Richmond Community Schools

Nutritional Data - Vegetables

Vendor	Item#	Description	Portion Size	Calories	Fat	Sat Fat	Protein	Total Carbs	Sodium	HS Serving	MS Serving	Lee Serving
VE	044166	Refried Beans	1/2 cup	130	2	0.5	8	20		1/2 cup	1/2 cup	1/2 cup
VE	37124	Tomato Soup	1/2 cup	90	0	0	2	19	680	1/2 cup	1/2 cup	n/a
VE	066159	Mashed Potatoes	1/2 cup	73.69	0.72	0	1.45	15.35	16.96	1/2 cup	1/2 cup	1/2 cup
VE	063220	French Fries	1/2 cup	111	4.4	0.74	1.4	16.3	296	1/2 cup	1/2 cup	1/2 cup
VE	006608	Green Peppers	1 cup	30	0	0	1	7		1/8 c	1/8 c	n/a
VE		Cucumber	1/3 ea	15	0	0	1	3		2 slices	2 slices	n/a
VE		Onion	1 medium	60	0	0	2	14		1/8 c	1/8 c	n/a
VE	070050	Black Olives	2 Tbsp.	30	2.5	0.5	0	1		2 tbsp	2 tbsp	n/a
VE		Tomato	149 gram	27	0	0	1	6		1/4 c	1/4 c	n/a
VE	007321	Romaine Lettuce	3 oz.	15	0	0	1	3		1/2 - 1 c	1/2 - 1 c	1 c
VE	031115	Pickles	1 oz.	4	<0.1	<0.1	<0.1	0.8		1 oz	1 oz	1 oz
VE	16305	Frozen Broccoli	1/2 Cup	25	0	0	3	5		1/2 Cup	1/2 Cup	1/2 Cup
VE/DoD		Frozen Carrot Coins	1/2 Cup	27	0.5	0.09	0.42	2.86		1/2 Cup	1/2 Cup	1/2 Cup
VE	11511	Frozen Diced Carrots	1/2 Cup	35	0	0	<1	7		1/2 Cup	1/2 Cup	1/2 Cup
VE/DoD	43076	Frozen Corn	1/2 Cup	67	1	0	2	16	1	1/2 Cup	1/2 Cup	1/2 Cup
VE		Frozen California Blend	1/2 Cup	15	0	0	1	3		1/2 Cup	1/2 Cup	1/2 Cup
VE/DoD		Frozen Green Beans	1/2 Cup	19	0.06	0.02	2.18	1.01		1/2 Cup	1/2 Cup	1/2 Cup
VE	7341	Fresh Carrot Sticks	2 oz	20	0	0	0	5		2 oz	2 oz	2 oz
VE	7221	Fresh Celery Sticks	1 oz.	4	0	0	0	1		1/2 Cup	1/2 Cup	1/2 Cup
VE	50043	Shoestring Sweet Potato Fries	2.45 oz	140	5	1	1	22	160	1/2 Cup	1/2 Cup	1/2 Cup
VE	74429	Sweet Potato Fries	2.11 oz	85	3	0.5	1	13	125	1/2 cup	1/2 cup	1/2 cup
VE	55074	Sweet Potato Waffle Fries	2.11 oz	90	3	0.5	1	15	150	1/2 cup	1/2 cup	1/2 cup
VE	50340	Sweet Potato Bites	2.67 oz	120	4	0.5	1	19	100	1/2 cup	1/2 cup	1/2 cup
VE	64189	Hash Brown Triangles	2 pieces	220	11	1.5	2	29	450	2 pieces	2 pieces	n/a
VE	31158	Sliced Jalapeno	1 oz.	5	0.14	<0.1	<0.01	0.95		1 oz	1 oz	1 oz
VE	64219	Frozen Mixed Vegetables	3 oz.	60	0	0	3	12		1/2 Cup	1/2 Cup	1/2 Cup
VE	7212	Matchstick Carrots	2.75 oz	35	0	0	1	8	40	1/8 C	1/8 C	1/8 C
VE	44231	Mushrooms	1/2 cup	30	0	0	2	4	555	1 oz	1 oz	n/a
VE	94719	Tater Tots	8 pieces	130	6	1	2	16	310	n/a	n/a	8 pieces
VE	64425	Hash Brown Potato Stars	9 pieces	180	10	1	2	20	330	n/a	n/a	9 pieces
GFS	822477	Baked Beans	1/2 cup	110	0.5	0	5	22	210	1/2 cup	1/2 cup	1/2 cup

Nutritional data is based on portion size.

Updated 11/2016