

Nutritional Analysis for POTATOES AND MISCELLANEOUS at the Secondary Level

Updated 10-25-18

Fat, Saturated Fat, Fiber, and Carbohydrates are measured in grams and Sodium in milligrams.

Potatoes	Serving Size	Calories	Fat Grams	Sat. Fat	Sodium	Carbs	Sugars	Fiber
Black Pepper Fries	3.0 oz.	160	8	1	490	21	0	2
Curly Fries	3.0 oz	160	8	2	390	20	0	2
Oven Fries	3.0 oz	160	7	0	230	21	0	2
Seasoned Potato Cubes	3.0 oz	130	6	2	280	18	0	2
Star Potatoes	3.0 oz	180	10	1	330	20	0	2
Tater Tots	3.0 oz	160	8	2	330	19	0	2
Waffle Fries	3.22 oz.	170	8	1	500	23	0	2
Wedges, Seasoned	3.0 oz	130	6	2	280	18	0	2

Misc. items	Serving Size	Calories	Fat Grams	Sat. Fat	Sodium	Carbs	Sugars	Fiber
Barbecue Sauce, Sweet	2 tbls	70	0	0	310	20	18	0
Dressing - Balsamic Vinaigrette	2 tbls	60	5	1	200	5	4	0
Dressing - Caesar	2 tbls	130	14	2	160	1	1	0
Dressing - French	2 tbls	120	7	1	290	14	13	0
Dressing - Greek	2 tbls	120	14	2	280	0	0	0
Dressing - Golden Italian	2 tbls	120	13	2	340	2	2	0
Dressing - Honey Mustard	2 tbls	140	11	2	160	9	8	0
Dressing - Ranch	2 tbls	77	7	1	151	3	2	0
Dressing - Raspberry Vinaigrette	2 tbls	35	0	0	85	9	8	0
Southwest Ranch	2 tbls	82	7	1	311	4	3	0
Dressing - Toasted Sesame	2 tbls	50	0	0	330	11	8	1
Sriracha Aoili	2 tbls	125	10	1	380	7	5	0
Sriracha Chili Sauce	2 oz.	60	0	0	120	1	1	0
Milk - Chocolate 1%	8 oz.	100	3	0	120	11	11	0
Milk White - Fat Free	8 oz.	80	0	0	120	11	11	0
Milk White - Low Fat	8 oz.	150	3	2	230	24	22	0
Milk Soy - Vanilla	8 oz.	140	5	1	110	17	15	2
Milk Soy-Chocolate	8 oz.	150	5	1	70	18	13	4

***Notice: The data contained within this report 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.