

PCA --- Nutritional Guide

Last Updated
9/2019

Item	Serving Size	Calories	Fat	Carbs	Protein	Fiber	Category
GFS Homestyle Sugar Cookie Dough							
Homestyle Chocolate Chip Cookie Dough							
Oreo Cookie --- 2ct. Pkg.	2 cookies	100	4.5	16	0	0	
Kellogg's Rice Krispy Treat	1	150	4	28	1	0	
Low-fat Vanilla Frozen Yogurt	1 cup	120	2	22	4	0	
Lays plain potato chips	1 pkg.	160	10	15	2	1	
Cheetos	1 pkg.	160	10	15	2	1	
GoGo Squeeze Applesauce	1 pouch	60	0	15	0	1	
Motts Applesauce	1 cup	50	0	15	0	1	
Snack Pack Pudding	1 cup	110	2.5	20	0	2	
Apple	1	95	0	25	0.5	4	
Orange	1	60	0	11	1	2	
Grapes	1 bunch	60	0	27	0	1	
Banana	1	105	0	27	1	3	
Campbell's Tomato							
Hearthstone Chicken Broth							
Fresh Gourmet Tortilla Strips							
Baja Chicken Enchilada Soup							
Cheesy Chicken Tortilla Soup							
Loaded Baked Potato							
GFS Chicken Noodle Soup	1 cup	90	2	13	5	1	
GFS Twice Stuffed Baked Potato Soup	1 cup	240	16	16	9	1	
Old World Style Ragu Traditional	1/2 cup	80	2.5	12	2	2	
Hearthstone Sloppy Joe							
Barrel O' Fun Original Tostadas Chips							
Primo Gusto Fully Cooked Spaghetti							
GFS Hickory Smoked Pulled Pork BBQ	1/2 cup	230	9	16	23	1	
GFS Cheddar cheese							
Grilled Chicken Carbonara Flatbread Sticks							
Smucker's Uncrushable Peanut Butter and Grape Jelly	1 sandwich	210	9	28	6	2	
GFS Lasagna with meat Sauce & Cheese	1 cup	260	11	26	16	3	
GFS Mostaccioli	1 cup	270	4.5	46	12	2	
GFS Chicken Patty's							
McCain Redstone Canyon Seasoned Fries							
GFS Macaroni & Cheese	1 cup	310	9	26	13	1	
Corn Dog	1	210	13	17	7	0	
Eggo Whole Grain Mini Maple Pancakes	1 pkg.	210	6	35	4	4	
Armour Eckrich Bacon	3 slices	80	6	0	7	0	
Ore --- Ida Crinkle Cut French Fries							
Guernsey 2% White Milk	1 carton	130	5	13	8	0	
V-8 Fusion 11.5oz Pomegranate/Blueberry	1 can	150	0	37	0	0	
V-8 Fusion 11.5oz Strawberry/Banana	1 can	160	0	40	1	0	
Skinny Pop .7 oz	1 pkg.	100	6	9	2	2	
Kellogg's Fruit Snacks	1 pkg.	200	0	23	1	0	
Cheeze-It Crackers	1 pkg.	210	11	24	5	1	
Goldfish	1 pouch	200	7	28	5	1	
Quaker Chewy Granola Bar	1 bar	100	3	17	1	1	
Nutritional Bar	1 bar	120	3	24	2	3	
Munchie Mix	1 pkg.	250	12	31	4	3	
Doritos	1 pkg.	140	8	16	2	1	
Lays BBQ Chips	1 pkg.	160	10	15	2	1	

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Grilled Cheese							
French Toast Sticks	3 pieces	320	16	41	5	0	
Tomato Soup							
Bosco Sticks	1	210	7	27	11	1	
Tortilla Soup							
Chicken Parmesan	1 piece	290	15	14	23	1	
Baja Chicken							
Pizza Stuffed Bread Sticks	1	210	8	27	6	1	
Broccoli Cheddar							
Aunt Millie Hot Dog Bun	1 bun	120	1.5	23	4	1	
Aunt Millie Hamburger Bun	1 bun	160	2	31	5	1	
Loaded Baked Potato							
GFS Hamburger	1 patty	250	20	0	15	0	
Pierce Breaded Chicken	4 oz	220	7	20	18	1	
Chicken Tender x3							
Tator Tots	2.52 oz	140	7	16	2	2	
Dino Chicken Nuggets	4 pieces	170	9	14	8	9	
Ball Park Beef Frank	1	170	15	3	6	0	
Bush's Baked Beans	1/2 cup	140	1	29	6	5	
Casserole Au Gratin Potato's							
GFS Mexican Rice							
Garlic Bread	1 slice	180	10	19	3	0	
Astin Farms Strawberries							
Love Grown Foods Oat Clusters							
Dannon Vanilla Yogurt							
GFS Sunflower Kernels							
Ocean Spray Crasins							
Kitchen Essentials Bacon Flavored Bits							
Wishbone Italian Dressing							
Hidden Valley Ranch Lite 2pk							
Panera Bread Balsamic Vinaigrette 2pk							
Olive Garden Signature Italian							
Kens Golden Italian Packs							
Read Set Serve Romaine Lettuce							
LiteHouse Classic Reduced Calorie Golden Italian							
GFS Eggs							
GFS Croutons							
Walking Taco (Doritos, Fritos, Nachos, Cool Ranch, Taco Meat, Cheese, Sour Cream)							
Pace Original Picante Sauce							
GFS Kosher Dill Pickle Slices							
GFS French Onion Dip							
GFS Sour Cream							
Continental Butter Chips							
GFS BBQ Sauce							
Lighthouse Classic Ranch							
Sweet Baby Rays BBQ Sauce							
GFS Syrup							
Primo Gusto Parmesan							
GFS American Cheese							
GFS Nacho Cheese							
Hearthstone Roasted Beef Gravy							

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Last Updated
11/02/2015

Item	Serving Size	Calories	Fat	Carbs	Protein	Fiber	Category
Brownie Bite	1 Brownie, 28 g	120	7 g	16 g	1 g	< 1 g	
Syrup	43 g	120	0 g	31 g	0	0	
Spaghetti	1 1/4 cup cooked	200	1 g	41 g	7 g	2 g	
Garlic Bread	1 piece	160	9 g	17 g	3 g	0	