

Central Kitsap School District

Middle & High School Breakfast Items
 Nutritional information by food Category

Notice: The data contained within this report and the NUTRIKIDS Menu Planning and Nutritional Analysis Software 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.

| <i>Item</i> | Portion Size | Cals | mg Cholst | mg Sodm | g Fiber | mg iron | mg Calc | IU Vit-A | RE Vit-A | Mg Vit-C | g protn | g Carb | g T-Fat | g S-Fat | g Tr-Fat |
|----------------------------------|--------------|------|-----------|---------|---------|---------|---------|----------|----------|----------|---------|--------|---------|---------|----------|
| Pancakes | 1 ea | 127 | 34 | 188 | 0.49 | 1.1 | 79.72 | 39.3 | 15.4 | 0.1 | 3.39 | 16.17 | 5.34 | 0.86 | 0 |
| Sausage on a Stick | 1 ea | 180 | 20 | 450 | 0 | 10% | 2% | 0 | 0 | 0 | 8 | 18 | 8 | 2.5 | 0 |
| Breakfast Pizza | 2.2 oz | 113 | 9 | 223 | 0.37 | 0.65 | 159.66 | 232.6 | 62.4 | 0 | 5.21 | 10.84 | 5.36 | 2.13 | 0 |
| French Toast Stix | 4 stixs | 353 | 28 | 297 | 0.93 | 1.67 | 46.48 | 0 | 0 | 0 | 6.51 | 47.4 | 15.8 | 2.79 | 0 |
| Breakfast Burrito | 1 ea | 213 | 240 | 543 | 1.91 | 2.94 | 86.91 | 485.3 | 131.8 | 7.94 | 10.98 | 23.01 | 8.6 | 2.49 | 0 |
| Plain Bagel | 1 ea | 219 | 0 | 381 | 1.87 | 5.15 | 75.69 | 0 | 0 | 0.85 | 8.52 | 42.95 | 1.38 | 0.33 | 0 |
| Breakfast Bar | 1 ea | 270 | 0 | 240 | 6 | 0 | 0 | 0 | 0 | 0 | 4 | 44 | 8 | 3 | 0 |
| Super Donut | 1 ea | 230 | 0 | 0 | 0 | 6.7 | 0.17 | 1115 | 223 | 25 | 4.3 | 24 | 10.8 | 0 | 0 |
| Super Donut Wheat | 1 ea | 230 | 10 | 260 | 0.5 | 5.4 | 150 | 1500 | 300 | 4.8 | 5 | 29 | 11 | 2 | 0 |
| Super Donut Chocolate | 1 ea | 210 | 10 | 260 | 0.5 | 4.5 | 100 | 750 | 150 | 0 | 5 | 24 | 9 | 2 | 0 |
| Frosted Chocolate Fudge Pop Tart | 1 pkg | 400 | 0 | 430 | 1 | 20% | 0 na | na | na | | 5 | 73 | 10 | 3.5 | 0 |
| Strawberry Pop Tart | 1 pkg | 430 | 0 | 480 | 1 | 20% | 0 na | na | na | | 5 | 71 | 10 | 3.5 | 0 |
| Chocolate Chip Pop Tart | 1 pkg | 400 | 0 | 330 | 1 | 20% | 0 na | na | na | | 4 | 73 | 10 | 3.5 | 0 |
| Blueberry Muffin | 2.5 oz | 197 | 16 | 224 | 0 | 0 | 0 | 0 | 0 | 0 | 2.5 | 29.588 | 7.4 | 0 | 0 |
| Egg,Cheese,Sausage Hot Pocket | 1 ea | 280 | 75 | 600 | 3 | 0% | 0 | 0 | 0 | 0 | 10 | 36 | 11 | 4.5 | 0 |

