



Elementary Schools Menu Nutrition Information



Menu Item	Serving Size	Calories	Protein (g)	Carbs (g)	Fat (g)	Sat Fat (g)	Fiber (g)	Sodium (mg)
Antipasto Salad (w/ 4 packages of crackers)	1 Salad	270	15.10	26.56	11.75	5.27	4.42	795.00
Apple Slices	1 Package	30	0.24	8.00	0.00	0.02	2.00	0.00
Apple Slices, cinnamon, warm	1/2 cup	178	0.32	37.84	3.77	0.66	2.58	28.00
Apple, fresh, small/ all types	1 Each	72	0.36	19.06	0.00	0.03	3.00	0.00
Applesauce	1/2 cup	50	0.00	13.00	0.00	0.00	2.00	25.00
Apricots	1/2 cup	79	0.76	21.01	0.07	0.01	2.25	5.06
Baby Carrots	1/2 cup/ 1 package	30	1.00	7.00	0.50	0.00	2.00	66.00
Bagel w/ Yogurt Fun Lunch	1 Lunch	381	18.72	55.60	8.56	5.01	1.50	604.00
Bagel, 2.5 oz each	1 Bagel	168	6.22	34.19	0.93	0.00	1.50	230.00
Baked Potato w/Broccoli & Cheddar Chesse	1 Each	273	19.06	40.47	4.35	2.56	5.09	380.00
Baked Ziti	1 Cup	448	19.15	56.81	16.58	5.81	7.54	1090.00
Banana, small	1 Each	90	1.10	23.07	0.33	0.11	3.00	1.00
BBQ Pork Sandwich on WW Bun	1 Sandwich	369	20.60	37.45	16.06	4.84	4.06	912.00
Beef & Bean Burrito	1 Each	378	21.31	40.76	14.37	6.45	4.06	772.11
Blueberry Cobbler	1/2 cup	197	1.93	30.84	8.00	4.77	2.12	80.00
Bosco Sticks	2 Sticks	360	24.00	56.00	4.00	4.00	4.00	320.00
Breadstick, Garlic	1 Each	150	6.00	31.00	1.00	0.00	1.00	340.00
Broccoli, Raw	1/2 cup	12	1.00	2.36	0.13	0.01	0.92	11.72
Broccoli Salad	1/2 Cup	154	1.76	31.05	3.67	0.61	4.00	135.00
Broccoli, cooked (includes seasoned)	1/2 Cup	26	2.85	4.92	0.11	0.01	3.00	32.00
Brown Gravy (beef)	1/4 Cup	25	0.00	5.00	0.50	0.00	0.00	270.00
Buffalo Chicken, Kickin'	3 oz	270	13.00	18.00	16.00	3.00	0.00	900.00
Cantaloupe	1/2 cup	67	0.17	15.71	0.71	0.00	0.00	17.14
Carrot Coins/ Carrots, cooked/seasoned	1/2 Cup	27	0.42	5.64	0.50	0.09	2.00	45.00
Carrot Sticks, Raw	1/2 cup	30	0.50	7.00	0.00	0.00	2.00	66.00
Cheeseburger	1 Each	373	19.08	27.50	22.73	9.87	1.67	699.00
Cheesy Red Pasta	1 Cup	373	18.74	50.87	11.68	3.60	8.49	971.00
Cheese Sauce, Homemade	3 TBSP	102	8.04	2.94	6.74	3.66	0.00	450.30
Cheesy Toast	1 Piece	100	6.00	13.03	2.63	1.55	0.50	226.00
Chef Salad Platter (w/ roll)	1 Salad	372	24.11	27.86	18.37	6.97	24.11	957.00
Chicken & Cheese Quesadilla	1 Each	370	16.42	39.44	15.65	3.13	2.17	965.00
Chicken Caesar Salad	1 Each	297	20.10	24.50	13.30	2.40	2.84	896.00
Chicken Caesar Wrap	1 Wrap	486	23.78	54.24	18.61	4.26	3.52	887.00
Chicken Enchilada Pie	1 Piece	454	31.26	43.10	16.37	5.95	2.40	927.00
Chicken Fajitas	1 Fajita	351	27.45	24.46	15.80	3.28	1.99	406.00
