Arlington School District

Recipe Sizing Report

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000565 - CELERY STICKS 1/2 CUP :

HACCP Process: #1 No Cook Number of Portions: 1 Size of Portions: 6 sticks Alternate Recipe Name: CELERY STICKS

011143 CELERY, RAW... 1/2 CUP (sticks)

*Nutrients are based upon 1 Portion Size (6 sticks)

Calories	10	kcal	Cholesterol	0	mg	Sugars	1.0	g	Calcium	29.71	mg	10.93%	Calories from Total Fat
Total Fat	0.13	g	Sodium	59	mg	Protein	0.51	g	Iron	0.15	mg	2.70%	Calories from Sat Fat
Sat Fat	0.03	g	Carbs	2.21	g	Vitamin A	333.5	IU	Water ¹	70.88	g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00	g	D. Fiber	1.19	g	Vitamin C	2.3	mg	Ash ¹	0.56	g	84.86%	Calories from Carbs
												19.71%	Calories from Protein
N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient													
* - denotes combined nutrient totals with either missing or incomplete nutrient data													

¹ - denotes optional nutrient values

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.