

Lunch Nutrition Information

for Meal Distribution Locations

Table Legend

Kcal = Calories

Fat = Total Fat

Sat. Fat = Saturated Fat

Chol = Cholesterol

Na = Sodium

Carb = Carbohydrates

Fiber = Total Fiber

Pro = Protein

Vit. A = Vitamin A

Vit. C = Vitamin C

Ca = Calcium

Fe = Iron

The information contained in this list is reported by each of the manufacturers. Variations may occur due to the differences in suppliers, ingredient substitutions, recipe revisions, product assembly at the school level, and/or season of the year. Nutrients for fresh fruit are based on seasonal averages. This information is effective as of March 24, 2020.

Seminole County Public Schools and employees do not assume responsibility for a particular sensitivity or allergy to any food product provided in our schools. If your child has a special diet need due to a medical condition, please contact Von Nguyen, MS, RD at von_nguyen@scps.k12.fl.us for more information. If you have specific questions or concerns with any of the products listed, please feel free to call or write:



Seminole County Public Schools
 Red Apple Dining
 400 East Lake Mary Blvd.
 Sanford, FL 32773
 407-320-0226

Food/Beverage Items	Serving Size	Kcal	Fat (g)	Sat. Fat (g)	Chol (mg)	Na (mg)	Carb (g)	Fiber (g)	Pro (g)	Vit. A (IU)	Vit. C (mg)	Ca (mg)	Fe (mg)
Apple, Fresh, Small	1 each	77	0	0	0	1	21	4	0	80	7	9	0
Applesauce Cup, Unsweetened	1 each	50	0	0	0	0	14	1	0	0	9	0	0
Carrots, Baby Raw	1 serving	20	0	0	0	44	5	2	0	7819	1	18	1
Cracker, Animal	1 package	120	5	0	0	55	20	2	2	-	-	11	1
Cracker, Cheez-it	1 package	100	4	1	4	150	14	1	2	500	0	130	1
Cracker, Goldfish Cheddar	1 package	100	4	1	0	170	14	1	2	0	0	26	1
Cracker, Goldfish Pretzels	1 package	90	2	0	0	200	16	1	2	0	0	0	1
Cracker, Honey Goldfish	1 package	130	5	1	0	130	21	1	2	0	0	26	1
Dressing, Lite Ranch Dip Cup	1 each	110	10	2	10	350	2	0	1	-	-	30	0
Juice Box, Apple & Eve, Apple, 4.23 fl oz	1 each	60	0	0	0	5	14	-	0	500	90	26	0
Juice Box, Apple & Eve, Kiwi-Strawberry, 4.23 fl oz	1 each	60	0	0	0	5	15	-	0	500	90	26	-
Juice Box, Apple & Eve, Tangerine, 4.23 fl oz	1 each	60	0	0	0	15	15	-	0	500	90	26	-
Lettuce and Tomato Cup	1 each	7	0	0	0	3	1	1	0	287	3	6	0
Mayonnaise, packet	1 each	60	7	1	5	55	0	0	0	0	0	0	0
Milk, Chocolate, Fat Free	1 each	120	0	0	5	180	20	0	8	750	0	250	0
Mustard, packet	1 each	4	0	0	0	66	0	0	0	0	0	4	0
Orange, Fresh	1 each	62	0	0	0	0	15	3	1	295	70	52	0
Plum, Fresh	1 each	35	0	0	0	0	9	1	1	266	7	5	0
Raisins	1 package	120	0	0	0	10	30	2	1	0	0	20	1


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SUBS, FLATBREAD, WRAP													
Flatbread, Turkey Bacon	1 each	315	10	4	48	962	30	2	24	405	0	215	1
Bread, Flat, Rounds	2 each	150	4	1	0	290	25	2	5	-	-	20	1
Turkey, Deli, Sliced	4 slices	60	1	0	27	307	0	0	13	0	0	0	0
Cheese, American, Sliced	2 slices	70	4	3	15	280	4	0	5	400	0	195	0
Bacon	1 slice	22	2	1	6	78	0	0	2	0	0	0	0
Sub, Italian	1 each	390	22	7	57	962	31	3	20	0	0	253	2
Roll, Sub	1 each	130	2	0	0	230	26	3	5	-	-	40	1
Salami, Turkey Sliced	1 slice	20	1	0	10	80	1	0	2	0	0	13	0
Ham, Turkey Sliced	2 slices	43	2	1	18	120	1	0	4	0	0	0	0
Pepperoni	5 slices	45	4	1	9	166	0	0	1	0	0	-	0
Mozzarella Cheese	1 oz	80	6	3	20	190	2	0	7	-	-	200	-
Dressing, Golden Italian	1 serving	72	8	1	0	176	1	0	0	-	-	0	0
Sub, Turkey-Ham	1 each	265	9	4	43	714	30	3	17	405	0	192	2
Roll, Sub	1 each	130	2	0	0	230	26	3	5	-	-	40	1
Cheese, American, Sliced	2 slices	70	4	3	15	280	4	0	5	400	0	195	0
Ham, Turkey Sliced	3 slices	65	3	1	28	180	2	0	7	0	0	0	0
Wrap, Grilled BBQ Chicken	1 each	420	18	7	71	925	42	2	21	174	0	228	2
Tortilla, Flour 8"	1 each	110	3	2	0	95	19	2	3	0	0	20	1
Chicken, Strips Grilled	1 serving	138	7	1	48	316	6	0	12	0	0	0	0
Sauce, BBQ	1 serving	74	0	0	0	307	19	0	0	-	-	0	0
Cheese Blend	1 oz	96	7	5	23	186	1	0	6	174	0	198	0

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Strawberry Cup	1 each	90	0	0	0	0	22	2	1	0	66	20	0
Sunflower Kernels, Honey Roasted	1 package	190	15	2	0	65	11	3	6	0	0	26	1
Uncrustables (PB & J)	1 each	300	16	4	0	280	32	4	9	-	-	43	1
Yogurt, Danimals, Strawberry	1 each	70	0	0	5	60	14	0	4	0	0	150	0
<p>Table Legend Kcal = Calories Fat = Total Fat Sat. Fat = Saturated Fat Chol = Cholesterol Na = Sodium Carb = Carbohydrates Fiber = Total Fiber Pro = Protein Vit. A = Vitamin A Vit. C = Vitamin C Ca = Calcium Fe = Iron</p> <p>The information contained in this list is reported by each of the manufacturers. Variations may occur due to the differences in suppliers, ingredient substitutions, recipe revisions, product assembly at the school level, and/or season of the year. Nutrients for fresh fruit are based on seasonal averages. This information is effective as of March 24, 2020.</p> <p>Seminole County Public Schools and employees do not assume responsibility for a particular sensitivity or allergy to any food product provided in our schools. If your child has a special diet need due to a medical condition, please contact Von Nguyen, MS, RD at von_nguyen@scps.k12.fl.us for more information. If you have specific questions or concerns with any of the products listed, please feel free to call or write:</p>													
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