	5	0	876	23
M-188	Sloppy Joe on Bun	336	21	16.5	3	0	880	38
08383	Stromboli, Meat Lover	260	16	10	4	0	640	29
02323	Tornado, Ranchero (Beef) (2)	360	16	12	3	0	700	46
08847	Turkey - Italian Combo Sliced (6 Slices/3 of each)	123	13	6.6	2	0	566	2
08844	Turkey Breast, Thick Cut (1 Slice)	100	18	2	0	0	310	1
08810	Turkey Gravy	130	18	5	1.5	0	520	2
08408	Turkey, Anytimer	250	15	9	4	0	760	27
08859	Turkey, Deli Sliced (4 Slices)	90	18	0.5	0	0	450	0
08828	Turkey, Diced (4oz)	90	18	1	0.5	0	560	3
08825	Turkey, Ham Diced (1/2 cup)	110	14	5	1.5	0	480	1
08875	Turkey, Ham Sliced Natural (6)	130	13	7	2	0	420	2
08893	Turkey, Rounds Sliced (5 Slices)	50	10	1	0	0	240	0
08380	Uncrustable, Grape 5.3oz	600	18	34	6	0	540	64
08381	Uncrustable, Strawberry 5.3oz	600	18	34	6	0	540	64
M-116	Yogurt Parfait	414	11	2.6	0	0	194	90
M-102	Yogurt Parfait (No Granola)	207	6.6	0.25	0	0	106	45
<b>BREAKFAST - GRAIN / BREAD</b>								
XX_02032	Bagel, Blueberry WG	170	7	1	0	0	190	34
02700	Bagel, Everyting 2oz	145	5	0.5	0	0	365	31
02701	Bagel, Plain 2oz	150	5	0.5	0	0	230	32
XX_02054_	Bagel, Plain WG	140	6	1	0	0	180	29
02091	Biscuit, 2 oz.	190	3	9	6	0	660	23
02005	Bread, Banana (1 Slice)	280	5	10	2	0	220	44
XX_02031	Bread, Cinnamon Toast	90	3	3.5	1	0	115	13
02020	Bread, Pumpkin (1 Slice)	260	5	8	1.5	0	250	44
02059	Bread, Whole Grain White for toast (1 sl)	80	3	1	0	0	160	15
02028	Croissant	110	3	4.5	2	0	150	15
XX_02044	Crumb Cake, Cinnamon	340	6	13	1.5	0	350	53
02027	English Muffin	120	5	1.5	0	0	250	24
02026	Muffin, Blueberry (Individually Wrapped)	190	2	7	1	0	135	30
02092	Muffin, Mini Birthday Cake	170	3	6	1.5	0	125	24
M-544	Toast, Butter Spray	80	3	1	0	0	160	15



# Manatee County Nutrient Database

Item #	Item	Cals	Pro (g)	Tot fat (g)	Sat fat (g)	Trans fat (g)	Sodium	Carbohydrate
M-543	Toast, Margarine	113	3	5	1.7	0	188	15
<b>CEREAL</b>								
02319	Cereal Kit, Apple Jacks	270	4	4	1	0	273	61
02321	Cereal Kit, Crunchmania Cinn Buns	274	5	7	2	0	231	49
02320	Cereal Kit, Crunchmania French Toast	279	4	6	2	0	223	54
02322	Cereal Kit, Froot Loops	292	4	4	1	0	316	61
02118	Cereal Pouch - Crunchmania Cinnamon Buns	220	4	7	2	0	230	37
02119	Cereal Pouch, Apple Jacks	110	2	1	0.5	0	160	24
02120	Cereal Pouch, Froot Loops	110	2	1	0.5	0	170	24
02122	Cereal Pouch, Frosted Flakes	100	2	0	0	0	170	24
02112	Cereal, Apple Jacks	110	2	1	0.5	0	160	24
02104	Cereal, Cheerio Fruity	120	2	2	0	0	140	25
02109	Cereal, Cheerio Honey Nut	110	2	2	0	0	160	22
02114	Cereal, Chex Rice	100	2	1	0	0	250	24
02106	Cereal, Cinnamon Toast Crunch	110	1	3	1	0	160	22
02101	Cereal, Cocoa Puff	110	2	2	0	0	120	25
02116	Cereal, Froot Loops	110	2	1	0.5	0	160	24
02117	Cereal, Frosted Flakes	100	2	0	0	0	170	24
02115	Cereal, Granola (1/2 Cup)	200	4	2.5	0	0	85	43
02107	Cereal, Lucky Charms	110	2	1	0	0	180	23
02601	Grits (1 Cup prepared)	130	3	0.5	0	0	0	29
02124	Oatmeal, Quick (1 Cup prepared)	150	5	3	0.5	0	0	27
M-160	Oatmeal, With Brown Sugar (1 Cup)	182	5	3	0.5	0	0	36
<b>BREAKFAST ITEMS</b>								
	Bacon, Egg, & Cheese Croissant	255	16.5	12.5	5.25	0	635	17
08856	Bacon, Turkey Canadian (2 Slices)	60	7	2.5	1	0	260	0
08429	Breadstick, Breakfast Egg & Cheese	150	8	6	2.5	0	380	18
08416	Breakfast Boat (2)	420	18	18	3	0	720	25
08510	Burrito, Egg & Cheese	154	8	7	3	0	208	16
M-604	Cheesy Scrambled Eggs	120	8	8.5	3.5	0	307.5	2
	Chicken Patty Biscuit	330	15	16	7	0	910	32
08877	Chicken, Patty Breakfast	140	12	7	1	0	250	9
02045	Cinnamon Roll (1)	240	5	7	1.5	0	240	38
02097	Cinnamon Toast Crunch Bread	250	6	8	3	0	280	40
M-452	Egg & Cheese Bagelwich	235	11.5	6	2.25	0	455	34
M-135	Egg & Cheese Biscuit	275	9.5	14.5	8.25	0	885	25



