

## 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	460	66	22	12
Cheese Pizza (Homemade)	1 slice	406	41	22	16
Cheeseburger	1 each	309	24	25	13
Cheeseburger Sliders (2 sliders)	1 serving	403	41	25	17
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 Ranch Wrap	1 each	331	40	19	11
Chicken Tenders	5 pieces	220	15	14	12
Corn Dog (Chicken)	1 each	253	22	10	14
Egg & Cheese English Muffin	1 each	298	29	14	13
Fish Sandwich	1 each	310	44	16	7
French Toast Sticks, Whole Grain	3 sticks	160	24	8	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
Macaroni & Cheese	1 serving	296	27	19	12
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
Pizza Munchables	1 serving	337	39	21	11
Pizza, Flatbread	1 slice	370	50	21	10
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

**Entrees Cont.**

	<u>Portion Size</u>	<u>Calories</u>	<u>Carbs</u>	<u>Protein</u>	<u>Fat</u>
String Mozzarella Cheese	1 each	80	0	7	5
Sweet & Sour Chicken	1 serving	335	32	22	13
Turkey & Cheese Melt	1 each	253	28	22	8
Turkey & Gravy	1 serving	155	3	18	8
Twisted Mozz Sticks - Whole Grain (2 sticks)	1 serving	460	66	22	12
Dannon 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
Blueberry Muffin - Whole Grain	1 each	150	30	3	4
Roll, Whole Grain	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 - Whole Grain	1/2 of bagel	110	24	6	1
Blueberry Muffin - Whole Grain	1 each	150	30	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
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
Frosted Flakes - Multigrain Red Sugar	1 each	100	24	2	0
Frosted Mini Wheats Cereal	1 each	100	23	0	3
Graham Cracker	1 pkg	60	10	1	2
Round Granola Bar	1 each	255	42	5	8
Sausage Biscuit	1 each	261	29	10	12
Sausage Gravy Breakfast Pizza	1 slice	230	25	9	10
Trix Cereal - Red Sugar	1 serving	80	18	1	1
Trix Cereal Bar	1 each	140	27	2	4
Very Berry Mini Loaf - Whole Grain (1 loaf)	1 each	180	24	3	6

**Beverages**

		<u>Calories</u>	<u>Carbs</u>	<u>Protein</u>	<u>Fat</u>
Juice, 100% Apple (4 oz)	4 oz	60	14	0	0
Juice, 100% Fruit Punch (4 oz)	4 oz	65	14	0	0
Juice, 100% Grape (4 oz)	4 oz	80	18	1	0
Juice, 100% Orange (4 oz)	4 oz	50	12	1	0
Milk, Chocolate Skim	8 oz	130	24	8	0

**Beverages Cont.**

		<u>Calories</u>	<u>Carbs</u>	<u>Protein</u>	<u>Fat</u>
Milk, Strawberry Skim	8 oz	120	22	8	0
Milk, Vanilla Skim	8 oz	130	24	8	0
Milk, White Skim	8 oz	170	27	8	3
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, Fresh (10 piece)	1/4 cup	23	6	1	1
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	1
Banana, fresh medium	1 each	105	27	1	0
Broccoli Salad	1/2 cup	165	30	2	5
Broccoli, cooked	1/2 cup	26	5	3	1
Carrots, cooked	1/2 cup	18	4	1	1
Cinnamon Apples	1/4 cup	25	6	0	0
Confetti Coleslaw	1/2 cup	95	9	1	6
Corn	1/2 cup	66	16	2	1
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	1
Green Peas	1/2 cup	62	11	4	1
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	1
Orange, fresh medium	1 each	70	21	1	0
Oriental Vegetables	1/2 cup	16	3	1	0
Pasta Salad with Spinach, Tomato & Corn	1/2 cup	125	16	4	6
Peaches	1/4 cup	35	9	0	0
Peachy Fruit Salad	1/2 cup	48	13	1	1
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	2	2
Rice & Beans	1/2 cup	114	22	5	1
Rice, brown	1 cup	170	36	4	2
Roasted Italian Vegetables	1/2 cup	50	10	1	1
Rosy Applesauce	1/4 cup	56	14	0	0
Southwestern Blackbeans	1/2 cup	156	17	5	2
Sweet Potato Mini Puffs	1/2 cup	130	23	1	4
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
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