Arlington ISD Food and Nutritional Services
Nutritional Information

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