

BREAD/PASTA/CHIPS ITEMS	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Protein (g)	Dietary Fiber (g)
Bread, Sandwich White	1 slice	70	1	0	0	2	<1
Bread, Toast, Texas Style	1 slice	100	1	0	0	3	<1
Bun, Hamburger, (white, whole grain)	1 each	140	2	0	0	5	2
Bun, Hot Dog	1 each	110	1	0	0	4	<1
Bun, Kaiser w/Sesame Seeds	1 each	210	3	0.5	0	6	2
Bun, Sub	1 each	210	2.5	0.5	0	6	1
Cookie, Carnival (reduced fat, whole grain)	1 each	110	3.5	1	0	1	1
Cookie, Chocolate Chip (reduced fat, whole grain)	1 each	110	3.5	1	0	1	1
Croissant	1 each	230	10	4.5	0	5	<1
Flat Bread	1 each	130	2	0	0	7	3
Frito Corn Chip 1oz	1 ounce	160	10	1.5	0	2	1
Goldfish Crackers (whole grain)	1 bag	100	3.5	1	0	3	1
Cornbread	1 piece	140	3	0	0.5	3	1
Pasta, Spaghetti	1/2 cup	79.5	.35	0	0	2.9	.3
Rice, Long Grain	1/2 cup	85	0	0	0	2	0
Roll, White	1 each	150	2.5	0	0	4	<1
Saltines (2pk)	1 package	27	0.5	0	0	0.67	0.33
Tortilla, Flour 6"	1 each	90	2.5	1	0	3	2
Tortilla, Flour 10"	1 each	210	5	2	0	6	3
Chips, Sun Chips (multigrain)	1.5oz	140	6	2	0	2	2
Chips, Doritos (reduced fat)	1.5oz	130	5	1	0	2	2
Chips, Baked Cheetos	1.5oz	120	4.5	1	0	2	0
Revised Aug. 26, 2009							