# Manatee County Nutrient Database

Item #	Item	Cals	Pro (g)	Tot fat (g)	Sat fat (g)	Trans fat (g)	Sodium	Carbohydrate
M-479	Egg & Cheese Muffin	205	11.5	7	2.25	0	475	26
M-516	Egg & Ham Muffin	192	10.5	5	1	0	440	25
08512	Egg Scrmabler BAC/CHS C	120	8	9	3	0	280	1
08501	Egg, Cheese Omelet	110	8	8	3.5	0	230	1
08505	Egg, Hardboiled	70	6	5	1.5	0	55	1
08503	Egg, Patty	50	3	3.5	1	0	120	1
08507	Eggs, Scrambled (2oz)	90	6	6	2	0	260	2
XX_02096	French Toast Bites (6)	390	5	23	10	0	530	39
02326	French Toast Stick Cinn C (3 Sticks)	210	8	7	2.5	0	320	28
XX_08509	Frittata, Chorizo	180	10	9	3.5	0	420	15
M-492	Green Eggs	90	6	6	2	0	260	2
M-473	Ham & Cheese Bagelwich	250	15	6	2.25	0	545	34
02036	Pancake (3 Pancakes)	240	5	6	1	0	390	41
08317	Pancake on a Stick	240	7	15	4.5	0	360	18
	Pancake Slider WG IW	180	10	7	2	0	300	18
02043	Pancake, Confetti	220	4	7	1	0	300	36
02041	Pancake, Mini Maple	210	4	6	1	0	270	38
08353	Pizza, Breakfast	210	9	7	2	0	350	27
M-398	Sausage & Cheese Biscuit	295	12.5	15.5	8.75	0	1005	25
02304	Sausage & Cheese Open-Face Bagel	160	8	6	2	0	370	19
M-487	Sausage Biscuit	260	9	13.5	7.5	0	900	24
08706	Sausage, Link Pork (1 links)	70	7	5	1.5	0	260	0
08829	Sausage, Turkey Patty	60	6	4	1	0	90	0
08701	Sausage, Pork Patty	70	6	4.5	1.5	0	240	1
02309	Super Round	240	7	8	2.5	0	300	38
	Toast, Apple Cinn WG IW	260	8	6	1	0	290	45
02327	Tornado Breakfast, Maple Trky Egg (2 Stick)	360	14	14	3	0	520	48
02325	Tornado Breakfast, Turkey Sausage and Cheese (2 Stick)	360	14	14	3	0	560	44
08382	Uncrustable, Grape 2.6oz	300	9	17	3	0	280	32
XX_02704	Waffle, Bites (Sliders) (1)	110	2	3.5	1.5	0	110	17
02705	Waffle, Sliders (Bites) New (2)	100	2	3.5	0.5	0	110	16
02039	Waffle, Dutch	300	4	13	3	0	350	43
02077	Waffle, Mini Blueberry	200	4	6	1	0	170	36
02076	Waffle, Mini Maple	200	4	5	1	0	170	37
08914	Yogurt, Blueberry (4oz)	90	3	0	0	0	55	19
08915	Yogurt, Cherry Vanilla	90	3	0	0	0	55	19