Chicken Nuggets, whole grain	5 Each	217	14.05	11.00	13.00	3.00	1.52	471.00
Chicken Parmesan	1 Each	303	22.01	26.39	12.60	2.68	2.33	1116.00
Chicken Salad Platter (w/ roll)	1 Salad	306	20.85	30.94	10.34	2.17	2.34	255.00
Chicken Salad Sandwich	1 Sandwich	290	21.90	28.29	15.86	3.52	4.20	550.00
Chicken Sandwich on WG Roll	1 Sandwich	342	21.00	38.00	11.00	1.50	2.00	904.00
Confetti Coleslaw	1/2 cup	87	1.04	8.87	5.54	0.71	2.11	197.00

Menu Item	Serving Size	Calories	Protein (g)	Carbs (g)	Fat (g)	Sat Fat (g)	Fiber (g)	Sodium (mg)		
Corn, cooked	1/2 cup	66	2.00	16.00	1.00	0.00	2.00	1.00		
Crispy Seasoned Chicken Tenders	3 pieces	405	28.50	22.50	21.00	3.00	0.00	1020.00		
Cucumber Salad	1/2 Cup	94	0.52	3.09	9.19	1.33	0.58	52.00		
Dinner Roll, Garlic	1 each	113	2.00	13.00	5.66	0.83	1.00	158.30		
Egg Salad Platter (w/ roll)	1 Platter	226	18.48	19.51	8.55	0.59	3.43	227.00		
Egg Salad Sandwich on Wheat	1 Sandwich	262	12.40	29.70	11.40	2.85	4.80	492.00		
Fiesta Rice (brown)	1/2 Cup	114	1.76	23.22	1.44	0.23	0.37	43.00		
Fish Sticks	3 Sticks	190	11.00	14.00	9.00	1.50	0.00	230.00		
French Toast Sticks, whole grain	4 Sticks	310	5.02	45.13	12.08	3.41	3.34	410.00		
Fruit Cocktail, canned	1/2 Cup	80	1.00	18.00	0.00	0.00	1.00	5.00		
Garden Salad w/Cheese	1 Each	231	14.62	1.83	18.35	12.17	0.71	390.09		
Garden Salad Platter w/ Egg	1 Platter	119	8.80	8.97	5.87	1.71	3.60	87.00		
Garlic Bread	1 Piece	71	2.00	13.00	1.20	0.25	0.50	140.00		
Garlic Herb Biscuit	1 each	153	2.00	15.00	9.16	2.33	0.18	353.30		
Garlic Herb Dinner Roll	1 each	113	2.00	13.00	5.66	0.83	1.00	158.30		
Glazed Carrots	1/2 Cup	89	0.66	12.63	4.29	1.28	1.46	225.00		
Green Beans, cooked (inc. seasoned & garlic)	1/2 Cup	19	1.00	4.50	0.00	0.00	2.00	1.00		
Ham & Cheese on a Bagel	1 Bagel Sandwich	463	31.07	35.46	8.78	2.33	3.39	1060.00		
Ham & Cheese on WW	1 Each	302	20.79	34.77	7.55	2.20	4.00	1102.96		
Hamburger	1 Each	359	21.82	35.00	13.75	4.01	1.67	417.00		
Hash Brown Patty	1 Patty	63	1.00	8.00	3.00	1.00	1.00	10.00		
Hot Dog on a Whole Wheat Bun	1 Hotdog	251	11.75	22.47	12.23	3.85	1.16	1049.00		
House-Made Fruit Topping (Strawberry)	1/2 Cup	94	0.14	21.24	1.23	0.21	0.62	10.00		
Italian Hoagie	1 Sandwich	466	24.62	41.83	21.82	9.51	2.62	1630.00		
Juice, assorted	4 oz.	60	0.47	14.63	0.00	0.00	0.00	5.00		
Junior Ham & Cheese Sub w/ Lettuce & Tomato	1 Sandwich	257	14.07	24.64	11.05	4.77	1.51	1020.00		
