

Nutritional Analysis for POTATOES AND MISCELLANEOUS at the Secondary Level

Updated 3-20-19

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
Curly Fries	4.0 oz	216	11	3	567	27	0	3
Hash Brown Triangles	4.0 oz	196	10	3	462	24	1	2
Oven Fries	4.0 oz	173	7	2	386	26	0	2
Seasoned Potato Cubes	4.0 oz	179	8	3	384	25	0	3
Star Potatoes	4.0 oz	240	13	1	440	27	0	3
Tator Tots	4.0 oz	213	11	3	440	25	0	3
Waffle Fries	4.0 oz	213	11	1	733	28	0	3
Wedges, Seasoned	4.0 oz	173	8	3	373	24	0	3

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 Aoli	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	2	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.**