

Abington Public Schools Nutrition Facts

Menu Item	Portion Size	Calories	Protein	Carbs
1 % milk	8 oz	110	8 g	13g
fat free chocolate milk	8 oz	120	8g	20g
fat free strawberry milk	8 oz	110	8g	19g
fat free coffee milk	8 oz	110	8g	20g
String Cheese, LMPS, 1 oz l/W	1 each	80	8g	1g
fat free lactose free milk	8 oz	90	8g	13g
100% apple juice	4 oz	60	0g	14g
100% orange juice	4 oz	50	1g	13g
100% fruit punch	4 oz	60	0	14g
smart choice WG blueberry muffin	1 ea, 2 oz	160	3g	26g
smart choice WG chocolate chip muffin	1 ea, 2 oz	170	3g	29g
smart choice WG corn muffin	1 ea	180	3g	28g
whole grain cinnamon roll, Hadley	1 ea, 2.7 oz	230	4g	38g
whole wheat honey bagel, Aesops	1 ea, 2 oz	130	4g	33g
Cocoa Puffs, less sugar cereal	1 ea, 1.06 oz	110	2g	25g
Cinnamon Toast Crunch, less sugar cereal	1 ea, 1 oz	110	1g	22g
Fruit Loops, less sugar cereal	1 ea, 1 oz	110	2g	24g
Lucky Charms, cereal	1 ea, 1 oz	110	2g	23g
English Muffin Sandwich, Egg & Cheese	1 ea	255	16g	27g
Cocoa Puffs Cereal Bar	1 ea	150	3g	30g
Cinnamon Toast Crunch Cereal Bar	1 ea	150	2g	30g
Donut, Richs whole grain glazed, sprinkled	1 ea	310	5g	35.5g
Nutrigrain Bar, Strawberry	1 ea	160	2g	30g
Poptart, Kelloggs WG Cinnamon	1 ea	190	2g	38g
Poptart, Kelloggs WG Strawberry	1 ea	180	2g	38g
Poptart, Kelloggs WG Fudge	1 ea	190	2g	38g
dinner roll, Calise	1 ea	73	3g	14g
whole wheat breadstick	1 ea	110	4g	21g
Hamburger Roll, wheat Calise	1 ea	146	6g	29g
Whole Wheat Tortilla Shell, 8"	1 ea	120	3g	21g
Hotdog Roll, Calise New England	1 ea	150	7g	26g
Wheat Bread, Calise Pullman	2 slices	120	6g	12g
Breadstick, Smartpicks White WW	1 each	110	4g	21g
Sub Roll, wheat Calise	1 ea	146	6g	29g
Menu Item	Portion Size	Calories	Protein	Carbs
apple, macintosh	1 ea, medium	80	0	22g
apple, fresh sliced pouch	1 package	30	0	8g
orange, fresh	1 ea, medium	80	1g	19g
cantaloupe, fresh	1/2 cup diced	26.5	.7g	6.5g
watermelon, fresh	1/2 cup diced	20	.25g	5.25g
cranberries, dried	1 package	110	0	28g
raisins	1 (1.33oz) box	114	1g	30g
peaches, cup-a-fruit	1 (4.4 oz) cup	80	1g	19g
strawberries, diced cup-a-fruit	1 (4.5oz) cup	90	1g	22g
mixed fruit, extra light sucrose syrup	1/2 cup	60	0	17g