# Manatee County Nutrient Database

Item #	Item	Cals	Pro (g)	Tot fat (g)	Sat fat (g)	Trans fat (g)	Sodium	Carbohydrate
M-273	Yogurt, Parfait Breakfast	228	6	1.5	0	0	101	50
08911	Yogurt, Strawberry (4oz)	90	3	0	0	0	50	19
08913	Yogurt, Strawberry Banana (4oz)	90	3	0	0	0	55	19
08910	Yogurt, Strawberry Tube (4oz)	100	4	2	1	0	70	18
08912	Yogurt, Vanilla (4oz)	90	3	0	0	0	50	19
08905	Yogurt, Vanilla Tub (8oz)	173	6	0	0	0	107	37
<b>SNACK ITEMS</b>								
10411	Brownie, WG IW	160	2	3.5	1.5	0	180	32
08120	Cheese, Cheddar Mini	90	7	7	4.5	0	200	0
08104	Cheese, Colby Jack Stick	90	7	6	4	0	200	1
08101	Cheese, Cottage (1/2 Cup)	80	13	1	0.5	0	440	5
08105	Cheese, Mozzarella String Cheese	60	7	3	2	0	200	1
10009	Chex Mix, Cheddar	110	2	3	1	0	125	20
10001	Chex Mix, Chocolate	120	2	4	1	0	50	22
10027	Chex Mix, Strawberry Yogurt	120	2	3	1	0	55	23
10048	Chip - Top N Go Tostitos	190	3	7	1	0	160	28
10008	Chip, Baked BBQ	110	2	3	0	0	140	19
10007	Chip, Baked Lay's Regular	110	2	3	0	0	140	19
10029	Chip, Cheetos Baked	120	2	4.5	1	0	200	16
10024	Chip, Cheetos Baked Hot	120	2	4.5	0.5	0	200	16
10006	Chip, Cheetos Fantastix Chili Cheese	130	2	5	1	0	200	19
10003	Chip, Cheetos Fantastix Hot	130	2	5	1	0	200	20
10018	Chip, Cheetos Puff Flamin Hot	90	2	3.5	0.5	0	140	13
10023	Chip, Cheetos Puffs	90	2	3.5	0.5	0	140	13
10020	Chip, Doritos Cool Ranch	130	2	5	0.5	0	150	20
10039	Chip, Doritos Flamas	130	2	5	0.5	0	200	20
10021	Chip, Doritos Nacho Cheese	130	2	5	1	0	200	20
10019	Chip, Doritos Spicy Sweet Chili	130	2	5	0.5	0	200	20
10043	Chip, Funyons	100	2	3.5	0.5	0	125	14
10049	Chip, Top N Go Nacho Doritos	190	3	7	1	0	280	28
02004	Churro (1/2 Churro)	105	2	5	0.5	0	90	13
10426	Cookie, Chocolate Chip	160	2	5	1.5	0	105	27
10210	Cookie, Chocolate Chip IW 1.5oz	160	2	6	1.5	0	90	27
10211	Cookie, Confetti Filled IW	200	2	7	2	0	170	30
	Cookie, Flower	160	2	9	4.5	0	80	18
	Cookie, Football	160	2	9	4.5	0	80	18



