

Lunch Nutrition Information High Schools

Table Legend

Kcal = Calories
Fat = Total Fat
Sat. Fat = Saturated Fat

Chol = Cholesterol
Na = Sodium
Carb = Carbohydrates

Fiber = Total Fiber
Pro = Protein
Vit. A = Vitamin A

Vit. C = Vitamin C
Ca = Calcium
Fe = Iron

The information contained in this list is reported by each of the manufacturers. Variations may occur due to the differences in suppliers, ingredient substitutions, recipe revisions, product assembly at the school level, and/or season of the year. Nutrients for fresh fruit are based on seasonal averages. This information is effective as of April 4, 2024.

Seminole County Public Schools and employees do not assume responsibility for a particular sensitivity or allergy to any food product provided in our schools. If your child has a special diet need due to a medical condition, please contact Kymberli Dawson, MHA, RDN at dawsonkd@scps.k12.fl.us for more information. If you have specific questions or concerns with any of the products listed, please feel free to call or write:



Seminole County Public Schools
Red Apple Dining
400 East Lake Mary Blvd.
Sanford, FL 32773
407-320-0226

When searching for a specific item, use the CTRL + F keys on your keyboard and enter the item to expedite your search.

Food/Beverage Items	Serving Size	Kcal	Fat (g)	Sat. Fat (g)	Chol. (mg)	Na (mg)	Carb (g)	Fiber (g)	Pro (g)	Vit. A (IU)	Vit. C (mg)	Ca (mg)	Fe (mg)
Apple, Fresh, Small	1 each	77	0	0	0	1	21	4	0	80	7	9	0
Apple, Slices	1 packet	30	0	0	0	0	7	1	0	0	39	0	0
Applesauce Cup, Unsweetened	1 each	50	0	0	0	0	14	1	0	0	9	0	0
Apricot Cup	1 each	125	0	0	0	0	32	2	1	-	-	-	-
Baked Ziti (w/o added marinara sauce)	1 slice	397	13	6	41	709	57	7	24	-	-	431	2
Baked Ziti - for LBHS, LMHS and OHS	1 slice	405	13	6	41	763	60	8	24	112	0	381	2
Banana, Fresh	1 each	105	0	0	0	1	27	3	1	76	10	6	0
Beans, Baked	1/2 cup	143	0	0	0	178	29	5	8	-	-	50	2
Beans, Black, Seasoned	1/2 cup	121	1	0	0	136	20	5	7	19	3	27	2
Beans, Green, Fresh Cooked	1/2 cup	40	2	1	4	119	6	2	1	479	7	33	0
Beans, Pinto	1/2 cup	124	3	0	0	143	19	4	5	365	15	52	2
Beef Seasoned, for Burrito Bowl	1 serving	177	10	5	54	555	8	2	15	0	0	0	0
Beef Seasoned, for Nachos	1 serving	89	5	2	27	278	4	1	7	0	0	0	0
Biscuit	1 each	190	9	6	0	650	23	1	4	-	-	30	2
Blueberries, fresh	1/2 cup	42	0	0	0	1	11	2	1	40	7	4	0
Blueberries, Frozen	1 serving	42	1	0	0	1	10	2	0	0	2	7	0
Bread, Brioche Hamburger Bun	1 each	160	3	1	0	270	30	2	6	-	-	40	2
Bread, Flat Rounds	1 each	75	2	0	0	150	13	1	3	2	0	20	1
Bread, Hot Dog Bun	1 each	110	2	0	0	75	21	2	4	-	-	26	1
Bread, Sliced, Sandwich	1 slice	80	1	0	0	120	15	1	3	-	-	0	1
Breadstick, Garlic	1 each	100	3	1	0	95	15	1	1	-	-	0	1
Broccoli, Fresh, Cooked	1/2 cup	24	0	0	0	23	5	2	2	435	62	33	1
Broccoli, Frozen, Cooked	1/2 cup	26	0	0	0	16	4	2	3	-	-	32	0
Burger, Beef Patty (w/o Bun)	1 patty	180	13	5	60	260	0	0	17	0	0	4	2
Burger, Cheeseburger (w/o ketchup, mayo, mustard, or lettuce/tomato)	1 sandwich	385	19	7	68	678	31	3	27	0	0	157	3

