



Manatee County Nutrient Database

Item #	Item	Cals	Pro (g)	Tot fat (g)	Sat fat (g)	Trans fat (g)	Sodium	Carbohydrate
BEVERAGES								
01502	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
01403	Juice - V8 Fusion Pomegranate Blueberry	100	0	0	0	0	70	25
01404	Juice - V8 Fusion Strawberry Banana	110	0	0	0	0	70	28
07700	Juice, Apple (4oz)	60	0	0	0	0	10	15
07701	Juice, Apple (6oz)	100	0	0	0	0	15	25
07702	Juice, Apple Cherry (4oz)	60	0	0	0	0	10	14
07709	Juice, Apple Cherry (6oz)	80	0	0	0	0	15	21
07703	Juice, Apple Sour (4oz)	60	0	0	0	0	10	14
01402	Juice, Capri Sun Berry 6oz	90	0	0	0	0	25	21
07704	Juice, Fruit Punch (4oz)	60	0	0	0	0	10	14
07705	Juice, Grape (4oz)	60	0	0	0	0	10	16
07732	Juice, Orange (4oz)	60	1	0	0	0	10	14
07708	Juice, Raspberry Blue (4oz)	60	0	0	0	0	10	14
07711	Juice, Orange (6oz)	100	0	0	0	0	10	25
07713	Juice, Apple (4oz) HS	60	0.13	0	0	0	0	14
07714	Juice, Orange (4oz) HS	60	0	0	0	0	0.04	15
07712	Juice, Tropical Punch (6 oz)	100	0	0	0	0	10	24
07715	Juice, Tropical Punch (4 oz)	60	0	0	0	0	5	15
01405	Water, Bottled 16.9oz	0	0	0	0	0	0	0
01406	Water, Bottled 8 oz	0	0	0	0	0	0	0
01506	Water, Ice Cherry	5	0	0	0	0	0	0
01508	Water, Ice Lemonade	5	0	0	0	0	0	4
01507	Water, Ice Orange Mango	5	0	0	0	0	0	0
01505	Water, Ice Strawberry Watermelon	5	0	0	0	0	0	0
01504	Water, Ice Strawberry Kiwi	5	0	0	0	0	0	0
MILK / MILK PRODUCTS								
06000	Milk, Almond Vanilla ASEP	90	1	2.5	0.5	0	150	16
06008	Milk, 1% 8oz	110	8	2.5	1.5	0	130	13
06002	Milk, Chocolate Skim 8oz	120	8	0	0	0	180	20
06006	Milk, Lactaid (Lactose Free)	80	8	0	0	0	125	13
06003	Milk, Skim 8oz	90	8	0	0	0	130	13
06007	Milk, Soy	150	8	4.5	0.5	0	90	18
06005	Milk, Strawberry Skim - 8oz	110	8	0	0	0	125	19
VEGETABLES								
12004	Bean, Baked Vegetarian	150	6	1	0	0	440	30
12000	Bean, Black Canned	130	8	0.5	0	0	360	23
12800	Bean, Black Seasoned Bag	150	9	1	0	0	340	25
12001	Bean, Garbanzo	135	8	2	0.2	0	6	23
12006	Bean, Green Canned (1/2 Cup)	25	1	0	0	0	140	6
12202	Bean, Green Fresh or Frozen (1/2 Cup)	22	1.2	0.2	0	0	0.7	5
12003	Bean, Refried (1/2 Cup)	107	6	2.4	0.8	0	440	16
M-643	Broccoli, Asian Style (1/2 Cup)	19	1	0	0	0	152	4
	Broccoli, Cooked (1/2 Cup)	25	2	0.3	0.1	0	32	5.6
12301	Broccoli, Raw (1/2 Cup)	15	1	0.2	0	0	15	3
12430	Carrots, Baby Raw (1/2 Cup)	20	0.4	0.1	0	0	44	5
	Carrots, Cooked (1/2 Cup)	27	0.6	0.1	0	0	236	6
12208	Celery Sticks (1/2 Cup)	8	0.3	0.1	0	0	41	2
12009	Corn (1/2 cup)	55	2	1	0.2	0	168	12
12528	Corn Jalapeno Rstd (2/3 Cup)	110	3	3.5	0.5	0	135	19
12503	Corn on Cob (1)	90	3	1	0	0	0	19
12211	Cucumber, Slices (1/2 Cup)	8	0.3	0.1	0	0	1	2
12214	Lettuce, Romaine Chopped (1 Cup)	8	0.6	0.1	0	0	4	2
12008	Marinara Sauce 2.5oz Portion Cup	40	1	1	0	0	200	7
12011	Marinara Sauce, Canned (1/2 cup)	60	2	1.5	0	0	390	10
	Mushrooms, Cooked (1/2 Cup)	22	2	0.4	0.1	0	2	4
	Onions & Peppers Roasted, 1/4 cup	24	0.4	1	0.2	0	167	3
12221	Onion, Red	50	2	0.2	0	0	3.4	12
11227	Onion Rings (1-2)	65	2	0.3	0	0	245	14
05525	Olives, Black	78	0.6	7.2	1	0	496	4.2



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Item #	Item	Cals	Pro (g)	Tot fat (g)	Sat fat (g)	Trans fat (g)	Sodium	Carbohydrate
12227	Potato, Baker	161	4.3	0.2	0	0	17	37
12508	Potato, Bites (12)	190	2	11	3	0	330	20
12517	Potato, Fries Crinkle Cut (4.5oz)	197	2	8	0	0	55	28
12518	Potato, Fries Curly RS (3oz)	214	2	6	0	0	321	36
12521	Potato, Fries Stix Season (4.5oz)	206	2	9	1	0	206	28
12525	Potato, Fries Waffle (4oz)	211	3	13	2	0	422	25
12520	Potato, Smiles (6 Smiles)	160	2	6	1	0	230	25
12519	Potato, Mashed Seasoned	122	3	3	1	0	374	22
12522	Potato, Sweet Fries Potato Slim (4.5oz)	233	2	10	2	0	277	36
12523	Potato, Sweet Fries Waffle (4.5oz)	239	3	14	2	0	478	28
12509	Potato, Sweet Puff (11)	143	1	4	0	0	220	25
11224	Spaghetti Sauce	60	2	1	0	0	140	12
12524	Tator Tots, 1/2 cup or 8 Tots	110	1	6	1	0	310	14
12234	Tomato, Cherry (1/2 Cup)	18	0.9	0.2	0	0	5	4
12336	Tomato, Round	15	0.7	0.2	0	0	4	3
FRUIT								
07000	Apple Slices	50	0	0	0	0	10	13
07200	Apple Fuji	120	0	0	0	0	0	29
07202	Apple Golden	96	0.3	0	0	0	3.4	23
07205	Apple, Fresh	95	0.5	0.3	0	0	1.8	25
07206	Apple Slices, Bag	30	0	0	0	0	0	7
07009	Applesauce Cup	60	0	0	0	0	15	14
07013	Applesauce (1/2 Cup)	50	0	0	0	0	0	14
07006	Applesauce Cup C	50	0	0	0	0	10	12
07015	Applesauce, Cup Bday	50	0	0	0	0	0	14
07014	Applesauce, Cup Blue Rasp	90	0	0	0	0	0	22
07012	Applesauce, Cup Cinnamon	50	0	0	0	0	0	14
07013	Applesauce, Cup Unswt	50	0	0	0	0	0	14
07022	Applesauce, Strawberry	50	0	0	0	0	0	14
07324	Apple Grape Bag	49	0.3	0.1	0	0	0	11
07207	Banana, Fresh	105	1.3	0.4	0.1	0	1.2	27
07208	Blackberry, Fresh, 1/2 cup	31	1	0.4	0	0	0.7	7
07508	Blueberries, Frozen, 1/2 cup	42	0.6	0.2	0	0	0.8	11
07209	Blueberry, Fresh, 1/2 cup	42	0.6	0.2	0	0	0.7	11
07210	Cantaloupe, Fresh (1/2 Cup)	28	0.7	0.2	0	0	13	6.5
07804	Craisins, Orange	110	0	0	0	0	0	27
07803	Craisins, Strawberry	110	0	0	0	0	0	27
07212	Cranberry	25	0	0	0	0	1	6
07214	Grape, Fresh (1/2 Cup)	52	0.5	0.1	0	0	1.5	14
07213	Grapefruit, 1/2	52	0.9	0.2	0	0	0	13
07216	Guava, Fresh	56	2	0	0	0	1.6	12
07217	Honeydew - Fresh (1/2 Cup)	31	0.5	0.1	0	0	15.5	8
07220	Kiwi, Fresh	42	0.8	0.4	0	0	2.1	10
07519	Mango, Frozen Tube	48	0	0	0	0	0	13
07011	Mango Sliced	80	1	0	0	0	10	21
07409	Mango, Sliced (2oz Bag)	34	0.5	0.2	0.1	0	0.6	8
07002	Mixed Fruit canned (1/2 cup)	48	0.7	0.2	0	0	1.3	12
07019	Mixed Fruit, Cup	80	1	0	0	0	0	19
07026	Mixed Fruit, Cup	70	0	0	0	0	0	15
07239	Nectarine, Fresh	69	1.7	0.5	0	0	0	16
07225 07410	Orange, Fresh	69	1.3	0.2	0	0	1.4	18
07405	Orange, Clementine	35	0.1	0	0	0	0.7	8.9
07004	Orange, Mandarin Canned (1/2 Cup)	90	1	0	0	0	10	23
07021	Orange, Mandarin Cup	60	1	1	0	0	0	14