# Manatee County Nutrient Database

Item #	Item	Cals	Pro (g)	Tot fat (g)	Sat fat (g)	Trans fat (g)	Sodium	Carbohydrate
10201	Cookie, Fortune	18	0	0	0	0	1.7	4
10212	Cookie, Green Egg	130	2	4.5	1	0	100	22
10440	Cookie, Holiday	160	2	9	4.5	0	80	18
10209	Cookie, Red White & Blue	190	2	8	4.5	0	125	27
10203	Cookie, Smart President	130	2	4	1	0	95	22
10204	Cookie, Smart Spanish	130	2	4	1	0	95	22
10205	Cookie, Triple Chocolate Fudge (Hershey)	200	3	7	2	0	130	31
10202	Cookkie, Mini Chocolate Chip	160	2	6	1.5	0	160	25
10310	Cracker, Cheez Its	100	2	3.5	1	0	150	14
10316	Cracker, Goldfish Cheddar	100	2	4	0.5	0	170	14
10302	Cracker, Goldfish Color	100	2	3.5	0.5	0	170	14
10305	Cracker, Goldfish Graham	120	1	4	1	0	140	19
10322	Cracker, Goldfish Honey Bun	130	2	4.5	1	0	130	21
10314	Cracker, Goldfish Pretzel	90	2	1.5	0	0	200	16
10321	Cracker, Graham (3 Count Package)	90	2	2.5	0	0	95	17
10319	Cracker, Scooby Snack Graham	120	2	3.5	1	0	115	21
10402	Cupcake, Celebration	140	2	2.5	0.5	0	170	27
02085	Donut, WG	280	5	16	7	0	300	30
10607	Fruit Roll-Up, Berry	50	0	1	1	0	55	11
10608	Fruit Roll-Up, Crazy Colors	50	0	1	1	0	55	11
10601	Fruit Roll-Up, Strawberry	50	0	1	0.5	0	55	11
07805	Fruit Snack, Mixed Fruit	130	2	0	0	0	15	32
07806	Fruit Snack, Strawberry	130	2	0	0	0	15	32
02047	Granola Bar, Cookies & Cream	150	0	4	1	0	135	29
02049	Granola Bar, Zee Zee Cherry	200	3	7	2	0	40	33
02048	Granola Bar, Zee Zee Smore	150	2	5	1.5	0	50	24
10606	Granola Bites, Smore	150	2	6	2	0	125	24
02040	Granola, Chewy Maple	140	2	2.5	1	0	125	28
02046	Granola, Choc Chnk	160	2	3	1	0	135	31
10304	Gripz, Chocolate Chip	120	2	3.5	1.5	0	80	21
10524	Ice Cream Sandwich	120	3	1.5	1	0	105	26
10522	Ice Cream, Choc Éclair	160	2	5	1.5	0	75	28
10516	Ice Cream, Cup Chocolate	70	4	0	0	0	65	18
10525	Ice Cream, Cup Van/Choc	70	2	1	0.5	0	35	15
10510	Ice Cream, Cup Vanilla	80	4	0	0	0	65	20
10523	Ice Cream, Fuge Bar	130	3	1.5	1	0	65	26



# Manatee County Nutrient Database

Item #	Item	Cals	Pro (g)	Tot fat (g)	Sat fat (g)	Trans fat (g)	Sodium	Carbohydrate
10526	Ice Cream, Orange Dream	100	1	1	1	0	25	20
10527	Ice Cream, Straw Shortcake	180	2	7	1.5	0	65	27
10519	Ice Cream, Vanilla Fudge Cone	110	2	2	1	0	75	21
M-393A	Jello, Blue Lagoon	103	1.7	0	0	0	80	24
	Jello, Blue Snowflake	95	1	2	2	0	80	19
M-392	Jello, Cherry (1/2 cup)	70	1	0	0	0	90	17
M-393	Jello, Thing 1 Thing 2	95	1	2	2	0	80	19
10602	Jerky, Beef	70	10	1	0	0	200	6
10603	Jerky, Teriyaki	70	10	1	0	0	200	6
01134	Juice, Capri Sun Berry 6oz	90	0	0	0	0	25	21
01133	Juice, Envy Fuji Apple	110	0	0	0	0	5	29
01131	Juice, Envy Strawberry Kiwi	110	0	0	0	0	5	29
02007	Nutri-Grain Bar, Blueberry	160	2	4	0.5	0	135	30
02008	Nutri-Grain Bar, Strawberry	160	2	4	0.5	0	150	29
M-419	Pineapple Upside Down Cake	281	2	8	3	0	380	49
10036	Popcorn, Cheddar White Delight	70	2	2.5	0	0	100	9
10037	Popcorn, Kettlecorn	130	1	5	0	0	130	21
10028	Pretzel, Heartzels	80	2	1	0	0	200	16
M-204	Pudding, Candy Corn	155	0	5	2	0	200	27
10406	Pudding, Chocolate Cup (Snack Pack)	110	0	2.5	1.5	0	135	20
10407	Pudding, Vanilla Cup (Snack Pack)	100	0	3	1.5	0	125	18
10416	Rice Krispie Treat	160	2	4	1	0	150	30
10410	Rice Krispie Treat, Chocolate Chip	190	2	5	2	0	150	34
10408	Rice Krispie Treat, Mini	50	0	1	0	0	45	9
10005	Snack Mix	110	2	3.5	0	0	180	17
M-638	Strawberry Shortcake	275	2	5	3	0	337	54
10609	Sunflower Seeds, Honey Roasted	190	6	15	2	0	65	11
<b>SOUP</b>								
11604	Tomato (1 Cup)	90	2	0	0	0	480	20
<b>SALAD</b>								
M-221	Antipasto Salad	385	24	23	9	0	1269	22
M-418	BBQ Grilled Chicken Salad	227	24	2.6	0.5	0	624	28
M-309	Breaded Chicken Caesar Salad	254	21	3	2	0	690	22
M-308	Breaded Chicken Salad	280	24	10	2.5	0	638	25
M-206	Chef Salad	211	20	10	5	0	568	8
M-407	Chef Salad w/Egg	191	20	8	3	0	500	8