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Burger, Hamburger (w/o ketchup, mayo, mustard, or lettuce/tomato)	1 sandwich	344	16	6	61	536	30	3	23	0	0	53	3
Cantaloupe, Fresh	1/2 cup	27	0	0	0	13	7	1	1	2706	29	7	0
Carrots, Baby, Raw	1/2 cup	26	0	0	0	58	6	2	0	10342	2	24	1
Carrots, Fresh, Cooked	1/2 cup	54	0	0	0	84	14	2	1	11170	2	26	1
Cauliflower, Fresh	1/2 cup	13	0	0	0	16	3	1	1	0	26	12	0
Celery Sticks	1/2 cup	8	0	0	0	40	2	1	0	227	2	20	0
Cereal, Cinnamon Toast Crunch (Reduced Sugar)	1 bowl	100	3	0	0	160	22	3	1	300	5	90	3
Cheese, American, Sliced	1 slice	50	5	3	13	130	1	0	3	-	-	81	0
Cheese, Cheddar, Shredded	1 oz	110	9	6	30	170	0	0	7	-	0	195	0
Cheese, Mozzarella, Shredded	1 oz	80	5	3	15	180	2	0	6	-	-	195	0
Cheese, Parmesan	1 packet	15	1	1	5	65	0	0	1	-	-	40	0
Cheese Sauce, for Nachos	1 serving	186	14	8	40	502	6	0	12	64	0	357	0
Cheese Stick, Colby Jack	1 stick	90	6	4	15	180	1	0	8	-	-	200	0
Cheese Stick, Mozzarella	1 stick	80	6	4	15	200	0	0	7	-	-	200	0
Chicken, Asian Glazed	1 serving	206	4	1	73	631	21	0	23	-	-	19	1
Chicken, Boneless Wings (4)	1 serving	216	8	2	53	447	15	2	20	-	-	13	1
Chicken, Boneless Wings (5), for Endeavor/Hopper	1 serving	270	10	2	67	559	19	3	25	-	-	16	1
Chicken, Citrus Honey	1 serving	270	8	1	59	516	36	2	15	0	0	0	0
Chicken, for Burrito Bowl	1 serving	103	3	0	55	463	2	0	18	0	0	13	1
Chicken, for Chicken Alfredo	1 serving	102	4	0	53	225	2	0	17	-	0	0	0
Chicken, Orange	1 serving	290	6	1	77	541	37	0	21	-	-	-	1
Chicken, Spicy Thai	1 serving	213	4	1	73	635	22	0	24	188	9	20	2
Chicken, Sriracha Honey	1 serving	260	8	1	58	637	32	3	16	-	-	-	-
Chicken, Sweet BBQ Tender Bites	1 bag	70	1	0	30	180	7	0	9	-	-	10	0
Chicken, Tenders (2)	1 serving	204	8	1	50	423	14	2	19	-	-	13	1
Chicken, Teriyaki	1 serving	180	5	2	109	516	9	0	23	-	-	-	1
Chicken Fillet, Breaded (w/o bun)	1 each	213	8	2	53	393	15	2	20	-	-	13	1
Chicken Fillet, Breaded Spicy (w/o bun)	1 each	212	8	2	52	400	13	2	21	-	-	19	1
Chips, Baked Cheetos Crunchy	1 bag	120	5	1	0	200	16	1	2	-	-	20	0
Chips, Baked Cheetos Puffs	1 bag	90	4	1	0	140	13	1	2	-	-	10	1
Chips, Baked Lay's BBQ Potato Crisps	1 bag	110	3	0	0	125	19	1	2	-	-	10	0
Chips, Baked Lay's Original Potato Crisps	1 bag	110	3	0	0	140	19	1	2	-	-	0	0
Chips, Doritos, Cool Ranch Tortilla Chips	1 bag	130	5	1	0	180	20	2	2	-	-	30	0
Chips, Doritos, Flamas Tortilla Chips	1 bag	130	5	1	0	200	20	2	2	-	-	30	0
Chips, Doritos, Nacho Cheese Tortilla Chips	1 bag	130	5	1	1	200	20	2	2	-	-	40	0