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Item #	Item	Cals	Pro (g)	Tot fat (g)	Sat fat (g)	Trans fat (g)	Sodium	Carbohydrate
07018	Peach, Cup	70	1	0	0	0	10	18
07227	Peach, Fresh	68	1.6	0.4	0	0	0	17
07023	Peach, Cup	90	1	0	0	0	0	21
07003	Peach, Diced Canned (1/2 Cup)	60	0	0	0	0	10	16
07007	Peach, Slice Canned (1/2 Cup)	30	0.7	0	0	0	0	7
07309	Peach, Fresh	68	1.6	0.4	0	0	0	17
07025	Peach, Cup	60	0	0	0	0	0	14
07008	Pear, Canned (1/2 Cup)	35	0.2	0	0	0	2.5	9.5
07017	Pear, Cup	70	0	0	0	0	5	19
07024	Pear, Cup	70	0	0	0	0	0	18
07228	Pear, Fresh	101	0.6	0.3	0	0	2	27
07411	Pear, Prickly	24	0.4	0.3	0	0	2.8	5.4
07008	Pear, Sliced Canned (1/2 Cup)	36	0.2	0	0	0	3	10
07020	Pineapple Cup	70	1	0	0	0	0	16
07230	Pineapple Spear	37	0.4	0.1	0	0	0.8	10
07231	Pineapple, Fresh (1/2 Cup)	41	0.5	0.1	0.1	0	0.8	11
07520	Pineapple, Frozen Tube	60	1	0	0	0	0	19
07005	Pineapple, Tidbits Canned (1/2 Cup)	70	1	0	0	0	0	16
07010	Pineapple Chunks, Can	41	0.4	0.1	0	0	0.8	11
07412	Pineapple Chunk Bag	28	0.3	0.1	0	0	0.6	7.4
07232	Plum, Fresh	30	0.5	0.2	0	0	0	7.5
07143	Pluot	26	0.4	0.2	0	0	0	6.4
07801	Raisels, Orange	160	1	0	0	0	0	37
07802	Raisels, Watermelon	160	1	0	0	0	0	37
07805	Raisels, Watermelon, Lemon Blast, Orange	160	1	0	0	0	5	38
07500	Sidekick, Blue Raspberry Lemon	90	0	0	0	0	20	23
07501	Sidekick, Strawberry Kiwi	90	0	0	0	0	20	23
07502	Sidekick, Strawberry Mango	90	0	0	0	0	20	23
07515	Slushie, Bloom	90	0	0	0	0	20	23
07514	Slushie, Eek	90	0	0	0	0	20	23
07510	Slushie, Luck	99	0	0	0	0	15	25
07517	Slushie, Paradise Punch	60	0	0	0	0	15	15
07503	Slushie, Snowman	99	0	0	0	0	15	25
07511	Slushie, Emoji Ice	99	0	0	0	0	15	25
07233	Starfruit	19	0.6	0.2	0	0	1.2	4
07234	Strawberries, Fresh 1/2 cup	23	0.5	0.2	0	0	0.7	5
07507	Strawberries, IQF Frozen, 1/2 cup	23	0.5	0.2	0	0	0.7	5.5
07516	Strawberry, Cup Frozen	60	0	0	0	0	0	15
07235	Watermelon - Fresh (1/2 Cup)	27	0.6	0	0	0	0.9	6
LUNCH - GRAIN / BREAD ITEMS								
02030	Biscuit, White	190	4	9	6	0	650	23
08249	Bread, Cheese Stick	260	14	10	4.5	0	420	29
02098	Bread, French	180	5	4.5	1	0	200	30
08221	Bread, Garlic Cheese	383	22	21	8	0	499	29
02004	Bread, Garlic Toast	140	3	7	2	0	230	16
02052	Bread, Garlic Toast (1 Slice)	90	3	2.5	0	0	100	14
02002	Bread, Loco (1 Piece)	150	4	3	0	0	135	26
08229	Bread Pull Apart Italian IW	300	14	13	6	0	520	32
08230	Bread Pull Apart Southwest IW	300	14	13	6	0	580	33
02024	Bread, Sliced Gluten Free (2 Slices)	100	1	2	1	0	220	20
02017	Bread, White WG (2 Slices)	160	6	2	0	0	240	30
02003	Breadstick, Garlic(2 oz)	110	3	4	1	0	200	17
13201	Breadstick, Garlic Twist (2oz)	150	5	3	1	0	180	26
02018	Bun, Hamburger	150	7	1.5	0	0	240	30
02023	Bun, Hamburger Gluten Free	240	5	7	0.5	0	440	44
02000	Bun, Hot Dog 6 in	150	7	1.5	0	0	240	30
03021	Bun, Hot Dog 10 in	200	7	3	0.5	0	380	36
02032	Bun, Slider(2)	260	8	7	1	0	420	42