Ketchup, Hunts	1 Tbsp	15	0.00	4.00	0.00	0.00	0.00	180.00		
Kickin' BBQ Chicken	2 oz	141	15.49	8.00	4.78	1.35	0.45	284.85		
Macho Nachos	1 serving	328	24.08	29.13	12.10	3.70	3.22	828.00		
Mac-n-Cheese	1 cup	313	15.98	46.61	22.53	12.08	0.46	908.00		
Marinara Sauce	1/2 Cup	50	2.00	10.00	1.00	0.00	2.00	480.00		
Mashed Sweet Potato	1/2 cup	140	2.15	27.61	2.39	0.22	4.19	74.90		
Mashed Potatoes	1/2 Cup	80	2.00	17.00	1.00	0.00	1.00	310.00		
Meatball & Cheese Sandwich	1 Sandwich	393	16.04	42.00	16.97	7.51	2.35	1149.00		
Meatballs in Marinara Sauce	5 Meatballs	295	15.14	17.90	19.84	5.20	4.31	714.00		
Mega Noodle Soup	8 oz.	90	3.00	15.00	2.00	0.50	1.00	480.00		
Mexicali corn	1/2 Cup	46	1.35	7.91	1.59	0.16	1.26	8.00		
Milk, 1%	8 oz.	102	8.00	13.00	2.00	2.00	0.00	107.00		
Milk, Chocolate, 1/2%	8 oz.	190	8.00	34.00	1.50	1.00	0.00	230.00		
Milk, skim	8 oz.	83	8.00	12.00	0.00	0.00	0.00	103.00		
Mixed Fruit	1/2 cup	80	0.00	20.00	0.00	0.00	1.00	20.00		
Mixed Fruit w/Grapes	1/2 cup	63	0.86	16.52	0.08	0.01	1.73	5.24		
Mixed Fruit w/Kiwi	1/2 cup	87	0.13	21.65	0.06	0.00	1.34	20.34		
Mixed Fruit w/Strawberries	1/2 cup	83	0.06	20.73	0.03	0.00	1.19	20.10		
Nacho Fun Lunch	1 each	341	8.09	35.00	17.11	7.07	1.00	534.37		
Orange, small, fresh/Orange Smiles	1 Orange	65	1.00	16.00	0.00	0.00	3.00	0.00		
Oven Roasted Vegetables	1/2 Cup	28	0.81	3.90	0.60	0.55	1.46	29.00		
Pancakes	3 Pancakes	230	5.00	40.00	6.00	1.00	3.00	380.00		

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Pasta (Barilla PLUS) w/ Marinara	1 Cup	260	12.00	48.00	3.00	0.00	6.00	543.00		
Pasta (Barilla PLUS) w/ Meat Sauce	3/4 Cup	323	18.74	44.92	7.90	2.31	5.82	676.00		
Pasta (Whole Wheat) w/Meat Sauce	3/4 Cup	323	18.74	44.92	7.90	2.31	5.82	676.00		
Pasta (Whole Wheat) Plain, cooked	1 Cup	174	7.46	37.16	0.76	0.00	3.92	45.02		
Pasta Salad (Whole Wheat)	1/2 Cup	166	4.31	25.61	5.24	0.13	1.57	207.00		
Peaches, canned, juice packed	1/2 Cup	70	0.00	17.00	0.00	0.00	1.00	10.00		
Peach Crisp	1/2 Cup	197	1.93	30.84	8.00	4.77	2.12	80.00		
Pear, small, fresh	1 Piece	86	1.00	23.00	0.00	0.00	5.00	1.00		
Pears, canned, juice packed	1/2 Cup	62	0.50	16.00	0.00	0.00	2.00	5.00		
Peas, cooked, including seasoned	1/2 Cup	62	4.00	11.00	0.00	0.00	4.00	58.00		
Penne Alfredo w/ Chicken and Broccoli	2 Cups	467	30.85	55.19	13.20	4.27	4.47	709.00		
Pineapple Chunks in Natural Juice	1/2 Cup	70	0.00	17.00	0.00	0.00	1.00	10.00		
Pizza Bagel Fun Lunch	1 Each	605	35.51	57.14	21.05	12.46	4.00	1430.95		