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Chips, Doritos, Sweet Chili Tortilla Chips	1 bag	130	5	1	0	200	20	2	2	-	-	30	0
Chips, Tortilla, for Nachos	1 serving	284	14	2	0	203	36	4	4	-	-	99	2
Cookie, BelVita Snack Packs	1 package	130	4	0	0	60	21	2	2	-	-	10	1
Cookie, Chocolate Brownie	1 each	190	7	2	10	170	31	2	3	-	-	18	1
Cookie, Chocolate Chip	1 each	200	7	2	15	160	33	2	3	-	-	16	1
Cookie, Fortune	1 each	12	0	0	0	0	3	0	0	0	0	0	0
Cookie, Red Velvet	1 each	190	6	2	10	150	32	2	3	-	-	15	2
Cookie, Sugar	1 each	200	7	2	10	160	33	1	3	-	-	8	1
Corn, Roasted	1/2 cup	52	1	0	0	8	9	2	1	0	4	19	0
Cracker, Cheez-it	1 package	100	4	1	5	150	14	1	2	0	-	20	1
Craisins (Cherry and Strawberry)	1 package	110	0	0	0	0	27	2	0	-	0	-	-
Crouton Cup	1 each	49	2	0	0	138	8	0	2	-	-	-	-
Cucumbers, Fresh, Sliced	1/2 cup	8	0	0	0	1	2	0	0	17	2	8	0
Dressing, Caesar (Ken's)	1 each	210	23	4	5	400	1	0	1	-	-	26	0
Dressing, Honey Mustard Dip Cup (Heinz)	1 each	40	1	0	0	160	8	0	0	0	0	0	0
Dressing, Honey Mustard Dip Cup (Monarch)	1 each	140	13	2	10	200	7	0	0	0	0	0	0
Dressing, Light Italian Dip Cup	1 each	60	5	1	0	310	3	0	0	-	-	0	0
Dressing, Lite Ranch Dip Cup	1 each	70	7	1	5	230	1	0	1	-	-	-	-
Dressing, Mandarin Orange Sesame Ginger Cup, for Chicken Berry Salad	1 each	150	12	2	0	115	9	0	0	-	-	-	-
Envy 100% Fruit Juice, Acai Berry	1 can	110	0	0	0	5	29	0	0	500	90	130	-
Envy 100% Fruit Juice, Fruit Punch	1 can	110	0	0	0	5	29	0	0	500	90	130	-
Envy 100% Fruit Juice, Fuji Apple	1 can	110	0	0	0	5	29	0	0	500	90	130	-
Fajita Vegetables for Burrito Bowl	1 serving	42	1	0	0	4	8	2	1	862	55	17	0
Fruit, Mixed	1/2 cup	60	0	0	0	5	15	1	0	100	4	0	0
Fruit Snack, Berries n Cherries	1 pouch	130	0	-	-	15	32	3	2	-	44	-	-
Granola, Homemade	1 serving	202	9	4	14	2	28	3	3	184	0	0	1
Granola Bar, Chewy Cookies & Cream	1 each	150	4	1	0	135	29	4	2	0	-	130	1
Grapes, Fresh	1/2 cup	60	0	0	0	5	16	-	1	-	3	8	0
Gravy, Brown	1 fl oz	10	0	0	0	70	2	0	0	0	0	5	0
Honeydew, Fresh	1/2 cup	31	0	0	0	15	8	1	0	42	15	5	0
Hot Dog, w/o Bun	1 each	170	15	6	35	360	2	0	7	0	0	0	1
Hummus Box (w/o flat rounds, fresh fruit, fresh veggies, or cheese stick)	1 each	251	16	2	0	189	20	4	7	0	1	7	1
Hummus Dip for Vegetables	1 each	125	8	1	0	95	10	2	3	0	0	4	1
JUICY JUICE:													