Central Kitsap School District

Middle & High School Lunch Items Nutritional information by food Category

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| | Portion | | mg | mg | g | mg | mg | IU | RE | Mg | g | g | g | g | g |
|----------------------------------|---------|------|--------|------|-------|------|--------|--------|--------|-------|-------|-------|-------|-------|--------|
| Pizza: | Size | Cals | Cholst | Sodm | Fiber | iron | Calc | Vit-A | Vit-A | Vit-C | protn | Carb | T-Fat | S-Fat | Tr-Fat |
| Entrees | | | | | | | | | | | | | | | |
| Vegi | 1 slice | 479 | 40 | 1064 | 3.45 | 0.66 | 404.81 | 589 | 107.00 | 5.03 | 24.65 | 57.25 | 18.08 | 9.01 | 0.50 |
| Cheese | 1 slice | 470 | 40 | 1060 | 3.00 | 0.54 | 400.00 | 500 | 100.00 | 0.00 | 24.00 | 55.00 | 18.00 | 9.00 | 0.50 |
| Cheese & Sausage | 1 slice | 518 | 50 | 1240 | 3.00 | 0.77 | 412.89 | 500 | 100.00 | 0.00 | 26.58 | 55.64 | 21.87 | 9.00 | 0.50 |
| Hawaiian | 1 slice | 503 | 59 | 1321 | 3.12 | 0.80 | 401.23 | 512 | 104.00 | 4.59 | 27.54 | 57.32 | 19.23 | 9.36 | 0.50 |
| Pepperoni | 1 slice | 480 | 35 | 1200 | 3.00 | 5.76 | 300.00 | 400 | 80.00 | 0.00 | 23.00 | 56.00 | 18.00 | 8.00 | 0.50 |
| Pepperoni & Sausage | 1 slice | 509 | 41 | 1308 | 3.00 | 5.90 | 307.73 | 400 | 80.00 | 0.00 | 24.55 | 56.39 | 20.32 | 8.00 | 0.50 |
| Pepperoni & Olive | 1 slice | 797 | 70 | 2445 | 3.00 | 0.90 | 420.00 | 500 | 100.00 | 0.00 | 30.00 | 62.09 | 49.72 | 14.00 | 0.50 |
| Taco Pizza | 1 slice | 346 | 14 | 587 | 5.13 | 4.55 | 61.00 | 223 | 34.70 | 6.94 | 13.97 | 54.67 | 7.97 | 1.71 | 0.00 |
| Buffalo Chicken (spicy) Chicken | 1 slice | 426 | 77 | 1194 | 1.63 | 2.70 | 15.00 | 6.20 | 1.20 | 0.00 | 20.28 | 45.86 | 16.65 | 10.94 | 0.00 |
| Hamburger | 1 ea | 322 | 41 | 539 | 1.20 | 3.44 | 65.00 | 111.00 | 22.00 | 0.00 | 19.20 | 26.50 | 15.20 | 0.00 | 0.00 |
| Cheese Burger | 1 ea | 357 | 48 | 689 | 1.20 | 3.50 | 139.00 | 261.00 | 52.00 | 0.00 | 22.20 | 27.50 | 17.20 | 2.00 | 0.00 |
| Chicken Burger (breaded) | 1 ea | 370 | 40 | 730 | 3.00 | 3.23 | 60.00 | 100.00 | 20.00 | 0.00 | 19.00 | 35.00 | 17.00 | 3.00 | 0.00 |
