

Abington Public Schools Nutrition Facts										
Menu Item	Portion Size	Calories	Protein	Carbs	Total Fat	Sat Fat	Fiber	Sodium	Sugar	Allergens
1 % milk	8 oz	110	8 g	13g	2.5g	1.5g	0g	130mg	12g	milk
fat free chocolate milk	8 oz	120	8g	20g	0	0	0	180mg	18g	milk
fat free strawberry milk	8 oz	110	8g	19g	0	0	0	125mg	18g	milk
fat free coffee milk	8 oz	110	8g	20g	0	0	0	125mg	18g	milk
String Cheese, LMPS, 1 oz I/W	1 each	80	8g	1g	5g	3g	0	200mg	0	milk
fat free lactose free milk	8 oz	90	8g	13g	0	0	0	125mg	12g	milk
100% Juice, fruit vegetable punch	4 oz	50	0	13g	0	0	0	35mg	12g	
100% apple juice	4 oz	60	0g	14g	0	0	0	15mg	13g	
100% orange juice	4 oz	50	1g	13g	0	0	1g	15mg	11g	
100% fruit punch	4 oz	60	0	14g	0	0	0	10mg	13g	
Smart Choice WG Corn Muffin	1 ea, 3.6 oz	180	3g	28g	6g	0.5g	1g	90mg	15g	wheat,egg,dairy,soy
Smart Choice WG chocolate chip muffin	1 ea, 3.6 oz	170	3g	29g	5g	1g	1g	100mg	15g	wheat,egg,dairy,soy
smart choice WG Blueberry Muffin	1 ea, 3.6 oz	160	3g	26g	5g	.5g	1g	95mg	14g	wheat,egg,dairy,soy
smart choice WG blueberry muffin	1 ea, 2 oz	160	3g	26g	5g	.5g	1g	95mg	14g	wheat,egg,dairy,soy
smart choice WG chocolate chip muffin	1 ea, 2 oz	170	3g	29g	5g	1g	1g	100mg	15g	wheat,egg,milk,soy
smart choice WG corn muffin	1 ea, 2 oz	180	3g	28g	6g	.5g	1g	90mg	15g	wheat,egg,dairy,soy
whole grain cinnamon roll, Hadley	1 ea, 2.7 oz	230	4g	38g	7g	1.5g	3g	240mg	12g	wheat,soy,milk
whole wheat honey bagel, Aesops	1 ea, 2 oz	130	4g	33g	1g	0	3g	250mg	2g	egg,dairy,wheat,soy
Cocoa Puffs, less sugar cereal GF	1 bowl	110	2g	25g	1.5g	0	2g	120mg	8g	wheat,egg,dairy,soy
Cinnamon Toast Crunch, less sugar cereal	1 bowl	110	1g	22g	3g	.5g	3g	160mg	6g	wheat,soy
Fruit Loops, less sugar cereal	1 bowl	110	2g	24g	1g	.5g	3g	170mg	8g	wheat,egg,dairy,soy
Cinnamon Rice Chex GF cereal	1 bowl	120	1g	23g	2.5g	0	1g	170mg	6g	wheat,egg,dairy,soy
Multi Grain Cheerios GF	1 bowl	110	2g	23g	1g	0	3g	110mg	6g	wheat,egg,dairy,soy
Rice Chex GF cereal	1 bowl	100	2g	24g	0.5g	0	1g	250mg	2g	wheat,egg,dairy,soy
Alpha bits cereal	1 bowl	110	2g	23g	1.5g	0	2g	120mg	9g	wheat
Kix Cereal GF	1 bowl	70	1g	14g	0	0	1g	100mg	2g	wheat,egg,dairy,soy
Cocoa Krispies Cereal GF	1 bowl	130	1g	28g	1g	0.5g	0	125mg	12g	wheat,egg,dairy,soy
Golden Grahams Cereal	1 bowl	160	2g	34g	1g	0	2g	300mg	12g	wheat
Trix Cereal, less sugar GF	1 bowl	110	1g	24g	1.5g	0	1g	140mg	7g	wheat,egg,dairy,soy
Frosted Flakes less sugar cereal	1 bowl	100	2g	24g	0	0	2g	170mg	7g	wheat
