

Gobles Schools- Nutrition information on common side items and Taco Bar

Recipe Description	Portion Size	Calories	Carbohydrates	Total Fat (g)	Sat Fat (g)	Fiber (g)
Mustard	2 Tbsp	21	1.66	1.25	0.08	1.03
Ketchup	2 Tbsp.	29	7.55	0.09	0.01	0.09
Ranch- Light	2 Tbsp.	84	3.75	8.44	1.88	0
Italian dressing- Light	2 Tbsp.	57	4.73	3.78	0.94	0
French Dressing	2 Tbsp.	73	1.42	7.68	1.07	0.05
Tortilla - 6"	2 each	170	28	5	1	1
Taco Meat	serving	118	4	6	2.1	2
Shredded Cheese	1 tbsp.	27	0.25	2.25	1.25	0
Tortilla Chips	10 chips	160	21	7	2	1
Salsa	1/4 cup	20	4	0	0	0
Cheese Sauce	1/4 cup	70	4	5	2	0
Mashed Potato	1/2 cup	76	15	1	0	1
French Fry	3 oz.	120	7	5	1	2
Fresh Fruit (general)	1 each	80	15	0	0	2
Canned Fruit (general)	1/2 cup	80	19	0	0	2
Vegetable (frozen/canned)	1/2 cup	30	7	0	0	1

Disclaimer: Nutrient values have been determined utilizing approved software comprised of common foods found in the USDA database and standardized recipes. These results should be viewed and used only as a general nutrition guide- and not for medical nutrition therapy. This is a close approximation of the true nutrient content since various factors influence the amounts of nutrients in foods. The reliability of data may fluctuate with changes in portion size, produce specifications, substitutions, recipe compliance and manufacturer's ingredients. If you should find that your school offers additional items not printed, please contact your school cafeteria manager for nutrient facts on school-specific items.