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Item #	Item	Cals	Pro (g)	Tot fat (g)	Sat fat (g)	Trans fat (g)	Sodium	Carbohydrate
10024	Chip, Top N Go Doritos	190	3	7	1	0	280	28
10023	Chip, Top N Go Tostitos	190	3	7	1	0	160	28
10027	Chips, Tostitos Rounds	200	3	7	1	0	160	29
02053	Cornbread Loaf (1)	180	3	6	0.5	0	90	28
10310	Cracker Ritz 2PK	140	2	7	2	0	210	16
10309	Cracker Wheat Thin	220	3	8	1	0	450	34
02026	FlatBread	180	6	5	1	0	330	28
02029	Hoagie 6in WG	190	9	1.5	0	0	270	39
02020	Hushpuppies (3)	140	2	6	1	0	190	20
02020	Hushpuppies (5)	233	3	10	1.6	0	316	33
M-208	Pasta- Chicken Alfredo	301	14	8	3	0	628	47
02500	Pasta - Elbow Macaroni (1/2 Cup)	100	3.5	0.5	0	0	0	21
02501	Pasta - Penne (1/2 Cup)	100	3.5	0.5	0	0	0	21
M-200	Pasta- Penne (1/2 Cup)	113	3.5	3	0.625	0	592	21
M-201	Pasta- Penne (1 Cup)	213	7	3	0.625	0	592	42
02502	Pasta - Rotini (1/2 Cup)	100	3.5	0.5	0	0	0	21
M-202	Pasta- Rotini (1/2 Cup)	113	4	3	0.6	0	592	21
M-203	Pasta- Rotini (1 Cup)	213	7	3	0.6	0	592	42
02503	Pasta - Spaghetti (1/2 Cup)	100	3.5	0.5	0	0	0	21
M-204	Pasta- Spaghetti (1/2 Cup)	115	4	2	0.3	0	113	21
M-205	Pasta- Spaghetti (1 Cup)	227	7	3	0.8	0	226	42
02300	Pasta- Tortellini (13)	120	6	1.5	0.5	0	140	20
02016	Pretzel WG LRG	140	5	0.5	0	0	150	30
M-211	Rice - Cilantro Lime (1 Cup)	234	4	9	3	0	55	37
M-212	Rice, Brown (1/2 Cup)	117	2	5	2	0	27	18
M-213	Rice, Brown (1 Cup)	234	4	9	3	0	54	35
02602	Rice, Brown (1 Cup)	170	4	0	0	0	0	37
02601	Rice, Chicken Flavor (1 Cup)	207	6	3	0.5	0	419	39
02039	Roll, Hawaiian	110	4	2.5	1	0	180	18
02009	Roll, Dinner WG (2oz)	160	5	2	0	0	270	29
02067	Stuffing	130	5	1	0	0	370	25
02012	Stuffing - Cornbread (1/2 Cup - MS & HS)	220	6	5	0	0	980	38
02012	Stuffing - Cornbread (1/4 Cup - ES)	110	3	2.5	0	0	490	19
02019	Taco Shell Hard (2)	170	2	8	1	0	0	22
02034	Tortilla, 6in (2)	140	4	3	1	0	280	24
02010	Waffle - Dutch (1)	300	4	13	3	0	350	43
02028	Waffle (1)	90	2	3	0	0	135	14
LUNCH - ENTREES								
M-209	Baked Ziti (1 Cup)	499	28	18	9	0	1108	57
M-301	BBQ Pork Flatbread	608	30	28	11	0	1082	48
08241	Bean Dip	175	11	7.7	4.3	0	462	16
0800	Beef, Crumbles (2.2oz)	120	11	7	2.5	0	190	2
08002	Beef, Patty 3oz	190	17	13	5	0	260	0
08006	Beef, Patty 3oz	150	16	9	4	0	230	0
08005	Beef, Patty 2.8 OZ	172	15	12	5	1	53	0
08004	Beef, Patty Smokie Grill	230	16	17	7	1	370	0
08003	Beef, Philly Shredded	250	15	20	7	0	470	3
M-302	Boom Boom Chicken	403	19	27	5	0	837	20
08223	Burrito Beef CHS & Chile	390	21	15	7	0	660	41
08222	Burrito, Bean Chile & CHS IW	400	17	15	6	0	690	51
08235	Burrito, Bean Cheese	320	17	8.8	3.5	0	475	44
08236	Burrito, Bean Green Chile IW	314	15	6.7	1.2	0	518	49



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08246	Calzone Cheese Mini (3)	320	18	10	4.5	0	370	41
02308	Cavatappi 3 Cheese (2/3 Cup)	321	16	16	9.2	0	803	27
M-305	Cajun Seasoned Chicken	201	17	7	2	0	481	16
M-210	Cheese Lasagna Rolls	282	19	8	4	0	396	36
08240	Cheese Sticks Breaded Moz (5)	400	19	22	8	0	370	32
M-232	Cheeseburger Lasagna	289	21	9	5	0	457	33
08101	Cheese, Queso Cup (2 oz)	240	7	10	5.5	0	437	1
	Cheeseburger on Bun	375	26	17	6	0	625	29
M-306	Chicken, Creamy Chicken Enchilada Bowl	614	29	28	11	0	1071	54
08703	Chicken, Diced (2.47oz)	90	17	2.5	0.5	0	290	0
08705	Chicken, Dill Pickle Bites (5)	200	23	6	1	0	470	12
08734	Chicken, Dippers New (5 pieces)	238	25	9	1	0	588	16
08712	Chicken, Dippers (5 pieces)	210	18	8	1.5	0	570	17
08741	Chicken, Dippers Maple (3 Pieces)	160	15	5	1	0	300	15
M-422	Chicken Dipper Salad	244	20	9	3	0	578	19
08737	Chicken, General Tso New 3.92oz	163	14	3	3	0	462	22
08718	Chicken, General Tsos 3.6 oz	170	11	3	0.5	0	361	23
M-315	Chicken, Nashville Hot	268	22	7	1	0	945	30
08739	Chicken, Nuggets Hearts (4)	180	13	7	1.5	0	590	16
08742	Chicken, Nuggets Sharks (3)	270	19.5	10.5	2.25	0	885	24
08731	Chicken, Nuggets Stars (4)	180	13	7	1.5	0	590	16
08738	Chicken, Orange New 3.92oz	150	15	3	3	0	207	17
08715	Chicken, Orange Mandarin 3.6 oz	150	11	3	0.5	0	280	19
08733	Chicken, Patty Breaded New (3)	220	22	7	1.5	0	460	14
08716	Chicken, Patty Breaded	220	18	8	1.5	0	610	18
08735	Chicken, Patty Breaded New	190	20	7	1	0	470	13
08736	Chicken, Patty Breaded Spicy New	190	19	6	1	0	380	18
08717	Chicken, Patty Breaded Spicy	220	18	8	1.5	0	570	18
08719	Chicken, Patty Dill	220	20	7	1	0	660	20
08721	Chicken, Patty Grilled	120	23	2.5	0.5	0	320	1
08743	Chicken, Popcorn Nashville (10 Pieces)	240	20	11	2	0	600	15
08720	Chicken, Popcorn Smackers (10 Pieces)	240	18	11	2	0	570	16
08727	Chicken, Shredded (2.2oz)	120	16	5	1.5	0	120	1
08709	Chicken, Southern Drumstick	220	19	13	3	0	530	6
08726	Chicken, Strip Grilled 2.47oz	100	16	3.5	1	0	490	2
08724	Chicken, Tender Spicy (2)	206	20	8	1.5	0	390	13
08744	Chicken, Tender Spicy(3)	220	17	10	1	0	380	17
08733	Chicken, Tenders New (3)	220	22	7	1.5	0	460	14
08725	Chicken, Tender WG (3)	220	22	7	1	0	470	18
08700	Chicken, Wing Zings (5 pieces)	190	17	8	1.5	0	800	13
08730	Chicken, Wings (4 Wings)	210	14	17	4.5	0	250	1
08730	Chicken, Wings Plain (5 Wings)	262	18	21	6	0	313	1
M-308	Chicken, Wings Buffalo (5)	262	17	21	6	0	881	1
08732	Chicken, Wings Boneless (5)	190	17	9	1.5	0	410	11
M-326	Chicken, Wings Boneless Buffalo (5)	200	17	9	1.5	0	1050	12
08250	Corn Dog, Chicken	300	13	15	3.5	0	380	26
08203	Corn Dog, Mini (6)	260	11	14	3	0	410	22
08248	Empanada, Buffalo Chicken	300	19	11	5	0	650	32
M-327	Enchiladas (2)	322	20	12	0	56	397	20
08501	Fish, Patty Breaded	170	11	7	1	0	260	16
08502	Fish Sticks	240	15	10	1.5	0	430	21
08007	Frank, Beef	330	13	30	13	0	180	2
08702	Frank, Turkey	130	7	10	3	0	260	1
M-517	Grilled Cheese, Homemade	324	10	13	6	0	760	34
	Hamburger on Bun	340	24	14.5	5	0	500	30
02306	Mac & Cheese WG (2/3 Cup)	279	15	11	6	0	770	30
02310	Mac & Cheese Cup	330	17	18	10	0	810	26
08210	MaxStix (2)	300	16	12	4	0	460	32



