

## Elementary Lunch Menu Nutritional Information

PLEASE NOTE: The information contained in this list has been gathered from food manufacturers and the USDA. It is based on a standard serving size. Variations may occur due to differences in suppliers, ingredient substitutions, recipe revisions, and/or product assembly at the school level.

<b><u>Entrees</u></b>	<b><u>Portion Size</u></b>	<b><u>Calories</u></b>	<b><u>Carbs</u></b>	<b><u>Protein</u></b>	<b><u>Fat</u></b>
Baked Ziti	1 serving	438	56	18	16
BBQ Chicken Drumsticks	2 pieces	296	19	23	14
BBQ Rib Sandwich	1 each	300	36	19	8
Beef & Bean Chili	1 serving	156	0	14	8
Beef Burrito	1 each	370	49	16	12
Beef Taco	1 each	299	20	18	16
Cheddar Cheese Cups (3 oz)	1 each	158	5	9	11
Cheese Filled Breadsticks (2 pieces)	1 serving	300	34	14	12
Cheesy Garlic Flatbread Pizza	1 slice	340	44	16	12
Cheese Pizza (Homemade)	1 slice	406	41	22	16
Cheeseburger	1 each	309	24	25	13
Chef Salad (no dressing)	1 serving	227	11	16	14
Chicken & Cheese Quesadilla	1 serving	496	34	36	24
Chicken & Noodles/Turkey & Noodles	1 serving	291	25	25	9
Chicken Burrito	1 each	435	49	26	14
Chicken Nachos	1 serving	380	34	17	20
Chicken Nuggets (whole grain)	5 pieces	217	11	14	13
Chicken Patty Sandwich (whole grain patty)	1 each	296	35	16	9
Chicken Tenders	5 pieces	220	15	14	12
Corn Dog (Chicken)	1 each	253	22	10	14
Fish Sandwich	1 each	310	44	16	7
French Toast Sticks	3 sticks	160	25	7	4
Fun Fish Shapes	4 pieces	227	21	13	9
Grilled Chicken Sandwich w/Bun	1 each	360	37	19	14
Ham & Cheese w/lettuce & tomato	1 each	257	25	14	11
Hamburger	1 each	317	28	21	12
Hot Dog (Beef)	1 each	302	23	10	19
Meat Lasagna	1 serving	256	24	16.5	10.8
Mini Corn Dog Nuggets	6 each	315	27	11	18
Nacho's Beef	1 serving	410	23	22	25
Pepperoni Pizza whole grain 4x6	1 slice	320	37	16	11
Pizza Dippers	4 sticks	340	30	18	16
Pizza Munchables	1 serving	337	39	21	11
Popcorn Chicken	1 serving	270	20	19	12
Ravioli (Enriched)	1 serving	250	30	16	8
Sausage Patty (Pork)	1 each	85	0	8	5
Sausage Patty (Turkey)	1 each	61	0	6	4
Scrambled Eggs	1 serving	68	1	7	3
Sloppy Joe Sliders	2 sliders	305	35	19	11
Spaghetti w/Meat Sauce	1 serving	354	39	23	11
String Mozzarella Cheese	1 each	80	0	7	5
Sweet & Sour Chicken	1 serving	335	32	22	13

**Entrees Cont.**

	<u>Portion Size</u>	<u>Calories</u>	<u>Carbs</u>	<u>Protein</u>	<u>Fat</u>
Twisted Mozz Sticks - Whole Grain (2 sticks)	1 serving	460	66	22	12
Nutriday Yogurt	1 each	90	14	5	2

**Breads & Misc.**

		<u>Calories</u>	<u>Carbs</u>	<u>Protein</u>	<u>Fat</u>
Biscuit	1 each	210	32	4	9
Breadstick	1 each	123	23	4	2
Chocolate Pudding (1/2 cup)	1/2 cup	144	26	2	4
Garlic Toast	1 slice	180	20	4	9
Muffin	1 each	192	26	3	9
Roll	1 each	110	19	4	2

**Chartbuster Sack Lunches**

		<u>Calories</u>	<u>Carbs</u>	<u>Protein</u>	<u>Fat</u>
Breakfast Fun Lunch	1 sack	523	84	25	12
Nacho Fun Lunch	1 sack	548	72	18	23
Pita Pizza Fun Lunch	1 sack	513	89	27	7
Pizza Dunkers Fun Lunch	1 sack	512	71	29	14
Taco Fun Lunch	1 sack	652	85	28	24