Fruity Cheerios cereal GF	1 bowl	120	3g	25g	1.5g	0	2g	140mg	9g	wheat,egg,dairy,soy
Mini Wheats Cereal	1 bowl	100	2g	24g	0.5g	0	3g	0	6g	wheat

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Lucky Charms, cereal GF	1 bowl	110	2g	23g	1g	0	2g	180mg	10g	wheat,egg,dairy,soy
English Muffin Sandwich, Egg & Cheese	1 ea	255	16g	27g	11g	4.5g	3g	610mg	2g	wheat,egg,dairy,soy
Cocoa Puffs Cereal Bar	1 bar	160	3g	30g	3.5g	0	3g	105mg	9g	wheat,soy
Golden Grahams Cereal Bar	1 bar	160	2g	30g	3.5g	0	3g	115mg	9g	wheat,soy,milk
Cinnamon Toast Crunch Cereal Bar	1 bar	150	2g	30g	3.5g	0	3g	155mg	9g	wheat,soy
Trix Cereal Bar	1 bar	160	29g	29g	3.5g	.5g	3g	105mg	9g	wheat,soy
Team Cheerio Cereal Bar w/strawberry	1 bar	150	2g	30g	3.5g	.5g	3g	85mg	9g	wheat,soy
Donut, Richs whole grain glazed, sprinkled	1 ea	310	5g	35.5g	17g	7g	3g	300mg	9.4g	wheat, dairy,soy
Nutrigrain Bar, Apple	1 bar	150	2g	30g	3.5g	.5g	3g	135mg	14g	wheat,soy,dairy
Nutrigrain Bar, Blueberry	1 bar	150	2g	30g	3.5g	.5g	3g	135mg	14g	wheat,soy,dairy
Nutrigrain Bar, Strawberry	1 bar	150	2g	30g	3.5g	.5g	3g	150mg	14g	wheat,soy,dairy
Poptart, Kelloggs WG Blueberry	1 ea	170	2g	36g	3g	1g	3g	180mg	14g	wheat,soy
Poptart, Kelloggs WG Cinnamon	1 ea	170	2g	36g	3g	1g	3g	190mg	15g	wheat,soy
Poptart, Kelloggs WG Strawberry	1 ea	170	2g	36g	2.5g	1g	3g	180mg	14g	wheat,soy
Poptart, Kelloggs WG Fudge	1 ea	170	2g	36g	3g	1g	3g	190mg	15g	wheat,soy
dinner roll, Calise Classic	1 ea	90	4g	18g	1g	0	1g	15mg	0	wheat
whole wheat breadstick	1 ea	110	4g	21g	1g	0	3g	210mg	4g	wheat
Hamburger Roll, wheat Calise	1 ea	150	6g	27g	0	0	2g	270mg	4g	wheat,sesame in facility
Whole Wheat Tortilla Shell, 8"	1 ea	120	3g	21g	3g	1.5g	2g	220mg	1g	wheat
Hotdog Roll, Calise	1 ea	110	4g	20g	2g	0	2g	200mg	2g	wheat, soy
Wheat Sandwich bread Gold Medal	2 slices	120	6g	12g	2g	0	2g	300mg	2g	wheat, soy
Breadstick, Smartpicks White WW	1 each	110	4g	21g	1g	0	3g	210mg	4g	wheat
GF Bread Slices, Mr. Sips	2 each	140	2g	30g	3g	0	2g	340mg	2g	egg
Sub Roll, wheat Calise	1 ea	160	7g	27g	2g	0	2g	280mg	4g	wheat,sesame in facility
apple, macintosh	1 ea, medium	80	0	22g	0	0	5g	0	16g	
apple, fresh sliced pouch	1 package	30	0	8g	0	0	2g	0	6g	
orange, fresh	1 ea, medium	80	1g	19g	0	0	3g	0	14g	
cantaloupe, fresh	1/2 cup diced	26.5	.7g	6.5g	.1g	0	.7g	12.5mg	6g	
watermelon, fresh	1/2 cup diced	20	.25g	5.25g	0	0	.25g	0	5g	
cranberries, dried	1 package	110	0	28g	0	0	3g	0	24g	
raisins	1 (1.33oz) box	114	1g	30g	0	0	1g	4mg	23g	
peaches, cup-a-fruit	1 (4.4 oz) cup	80	1g	19g	0	0	1g	0	16g	