Manatee County Nutrient Database

Item #	Item	Cals	Pro (g)	Tot fat (g)	Sat fat (g)	Trans fat (g)	Sodium	Carbohydrate
M-322	Meat Sauce, Italian (2/3 cup)	174	13	8	3	0	344	13
M-312	Meatballs in Italian Sauce (5)	239	16	15	6	0	374	15
08001	Meatballs, Beef (5)	150	14	9	3.5	0	250	4
M-314	Nacho/Taco Meat (1/2 cup)	314	13	8	3	0	688	5
08728	Pepperoni Turkey Sliced (1.32 OZ)	60	6	3	1	0	320	1
08207	Pizza - Dominos Chicken Hot (1 Slice)	260	20	9	4	0	580	27
08208	Pizza - Dominos Hawaiian (1 Slice)	290	22	11	4.5	0	880	30
08215	Pizza, Buffalo Chicken (1 Slice)	390	20	19	7	0	750	35
08398	Pizza, Cheese (Wrapped)	280	15	12	6	0	410	26
08225	Pizza, Cheese	336	20	16	10	0	435	27
08216	Pizza, Cheese WG Round C (1 Slice)	350	19	17	8	0	470	34
08226	Pizza, Dominos BBQ Chicken (1 Slice)	260	21	8	3.5	0	510	31
08205	Pizza, Dominos Cheese (1 Slice)	240	21	8	3.5	0	460	28
08228	Pizza, Dominos Cheeseburger (1 Slice)	300	22	13	6	0	570	28
08227	Pizza, Dominos Jalapeno Pepperoni (1 Slice)	270	21	10	4.5	0	690	28
08206	Pizza, Dominos Pepperoni (1 Slice)	260	20	9	4	0	490	28
08219	Pizza, Dominos Valedictorian (1 Slice)	320	21	15	6	0	610	29
08218	Pizza, Dominos Zesty Italian (1 Slice)	260	20	9	4	0	700	29
08201	Pizza, Fiesta	360	17	14	6	0	710	43
08901	Pizza Kit	360	13	17	9	0	750	34
08217	Pizza, Pepperoni Round C (1 Slice)	350	21	17	7	0	580	33
08239	Pizza, Ranchero (1 Slice)	327	19	14	8	0	620	30
08605	Pork, BBQ Rib Patty	250	13	17	6	0	640	11
M-300	Pork, Pulled BBQ	448	40	21	7	0	810	26
08607	Pork, Pulled BBQ Brookwood (4OZ)	299	18	17	6	0	233	17
08602	Pork, Pulled Plain 2.3OZ	150	17	9	3	0	180	1
08603	Pork, Sausage Link (Serving Size 2 Links)	140	14	10	3	0	520	0
08604	Pork Sausage Link (2 Links)	260	6	26	9	0	550	0
02016	Pretzel WG Large	140	5	0.5	0	0	150	30
08200	Quesadilla, Chicken	300	19	11	5	0	570	32
08220	Stromboli, Meat Lover	290	16	11	4	0	580	30
08238	Taco Wrap, Beef and Cheese	326	17	14	5.8	0	554	33
02307	Taquito, Chicken & Cheese (2) MS & HS (1 EL)	280	16	12	3	0	800	30
02303	Tornado, Ranchero (Beef) (2)	360	16	12	3	0	700	46
08909	Turkey Cheese Kit	380	21	17	5	0	960	39
08910	Chicken Turkey Pepp Cheese Kit	340	20	19	9	0	770	29
08711	Turkey - Italian Combo Sliced (6 Slices/3 of each)	250	13	7	2	0	543	2
08701	Turkey Gravy	120	18	5	1.5	0	520	2
08710	Turkey Breast (1 Slice)	100	18	2	0	0	310	4
08714	Turkey, Deli Sliced (4 Slices)	80	18	1	0.5	0	450	0
08707	Turkey, Diced (4oz)	100	18	1	0	0	580	2
08706	Turkey, Ham Diced (1/2 cup)	100	14	6	2	0	480	0
08722	Turkey, Ham Sliced Natural (6)	130	13	7	2	0	360	3
08729	Turkey, Rounds Sliced (5 Slices)	50	10	1	0.5	0	240	0
08212	Unrustable, Grape 5.3oz	600	18	34	6	0	540	64
08213	Unrustable, Strawberry 5.3oz	600	18	34	6	0	540	64
M-104	Yogurt Parfait Breakfast (No Granola)	196	7	0.2	0	0	108	43
M-104	Yogurt Parfait Breakfast w/ Granola	436	12	5	0.5	0	108	85
M-320	Yogurt Parfait w/ Granola	445	12	5	0.5	0	105	86
M-321	Yogurt Parfait (No Granola)	205	7	0	0	0	105	44