| Chicken Burger w/ Cheese | 1 ea | 421 | 53 | 988 | 3.00 | 3.24 | 115.94 | 302.00 | 20.00 | 0.00 | 22.04 | 35.51 | 21.56 | 5.53 | 0.00 |
| Chipolte Burger | 1 ea | 295 | 31 | 522 | 2.48 | 3.23 | 75.10 | 366.00 | 73.20 | 1.77 | 16.80 | 30.00 | 11.90 | 3.60 | 0.00 |
| Piggy N Blanket | 1 ea | 270 | 75 | 650 | 2.00 | 1.80 | 100.00 | 0.00 | 0.00 | 2.40 | 12.00 | 26.00 | 14.00 | 4.00 | 0.00 |
| Turkey & Cheese Sandwich | 1 ea | 298 | 46 | 1183 | 2.51 | 3.08 | 219.70 | 408.00 | 81.00 | 0.02 | 23.77 | 25.24 | 11.89 | 5.45 | 0.23 |
| Ham & Cheese Sandwich | 1 ea | 354 | 62 | 1119 | 1.03 | 2.29 | 209.00 | 343.00 | 71.00 | 5.99 | 19.41 | 36.60 | 14.67 | 6.62 | 0.00 |
| Tuna Sandwich | 1 ea | 389 | 32 | 691 | 2.91 | 2.71 | 87.50 | 244.00 | 33.00 | 1.09 | 20.78 | 27.71 | 21.65 | 2.63 | 0.23 |
| Chicken Caesar wrap | 1 ea | 208 | 44 | 798 | 0.73 | 1.03 | 14.42 | 13.10 | 2.60 | 0.12 | 16.70 | 17.60 | 7.45 | 0.86 | 0.00 |
| Chicken Nuggets | 5 ea | 223 | 41 | 477 | 2.02 | 1.82 | 20.30 | 101.00 | 20.00 | 0.00 | 14.20 | 11.15 | 13.19 | 3.04 | 0.00 |
| Burrito-Fiesta Bn 7 oz | 1 ea | 400 | 15 | 990 | 1.00 | 4.30 | 171.00 | 934.00 | 187.00 | 14.00 | 15.00 | 57.00 | 20.00 | 8.00 | 0.00 |
| Honey Beef Strips on Hoagie Roll | 1 ea | 450 | 36 | 408 | 3.75 | 5.17 | 337.50 | 0.00 | 0.00 | 42.75 | 19.95 | 43.87 | 22.65 | 6.00 | 0.00 |
| Mini Chicken Corn Dogs | 6 ea | 210 | 45 | 490 | 1.00 | 1.80 | 40.00 | 0.00 | 0.00 | 0.00 | 7.00 | 18.00 | 12.00 | 2.50 | 0.00 |
| Hot Ham & Cheese Hoagie | 1 ea | 257 | 76 | 1270 | 0.80 | 5.09 | 156.30 | 363.00 | 76.00 | 8.52 | 16.84 | 13.93 | 15.09 | 6.96 | 0.00 |
| Fish Nuggets | 5 ea | 270 | 25 | 300 | 1.00 | 1.08 | 20.00 | 0.00 | 0.00 | 0.00 | 15.00 | 16.00 | 16.00 | 2.00 | 0.00 |
| Fishwich | 1 ea | 371 | 27 | 781 | 2.00 | 1.92 | 228.00 | 300.00 | 60.00 | 0.00 | 20.00 | 38.00 | 15.00 | 5.00 | 0.00 |
| Cheese Stick 3.86 oz | 1 ea | 343 | 22 | 900 | 1.45 | 2.78 | 820.00 | 527.00 | 105.00 | 0.00 | 16.85 | 34.55 | 15.00 | 5.60 | 0.00 |
| Beef Soft Taco | 1 ea | 365 | 40 | 1323 | 3.06 | 2.60 | 231.20 | 444.00 | 89.00 | 3.83 | 22.19 | 31.02 | 16.35 | 6.53 | 0.00 |