# Manatee County Nutrient Database

Item #	Item	Cals	Pro (g)	Tot fat (g)	Sat fat (g)	Trans fat (g)	Sodium	Carbohydrate
M-413	Chicken Smacker Caesar Salad	282	21	12	3	0	244	22
M-494	Chicken Salad (1/2 cup)	129	17	7	1.2	0	156	0
M-208	Chicken Salad & Fruit Plate	184	19	7	1	0	173	14
M-549	Chicken Salad, Stuffed Tomato	138	13	7	1.2	0	253.5	6
M-310	Chicken Tender Caesar Salad	262	25	8	2	0	534	24
M-199	Cobb Salad	224	23	12	5	0	720	7
M-551	Cottage Cheese, Stuffed Tomato	102	14	1.2	0.5	0	446	10
M-410	Cottage Cheese Salad	118	15	1	0.5	0	455	14
M-635	Cottage Cheese, Fruit and Crackers	351	15	9	2.5	0	661	51
M-470	Fruit & Cottage Cheese Plate	109	13	1	0.5	0	447	12
M-195	Egg Salad, 1/3 cup	203	13	16	4	0	228	2
M-511	Grilled Chicken Caesar Pasta Salad (Dressing Included)	536	34	21	4	0	815	53
M-205	Grilled Chicken Caesar Salad	154	25	4	1	0	400	5
M-485	Grilled Chicken Spinach Salad	162	25	3	0.5	0	420	9
M-486	Grilled Chicken Spinach Salad w/Egg	197	28	5	1	0	448	10
M-427	Hummus & Cheese Plate	334	17	12	4	0	456	38
M-265	Hummus & Peanut Butter Plate	305	13	18	2.5	0	306	27
M-266	Hummus & Sunflower Plate	458	17	21	2	0	376	54
M-166	Italian Salad	172	17	8	2	0	658	11
M-569	Muffin (variety), Cottage Cheese, & Fruit	511	17	15	3.5	0	721	77
M-508	Muffin, Cheese, & Fruit Plate	549	18	20	7	0	687	73
M-200	Muffin, Yogurt, Cheese and Fruit Plate	421	15	4.7	2	0	808	81
M-468	Munchable, Egg	391	17	12	3.5	0	701	51
M-465	Munchable, Turkey	492	19	23	9	0	790	49
M-437	Munchable, Ham	381	16	9	3	0	851	51
M-271	Munchable, Pepperoni & Cheese	511	17	25	10	0	918	50
M-225	Munchable, Peanut Butter	479	17	22	4.5	0	616	56
M-203	Oriental Chicken Salad	196	24.5	2.5	0.5	0	339	20
M-474	Oriental Chicken Salad, Spinach	196	25	2.6	0.5	0	339	20
M-493	Popcorn Chicken Buffalo Salad	351	22	18	3.6	0	1332	26
M-514	Southwestern Grilled Chicken Salad	312	31	3	0.6	0	1912	42
M-429	Southwestern Vegetarian Salad	412	22	78.5	12	0	1252	43
M-484	Special Salad - Allergy	156	17	3	0.8	0	483	14
M-315	Taco Salad	287	21	17	9	0	711	14
M-315	Tuna Salad, 1/3 cup	119	12	7	1	0	338	1
M-198	Tuna Salad & Fruit Plate	157	16	5	0.5	0	340	14