Manatee County Nutrient Database

Item #	Item	Cals	Pro (g)	Tot fat (g)	Sat fat (g)	Trans fat (g)	Sodium	Carbohydrate
BREAKFAST - GRAIN / BREAD								
02037	Bagel, Plain 2oz	150	5	0.5	0	0	230	32
02030	Biscuit, 2 oz.	190	4	9	6	0	650	23
M-116	Bowl, Breakfast	349	17	24	9	0	808	17
02001	Bread, Banana (1 Slice)	280	5	10	2	0	220	44
02041	Bread, Blueberry Mini Loaf	160	2	5	0.5	0	125	26
02005	Bread, Pumpkin (1 Slice)	260	5	8	1.5	0	240	44
02008	Croissant	110	3	4	1.5	0	105	16
02007	English Muffin	120	6	1.5	0	0	270	21
M-113	Ham, Cheese on English Muffin	220	17	8	2	0	555	24
02006	Muffin, Blueberry (Individually Wrapped)	170	2	6	1	0	120	27
02046	Muffin, Blueberry (Individually Wrapped) Buena Vista	230	4	7	1	0	240	39
02049	Muffin, Blueberry (Individually Wrapped) Bake Crafters	310	5	9	1	0	190	52
02045	Muffin, Choc Chip (Individually Wrapped) Buena Vista	250	4	8	2	0	240	41
02050	Muffin, Choc Chip (Individually Wrapped) Bake Crafters	340	6	11	2	0	200	57
02014	Muffin, Cinnamon Crumble	250	4	9	1	0	250	32
02048	Muffin, Top Blueberry	240	4	7	0.5	0	220	42
02047	Muffin, Top Choc Chip	260	4	9	2	0	250	41
M-114	Toast, Margarine	110	3	5	2	0	146	15
M-115	Toast, Butter Spray	80	3	1	0	0	160	15
11102	Sausage Gravy	80	2	5	2	0	380	6
CEREAL								
02301	Cereal Kit, Apple Jacks	260	4	3.5	0.5	0	265	56
02212	Cereal Kit, Crunchmania Cinn Buns	220	3	7	2	0	170	37
02302	Cereal Kit, Fruit Loops	260	4	3.5	0.5	0	265	56
02213	Cereal Pouch, Apple Jacks	100	2	0.5	0	0	160	24
02214	Cereal Pouch, Froot Loops	100	2	0.5	0	0	170	24
02210	Cereal Bowl, Froot Loops	100	2	0.5	0	0	170	24
02215	Cereal Pouch, Frosted Flakes	100	2	0	0	0	170	24
02207	Cereal, Apple Jacks	100	2	0.5	0	0	160	24
02200	Cereal, Kix	70	1	0.5	0	0	100	14
02202	Cereal, Cheerio Fruity	120	3	1.5	0	0	140	25
02206	Cereal, Cheerio Honey Nut	110	2	1.5	0	0	160	23
02208	Cereal, Chex Rice	110	2	0.5	0	0	230	24
02204	Cereal, Cinnamon Toast Crunch	120	1	3	0	0	160	22
02201	Cereal, Cocoa Puff	120	2	1.5	0	0	125	25
02211	Cereal, Frosted Flakes	100	2	0	0	0	170	24
02212	Cereal, Crunch Mania Cin Buns	220	3	7	2	0	170	37
02217	Cereal, Bar Trix	160	2	3.5	0.5	0	105	29
02218	Cereal, Bar Cinn Toast	160	2	3.5	0	0	120	30
02209	Cereal, Granola (1/2 Cup)	200	4	2.5	0	0	85	43
02220	Cereal, Granola (Rockin' Ola)	240	5	5	0.5	0	0	42
02205	Cereal, Lucky Charms	110	2	1	0	0	180	23
02800	Grits (1 Cup prepared)	130	3	0.5	0	0	0	29
M-110	Grits	65	2	0.25	0	0	136	15
M-111	Grits, Cheese	120	5	5	3	0	231	16
02219	Oatmeal, Quick (1 Cup prepared)	100	4	2	0	0	75	19
02216	Oatmeal, Quick (1/4 cup dry)	75	3.5	1.5	0.25	0	0	13.5
M-100	Oatmeal	75	3	2	0.25	0	136	14
M-101	Oatmeal, with Brown Sugar (1 Cup)	91	3	2	0.25	0	136	18
BREAKFAST ITEMS								
M-118	Bacon, Egg, & Cheese Croissant	220	14	11	5	0	465	17
08713	Bacon, Turkey Canadian (2 Slices)	50	7	2.5	1	0	260	0
08231	Burrito, Egg & Cheese	170	8	7	3	0	270	18
M-106	Chicken Patty Biscuit	330	16	16	7	0	900	32
08723	Chicken, Patty Breakfast	140	12	7	1	0	250	9
08740	Chicken, Patty Breakfast Gold Creek	100	10	3.5	0.5	0	230	6
02015	Cinnamon Roll (1)	270	6	12	5	0	360	36
02033	Cinnamon Toast Crunch Bread	260	6	8	3	0	290	41
02043	Cinni Minnis	240	4	8	1.5	0	270	40



Manatee County Nutrient Database

Item #	Item	Cals	Pro (g)	Tot fat (g)	Sat fat (g)	Trans fat (g)	Sodium	Carbohydrate
M-117	Egg & Cheese Croissant	195	10	10	4	0	335	17
M-107	Egg & Cheese Bagelwich	200	8	4	1	0	355	32
M-109	Egg & Cheese Muffin	205	13	7	2	0	500	22
M-108	Egg & Cheese Biscuit	275	9	15	8	0	890	24
08408	Egg Fiesta Scramble	180	10	11	5.1	0	467	10
08405	Egg Scrambler BAC/CHS C	120	8	9	3	0	280	1
08409	Egg, Cheddar Omelet	180	13	13	6	0	400	2
08403	Egg, Hardboiled	70	6	5	1.5	0	55	0
08402	Egg, Patty	50	3	3.5	1	0	125	0
08245	Egg Sausage & Cheese Wrap	172	9	7	3	0	261	18
08404	Eggs, Scrambled (2oz)	90	6	6	2	0	260	2
08247	Empanada, Bacon Egg and Cheese	230	12	11	4	0	340	21
02326	French Toast Stick Cinn C (3 Sticks)	210	8	7	2.5	0	300	28
02309	French Toast IW	240	6	7	1	0	260	38
02057	Frudel, Apple	210	4	6	1	0	250	36
11102	Gravy, Sausage	80	2	5	2	0	380	6
11100	Gravy Mix Brown	94	0	0	0	0	1697	18
M-112	Ham & Cheese Bagelwich	250	15	7	2.25	0	515	35
08202	Pancake on a Stick	190	7	10	2.5	0	310	17
08224	Pancake Slider WG IW	180	10	7	2	0	300	18
02013	Pancake, Confetti	210	4	7	1	0	210	36
02011	Pancake, Mini Maple	220	4	6	0.5	0	270	37
02055	Pancake, Mini Maple	200	5	4	0	0	240	36
02054	Pancake, Mini Chocolate Chip	220	5	5	0	0	190	37
08211	Pizza, Breakfast	200	9	7	2	0	320	26
08234	Sandwich, Ciabatta Cheese Melt	260	18	10	5	0	670	28
08233	Sandwich, Waffle Chicken	170	8	6	1	0	430	21
M-102	Sausage & Cheese Biscuit	295	13	16	9	0	1005	25
M-103	Sausage Biscuit	260	9	14	8	0	900	24
08604	Sausage, Link Pork (1 links)	260	6	26	26	0	550	0
08708	Sausage, Turkey Patty	60	6	4	1	0	90	0
08600	Sausage, Pork Patty	70	6	4.5	1.5	0	240	1
02035	Super Round	250	6	9	3.5	0	230	37
02040	Toast, Apple Cinn WG IW	300	5	11	2	0	430	48
02304	Tornado Breakfast, Turkey Sausage and Cheese (2 Stick)	360	14	14	3	0	560	44
08214	Uncrustable, Grape 2.6oz	300	9	17	3	0	280	32
08212	Uncrustable, Grape 5.3oz	600	18	34	6	0	540	64
08252	Uncrustable, Strawberry 2.6oz	300	9	17	3	0	280	32
08213	Uncrustable, Strawberry 5.3oz	600	18	34	6	0	540	64
02038	Waffle, Sliders (Bites) New (2)	80	2	2.5	0	0	95	14
02059	Waffle, Chocolate Chip	370	4	13	4	0	105	36
02010	Waffle, Dutch	300	4	13	3	0	350	43
02044	Waffle, Eggoji (2)	180	4	6	1.5	0	210	30
02051	Waffle, Maple Bulk (1)	90	2	3	0	0	130	15
02058	Waffle, Maple Chip	260	4	12	3.5	0	110	36
02022	Waffle, Mini Blueberry	210	4	6	1	0	170	37
02021	Waffle, Mini Maple	210	3	6	1	0	170	37
02028	Waffle, WG	90	2	3	0	0	135	14
08804	Yogurt, Blueberry (4oz)	90	3	0	0	0	55	19
08801	Yogurt, Strawberry (4oz)	90	3	0	0	0	50	19
08803	Yogurt, Strawberry Banana (4oz)	90	3	0	0	0	55	19
08802	Yogurt, Vanilla (4oz)	90	3	0	0	0	50	19
08800	Yogurt, Vanilla Tub (8oz)	180	6	0	0	0	105	38
08800	Yogurt, Smoothie Mango Pineapple	130	5	0	0	0	65	36
08807	Yogurt, Smoothie Peach	125	5	0	0	0	70	35
08808	Yogurt, Smoothie Strawberry Banana	130	5	0	0	0	70	36
SNACK ITEMS								
02710	Bar, Benefit French Toast	290	5	9	2.5	0	200	47
02711	Bar, Benefit Chocolate Banana	280	5	8	3	0	220	47
02712	Bar, Benefit Chocolate Chip	280	5	8	3	0	230	47
10408	Brownie, WG IW	160	3	3.5	1.5	0	180	31
08103	Cheese, Colby Jack Stick	90	7	6	4	0	200	0
08112	Cheese, Colby Jack Stick	90	7	7	4.5	0	200	0
08104	Cheese, Mozzarella String Cheese	60	7	3	2	0	200	1