pears, diced extra light sucrose syrup	1/2 cup	60	0	16g
peaches, diced extra light sucrose syrup	1/2 cup	60	0	14g
Apple sauce, unsweetened cup USDA	1 preportioned cup	60	0	14g
peaches, cling extra light syrup	1/2 cup	60	0	14g
Salad, Caesar, 1.5 oz dressing	1.5 oz	180	4.1g	17.1g
Corn, whole kernal	1/2 cup	67	2g	16g
Broccoli	1/2 cup	26	3g	5g
Peas	1/2 cup	62	4g	11g
Pepper/Onion medley	1/2 cup	20	1g	5g
Greenbeans	1/2 cup	19	1g	4g
Carrots	1/2 cup	27	0	6g
Peas & Carrots	1/2 cup	47	2g	8.5g
Mixed Veg, carrots, greenbean, corn, peas	1/2 cup	45.2	2.2g	9g
Carrots, Fresh Baby	1 (2.5oz) package	30	1g	9g
Beans, Vegetarian- low sodium	1/2 cup	110	7g	20g
Beans, Garbanzo- low sodium	1/2 cup	106	6g	16g
Beans, Black Turtle- low sodium	1/2 cup	110	8g	19g
String Cheese	1 oz package	80	8g	1g
Goldfish Pretzel Cracker	1 (.75 oz) pouch	90	2g	16g
Onion Ring	3 each			
Gravy, Trio Chicken	2 oz	35	0	7g
Potatoes, Mashed Idahoan	1/2 cup	90	2g	17g
Menu Item	Portion Size	Calories	Protein	Carbs
Yogurt, Danimals Strawberry-Banana	1 (4oz) cup	80	4g	15g
Chicken Breast Nugget, Proview Foods	5 each	160	14g	13g
Turkey Taco Filling	2 oz	100	9g	3g
Hamburger, USDA (without bun)	1 each	120	12g	0g
Cheeseburger, USDA (without bun)	1 each	160	15.5g	1g
Chicken Tender, Tyson	3 each	260	15g	16g
Chicken Patty, Tyson (without bun)	1 each	270	16g	16g
Hot Dog, Kayem low sodium (without bun)	1 each	160	7g	2g
Meatballs	6 each	230	13g	6g
Pasta, cooked in unsalted water	1 cup	200	7g	41g
Macaroni & Cheese	1 cup	412	18g	50.5g
Spaghetti / Marinara Sauce	1/2 cup	35	2g	7g
Popcorn Chicken, Tyson	15 pieces	250	15g	17g
Wild Mike's Cheese Bites	4 each	280	16g	28g
The Max Cheese Pizza (ind round)	1 each	320	15g	40g
Pizza, Papa Gino's Pepperoni	1 slice	390	17g	42g
Pizza, Papa Gino's Cheese	1 slice	320	14g	42g
Pizza, Sal's slice	1 slice	220	13g	27g
Pizza, school made cheese slice	1 slice	295	20g	32
French Bread Pizza, Tony's	1 each	290	17g	33g
The Max Stuffed Crust Pizza	1 slice	330	15g	36g
Pancakes, USDA	2 each	140	4g	26g
French Toast Sticks, Rich's	2 sticks	170	4g	24g
Turkey Sausage Patty, Jennio-O	1 patty	60	6g	0g

