Portion		Breads and Grains	Calories	Total Fat grams	Sat. Fat grams	Protein grams	Carb. grams	Calcium (mg)	Iron (mg)	Vit. C (mg)	Vit. A (IU)	Sodium (mg)	Chol. (mg)	Fiber (grams)
1.00	piece	Cornbread	162.5	4.2	0.7	4.6	26.5	154.2	1.5	0.2	48.2	416.0	29.9	1.4
1.00	piece	Cornbread w/ Jalapenos	189.8	7.3	1.2	4.6	26.5	155.0	1.5	0.2	48.2	416.9	29.9	1.4
0.33	cup	Cornbread Dressing	65.5	3.3	0.7	1.2	7.5	26.2	0.4	0.9	136.5	218.6	2.9	0.7
0.25	cup	Cornbread Dressing	49.6	2.5	0.5	0.9	5.7	19.8	0.3	0.7	103.4	165.6	2.2	0.5
1.00	each	Cornmeal Roll	196.2	3.4	0.7	6.1	34.7	41.1	2.0	0.2	38.2	25.5	37.5	1.6
1.00	each	Crackers, Goldfish	210.0	9.0	2.0	5.0	27.0	40.0	1.4	0.0	0.0	360.0	5.0	1.0
1.00	each	Crackers, Saltines, 4 pack	50.0	1.0	0.0	1.0	9.0	0.0	0.4	0.0	0.0	190.0	0.0	0.0
0.75	ounce	Croutons for Salads	91.1	3.0	0.0	3.0	15.2	0.0	1.1	0.0	0.0	212.6	0.0	0.0
1.00	slice	Focaccia Bread	106.9	1.9	0.3	3.0	19.1	21.4	1.1	0.1	36.6	188.5	0.3	0.7
1.00	slice	French Bread w/ Garlic Butter	133.1	3.3	0.6	3.5	22.1	24.2	1.3	0.1	87.1	193.3	0.3	0.8
0.50	cup	Fried Rice, Elementary	187.3	1.7	0.3	3.7	37.8	15.7	2.0	0.4	308.4	360.8	0.0	0.8
0.66	cup	Fried Rice, Secondary	247.3	2.3	0.4	4.9	50.0	20.8	2.7	0.5	407.2	476.3	0.0	1.0
0.33	cup	Macaroni & Cheese	131.9	6.2	3.2	7.8	11.5	187.3	0.5	0.2	653.8	265.1	13.2	0.3
0.25	cup	Macaroni & Cheese	99.9	4.7	2.4	5.9	8.7	141.9	0.4	0.2	495.3	200.8	10.0	0.2
0.50	cup	Noodles, Spaghetti	98.7	0.5	0.1	3.3	19.8	4.9	1.0	0.0	0.0	70.0	0.0	1.2
0.75	cup	Noodles, Spaghetti	148.1	0.7	0.1	5.0	29.8	7.4	1.5	0.0	0.0	105.0	0.0	1.8
1.00	each	Pretzel Poppers	160.0	5.0	0.5	5.0	28.0	20.0	1.8	0.0	100.0	360.0	0.0	4.0
0.25	cup	Spanish Rice	113.5	1.8	0.3	2.0	21.8	17.4	1.2	1.3	66.2	192.3	0.0	0.6
0.33	cup	Spanish Rice	149.8	2.3	0.4	2.7	28.8	23.0	1.6	1.7	87.4	253.8	0.0	0.7
1.00	slice	Texas Toast, Whole Grain Buttered	139.4	4.8	0.8	3.4	21.1	14.8	1.2	0.1	84.8	242.8	0.1	1.6
1.00	each	Whole Wheat Roll	170.5	4.7	0.7	4.4	28.0	18.8	1.6	0.1	39.5	302.9	0.2	2.1
		Elementary Portion = 0.25 cup												
		Secondary Portion = 0.33 cup												