strawberries, diced cup-a-fruit	1 (4.5oz) cup	90	1g	22g	0	0	2g	0	18g	

Menu Item	Portion Size	Calories	Protein	Carbs	Total Fat	Sat Fat	Fiber	Sodium	Sugar	Allergens
mixed fruit, extra light sucrose syrup	1/2 cup	60	0	17g	0	0	0	10mg	13g	
pears, diced extra light sucrose syrup	1/2 cup	60	0	16g	0	0	2g	5mg	12g	
peaches, diced extra light sucrose syrup	1/2 cup	60	0	14g	0	0	1g	5mg	13g	
Apple sauce, unsweetened cup USDA	1 pp cup	60	0	14g	0	0	2g	0	13g	
peaches, cling extra light syrup	1/2 cup	60	0	14g	0	0	0	10mg	11g	
Salad, Caesar, 1.5 oz dressing	1 cup	180	4.1g	17.1g	11.7g	0	1g	4mg	.6g	
Corn, whole kernal	1/2 cup	67	2g	16g	1g	0	2g	1mg	3g	
Broccoli	1/2 cup	26	3g	5g	0	0	3g	22mg	1g	
Peas	1/2 cup	62	4g	11g	0	0	4g	58mg	4g	
Pepper/Onion medley	1/2 cup	20	1g	5g	0	0	1g	8mg	3g	
Greenbeans	1/2 cup	19	1g	4g	0	0	2g	1mg	1g	
Carrots	1/2 cup	27	0	6g	1g	0	2g	43mg	3g	
Peas & Carrots	1/2 cup	47	2g	8.5g	.5g	0	3g	50.5mg	3.5g	
Mixed Veg, carrots, greenbean, corn, peas	1/2 cup	45.2	2.2g	9g	0	0	3g	18.5mg	2.2g	
Carrots, Fresh Baby	1 (2.5oz) pkg	30	1g	9g	0	0	2g	35mg	5g	
Beans, Vegetarian- low sodium	1/2 cup	110	7g	20g	1g	0	5g	140mg	5g	
Beans, Garbanzo- low sodium	1/2 cup	106	6g	16g	2g	0	5g	140mg	3g	
Beans, Black Turtle- low sodium	1/2 cup	110	8g	19g	1g	0	7g	140mg	2g	
String Cheese, Bongards	1 oz package	80	8g	1g	5g	3g	0	200mg	0	dairy
Hummus, school made, snacker cup, 2 oz	1 portion cup	120	4g	9g	7g	1g	2g	240mg	0	soy
Gravy, Trio Chicken	2 oz	35	0	7g	.5g	0	0	240mg	0	wheat
Rice Pilaf, Near East	1/2 cup	120	2.5g	22g	3g	2g	.5g	410mg	0	wheat
Potatoes, Mashed Idahoan	1/2 cup	80	2g	17g	0.5g	0	1g	340mg	0	milk
Fruit & Yogurt Parfait w/Granola	1 parfait	299	7g	64g	0	0	4g	108mg	40g	wheat,soy,dairy
Chicken Caesar Salad	1 salad	227	19.65g	13g	10.75g	6g	4.75	456mg	7.25g	wheat,soy,dairy
Garden Salad Entrée	1 salad	74	3g	10g	0	0	3.25g	61mg	6g	
Yogurt, Upstate Farms All Flavors	1 (4oz) cup	90	3g	19g	0	0	0	50mg	1g	dairy
Chicken Breast Nugget, Proview Foods	5 each	160	14g	13g	6g	1.5g	1g	380mg	1g	wheat,soy,milk
Turkey Taco Filling	2 oz	100	9g	3g	6g	1.5g	1g	150mg	1g	soy
Hamburger, USDA (without bun)	1 each	120	12g	0g	7g	3g	0	200mg	0	
Cheeseburger, USDA (without bun)	1 each	160	15.5g	1g	10g	4.75g	0	340mg	0.5.g	
Chicken Tender, Tyson	3 each	260	15g	16g	15g	2.5g	3g	390mg	1g	wheat, soy
Chicken Patty, spicy Pierre (without bun)	1 each	200	15g	11g	10g	2.5g	3g	390mg	1g	wheat,soy

Menu Item	Portion Size	Calories	Protein	Carbs	Total Fat	Sat Fat	Fiber	Sodium	Sugar	Allergens