| | | | | | | | | | | | | | | | |
|----------------------------------|-----------|-----|----|------|------|--------|--------|---------|--------|--------|-------|-------|-------|-------|------|
| Hot Pizza Sub | 1 ea | 189 | 1 | 636 | 3.40 | 576.00 | 10.00 | 282.50 | 29.50 | 13.50 | 7.00 | 29.00 | 5.90 | 0.20 | 0.00 |
| Pop Corn Chicken | 15 ea | 254 | 30 | 787 | 2.41 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 16.95 | 20.58 | 10.89 | 1.81 | 0.00 |
| Beef Dippers w/ Rice | 4 ea | 290 | 47 | 515 | 1.07 | 3.37 | 33.40 | 26.00 | 5.00 | 0.00 | 18.84 | 26.27 | 11.86 | 4.87 | 0.00 |
| Chicken Fettuccini | 1.5 Cup | 213 | 79 | 229 | 0.00 | 1.10 | 46.20 | 51.00 | 10.20 | 0.00 | 25.58 | 4.78 | 9.27 | 2.66 | 0.00 |
| Nachos Supreme | 1 ea | 425 | 53 | 807 | 2.73 | 2.67 | 121.40 | 337.00 | 337.00 | 7.87 | 18.77 | 29.08 | 26.13 | 9.53 | 0.00 |
| Spaghetti w/ Meat Sauce | 3/4 cup | 245 | 22 | 467 | 2.78 | 4.93 | 77.00 | 598.00 | 112.00 | 7.61 | 13.96 | 20.41 | 13.34 | 11.95 | 0.00 |
| Chili, Cheese Tots w/ 1/2 Churro | 1/2 cup | 199 | 26 | 714 | 4.73 | 4.37 | 82.42 | 888.00 | 160.30 | 14.63 | 15.96 | 16.44 | 8.78 | 3.26 | 0.00 |
| Enchilada | 1 ea | 403 | 27 | 1399 | 3.70 | 4.01 | 225.20 | 1356.70 | 271.30 | 17.02 | 15.05 | 51.73 | 15.72 | 6.34 | 0.00 |
| Sweet & Sour Chicken w/ Rice (5) | 1 serv | 334 | 45 | 537 | 1.16 | 0.94 | 6.40 | 67.00 | 67.00 | 3.31 | 16.34 | 35.15 | 14.03 | 3.01 | 0.00 |
| Sloppy Joe | 1 ea | 345 | 52 | 540 | 2.40 | 3.73 | 98.00 | 560.00 | 112.00 | 11.89 | 20.95 | 35.93 | 12.76 | 4.95 | 0.00 |
| Chili | 1/2 cup | 307 | 39 | 882 | 5.83 | 5.37 | 154.00 | 957.00 | 180.00 | 16.20 | 18.68 | 34.76 | 11.48 | 3.67 | 0.00 |
| Turkey Gravy w/ Potatoes | 1/2 cup | 330 | 67 | 482 | 1.77 | 1.63 | 38.70 | 245.00 | 56.00 | 3.85 | 28.53 | 23.89 | 13.10 | 2.92 | 0.00 |
| Chicken Pot Pie | 1 cup | 344 | 52 | 261 | 1.90 | 2.22 | 32.00 | 378.00 | 742.00 | 281.00 | 20.44 | 22.97 | 18.73 | 4.59 | 0.00 |
| Chicken Patty w/ Potatoes | 1 serving | 349 | 41 | 836 | 2.63 | 0.82 | 14.50 | 132.00 | 81.00 | 49.15 | 13.34 | 29.83 | 19.94 | 4.57 | 0.00 |
| Macaroni & Cheese | 2/3 cup | 296 | 31 | 896 | 0.89 | 1.02 | 482.00 | 684.00 | 137.00 | 0.39 | 19.64 | 27.44 | 12.18 | 6.83 | 0.00 |
| Lasagna | .75 cup | 365 | 34 | 524 | 2.64 | 5.31 | 327.40 | 502.00 | 95.00 | 7.51 | 24.98 | 28.08 | 17.24 | 15.54 | 0.00 |
| Chicken Noodle Casserole | 1 cup | 342 | 70 | 267 | 1.14 | 2.19 | 103.70 | 442.00 | 99.00 | 0.49 | 22.43 | 30.07 | 14.27 | 3.01 | 0.02 |
| Beef Dippers w/ Potatoes & Gravy | 4 ea | 383 | 72 | 1063 | 2.81 | 2.48 | 21.60 | 60.00 | 60.00 | 5.49 | 28.43 | 31.17 | 16.40 | 5.75 | 0.00 |
| Chili, Chips, & Cheese | 1/2 cup | 421 | 26 | 932 | 5.82 | 5.03 | 141.60 | 973.00 | 973.00 | 14.56 | 18.18 | 37.38 | 23.23 | 5.48 | 0.00 |
| Chicken Caesar Salad | 1/2 cup | 234 | 47 | 629 | 1.07 | 1.69 | 133.60 | 415.00 | 415.00 | 0.14 | 17.07 | 3.34 | 16.50 | 4.17 | 0.00 |