Total Fat	Sat Fat	Fiber	Sodium	Sugar	Allergen Alert	
2.5g	1.5g	0g	130mg	12g	milk	
0	0	0	180mg	18g	milk	
0	0	0	125mg	18g	milk	
0	0	0	125mg	18g	milk	
5g	3g	0	200mg	0	milk	
0	0	0	125mg	12g	milk, lactose removed	
0	0	0	15mg	13g		
0	0	1g	15mg	11g		
0	0	0	10mg	13g		
5g	.5g	1g	95mg	14g	wheat, egg, milk, soy	
5g	1g	1g	100mg	15g	wheat, egg, milk, soy	
6g	.5g	1g	90mg	15g	wheat, egg, milk, soy	
7g	1.5g	3g	240mg	12g	wheat, soy	
1g	0	3g	250mg	2g	wheat, soy	
1.5g	0	2g	120mg	8g	wheat, soy	
3g	.5g	3g	160mg	6g	wheat, soy	
1g	.5g	3g	170mg	8g	wheat, soy	
1g	0	2g	180mg	10g	wheat, soy	
11g	4.5g	3g	610mg	2g	wheat, soy, milk, egg	
3g	0	3g	100mg	9g	wheat, soy	
3.5g	0	3g	155mg	9g	wheat, soy	
17g	7g	3g	300mg	9.4g	wheat, soy	
4g	.5g	3g	150mg	14g	wheat, soy, milk	
3g	1g	3g	200mg	16g	wheat, soy	
2.5g	1g	3g	190mg	15g	wheat, soy	
3g	1g	3g	200mg	16g	wheat, soy	
0	0	2g	127mg	1g	wheat	
1g	0	3g	210mg	4g	wheat	
0	0	3g	254mg	2g	wheat	
3g	1.5g	2g	220mg	1g	wheat	
2g	0	2g	250mg	3g	wheat	
2g	0	2g	300mg	2g	wheat	
1g	0	3g	210mg	4g		
0	0	3g	254mg	2g	wheat	
Total Fat	Sat Fat	Fiber	Sodium	Sugar	Allergen Alert	
0	0	5g	0	16g		
0	0	2g	0	6g		
0	0	3g	0	14g		
.1g	0	.7g	12.5mg	6g		
0	0	.25g	0	5g		
0	0	3g	0	24g		
0	0	1g	4mg	23g		
0	0	1g	0	16g		
0	0	2g	0	18g		
0	0	0	10mg	13g		

0	0	2g	5mg	12g	
0	0	1g	5mg	13g	
0	0	2g	0	13g	
0	0	0	10mg	11g	
11.7g	0	1g	4mg	.6g	fish (anchovy), milk
1g	0	2g	1mg	3g	
0	0	3g	22mg	1g	
0	0	4g	58mg	4g	
0	0	1g	8mg	3g	
0	0	2g	1mg	1g	
1g	0	2g	43mg	3g	
.5g	0	3g	50.5mg	3.5g	
0	0	3g	18.5mg	2.2g	
0	0	2g	35mg	5g	
1g	0	5g	140mg	5g	
2g	0	5g	140mg	3g	
1g	0	7g	140mg	2g	
5g	3g	0	200mg	0	milk
1.5g	0	1g	200mg	0	wheat, milk
					dairy, wheat
.5g	0	0	240mg	0	wheat
1.5g	0	2g	390mg	1g	dairy, soy
Total Fat	Sat Fat	Fiber	Sodium	Sugar	Allergen Alert
0	0	0	65mg	12g	dairy
6g	1.5g	1g	380mg	1g	wheat, soy, milk
6g	1.5g	1g	150mg	1g	soy
7g	3g	0	200mg	0	
10g	4.75g	0	340mg	0.5.g	milk, soy
15g	2.5g	3g	390mg	1g	wheat, soy
15gt	2.5g	3g	400mg	1g	wheat, soy, milk
14g	5g	0	360mg	1g	
17g	6g	2g	270mg	2g	soy, milk, wheat
1g	0	2g	0g	2g	wheat
18g	10g	2g	268.5mg	2.5g	wheat, soy, milk
1g	0	2g	25mg	5g	
18g	3.5g	2g	290mg	0g	milk, soy, wheat
12g	4g	4g	540mg	0	milk,wheat, soy
11g	3.5g	5g	610mg	5g	milk, soy, wheat
17g	8g	2g	1100mg	3g	wheat, milk, soy
10g	6g	2g	880mg	3g	wheat, milk, soy
8g	4g	3g	570mg	2g	wheat, milk
9.5g	4.5g	2g	655mg	4g	wheat, milk
11g	4g	0	440mg	4g	wheat, soy, dairy
14g	4.5g	3g	850mg	4g	milk, soy, wheat
4g	0	2g	270mg	6g	wheat, eggs, milk,soy
6g	1g	2g	200mg	5g	wheat, soy
4g	1g	0g	100mg	0g	