# Manatee County Nutrient Database

Item #	Item	Cals	Pro (g)	Tot fat (g)	Sat fat (g)	Trans fat (g)	Sodium	Carbohydrate
M-632	Tuna Salad on Lettuce	143	17	5	0.5	0	336	10
M-550	Tuna Salad, Stuffed Tomato	125	15	5	0.4	0	327	6
M-409	Vegetarian Garden Salad (w/egg & cheese)	221	14	14	7.5	0	283	11
M-416	Vegetarian Garden Salad (No protein)	48	2	0.2	0	0	33	11
<b>SANDWICH / WRAP</b>								
M-463	BBQ Chicken on Loco Bread	384	29	8	2	0	806	49
M-526	Breaded Chicken on Loco	379	25	11	1	0	719	45
M-414	Breaded Chicken Patty Wrap	364	23.5	12	2	0	773	41
M-513	Buffalo Chicken Tender Loco	428	23	18	2	0	1005	42
M-460	Buffalo Chicken Tender Wrap	407	22	19	3	0	1057	37
M-512	Buffalo Grilled Chicken Loco	358	28	14	3	0	978	29
M-462	Buffalo Grilled Chicken Wrap (no cheese)	325	26	12.5	2.5	0	995	27
M-462A	Buffalo Grilled Chicken Wrap w/cheese	353	27	15	4	0	1043	27
M-412	Cheese Sandwich on Bun	280	19	10	6	0	720	31
M-495	Chicken Salad on Bread	288	23	9	1	0	474	30
M-580	Chicken Salad on Loco	287	22	10	1	0	296	28
M-450	Chicken Tender Caesar Wrap (w/Dressing)	442	24	22	4.4	0	843	37
M-472	Chicken Tender Hoagie	372	24	12	1.8	0	562	39
M-533	Chicken Tender Loco	365	23	12	1	0	525	40
M-197	Egg Salad on Bread	363	19	18	4	0	548	32
M-177	Egg Salad on Bun	343	18	18	4	0	528	30
M-196	Egg Salad Wrap	356	17	20	5	0	426	28
M-532	Grilled Chicken Caesar Loco	462	31	24	5	0	992	30
M-415	Grilled Chicken Caesar Wrap (w/Dressing)	435	28	34	5	0	976	27
M-582	Grilled Chicken Loco	286	27	5.7	0.5	0	468	30
M-191	Ham and Cheese on Bread	315	19.5	8.5	2.8	0	835	33
M-400	Ham and Cheese on Bun	295	18.5	8.5	2.8	0	815	30
M-424	Ham and Cheese on Hoagie	325	19.5	9.5	3.3	0	695	31
M-531	Ham and Cheese on Loco Bread	318	18	9.6	2.8	0	658	32
08392	Ham, Chicken, and Cheese Sandwich (IW)	300	21	9	3.5	0	870	27
08323	Ham and Cheese Wrap WG (IW)	240	17	11	5	0	730	17
08325	Ham and Cheese Swirl WG (IW)	310	21	12	4	0	880	32
M-193	Ham and Cheese Wrap	308	17	10.6	3.8	0	713	29
M-401	Turkey and Ham on Bun	240	19	5	0.8	0	715	28
M-402	Ham on Bread	280	16	6.5	1.5	0	730	32
M-509	Italian Sub	294	20	9.8	2.5	0	801	30



