NUTRITION ANALYSIS FOR FRUITS & VEGETABLES 2009-2010

MENU ITEM	Serving Size	Calories	Fat (grams)	Saturated Fat (grams)	Trans Fat (gm)	Cholesterol (mg)	Carb (grams)	Sugar (grams)	Fiber (grams)	Protein (grams)	Vitamin A	Vitamin C	Calcium	Iron	Sodium (mg)
FRUITS															
Applesauce	½ cup	90	0	0	0	0	23gm	18gm	2gm	0	0	0	0	0	15 mg
Apples, Baked	½ cup	102	0.33gm	0.06gm	0	0	25.7gm	18gm	1.9gm	0.28gm	3 RE	0.14 mg	10.69 mg	0.40 mg	12 mg
Apples, Fresh	1 Apple	81	0.50gm	0.08gm	0	0	21.04gm	20gm	3.73gm	0.26gm	7 RE	7.87 mg	9.66 mg	0.25 mg	0
Banana, Fresh	1 Banana	105	0.55gm	0.21gm	0	0	26.71gm	21gm	2.74gm	1.17gm	9 RE	10.37 mg	6.84 mg	0.35 mg	1 mg
Cherry Crisp	½ cup	256	3.75gm	0.77gm	2gm	0	55gm		1.69gm	2gm	112 RE	1.97 mg	22 mg	0.97 mg	59 mg
Cranberry Sauce	¼ cup	100	0	0	0	0	26gm	17gm	1gm	0	0	0	0	0	35 mg
Fruit Cocktail	½ cup	80	0	0	0	0	20gm	13gm	1gm	1gm	4%	2%	0	0	10 mg
Grapes, Fresh	1 cup	62	0.32gm	0.10gm	0	0	15.78gm		0.92gm	0.58gm	9 RE	3.68 mg	12.88 mg	0.27 mg	2 mg
Oranges, Fresh	1 Orange	62	0.16gm	0.02gm	0	0	15.39gm	25gm	3.14gm	1.23gm	28 RE	69.69 mg	52.40 mg	0.13 mg	0
Peach Crisp	½ cup	228	3.68gm	0.74gm	2gm	0	48.84gm	15gm	2.19gm	1.54gm	116 RE	43.70 mg	18.96mg	1.14 mg	54 mg
Peaches	½ cup	80	0	0	0	0	17gm	13gm	1gm	<1gm	4%	6%	0	0	5 mg
Pears	½ cup	80	0	0	0	0	18gm	14gm	2gm	0	0	2%	0	2%	5 mg
Pears, Fresh	1 Pear	98	0.66gm	0.04gm	0	0	25.08gm	25gm	3.98gm	0.65gm	3 RE	6.64 mg	18.26 mg	0.42 mg	0
Pineapple Tidbits	½ cup	80	0	0	0	0	20gm	17gm	1gm	1gm	0	2%	2%	2%	10 mg
VEGETABLES															
Beans, Baked	½ cup	177	0.68gm	0.15gm	0	0	41gm	7gm	6.5gm	6.3gm	39 RE	7.8 mg	76 mg	0.81 mg	707 mg
Beans, Green	½ cup	30	0.12gm	0.05gm	0	0	4.58gm	2gm	2.14gm	1.27gm	42 RE	5.20 mg	21.59 mg	0.77 mg	387 mg
Broccoli	½ cup	59	3.52gm	0.64gm	0	0	4.38gm	1gm	2.19gm	2.19gm	141 RE	39.42 mg	22.01 mg	0.40 mg	243 mg
Broccoli with Cheese Sauce	½ cup	49	0.85gm	0.47gm	0	2mg	7.12gm	1gm	2.22gm	2.74gm	112 RE	39.12 mg	35.68 mg	0.41 mg	225 mg
California Vegetable Blend	½ cup	59	3.67gm	0.67gm	0	0	5.04gm	2gm	0	1.68gm	873 RE	20.16 mg	33.72 mg	0.61 mg	256 mg
Carrots, Glazed	½ cup	69	3.52gm	0.64gm	0	0	8.54gm	3gm	2.13gm	1.07gm	1099 RE	1.28 mg	21.46 mg	0	269 mg
Cheesy Potatoes	½ cup	72	0.64gm	0.29gm	0	1mg	15.14gm	0	0.33gm	1.7gm	2 RE	5.15 mg	12.36 mg	1.32 mg	350 mg
Corn	½ cup	70	<1gm	0	0	0	16gm	3gm	2gm	2gm	0	2.9mg	2mg	.39mg	1mg
French Fries, Crinkle Cut	½ cup	110	3.5gm	.5gm	0	0	17gm	0	3gm	2gm	0	6%	0	2%	30 mg
French Fries, Seasoned	½ cup	110	5gm	1gm	0	0	15gm	0	2gm	2gm	0	2%	0	2%	310 mg
Kale Greens	½ cup	74	1.6gm	0.41gm	0	6mg	11.8gm	1gm	5.77gm	7.73gm	2351 RE	12.95 mg	341 mg	5.3 mg	193 mg
Mashed Potatoes	½ cup	85	0.77gm	0	0	0	16.20gm	<1gm	1.54gm	1.54gm	0	0.93 mg	2.22 mg	0.29 mg	362 mg
Peas	½ cup	107	4.06gm	0.64gm	<1gm	0	12.84gm	6gm	4.28gm	5.35gm	96 RE	9.63 mg	0.12 mg	0.77 mg	334 mg
Peas & Carrots	½ cup	90	3.78gm	0.64gm	0	0	11.24gm	4gm	3.32gm	3.19gm	703 RE	5.36 mg	12.92 mg	0.37 mg	304 mg
Potato Rounds	½ cup	160	7gm	1gm	0	0	21gm	0	2gm	2gm	0	2%	2mg	4%	330 mg
Sauerkraut	½ cup	24	0.18gm	0.04gm	0	0	5.39gm	0	3.15gm	1.15gm	3 RE	18.52 mg	37.80 mg	1.85 mg	833 mg
Sweet Potatoes	½ cup	120	0	0	0	0	30gm	23gm	2gm	0	0	8%	0	0	30 mg
Sweet Potato Fries	½ cup	130	5gm	1gm	0	0	19gm	6mg	3gm	1mg	60%	8%	2%	2%	120mg
Tossed Salad															
Vegetable Cup															