**Breakfast Entrees**

		<u>Calories</u>	<u>Carbs</u>	<u>Protein</u>	<u>Fat</u>
Apple Jacks - Red Sugar	1 each	70	17	1	1
Bacon & Egg Breakfast Pizza	1 slice	230	23	10	10
Bagel - plain	1 each	220	47	7	2
Blueberry Mini Loaf - Whole Grain (1 loaf)	1 each	180	24	3	6
Blueberry Muffin - Whole Grain	1 each	150	25	3	4
Chocolate Frosted Mini Wheats	1 each	100	23	3	1
Cinnamon Breakfast Pizza	1 slice	260	39	5	9
Cinnamon Roll	1 each	235	43	5	5.5
Cinnamon Toast Crunch Cereal - Red Sugar	1 serving	110	22	1	3
Cocoa Puffs Cereal	1 serving	90	21	1	1
Colby Cheese Omelet	1 each	131	2	7	10
Cream Cheese Cup (1 oz)	1 portion	100	3	2	9
Egg & Cheese Biscuit	1 each	305	30	10	16
Football / Baseball Donut	1 each	130	17	3	6
Frosted Flakes - Red Sugar	1 each	100	25	2	0
Fruity Cheerios Cereal	1 serving	90	21	1	1
Graham Cracker	1 pkg	60	10	1	2
Honey Nut Cheerios Cereal	1 serving	110	22	2	2
Lucky Charms Cereal	1 serving	110	23	2	1
Muffin	1 each	192	26	3	9
Sausage Biscuit	1 each	261	29	10	12
Sausage Gravy Breakfast Pizza	1 slice	230	25	9	10
Trix Cereal Bar	1 each	140	27	2	4
Trix Cereal - Red Sugar	1 serving	80	18	1	1

**Beverages**

		<u>Calories</u>	<u>Carbs</u>	<u>Protein</u>	<u>Fat</u>
Juice, Apple (4 oz)	4 oz	60	14	0	0
Juice, Grape (4 oz)	4 oz	80	18	1	0
Juice, Orange (4 oz)	4 oz	50	12	1	0
Milk, Chocolate 1 %	8 oz	170	28	8	3
Milk, Strawberry 1%	8 oz	170	26	8	3

**Beverages Cont.**

		<u>Calories</u>	<u>Carbs</u>	<u>Protein</u>	<u>Fat</u>
Milk, Vanilla 1%	8 oz	170	27	8	3
Milk, White 1%	8 oz	100	11	8	3
Milk, White Skim	8 oz	80	11	8	0
Soy Milk, Chocolate	8 oz	150	25	5	4
Soy Milk, Vanilla	8 oz	130	19	6	4

**Vegetables & Fruits**

		<u>Calories</u>	<u>Carbs</u>	<u>Protein</u>	<u>Fat</u>
Apple Slices (10 piece)	1/4 cup	23	6	0.13	0.17
Apple, fresh medium	1 each	72	19	0	0
Applesauce	1/4 cup	45	10	0	0
Baby Carrots, fresh	1/2 cup	1	0	0	0
Baked Apples	1/4 cup	86	19	0	1
Baked Beans	1/2 cup	119	27	5	0.5
Banana, fresh medium	1 each	105	27	1	0
Broccoli, cooked	1/2 cup	26	5	3	0.1
Carrots, cooked	1/2 cup	18	4	1	0.1
Confetti Coleslaw	1/2 cup	95	9	1	6
Corn	1/2 cup	66	16	2	0.8
Fiesta Rice (1/2 cup)	1/2 cup	124	25	3	2
French Fries, Baked	1/2 cup	120	18	2	5
Fruit Cocktail	1/4 cup	40	9	0	0
Fruit Goop	1/4 cup	52	14	0	0
Green Beans	1/2 cup	14	4	1	0.1
Green Peas	1/2 cup	62	11	4	0.2
Jell-O with Fruit	1/4 cup	35	9	1	0
Mandarin Oranges	1/4 cup	35	9	1	0
Mashed Potatoes	1/2 cup	76	15	2	1
Mixed Vegetables	1/2 cup	40	8	2	0.2
Orange, fresh medium	1 each	70	21	1	0
Oriental Vegetables	1/2 cup	16	3	1	0
Peaches	1/4 cup	35	9	0	0
Pears	1/4 cup	40	10	0	0
Pineapple Tidbits	1/4 cup	45	10	0	0
Potato Smiles, Baked	1/2 cup	160	24	2	6
Potato Wedges	1/2 cup	104	20	1.8	2
Rice, white	1 cup	173	38	4	0
Rosy Applesauce	1/4 cup	56	14	0	0
Tater Tots, Baked	1/2 cup	140	17	2	7
Tossed Salad	1/2 cup	12	3	1	0
Vegetable Pasta Salad	1/2 cup	119	22	5	2

**Sauces**

		<u>Calories</u>	<u>Carbs</u>	<u>Protein</u>	<u>Fat</u>
BBQ Sauce	2 tbls	60	14	0	0
Cheddar Cheese Cups	3 oz	158	5	9	11
French Dressing	2 tbls	120	6	0	11
Honey Mustard	1 tsp	8	1	0	0
Italian Dressing	2 tbls	123	2	0	13
Ketchup	1 tbls	15	4	0	0
Lite Mayo	1 tbls	50	1	0	5
Lt. Ranch Dressing	2 tbls	90	4	0	9

**Sauces Cont.**

		<u>Calories</u>	<u>Carbs</u>	<u>Protein</u>	<u>Fat</u>
Mustard	1 tsp	0	0	0	0
Pizza Sauce	2 oz	20	5	1	0
Salsa	2 oz	10	2	0	0
Whip Cream (for french toast sticks)	2 oz	25	2	0	2