Fruits & Vegetables

| | | | | | | | | | | | | | | | |
|---------------------------|---------|----|---|----|------|------|-------|----------|---------|-------|------|-------|------|------|------|
| Apples | 1/2 cup | 72 | 0 | 1 | 3.31 | 0.17 | 8.28 | 74.50 | 6.90 | 6.35 | 0.36 | 19.06 | 0.23 | 0.04 | 0.00 |
| Apple Juice | 4 oz | 53 | 0 | 8 | 0.11 | 0.29 | 6.80 | 0.00 | 0.00 | 28.35 | 0.16 | 13.09 | 0.11 | 0.02 | 0.00 |
| Applesauce | 1/2 cup | 50 | 0 | 20 | 1.00 | 0.00 | 0.00 | 500.00 | 100.00 | 2.40 | 0.00 | 23.00 | 0.00 | 0.00 | 0.00 |
| Banannas | 1/2 cup | 67 | 0 | 1 | 1.95 | 0.20 | 3.75 | 48.00 | 6.00 | 6.53 | 0.82 | 17.13 | 0.25 | 0.08 | 0.00 |
| Cantelope | 1/2 cup | 53 | 0 | 25 | 1.40 | 0.33 | 14.04 | 5275.90 | 502.30 | 57.25 | 1.31 | 12.73 | 0.30 | 0.08 | 0.00 |
| Grapes | 1/4 cup | 15 | 0 | 0 | 0.21 | 0.07 | 3.22 | 23.00 | 2.30 | 0.92 | 0.14 | 3.94 | 0.08 | 0.03 | 0.00 |
| Honeydew | 1/2 cup | 61 | 0 | 31 | 1.36 | 0.29 | 10.20 | 85.00 | 6.80 | 30.60 | 0.92 | 15.45 | 0.24 | 0.06 | 0.00 |
| Kiwi | 1/4 cup | 27 | 0 | 1 | 1.33 | 0.14 | 15.05 | 38.50 | 8.00 | 41.02 | 0.50 | 6.49 | 0.23 | 0.01 | 0.00 |
| Mandarin Oranges (canned) | 1/4 cup | 18 | 0 | 2 | 0.57 | 0.13 | 5.67 | 619.90 | 124.00 | 16.02 | 0.35 | 4.45 | 0.02 | 0.00 | 0.00 |
| Mixed Fruit (canned) | 2 oz | 72 | 0 | 5 | 0.90 | 0.00 | 0.00 | 180.00 | 36.00 | 1.08 | 0.90 | 16.20 | 0.00 | 0.00 | 0.00 |
| Oranges (113 ct) | 1/4 cup | 21 | 0 | 0 | 1.08 | 0.04 | 18.00 | 101.20 | 9.40 | 23.94 | 0.42 | 5.29 | 0.05 | 0.01 | 0.00 |
| Orange Juice | 4 oz | 55 | 0 | 1 | 0.25 | 0.21 | 12.45 | 97.10 | 10.00 | 40.96 | 1.00 | 12.69 | 0.16 | 0.02 | 0.00 |
| Peaches Canned | 1/4 cup | 35 | 0 | 5 | 0.50 | 0.00 | 0.00 | 149.10 | 29.80 | 0.60 | 0.50 | 8.45 | 0.00 | 0.00 | 0.00 |
| Pears Canned | 1/2 cup | 70 | 0 | 10 | 1.00 | 0.00 | 0.00 | 300.00 | 0.00 | 1.20 | 1.00 | 17.00 | 0.00 | 0.00 | 0.00 |
| Pineapple (canned) | 1/2 cup | 70 | 0 | 2 | 2.70 | 0.21 | 4.00 | 0.00 | 0.00 | 1.00 | 0.23 | 7.75 | 0.04 | 0.00 | 0.00 |
| Strawberries | 1/2 cup | 46 | 0 | 1 | 2.88 | 0.59 | 23.04 | 17.30 | 4.30 | 84.67 | 0.96 | 11.06 | 0.43 | 0.02 | 0.00 |
| Broccoli | 1/4 cup | 8 | 0 | 8 | 0.59 | 0.17 | 10.69 | 141.70 | 35.00 | 20.29 | 0.64 | 1.51 | 0.08 | 0.01 | 0.00 |
| Carrots | 2 oz | 38 | 0 | 31 | 2.64 | 0.44 | 23.73 | 24720.00 | 2472.20 | 18.17 | 0.91 | 8.91 | 0.17 | 0.03 | 0.00 |

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|------------------|---------|-----|---|-----|------|------|-------|---------|---------|-------|------|-------|------|------|------|
| Cauliflower | 1/4 cup | 6 | 0 | 8 | 0.63 | 0.11 | 5.50 | 3.30 | 0.50 | 11.60 | 0.50 | 1.33 | 0.03 | 0.00 | 0.00 |
| Corn | 1/4 cup | 40 | 0 | 180 | 1.00 | 0.18 | 0.00 | 0.00 | 0.00 | 0.60 | 1.50 | 8.50 | 0.00 | 0.00 | 0.00 |
| Green Beans | 1/4 cup | 7 | 0 | 85 | 0.64 | 0.30 | 8.78 | 117.80 | 23.60 | 1.45 | 0.41 | 1.52 | 0.03 | 0.01 | 0.00 |
| Lettuce | 1/4 cup | 0 | 0 | 0 | 0.01 | 0.00 | 0.12 | 2.00 | 0.40 | 0.02 | 0.01 | 0.01 | 0.00 | 0.00 | 0.00 |
| Mixed Vegetables | 1/4 cup | 30 | 0 | 16 | 2.00 | 0.37 | 11.38 | 1946.19 | 194.70 | 1.46 | 1.30 | 5.96 | 0.07 | 0.01 | 0.00 |
| Peas | 1/4 cup | 37 | 0 | 34 | 2.60 | 0.72 | 11.35 | 993.30 | 31.70 | 4.68 | 2.44 | 6.74 | 0.13 | 0.02 | 0.00 |
| Sweet Potatoes | 1/4 cup | 45 | 0 | 18 | 1.65 | 0.35 | 19.00 | 9609.00 | 1091.00 | 9.80 | 1.01 | 10.36 | 0.08 | 0.02 | 0.00 |
| Tomatoes | 1/4 cup | 8 | 0 | 2 | 0.53 | 0.12 | 4.40 | 366.50 | 27.30 | 5.59 | 0.39 | 1.72 | 0.09 | 0.01 | 0.00 |
| Tator Tots | 5 ea | 162 | 0 | 408 | 2.13 | 0.54 | 11.90 | 4.00 | 2.00 | 5.36 | 1.74 | 23.60 | 7.33 | 1.55 | 0.00 |