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Juice, Apple - 6.75 fl oz	1 carton	100	0	0	0	15	24	-	0	-	90	-	-
Juice, Berry - 6.75 fl oz	1 carton	100	0	0	0	15	24	-	0	-	90	-	-
Juice, Fruit Punch - 6.75 fl oz	1 carton	100	0	0	0	15	24	-	0	-	90	-	-
Juice, Orange Tangerine - 6.75 fl oz	1 carton	100	0	0	0	15	24	-	0	-	90	-	0
Ketchup, Packet (Red Gold)	1 each	10	0	0	0	25	2	0	0	-	-	0	0
Kiwi, Fresh	1/2 cup	68	1	0	0	0	16	3	2	75	104	46	0
Lettuce and Cheese Cup, for Burrito Bowl	1 each	94	6	4	20	215	2	0	8	120	1	207	0
Lettuce Cup	1 serving	3	0	0	0	2	1	0	0	121	1	4	0
Lettuce and Tomato Cup, for Chicken Sandwich and Burger	1 each	7	0	0	0	3	1	1	0	287	3	6	0
Mashed Potatoes	1/2 cup	78	1	0	0	177	15	1	2	0	0	12	0
Mayonnaise, packet	1 each	60	6	1	4	60	1	0	0	-	-	1	0
Milk, Chocolate, (Fat Free)	1 each	110	0	0	5	210	19	0	8	750	2	325	0
Milk, White 1%	1 each	110	3	2	10	130	13	0	8	500	-	300	0
Mustard, packet	1 packet	4	0	0	0	66	0	0	0	0	0	4	0
Nectarine, Fresh	1 each	57	0	0	0	0	14	2	1	428	7	8	0
Noodles, Lo Mein	1 cup	257	5	0	0	381	51	7	8	0	0	0	2
Orange, Fresh	1 each	69	0	0	0	0	17	4	1	340	68	65	0
Pasta, Penne, for Chicken Alfredo	1 cup	203	1	0	0	0	40	4	7	0	0	25	2
Pasta, Spaghetti (w/o meat sauce or marinara)	1 cup	213	2	0	0	0	42	4	7	0	0	20	2
Peach Cup	1 each	90	0	0	0	0	21	2	1	-	-	-	-
Peaches, Fresh	1 each	51	0	0	0	0	12	2	1	424	9	8	0
Peaches, Canned, diced in extra light syrup	1/2 cup	60	0	0	0	0	16	1	1	27	5	1	0
Pear, Canned, in juice	1/2 cup	60	0	0	0	0	15	2	0	0	2	0	0
Pear, Fresh, Medium	1 each	101	0	0	0	2	27	6	1	44	8	16	0
Pepper, Red, Crushed	1 packet	0	0	0	0	10	0	0	0	300	2	0	0
Peppers, Bell, Fresh	1/2 cup	11	0	0	0	1	3	1	0	-	40	5	0
Pico de Gallo for Burrito Bowl/Quesadilla/Nachos	1 serving	5	0	0	0	8	1	0	0	205	3	3	0
Pineapple, Fresh	1/2 cup	41	0	0	0	1	11	1	0	48	39	11	0
Pineberries, Fresh	1/2 cup	24	0	0	0	1	6	2	1	9	44	12	0
Pizza, Oven Fresh Buffalo Chicken Ranch (w/o parmesan cheese)	1 slice	421	18	5	58	1061	42	4	27	-	-	324	3
Pizza, Oven Fresh Cheese (w/o parmesan cheese)	1 slice	340	12	5	30	666	43	5	20	0	0	348	3
Pizza, Oven Fresh Pepperoni (w/o parmesan cheese)	1 slice	371	14	6	37	782	43	5	21	0	0	348	3
Plum, Fresh	1 each	35	0	0	0	0	9	1	1	266	7	5	0