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Item #	Item	Cals	Pro (g)	Tot fat (g)	Sat fat (g)	Trans fat (g)	Sodium	Carbohydrate
10006	Chex Mix, Cheddar	110	2	2.5	0.5	0	130	20
10000	Chex Mix, Chocolate	130	2	4	0.5	0	50	22
10014	Chex Mix, Strawberry Yogurt	130	2	3	1	0	55	23
10023	Chip - Top N Go Tostitos	190	3	7	1	0	160	28
10005	Chip, Baked BBQ	110	2	3	0	0	125	19
10004	Chip, Baked Lay's Regular	110	2	3	0	0	140	19
10007	Chip, Baked Sour Cream Cheese	100	1	2.5	0	0	200	17
10022	Chip, Baked Sour Cream Onion	140	2	3.5	0.5	0	190	24
10016	Chip, Cheetos Baked	120	2	4.5	1	0	200	16
10013	Chip, Cheetos Baked Hot	120	2	4.5	0.5	0	200	16
10003	Chip, Cheetos Fantastix Chili Cheese	130	2	5	1	0	200	19
10001	Chip, Cheetos Fantastix Hot	130	2	5	1	0	200	20
10025	Chip, Cheetos Hot Limon	110	2	4	0.5	0	140	18
10008	Chip, Cheetos Puff Flamin Hot	90	2	3.5	0.5	0	140	13
10012	Chip, Cheetos Puffs	90	2	3.5	0.5	0	140	13
10010	Chip, Doritos Cool Ranch	130	2	5	0.5	0	180	20
10020	Chip, Doritos Flamas	130	2	5	0.5	0	200	20
10011	Chip, Doritos Nacho Cheese	130	2	5	1	0	200	20
10009	Chip, Dorito Sweet Chili	130	2	5	0.5	0	200	20
10021	Chip, Funiyons	100	2	3.5	0.5	0	125	14
10024	Chip, Top N Go Nacho Doritos	190	3	7	1	0	280	28
10400	Churro (1/2 Churro)	90	1.5	4	1.25	0	70	13
10209	Cookie, Brookee	150	2	4.5	1.5	0	150	23
10206	Cookie, Chocolate Chip IW 1.5oz	160	2	6	1.5	0	115	26
10207	Cookie, Confetti Filled IW	190	2	7	2	0	160	29
10021	Cookie, Doodle Graham	130	2	4	1	0	55	21
10022	Cookie, Doodle Lemon	130	2	4	1	0	55	21
10218	Cookie, Flower	160	2	9	4.5	0	80	18
10211	Cookie, Football	160	2	9	4.5	0	80	18
10200	Cookie, Fortune	110	2	0	0	0	10	25
10210	Cookie, Gingerbread	160	2	7	3.5	0	15	24
10208	Cookie, Green Egg	130	2	4.5	1	0	100	22
10217	Cookie, Heart	160	2	9	4.5	0	80	18
10216	Cookie, Holiday	160	2	9	4.5	0	85	17
10219	Cookie, Pumpkin	130	2	4.5	1	0	100	22
10202	Cookie, Smart President	120	2	4	0	0	65	22
10203	Cookie, Smart Spanish	130	2	4	1	0	95	22
10204	Cookie, Triple Chocolate Fudge (Hershey)	200	3	7	2	0	135	31
10201	Cookie, Mini Chocolate Chip	160	2	6	1.5	0	160	25
10220	Cookie, Brownie IW	150	2	4.5	1.5	0	150	23
10315	Cracker, Animal	130	2	4	0	0	95	24
10313	Cracker, Belly Bear	120	2	4	0	0	115	20
10303	Cracker, Cheez Its	100	2	3.5	1	0	150	14
10305	Cracker, Goldfish Cheddar	100	2	3.5	0.5	0	170	14
10300	Cracker, Goldfish Color	100	2	3.5	0.5	0	170	14
10308	Cracker, Goldfish Honey Bun	130	2	4.5	1	0	130	21
10312	Cracker, Goldfish Mickey	100	2	3.5	0.5	0	160	14
10304	Cracker, Goldfish Pretzel	90	2	1.5	0	0	200	16
10307	Cracker, Graham (1 Pkt/3 Crackers)	90	2	2.5	0	0	95	17
10311	Cracker, Holiday	130	2	4	0	0	120	21
10314	Cracker, Savory	190	4	6	0	0	200	30
10306	Cracker, Scooby Snack Graham	120	2	3.5	1	0	115	21
10412	Cupcake, Birthday	140	2	2.5	0	0	170	27
10401	Cupcake, Celebration	140	2	2.5	0.5	0	170	27
02025	Donut, WG	280	5	16	7	0	300	30
10510	Froyo, Chocolate	80	2	1	0.5	0	35	14
10512	Froyo, Orange Dream	80	2	1	0.5	0	35	14
10511	Froyo, Vanilla Cupcake	80	2	1	0.5	0	35	14
10604	Fruit Roll-Up, Berry	50	0	1	0.5	0	55	11
10602	Fruit Roll-Up, Strawberry	50	0	1	0.5	0	55	11
10600	Fruit Snack, Mixed Fruit	130	1	0	0	0	20	34



