

Arlington ISD Food and Nutritional Services
Nutritional Information 2016 -2017

BEVERAGES	Serving Size	Calories	Carb Count (g)	Total Fat (g)	Saturated Fat (g)	Protein (g)	Dietary Fiber (g)
JUICE							
Apple Cherry Juice (Elem)	4 oz	60	16	0	0	0	0
Apple Juice (Elem)	4 oz	60	15	0	0	0	0
Apple Juice (Secondary)	6 oz	80	19	0	0	0	0
Orange Juice (Elem)	6 oz	60	15	0	0	0	0
Orange Juice (Secondary)	4 oz	80	20	0	0	0	0
MILK/MILK ALTERNATIVES							
Chocolate Milk	8 oz	130	24	0	0	8	0
Skim Milk	8 oz	80	11	0	0	8	0
1% Milk	8 oz	100	11	2.5	1.5	8	0
Soy Milk	8 oz	50	6	1	<1	3.5	<1

CONDIMENTS	Serving Size	Calories	Carb Count (g)	Total Fat (g)	Saturated Fat (g)	Protein (g)	Dietary Fiber (g)
Barbecue Sauce	1oz	40	9	0	0	0	2
Chicken Gravy	1 oz	17.5	3	<1	<1	0	0
Cranberry Sauce	0.8 oz	44	11	0	0	0	0
Grape Jelly	0.5oz	35	9	0	0	0	0
Gravy	1oz	17.5	4	0	0	0.5	0
Honey Mustard	1 pkt	15	4	0	0	0	0
Ketchup	1 pkt	10	3	0	0	0	0
Margarine Cups	1 each	25	0	2.5	0	0	0
Mayonnaise	1 pkt	30	1	3	0	0	0
Mustard	1 pkt	5	0	0	0	0	0
Picante Sauce	2 Tbsp	10	2	0	0	0	<1
Ranch Dressing	1oz	70	2	7	1	1	0
Strawberry Jam	0.5oz	35	9	0	0	0	0
Syrup	1oz	70	18	0	0	0	0
Tartar Sauce	1 pkt	45	2	4	0.5	0	0

ICE CREAM	Serving Size	Calories	Carb Count (g)	Total Fat (g)	Saturated Fat (g)	Protein (g)	Dietary Fiber (g)
ICE CREAM CUP							
Chocolate Cup	1 ea (3oz)	70	12	1	0.5	2	0
Strawberry Cup	1 ea (3oz)	80	17	1	0.5	2	0
Vanilla Cup	1 ea (3oz)	60	12	1	0.5	2	0
ICE CREAM SANDWICH							
Cookies N' Cream w/ Chocolate Cookie Sandwich	1 ea (4oz)	150	29	2.5	1.5	4	<1
Mini Vanilla w/ Chocolate Cookie Sandwich	1 ea (2.5 oz)	120	12	2.5	1	2	0
Minty Mint Sandwich	1 ea (4oz)	180	33	3.5	1.5	4	<1
Vanilla w/ Chocolate Cookie Sandwich	1 ea (4oz)	180	33	3.5	1.5	4	<1
ICE CREAM BAR							
Chocolate Fudge Bar	1 ea (2.5oz)	80	16	0	0	3	0
Polar Blast Fruit Punch Bar	1 ea(2.25oz)	70	16	0	0	0	0
Orange Blossom Bar	1 ea (2.50oz)	70	14	1	0.5	1	0
Chocolate Scooter	1 ea (2.75oz)	140	22	5	1.5	1	0
Strawberry Scooter	1 ea (2.75oz)	140	22	5	1.5	1	0
ICE CREAM CONE							
Cookies N' Cream w/ Cookie Bits Topping in a Chocolate Cone	1 ea (2.5 oz)	120	25	1.5	1	2	1
Crazy Cone	1 ea (2.50oz)	120	25	2	1	2	0