Arlington ISD Food and Nutritional Services
Nutritional Information 2016 -2017

FRUITS	Serving Size	Calories	Carb Count (g)	Total Fate	Saturated Fat (g)	Protein (g)	Dietary Fiber (g)
Apple	1 each	60	8	0	0	<1	3
Applesauce Cup	½ cup	50	12	0	0	0	2
Applesauce, Canned	½ cup	60	15	0	0	0	2
Apricots	½ cup	80	20	0	0	<1	<1
Banana	1 each	105	30	0.4	0	1.3	3
Cantaloupe	½ cup	30	8	0	0	0	1
Craisins	¼ cup	110	28	0	0	0	3
Fruit Cocktail	½ cup	80	20	0	0	0	1
Grapefruit	½ cup	60	13	0	0	1	2
Grapes	½ cup	52	15	<1	0	0.5	0.7
Mandarin Oranges	½ cup	90	20	0	0	1	1
Orange	1 eacu	62	15	<1	0	<1	3
Peach Cup	1 each	53	14	0	0	0.5	1.25
Peachs, canned	½ cup	90	22	0	0	1	1
Pineapple Tidbits	½ cup	80	20	0	0	0	1
Pears, canned	½ cup	80	20	0	0	<1	2
Pear, fresh	1 each	47	26	0	0	<1	2.5
Plum	1 each	30	8	0	0	0	1
Strawberries	½ cup	25	6	0.23	0	0.5	1.5
Strawberries Cup	1 each	81	21	0	0	0.5	2.5
Watermelon	½ cup	23	6	0.1	0	0.47	0.3

VEGETABLES	Serving Size	Calories	Carb Count (g)	Total Fate	Saturated Fat (g)	Protein (g)	Dietary Fiber (g)
Baby Carrots	½ cup	30	8	0	0	0.5	2.5
Baked Beans	½ cup	131	22.5	0	0	6	5.5
Black Beans	½ cup	70	18	2	0	6	5
Broccoli	½ cup	25	4	0	0	2	2
California Blend	½ cup	25	5	0	0	1	2
Corn	½ cup	130	27	1.5	0	3	2
Corn & Black Bean Fiesta	½ cup	98	16	2	0	4	4
Crinkle Cut Carrots	½ cup	35	2	0	0	1	3
Cucumber Slices	½ cup	8	2	0	0	0	<1
Green Beans	½ cup	20	4	0	0	<1	2
Marinara	½ cup	21	4	1	0	<1	<1
Mashed Potatoes	½ cup	76	15	1	<1	1.5	1.3
Mixed Vegetables	½ cup	60	12	0	0	3	3
Oven Fries	2 oz	120	17	4.5	0	2	2
Peas, Grean	½ cup	70	12	0	0	4	4
Pickles	½ cup	8	0	0	0	0	0
Pinto Beans	½ cup	110	21	0.5	0	7	11
Refried Beans	½ cup	184	32	2	1	11	11
Salad Topper	¼ cup	2	0.5	0	0	0	<1
Salsa	1 each	15	3	0	0	0	0
Sandwich Fixins	¼ cup	6	1	0.06	0	0.2	0.3
Sonoma Blend	½ cup	35	6	0	0	1	2
Sugar Snap Peas	½ cup	40	7	0	0	2	7
Sweet Potato Fries	2.11 oz	90	15	3	0.5	1	2
Tator Tots	3 oz	170	19	10	1	2	2
Tossed Salad	½ cup	2	0.5	0	0	0	<1
Winter Blend	½ cup	30	4	0	0	1	2