Manatee County Nutrient Database

Item #	Item	Cals	Pro (g)	Tot fat (g)	Sat fat (g)	Trans fat (g)	Sodium	Carbohydrate
02704	Granola Bar, Cookies & Cream	150	2	4	1	0	135	29
02706	Granola Bar, Zee Zee Cherry	200	3	7	2	0	40	33
02705	Granola Bar, Zee Zee Smore	150	2	5	1.5	0	50	24
02707	Granola Bites, Smore	160	2	6	1.5	0	120	24
02702	Granola, Chewy Maple	160	2	3	1	0	135	31
02703	Granola, Chewy Choc Chunk	160	2	3	1	0	135	31
10301	Gripz, Chocolate Chip	120	2	3.5	1.5	0	80	21
10505	Ice Cream Sandwich	120	3	1.5	1	0	105	26
10503	Ice Cream, Choc Éclair	180	2	7	1.5	0	75	28
10501	Ice Cream, Cup Chocolate	70	4	0	0	0	65	18
10506	Ice Cream, Cup Van/Choc	70	2	1	0.5	0	35	15
10500	Ice Cream, Cup Vanilla	80	3	0	0	0	70	20
10504	Ice Cream, Fuge Bar	120	3	1.5	1	0	60	23
10507	Ice Cream, Orange Dream	90	1	1	0.5	0	25	20
10502	Ice Cream, Vanilla Fudge Cone	110	2	2	1	0	75	21
10509	Ice Cream, Dippin Dot	55	1	0	0	0	10	13
10603	Jerky, Beef	70	10	1	0	0	200	6
01402	Juice, Capri Sun Berry 6oz	90	0	0	0	0	25	21
01509	Juice, Izze Sparkling Clementine	90	0	0	0	0	15	21
01510	Juice, Izze Sparkling Cherry Lime	90	0	0	0	0	10	23
01511	Juice, Izze Sparkling Apple	90	0	0	0	0	15	24
02700	Nutri-Grain Bar, Blueberry	150	2	3.5	0.5	0	135	30
02701	Nutri-Grain Bar, Strawberry	150	2	3.5	0.5	0	150	30
10411	Pie, Apple	300	2	12	5	0	340	41
10018	Popcorn, Kettlecorn	130	2	5	0.5	0	140	20
02043	Pretzel, Pumpkin	140	5	0.5	0	0	150	30
10015	Pretzel, Hartzels	80	2	1	0	0	200	16
10402	Pudding, Chocolate	120	1	3	0.5	0	200	24
10404	Pudding, Chocolate Cup (Snack Pack)	110	1	2.5	1.5	0	135	20
	Pudding, Unicorn	175	0	6	3	0	200	32
10403	Pudding, Vanilla	130	0	3	0	0	200	25
10405	Pudding, Vanilla Cup (Snack Pack)	110	0	2.5	1.5	0	130	20
10410	Rice Krispie Treat	160	2	4	1	0	140	30
10407	Rice Krispie Treat, Chocolate Chip	190	2	5	2	0	150	34
10406	Rice Krispie Treat, Mini	50	0	1	0	0	45	9
10002	Snack Mix Munchies	110	3	3.5	0	0	180	18
10026	Snack Mix Munchies Hot	110	2	4	0.5	0	90	17
M-449	Sunflower & Cheese Plate	502	18	25	6	0	567	54
10605	Sunflower Seeds, Honey Roasted	190	6	15	1.5	0	65	11
11221	Sunflower Seeds, Honey Roasted	170	6	14	2	0	0	6
SOUP								
11701	Tomato (1 Cup)	90	2	0	0	0	480	20
11703	Creamy Tomato Soup (1 Cup)	170	4	4	3	0	467	21
11704	Broccoli and Cheddar Soup	170	13	11	6	0	583	14
SALAD								
M-416	Breaded Chicken Caesar Salad	263	21	10	3	0	708	21
M-418	Chef Salad	210	22	11	6	0	556	7
M-419	Chef Salad w/Egg	190	22	9	4	0	489	6
M-423	Chicken Smacker Caesar Salad	284	22	13	3	0	670	19
M-424	Chicken Tender Caesar Salad	261	25	9	2	0	558	18
M-425	Cobb Salad	270	24	15	6	0	847	8
M-436	Grilled Chicken Caesar Salad	143	19	6	2	0	587	5
M-438	Hummus & Cheese Plate	392	16	15	4	0	592	50
M-439	Hummus & Peanut Butter Plate	516	16	27	5	0	564	56
M-442	Mediterranean Salad Topper	147	13	9	2	0	569	7
M-402	Muffin (variety), Cottage Cheese, & Fruit	472	17	13	3	0	641	74
M-400	Muffin, Cheese, & Fruit Plate	512	19	18	6	0	642	70
M-401	Muffin, Cheese, Yogurt Plate	542	15	15	4	0	492	88
M-403	Munchable, Egg	412	18	12	4	0	702	56
M-406	Munchable, Turkey	542	22	25	11	0	846	56
M-404	Munchable, Ham	427	18	15	4	0	767	54
M-407	Munchable, Pepperoni & Cheese	550	17	27	11	0	915	57
M-405	Munchable, PB	522	19	22	5	0	777	64
M-408	Munchable, Pizza	368	18	12	4	0	873	44



Manatee County Nutrient Database

Item #	Item	Cals	Pro (g)	Tot fat (g)	Sat fat (g)	Trans fat (g)	Sodium	Carbohydrate
M-443	Southwestern Grilled Chicken Salad	338	27	5	1	0	1359	49
M-444	Southwest Vegetarian Salad	459	23	20	12	0	1250	
M-412	Southwest Salad Topper	168	19	4	1	0	684	16
M-450	Taco Salad	307	20	17	9	0	1387	14
M-456	Vegetarian Garden Salad (w/egg & cheese)	218	14	14	8	0	277	9



Manatee County Nutrient Database

Item #	Item	Cals	Pro (g)	Tot fat (g)	Sat fat (g)	Trans fat (g)	Sodium	Carbohydrate
SANDWICH / WRAP								
M-303	Buffalo Chicken Dip	282	25	18	8	0	1008	5
M-501	Buffalo Chicken Tender Loco	423	27	14	2	0	904	48
M-502	Buffalo Chicken Tender Wrap	293	23	13	2	0	764	22
M-457	Greek Salad	121	7	9	4	0	465	8
M-523	Ham and Cheese on Bread	325	20	11	3	0	785	34
M-522	Ham and Cheese on Bun	315	21	11	3	0	705	34
M-521	Ham and Cheese on Hoagie	355	23	11	3	0	735	43
08907	Ham, Chicken, and Cheese Sandwich (IW)	270	20	9	4	0	790	28
08902	Ham and Cheese Swirl WG (IW)	290	20	11	5	0	940	29
M-525	Ham on Bread	290	19	9	2	0	680	33
08904	Italian Combo Wrap WG (IW)	240	15	12	6	0	710	17
08903	Italian Swirl Sandwich (IW)	290	18	12	5	0	910	29
M-316	Popcorn Chicken Bowl	535	25	21	6	0	1446	62
08908	Chicken, Pepperoni & Cheese Sub	310	21	11	4	0	770	34
08232	Sandwich Stuf Pepp	300	19	12	5	0	590	31
08905	Turkey and Cheese on Bread	290	22	10	4.5	0	800	28
08906	Turkey Ham and Cheese Croissant	350	20	19	9	0	800	30
M-537	Turkey and Cheese on Bun	265	26	5	2	0	795	31
M-536	Turkey and Cheese on Hoagie	305	28	5	2	0	825	40
M-542	Turkey and Ham Sandwich	265	22	6	1	0	725	32
M-544	Turkey Sandwich	240	24	3	0.5	0	770	30