Chicken Dipper, Teriyaki	4 each	140	15g	8g	4.5g	1.5g	1g	360mg	5g	wheat,soy
Chicken Patty, Tyson (without bun)	1 each	270	16g	16g	15gt	2.5g	3g	400mg	1g	wheat, soy
Hot Dog, Kayem low sodium (without bun)	1 each	160	7g	2g	14g	5g	0	360mg	1g	
Meatballs, Advanced Foods	6 each	230	13g	6g	17g	6g	2g	270mg	2g	wheat,milk,soy
Pasta, cooked in unsalted water	1 cup	200	7g	41g	1g	0	2g	0g	2g	wheat
Macaroni & Cheese	1 cup	412	18g	50.5g	18g	10g	2g	268.5mg	2.5g	wheat,dairy,soy
Spaghetti / Marinara Sauce	1/2 cup	50	2g	10g	1g	0	2g	140mg	6g	
Popcorn Chicken, Tyson	15 pieces	250	15g	17g	18g	3.5g	2g	290mg	0g	wheat, soy
Wild Mike's Cheese Bites	4 each	280	16g	28g	12g	4g	4g	540mg	0	wheat,soy,milk
The Max Cheese Pizza (ind round)	1 each	340	16g	38g	13g	5g	5g	640mg	5g	wheat,dairy,soy
Pizza, Dominos Smart Slice Pepperoni	1 slice	350	16g	35g	16g	8g	2g	1100mg	3g	wheat,milk,soy
Pizza, Dominos Smart Slice Cheese	1 slice	340	16g	35g	15g	8g	3g	790mg	4g	wheat,milk,soy
Pizza, Sal's slice	1 slice	220	13g	27g	8g	4g	3g	570mg	2g	wheat,milk
Pizza, school made cheese slice	1 slice	295	20g	32g	9.5g	4.5g	2g	655mg	4g	wheat, milk,soy
French Bread Pizza, Tony's	1 each	290	17g	33g	11g	4g	0	440mg	4g	wheat,milk,soy
Pizza, GF Mr. Sips	1 each	480	13g	59g	21g	9g	3g	370mg	0	dairy, soy
The Max Stuffed Crust Pizza	1 slice	330	15g	35g	12g	4g	3g	640mg	4g	wheat,dairy,soy
Pancakes, USDA	2 each	140	4g	26g	4g	0	2g	270mg	6g	wheat,eggs,milk,soy
French Toast Sticks, Rich's	2 sticks	170	4g	24g	6g	1g	2g	200mg	5g	soy,wheat
Turkey Sausage Patty, Jennio-O	1 patty	60	6g	0g	4g	1g	0g	100mg	0g	
Cheese, USDA sliced white or yellow	2 slices	110	5g	2g	9g	5g	0	270mg	1g	milk
Ham, USDA sliced	2 oz	74	10g	4g	4g	2g	0	464mg	2g	
Turkey, USDA sliced	2 oz	70	12g	1g	1g	0	0	360mg	0	
Chicken, USDA w/ light mayonaise	2 oz	112	12g	1g	2g	0	0	95mg	0	egg, soy
Chicken, USDA w/Franks Red Hot Original	2 oz	72	12g	0	2g	0	0	0	0	
Tuna, USDA w/light mayonaise	2 oz	100	6g	1g	49g	0	0	225mg	0	egg, soy, fish
Drumstick, Chicken Tyson WG Breaded	1 each	190	16g	5g	11g	2.5g	1g	450mg	0	wheat
Grilled Cheese, IW Integrated Foods	1 sandwich	280	18.5g	31g	10g	5.5g	3g	581mg	6g	wheat,milk,soy
Mini Corn Dog Nuggets	4 nuggets	170	7g	21g	6g	1g	1g	420mg	5g	wheat,egg,milk,soy
Toasted Cheese Sandwich (school made)	1 each	345	14.8g	27.2g	19.5g	11.2g	1.3g	1336mg	0	wheat, milk, soy
Smiley Fries	6 pieces	160	2g		6g	1g	2g	230mg	0	soy
Oven Fries	1/2 cup	130	2g	20g	3g	0	2g	30mg	0	soy
Sweet Potato Fries	1/2 cup	150	1g	19g	8g	2g	3g	125mg	3g	soy

