

Coloma Schools- Nutrition Information on Common Side Dishes

<i>Condiments</i>	Portion Size	Calories	Carbohydrates	Total fat (g)	Sat fat (g)	Fiber (g)
Dressing Ranch Lite GFS 472999	2 Tbsp.	84	3.75	8.44	1.88	0
French Dressing	2 Tbsp.	73	1.42	7.68	1.07	0.05
Italian dressing Lite	2 Tbsp.	57	4.73	3.78	0.94	0
Ketchup, self serve (2 Tbsp)	2 Tbsp.	29	7.55	0.09	0.01	0.09
Mustard, self serve (2Tbsp)	2 Tbsp	21	1.66	1.25	0.08	1.03
<i>Taco Bar</i>						
Cheese Blend Mex Shred Fine GF	1 Tbsp.	27	0.25	2.25	1.25	0
Cheese Sauce	1/4 cup	70	4	5	2	0
Salsa	1/4 cup	20	4	0	0	0
Taco Meat	1 serving	118	4	6	2.1	2
tortilla chips, yellow, round	1 serving	160	21	7	2	1
Tortilla, 6.25" white 331058	2 each	170	28	5	1	1
<i>Side Dishes</i>						
Apple	1 each	72	19	0	0	3
Apple Honey Crisp	1 serving	194	30.48	7.97	1.59	2.3
Applesauce, Cinnamon	1/2 cup	87	21	0	0	2
Baked Potato	1 each	239	38.48	7.95	3.83	3.81
Banana	1 Each	72	19	0	0	2
Carrot Sticks	1/2 cup	36	8.42	0.21	0.03	2.46
Celery Sticks with Ranch	1/2 cup	93	5.59	8.54	1.9	0.99
Cheesy Macaroni	1/2 cup	122	23.36	1.09	0.24	1.48
Coleslaw	1/2 cup	98	7.5	7.29	1.46	1.67
Fiesta Rice	1/2 cup	120	24.07	1.45	0.23	0.86
Fruit Cocktail	1/2 cup	69	18.07	0.08	0.01	1.21
Garlic Bread	1 slice	128	17.1	5.33	0.83	1.03
Garlic Bread with Cheese	1 slice	320	36	12	3	2
Green Beans, Seasoned	1/2 cup	51	4.83	2.24	0.32	1.93
Mashed Potatoes	1/2 cup	76	15	1	0	1
Mexican Corn	1/2 cup	87	15.72	2.06	0.16	1.98
Orange	1 each	70	17.5	0	0	4
Peach Cobbler	1 serving	130	21.64	4.72	2.93	1.06
Peaches	1/2 cup	68	18	0	0	2
Peas	1/2 cup	66	12.09	0.37	0.06	4.09
Peas & Carrots	1/2 cup	37	7.46	0	0	2.24
Pineapple	1/2 cup	70	17	0	0	1
Roll, wheat	1 roll	68	14	1	0.5	0.5

Southwest Black or Pinto Beans	1/2 cup	156	16.55	1.64	0.26	3.5
Vegetable Pasta Salad	1/2 cup	118	21.82	1.54	0.27	2.55
Vegetables, Mixed	1/2 cup	38	7	0	0	1

Disclaimer: Nutrient values have been determined utilizing approved software comprised of common foods found in the USDA database and standardized recipes. These results should be viewed and used only as a general nutrition guide- and not for medical nutrition therapy. This is a close approximation of the true nutrient content since various factors influence the amounts of nutrients in foods. The reliability of data may fluctuate with changes in portion size, produce specifications, substitutions, recipe compliance and manufacturer's ingredients. If you should find that your school offers additional items not printed, please contact your school cafeteria manager for nutrient facts on school-specific items.