Manatee County Nutrient Database

Item #	Item	Cals	Pro (g)	Tot fat (g)	Sat fat (g)	Trans fat (g)	Sodium	Carbohydrate
CONDIMENTS								
11602	Bacon Slices (1 Slice)	40	2	4	1.25	0	130	0
11602	Bacon Slices (1 Slice)	40	2	4	1.25	0	130	0
11608	Butter Spray	0	0	0	0	0	0	0
05015	Butter Margarine (PC)	45	0	5	1.5	0	75	0
06100	Butter Margarine (1Tbsp)	100	0	12	5	0	85	0
08111	Cheese, American Slice (1 Slice)	35	3.5	2	1.25	0	105	1
08111	Cheese, American Sliced (2 Slices)	70	7	4	2.5	0	210	2
08117	Cheese, Cheddar Crackers (4 Squares)	110	7	9	6	0	200	1
08116	Cheese, Cheddar Cubed (1oz)	90	7	7	4.5	0	190	0
08107	Cheese, Cheddar Shredded (1/4 Cup)	110	7	9	5	0	180	1
08110	Cheese, Cheddar Shredded (1/4 Cup)	110	6	9	6	0	190	1
08114	Cheese, Cheddar Sliced (1 Slice)	90	5	7	4.5	0	140	1
08102	Cheese, Cottage (1/2 Cup)	80	12	1	0.5	0	400	6
08105	Cheese, Feta (1 oz)	70	5	6	3.5	0	330	1
08108	Cheese, Mozzarella Shredded (1/4 Cup)	90	7	6	3.5	0	180	1
08113	Cheese, Parmesan	110	9	8	5	0	360	1
08109	Cheese, Sauce (3/8 Cup)	130	7	10	6	0	550	5
03206	Cheese, Swiss (1 Slice)	80	6	6	4	0	50	1
03206	Cheese, Swiss (2 Slices)	160	12	12	8	0	100	2
11220	Corn Starch (1 Tbsp)	35	0	0	0	0	0	9
05000	Cream Cheese (PC)	45	2	3.5	2.5	0	80	1
05519	Cream Cheese Light (2 Tbsp)	60	3	5	3.5	0	120	2
05027	Dressing, Blue Cheese (PC)	260	2	27	5	0	290	2
05001	Dressing, Caesar Creamy (PC)	210	1	23	4	0	400	1
05007	Dressing, Pan Asian Sesame (PC)	180	0	15	2	0	590	11
05502	Dressing, Ceasar (2 Tbsp)	110	1	11	2	0	280	2
05503	Dressing, Coleslaw (2 Tbsp)	130	0	11	1.5	0	410	7
05541	Dressing, Chipotle Ranch (2 Tbsp)	140	0	14	2	0	220	4
05504	Dressing, Greek (2 Tbsp)	130	0	14	2.5	0	240	1
05521	Dressing, Honey Mustard (2 Tbsp)	140	0	13	2	0	220	4
05028	Dressing, Honey Mustard (PC)	190	1	19	3	0	310	6
05505	Dressing, Italian Creamy (2 Tbsp)	110	0	10	1	0	260	7
05023	Dressing, Italian Fat Free (PC)	25	0	0	0	0	360	7
05506	Dressing, Ranch Buttermilk (2 Tbsp)	110	0	12	2	0	210	1
05011	Dressing, Ranch Fat Free (PC)	10	0	0	0	0	125	3
05008	Dressing, Ranch Buttermilk Light (PC) (1.5oz)	110	1	10	1.5	0	350	2
05009	Dressing, Raspberry Vinaigrette PC	50	0	0	0	0	115	12
05507	Dressing, Raspberry Vinaigrette	130	0	12	2	0	90	5
03102	Dressing, Thousand Island (PC)	180	0	18	3	0	320	6
08401	Egg, Cooked Diced (3 Tbsp)	80	6	5	1.5	0	70	1
11103	Gravy, White (2Tbsp)	128	0	6	3	0	686	18
05030	Hummus (PC)	150	4	11	1.5	0	250	9
05526	Jalapeno Peppers (2 Tbsp)	5	0	0	0	0	280	1
05010	Jelly - Assorted (PC)	35	0	0	0	0	0	9
05025	Jelly - Grape (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
05035	Ketchup (Dunk Cup)	25	0	0	0	0	75	6
05036	Ketchup (Made with Sugar/RS) (PC)	10	0	0	0	0	25	2
05513	Ketchup Jug (2 Tbsp)	40	0	0	0	0	320	10
05508	Mayonnaise Light (1 Tbsp)	35	0	3.5	0.5	0	100	1
05029	Mayonnaise Light (PC)	30	0	3	0	0	85	1
05016	Mustard (PC)	5	0	0	0	0	65	0
05516	Mustard Jar (2 Tbsp)	30	0	0	0	0	360	0
05031	Peanut Butter (PC)	180	7	15	3	0	130	8
05019	Relish Sweet (PC)	15	0	0	0	0	70	3
05514	Relish Jug (2 Tbsp)	30	0	0	0	0	190	8
12010	Salsa Cup	25	1	0	0	0	195	5
05013	Sauce, BBQ (PC)	15	0	0	0	0	85	4
08100	Sauce, Alfredo (1/4 Cup)	92	6	6	3	0	380	4
05034	Sauce, BBQ Dunk Cup	40	0	0	0	0	65	10
05524	Sauce, BBQ Sweet Baby Rays (2 Tbsp)	70	0	0	0	0	290	18
05520	Sauce, Boom Boom (2 Tbsp)	150	0	16	2.5	0	250	2
05517	Sauce, Buffalo (1 Tbsp)	0	0	0	0	0	420	0
05528	Sauce, Buffalo Wing (2 Tbsp)	0	0	1	0	0	840	0
05509	Sauce, Enchilada (1/4 cup)	25	0	0.5	0	0	480	5
05500	Sauce, Garlic Chili	45	1	1	0	0	590	8
05527	Sauce, Honey Hot (2 Tbsp)	60	0	0	0	0	380	16
05017	Sauce, Hot (PC)	0	0	0	0	0	180	0
12008	Sauce, Marinara (PC)	40	1	1	0	0	200	7
05510	Sauce, Picante (2 Tbsp)	10	0	0	0	0	250	2
05512	Sauce, Soy (2 Tbsp)	20	2	0	0	0	1180	2
05523	Sauce, Sweet Chili (2 Tbsp)	70	0	0	0	0	460	17
05021	Sauce, Sweet and Sour (PC)	50	0	0	0	0	85	13
05022	Sauce, Taco (PC)	5	0	0	0	0	115	1
05020	Sauce, Tartar (PC)	40	0	3	0.5	0	100	3
05515	Sauce, Teriyaki (1 Tbsp)	25	1	0	0	0	410	6
05529	Sauce, Teriyaki (1 Tbsp)	15	1	0	0	0	610	2
05032	Sour Cream (PC)	60	1	5	3.5	0	10	1
05004	Spice - Pepper (PC)	0	0	0	0	0	0	0
05024	Syrup - Sugar Free (PC)	10	0	0	0	0	80	4
05012	Syrup (PC)	120	0	0	0	0	40	31
03005	Topping, Whipped (2 Tbsp)	25	0	2	2	0	0	2
11603	Tortilla Strips	35	0	2	0	0	15	4
11601	Turkey Bacon Bits (1oz)	120	8	8	2	0	640	0
11213	Vinegar Balsamic (1Tbsp)	20	0	0	0	0	0	5