Breads / Grains

| | | | | | | | | | | | | | | | |
|--------------|---------|-----|----|-----|------|------|-------|--------|-------|------|------|-------|------|------|------|
| Rice | 1/2 cup | 94 | 0 | 3 | 0.55 | 1.33 | 15.83 | 0.00 | 0.00 | 0.00 | 2.04 | 20.27 | 0.26 | 0.07 | 0.00 |
| Bread Sticks | 1 ea | 70 | 0 | 125 | 0.46 | 0.72 | 3.30 | 1.00 | 0.00 | 0.01 | 2.00 | 12.00 | 1.00 | 0.00 | 0.00 |
| Corn Bread | 1 ea | 154 | 17 | 257 | 0.86 | 0.62 | 34.30 | 0.00 | 0.00 | 0.00 | 1.71 | 25.71 | 5.14 | 2.57 | 0.00 |
| Spanich Rice | 1/3 cup | 69 | 0 | 134 | 0.70 | 0.77 | 14.00 | 266.00 | 53.00 | 6.70 | 1.57 | 13.69 | 0.84 | 0.15 | 0.00 |
| Dinner roll | 1 ea | 92 | 0 | 163 | 1.80 | 1.00 | 8.80 | 0.00 | 0.00 | 0.00 | 3.80 | 17.80 | 0.70 | 0.10 | 0.00 |

Milk

| | | | | | | | | | | | | | | | |
|-------------------|---------|-----|----|-----|------|------|--------|--------|------|------|------|-------|------|------|------|
| Low Fat | half pt | 110 | 10 | 130 | 0.00 | 0.00 | 300.00 | 500.00 | 0.00 | 1.20 | 9.00 | 13.00 | 2.50 | 1.50 | 0.00 |
| Non Fat Chocolate | half pt | 150 | 5 | 190 | 0.00 | 0.36 | 250.00 | 500.00 | 0.00 | 1.20 | 8.00 | 29.00 | 0.00 | 0.00 | 0.00 |

Other

| | | | | | | | | | | | | | | | |
|-----------------------|-----------|-----|---|-----|------|------|-------|-------|------|-------|------|-------|------|------|------|
| 1/2 Churro | 1 | 70 | 2 | 95 | 0.00 | 3.45 | 0.50 | 0.00 | 0.00 | 0.00 | 1.45 | 6.75 | 4.50 | 1.50 | 0.00 |
| Chocolate chip Cookie | 1 ea | 130 | 7 | 64 | 0.32 | 0.59 | 9.70 | 1.80 | 0.40 | 0.00 | 1.36 | 16.86 | 6.22 | 1.97 | 0.00 |
| Oatmeal Cookie | 1 ea | 100 | 5 | 100 | 0.00 | 0.72 | 0.00 | 0.00 | 0.00 | 0.00 | 1.00 | 14.00 | 4.00 | 2.00 | 0.00 |
| Sugar Cookie | 1 ea | 100 | 5 | 100 | 0.00 | 0.72 | 0.00 | 0.00 | 0.00 | 0.00 | 1.00 | 16.00 | 3.50 | 1.50 | 0.00 |
| Strawberry shortcake | 1 serving | 140 | 0 | 198 | 0.88 | 0.82 | 13.50 | 14.00 | 1.40 | 12.51 | 1.22 | 19.13 | 6.92 | 4.44 | 0.00 |