Pizza, Cheese	1 Slice	385	19.15	37.17	16.82	6.50	2.99	808.00		
Pizza, pepperoni	1 Slice	484	22.92	45.20	22.64	10.66	3.10	825.00		
Potato Gems, "tots"	1/2 Cup	150	2.00	22.00	7.00	1.00	2.00	379.00		
Potato Wedges, Baked or Seasoned	1/2 cup	141	3.40	28.78	1.81	0.29	2.99	14.00		
Raisins	1/2 cup	217	2.23	57.41	0.33	0.04	2.68	7.97		
Ranch Dressing, Low Fat	1 oz	62	0.00	6.20	3.99	0.44	0.00	327.79		
Romaine Caesar Side Salad	1/2 cup	37	1.54	5.08	1.41	0.72	1.16	64.17		
Romaine Side Salad w/Balsamic Dressing	1/2 cup	13	0.62	2.89	0.12	0.02	0.95	11.00		
Rib-a-que on a bun	1 Sandwich	339	20.62	48.25	8.97	2.26	3.41	1024.00		
Rice, brown (includes seasoned)	1/2 Cup	108	2.50	22.50	1.00	0.00	2.00	5.00		
Rice, white (includes seasoned)	1/2 Cup	92	1.69	20.24	0.15	0.04	3.40	3.00		
Roasted Carrot "fries"	1/2 Cup	44	0.82	8.08	1.32	0.11	2.33	56.00		
Roasted Carrots & Onions	1/2 Cup	99	1.48	13.78	4.82	0.92	3.27	106.45		
Roasted Potato Wedges	1/2 Cup	141	3.40	28.78	1.81	0.29	2.99	14.00		
Roasted Turkey with gravy	3 oz w/ 1/4 c gravy	169	26.00	4.00	4.50	1.40	0.00	360.00		
Salsa	1/2 Cup	20	0.00	4.00	0.00	0.00	0.00	150.00		
Scrambled Eggs w/ Cheese	1/4 Cup	116	9.33	1.48	8.08	3.50	0.00	189.00		
Seasoned Corn	1/2 Cup	91	2.67	15.78	3.16	0.31	2.28	12.00		
Sloppy Joe on a bun	1 Sandwich	360	22.71	37.63	12.78	4.65	2.02	512.00		
Soft Flour Tortilla, 8"	1 Tortilla	140	4.00	22.00	3.00	1.50	1.00	320.00		
Southwest Corn & Black Bean Salad	1/2 cup	185	6.47	19.21	0.64	0.13	4.29	545.00		
Southwest Salad	1 Salad	349	17.19	26.60	19.06	4.68	3.10	752.00		
Spinach Salad	1 Cup	49	0.57	1.84	4.62	0.64	0.80	9.00		
Spinach Strawberry Salad	1/2 cup	44	0.55	1.90	3.98	0.55	0.81	92.39		
Sweet & Sour Sauce	2 TBSP	46	0.73	10.64	0.12	0.03	0.24	154.96		
Sweet Potato Fries	1/2 cup	110	0.00	16.00	4.00	0.50	3.00	90.00		
Syrup	1/5 oz PC	69	0.00	18.00	0.00	0.00	0.00	75.00		
Tacos (8" soft flour tortilla)	1 Soft Shell Taco	378	29.51	29.27	15.02	0.87	2.28	1071.00		
Tacos, twin, beef	2 Each	386	25.03	21.13	21.83	8.19	1.87	970.00		
Toasted Cheese Sandwich on Wheat	1 Sandwich	381	16.92	27.43	23.46	12.17	3.92	1133.00		
Toasted Ham & Mozzarella on Wheat	1 Sandwich	240	17.65	26.81	7.60	3.56	3.86	771.00		
Toasted Pita Chips w/Veggie Sticks & Hummus	1 Each	272	10.83	40.31	9.03	1.67	8.65	494.52		
Tomato Soup	8 oz.	90	2.00	20.00	0.00	0.00	1.00	480.00		
Tossed Salad	1/2 cup	10	0.51	2.08	0.12	0.02	0.72	6.00		
Tortilla Chips	1 oz	150	1.00	18.00	8.00	1.00	1.00	85.00		