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Potato, Oven Fries	1 serving	156	5	0	0	234	23	1	3	-	-	16	0
Potato, Roasted Wedges	1 serving	86	2	0	2	104	17	2	2	6	10	20	1
Potato, Waffle Fries	1 serving	318	14	2	0	79	42	2	4	0	0	0	1
Quesadilla, Carnitas (w/o Pico de Gallo)	1 each	404	18	8	74	922	38	8	31	237	3	272	3
Quesadilla, Cheese (w/o Pico de Gallo)	1 each	390	19	10	51	718	35	5	25	0	0	566	1
Rice, Brown	1 cup	240	2	0	0	3	51	2	6	0	0	3	0
Rice Krispies Treats	1 each	160	4	1	0	140	30	1	2	0	-	0	2
Rice, Lime Cilantro	1 cup	240	2	0	0	4	51	2	6	114	3	5	0
Roll, Dinner	1 each	90	1	0	0	65	16	1	3	-	-	26	1
Roll, Sub	1 each	150	2	0	0	105	29	2	5	-	-	26	1
Salad, Chef, Turkey & Cheese (w/o Dressing or Croutons/Crackers)	1 each	161	7	4	40	466	7	3	19	8071	7	241	1
Salad, Chef, Turkey Ham & Cheese (w/o Dressing or Croutons/Crackers)	1 each	185	10	5	48	415	9	3	16	7766	7	241	1
Salad, Chicken Caesar (w/o Dressing or Croutons/Crackers)	1 each	145	5	2	78	252	5	2	24	9963	9	59	2
Salad, Chef, Crispy Chicken, for Endeavor (w/o Dressing or Croutons)	1 each	289	16	6	65	370	16	3	20	6513	9	0	244
Salad, Corn	1/2 cup	35	0	0	0	339	6	1	1	318	5	11	0
Salad, Chicken Berry (w/o Dressing or Croutons/Crackers)	1 each	214	7	0	83	503	12	4	28	8213	32	61	3
Salad, Side	1 serving	20	0	0	0	17	4	2	1	5129	5	23	1
Salami, Turkey	1 slice	20	1	0	10	80	1	0	2	0	0	13	0
Salsa, Corn for Burrito Bowl	1 serving	9	0	0	0	85	1	0	0	80	1	3	0

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Salsa	1 serving	11	0	0	0	258	3	1	0	-	-	-	-
Sandwich, Chicken Fillet Crispy (w/o mayo, ketchup, mustard or lettuce/tomato)	1 sandwich	381	11	2	54	677	46	5	27	-	-	62	2
Sandwich, Chicken Fillet Spicy (w/o mayo, ketchup, mustard or lettuce/tomato)	1 sandwich	380	11	2	53	684	44	5	28	-	-	68	2
Sandwich, Grilled Cheese	1 sandwich	347	15	7	41	668	33	2	22	0	0	405	2
Sandwich, Grilled Turkey-Ham & Cheese	1 sandwich	391	17	8	59	788	34	2	27	0	0	405	2
Sandwich, Rib-b-que, for special centers	1 sandwich	458	19	6	25	1097	53	3	18	-	-	158	2
Sandwich, Vegetarian Chick'n (w/o mayo, ketchup, mustard or lettuce/tomato)	1 sandwich	388	16	3	0	642	45	6	19	0	0	110	3
Sauce, BBQ Dip Cup - Taste Pleasures	1 each	41	0	0	0	236	9	0	0	-	-	3	0
Sauce, Alfredo, for Chicken Alfredo	1 serving	260	22	14	59	637	9	0	7	213	1	236	0
Sauce, Marinara for Baked Ziti (extra)	1 serving	28	0	0	0	180	8	2	2	-	-	9	0
Sauce, Marinara for Spaghetti	1 serving	47	0	0	0	353	12	3	3	-	-	18	0
Sauce, Meat for Spaghetti	1 serving	191	8	4	44	584	18	5	15	-	-	19	0
Soup, Tomato	1 serving	69	0	0	0	369	15	1	2	0	4	18	0
Starfruit, Fresh	1/2 cup	17	0	0	0	1	4	2	1	33	19	2	0
Strawberries & Blueberries Cup	1 each	90	0	0	0	0	20	2	0	-	-	-	-
Strawberries, Fresh	1/2 cup	24	0	0	0	1	6	2	1	9	44	12	0
Sub, Hot Italian - for HHS, LBHS, LMHS and OHS	1 sandwich	400	22	7	58	804	34	2	21	0	1	228	2
Sub, Turkey and Cheese - for HHS, LBHS, LMHS and OHS	1 sandwich	288	10	4	46	612	32	3	22	2606	4	160	2
Sunflower Kernals, Honey Roasted	1 packet	190	15	2	0	65	11	3	6	0	0	20	1
Syrup, Cup (KraftHeinz)	1 each	120	0	0	0	20	30	-	0	-	-	0	0
Syrup, Cup (Smucker's)	1 each	80	0	0	0	15	21	-	0	-	-	0	0
Tangerine, Fresh	1 each	47	0	0	0	2	12	2	1	599	24	33	0
Tomatoes, Grape	1/2 cup	7	0	0	0	2	1	0	0	317	5	4	0
Tortilla, Flour 10", for cheese or carnitas quesadilla	1 each	210	5	3	0	390	33	1	6	-	-	60	2
Turkey Breast, Sliced	1 slice	15	0	0	7	77	0	0	3	0	0	0	0
Turkey Ham, Sliced	1 slice	22	1	0	9	60	1	0	2	0	0	3	0
Uncrustables	1 each	300	17	3	0	280	32	4	9	-	-	26	1
Vegetables, Mixed	1/2 cup	64	1	0	0	34	11	4	3	3464	3	20	1
Vegetarian, Chick'n Patty (w/o bun)	1 patty	220	13	2	0	360	14	3	13	-	-	60	2
Waffles, Maple	2 each	180	6	2	8	300	32	2	4	-	-	26	2
Watermelon, Fresh	1/2 cup	23	0	0	0	1	6	0	0	432	6	5	0
Yogurt Parfait w/Strawberries	1 each	268	1	1	6	122	56	2	7	254	51	289	1
Zucchini, Fresh	1/2 cup	11	0	0	0	5	2	1	1	124	11	10	0