# Manatee County Nutrient Database

Item #	Item	Cals	Pro (g)	Tot fat (g)	Sat fat (g)	Trans fat (g)	Sodium	Carbohydrate
08338	Italian Combo Wrap WG (IW)	250	16	11	5	0	720	17
08337	Italian Swirl Sandwich (IW)	330	19	13	4	0	750	32
M-507	Oriental Chicken Wrap	314	26	6.5	1.5	0	519	38
M-536	Popcorn Chicken Wrap	546	27	30	10	0	872	42
08393	Chicken, Pepperoni & Cheese Sub	300	20	10	3.5	0	1010	27
M-430	Southwestern Grilled Chicken Wrap	332	28.5	9	3	0	773	34
M-476	Southwestern Vegetarian Wrap	324	13	13	7	0	709	39
M-481	Tuna Salad on Bread	286	24	8	0.5	0	708	30
M-539	Tuna Salad on Loco Bread	289	22	9	0.5	0	531	29
M-459	Tuna Wrap	279	21	10	1.5	0	586	26
M-530	Turkey and Cheese Loco Bread	278	26	6.6	1.3	0	668	30
M-189	Turkey and Cheese on Bread	275	27.5	5.5	1.3	0	845	31
M-404	Turkey and Cheese on Bun	250	24.5	5	2	0	1284	31
08390	Turkey and Cheese on Deli WG (IW)	300	21	11	4	0	890	30
08390	Turkey and Cheese Sandwich (IW)	300	21	11	4	0	890	30
M-190	Turkey and Cheese on Hoagie	285	27.5	6.5	1.8	0	705	29
M-194	Turkey and Cheese Wrap	268	25	7.6	2.3	0	723	27
M-426	Turkey and Ham Hoagie	270	20	6	1.3	0	595	29
M-422	Turkey and Ham on Bread	260	20	5	0.8	0	735	31
M-435a	Turkey and Ham Wrap	253	18	7	1.8	0	613	27
M-742	Turkey Sandwich	240	24	3.5	0	0	740	30
M-421	Vegetarian Wrap	292	18	12	6	0	617	30
<b>CONDIMENTS</b>								
08711	Bacon Slices (1 Slice)	27	1.3	2.3	0.8	0	86.7	0
11518	Butter Spray	0	0	0	0	0	0	0
08119	Cheese, American Slice (1 Slice)	35	3.5	2	1.25	0	105	1
08119	Cheese, American Sliced (2 Slices)	70	7	4	2.5	0	210	2
08133	Cheese, Cheddar Cubed (1oz)	90	7	7	4.5	0	190	0
08117	Cheese, Cheddar Shredded (1/4 Cup)	110	6	9	6	0	190	1
08117	Cheese, Cheddar Shredded (1/4 Cup)	110	6	9	6	0	190	1
08124	Cheese, Cheddar Sliced (1 Slice)	90	5	7	4.5	0	140	1
08106	Cheese, Feta (1 oz)	70	5	6	3.5	0	330	1
08111	Cheese, Mozzarella Shredded (1/4 Cup)	90	7	6	3.5	0	180	1
08115	Cheese, Sauce (3/8 Cup)	150	7.5	10.5	6.75	0	600	5
08113	Cheese, Swiss (1 Slice)	45	4	3	1.25	0	57.5	0.5



# Manatee County Nutrient Database

Item #	Item	Cals	Pro (g)	Tot fat (g)	Sat fat (g)	Trans fat (g)	Sodium	Carbohydrate
08113	Cheese, Swiss (2 Slices)	90	8	6	3.5	0	115	1
05001	Cream Cheese (PC)	45	2	3.5	2	0	80	2
03211	Coutons	30	1	1	0	0	95	5
05003	Dressing, Caesar Creamy (PC)	210	1	23	3.5	0	400	2
05505	Dressing, Coleslaw (2 Tbsp)	130	0	11	1.5	0	410	7
05012	Dressing, Asian (PC)	180	0	15	1.5	0	580	11
05049	Dressing, Balsamic Vinaigrette (PC)	170	0	17	2.5	0	330	3
05537	Dressing, Blue Cheese (2 Tbsp)	150	1	16	3	0	250	1
05046	Dressing, Blue Cheese (PC)	260	2	28	5	0	270	2
05504	Dressing, Ceasar (2 Tbsp)	110	1	11	2	0	290	2
05541	Dressing, Chipotle Ranch (2 Tbsp)	140	1	14	2	0	220	4
05506	Dressing, French (2 Tbsp)	130	0	12	2	0	210	7
05043	Dressing, French Country (PC)	190	0	17	2.5	0	300	9
05507	Dressing, Greek (2 Tbsp)	130	0	14	2.5	0	240	1
05005	Dressing, Greek (PC)	220	0	24	3.5	0	190	1
05542	Dressing, Honey Mustard (2 Tbsp)	130	0	13	2	0	220	5
05047	Dressing, Honey Mustard (PC)	190	0	18	3	0	310	6
05509	Dressing, Italian Creamy (2 Tbsp)	130	0	10	1.5	0	260	11
05029	Dressing, Italian Creamy (PC)	45	0	4.5	0.5	0	100	1
05034	Dressing, Italian Fat Free (PC)	5	0	0	0	0	115	1
05044	Dressing, Italian Vinaigrette (PC)	190	0	21	3	0	240	1
05510	Dressing, Ranch Buttermilk (2 Tbsp)	110	0	12	2	0.2	190	1
05016	Dressing, Ranch Fat Free (PC)	10	0	0	0	0	125	3
05002	Dressing, Ranch Light (PC) (1 oz)	70	1	7	1	0	250	1
05013	Dressing, Ranch Light (PC) (1.5oz)	110	1	11	2	0	370	2
05511	Dressing, Raspberry Vinaigrette (2 Tbsp)	130	0	12	2	0	90	5
05014	Dressing, Raspberry Vinaigrette (PC)	50	0	0	0	0	120	13
05530	Dressing, Thousand Island (2 Tbsp)	130	0	13	2	0	220	4
05048	Dressing, Thousand Island (PC)	190	0	18	3	0	320	6
08502	Egg, Cooked Diced (3 Tbsp)	80	6	5	1.5	0	70	1
11101	Gravy, Brown (1/4 Cup)	15	0	0	0	0	310	3
11102	Gravy, Chicken (1/4 Cup)	15	0	1	0	0	240	3
11105	Gravy, White (1/4 Cup)	45	0	2	1	0	240	6
05041	Hummus (PC)	150	4	11	1.5	0	250	9
05550	Jalapeno Peppers	5	0	0	0	0	280	1
05015	Jelly - Assorted (PC)	35	0	0	0	0	0	9



# Manatee County Nutrient Database

Item #	Item	Cals	Pro (g)	Tot fat (g)	Sat fat (g)	Trans fat (g)	Sodium	Carbohydrate
05038	Jelly - Grape (PC)	35	0	0	0	0	0	9
05057	Ketchup (Dunk Cup)	25	0	0	0	0	75	6
05056	Ketchup (Made with Sugar/RS) (PC)	10	0	0	0	0	28	2
XX_05042	Ketchup (PC)	10	0	0	0	0	85	3
05007	Ketchup, Sriracha (PC)	10	0	0	0	0	75	2
05512	Mayonnaise Light (1 Tbsp)	35	0	3.5	0.5	0	100	1
05050	Mayonnaise Light (PC)	40	0	3	0	0	105	3
05025	Mustard (PC)	5	0	0	0	0	65	0
05052	Peanut Butter (PC)	180	7	15	3	0	130	8
12462	Pico De Gallo (2 Tbsp)	3	0	0	0	0	5	1
05028	Relish Sweet (PC)	15	0	0	0	0	70	3
12118	Salsa Cup	25	1	0	0	0	195	5
05020	Sauce, BBQ (PC)	15	0	0	0	0	85	4
05055	Sauce, BBQ Dunk Cup	40	0	0	0	0	65	10
05548	Sauce, BBQ Sweet Baby Rays (2 Tbsp)	70	0	0	0	0	290	18
05536	Sauce, Boom Boom (2 Tbsp)	150	0	16	2.5	0	250	2
05527	Sauce, Buffalo (2 Tbsp)	8	0	0	0	0	970	1
05553	Sauce, Buffalo Wing	10	0	1	0	0	470	1
05515	Sauce, Enchilada (2 Tbsp)	25	0	0.5	0	0	480	5
05026	Sauce, Hot (PC)	0	0	0	0	0	180	0
05555	Sauce, Korean BBQ	51	0	0	0.1	0	193	12
05539	Sauce, Marinara (PC)	25	1	0	0	0	195	5
05516	Sauce, Picante (2 Tbsp)	10	0	0	0	0	250	3
05031	Sauce, Sweet and Sour (PC)	50	0	0	0	0	85	13
05032	Sauce, Taco (PC)	5	0	0	0	0	115	1
05030	Sauce, Tartar (PC)	40	0	3	0.5	0	100	3
05554	Sauce, Teriyaki	15	1	0	0	0	610	2
05033	Sour Cream (PC)	60	1	5	3.5	0	50	2
05009	Spice - Pepper (PC)	0	0	0	0	0	0	0
05036	Syrup - Sugar Free (PC)	10	0	0	0	0	80	4
05019	Syrup (PC)	120	0	0	0	0	40	31
03005	Topping, Whipped (2 Tbsp)	25	0	2	2	0	0	2
05524	Tortilla Strips	35	0	1.5	0	0	15	4
08890	Turkey Bacon Bits (1oz)	120	8	8	2	0	640	0
	<b>Try It!</b>							
	Black Bean Burger (1/4 Patty)	40	0.4	0	0	0	120	7



## Manatee County Nutrient Database

Item #	Item	Cals	Pro (g)	Tot fat (g)	Sat fat (g)	Trans fat (g)	Sodium	Carbohydrate
	Pierogi (1)	58	1.8	0.9	0.3	0	148	10.5
	Plant Based Protein Nugget (1)	33	2	1.5	0	0	62	3
	Spring Roll (1/2 Roll)	30	1	0.25	0	0	105	6