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FILTERED AT HHS, LBHS, LMHS and OHS (COLD BEVERAGES)															
Half-and-Half Iced Tea & lemonade (w/o syrup flavors)	1 serving	19	0	0	0	14	5	0	0	0	24	6	0		
Iced Tea (w/o syrup flavors)	1 serving	0	0	0	0	6	0	0	0	0	0	6	0		
Lemonade (w/o syrup flavors)	1 serving	37	0	0	0	22	9	0	0	0	47	7	0		
Nitro Cold Brew	1 serving	3	0	0	0	8	0	0	0	-	-	-	-		
FILTERED AT HHS, LBHS, LMHS and OHS (HOT BEVERAGES)															
Café Latte (w/o syrup flavors)	1 serving	128	3	2	11	140	14	0	9	-	-	323	0		
Freshly Brewed Coffee (w/o syrup flavors)	1 serving	14	0	0	0	7	0	0	2	0	0	7	0		
Hot Chocolate (w/o syrup flavor)	1 serving	127	2	1	14	198	20	0	8	141	0	282	1		
OPTIONAL															
Milk, Whole, White	1 fl oz	19	1	1	4	15	2	0	1	38	0	38	0		
Stevia Sweetner	1 packet	4	0	0	0	0	1	0	0	0	0	0	0		
Syrup, Blackberry Sugar-free	2 pumps	0	0	0	0	5	3	0	0	-	-	0	0		
Syrup, Caramel Sugar-free	2 pumps	0	0	0	0	5	3	0	0	-	-	0	0		
Syrup, Peach Sugar-free	2 pumps	0	0	0	0	5	3	0	0	-	-	-	-		
Syrup, Peppermint Natural Zero	2 pumps	0	0	0	0	0	4	0	0	-	-	-	-		
Syrup, Santa's White Christmas Sugar-free	2 pumps	0	0	0	0	5	0	0	0	-	-	-	-		
Syrup, Strawberry Sugar-free	2 pumps	0	0	0	0	5	3	0	0	-	-	-	-		
syrup, Sweetner Sugar-free	2 pumps	0	0	0	0	0	2	0	0	-	-	-	-		
Syrup, Vanilla Sugar-free	2 pumps	0	0	0	0	5	3	0	0	-	-	-	-		
Table Legend															
Kcal = Calories				Chol = Cholesterol				Fiber = Total Fiber				Vit. C = Vitamin C			
Fat = Total Fat				Na = Sodium				Pro = Protein				Ca = Calcium			
Sat. Fat = Saturated Fat				Carb = Carbohydrates				Vit. A = Vitamin A				Fe = Iron			
<p>The information contained in this list is reported by each of the manufacturers. Variations may occur due to the differences in suppliers, ingredient substitutions, recipe revisions, product assembly at the school level, and/or season of the year. Nutrients for fresh fruit are based on seasonal averages. This information is effective as of April 4, 2024.</p> <p>Seminole County Public Schools and employees do not assume responsibility for a particular sensitivity or allergy to any food product provided in our schools. If your child has a special diet need due to a medical condition, please contact Kymberli Dawson, MHA, RDN at dawsonkd@scps.k12.fl.us for more information. If you have specific questions or concerns with any of the products listed, please feel free to call or write:</p>															
				Seminole County Public Schools Red Apple Dining 400 East Lake Mary Blvd. Sanford, FL 32773 407-320-0226											