

## ELEMENTARY LUNCH NUTRITION FACTS

Menu Item	Product Number	Serving Size	Calories	Fat - g.	Carbs - g.
<a href="#">Nacho Chips</a>	16662	1.5 oz. package	220	11	28
Cheese Sauce	41033	3.0 oz.	130	9	4
Danimals Yogurt	885750	113 g.	125	2	22
Carrot Sticks	613967	1 package (28 g.)	12	0	3
Dip	32312	12 g.	70	7	0
Mixed Fruit Cup	118265	3.5 fl. oz.	80	0	18
Milk 1% Chocolate		8 fl. oz.	150	2.5	24
		<b>Total</b>	<b>787</b>	<b>31.5</b>	<b>99</b>
				36%	

<a href="#">Whole Grain Chicken Nuggets</a>		5 pieces	180	8	14
Tater Tots	233404	8 pieces	133	5.8	17.5
Whole Wheat Roll	4382	1 roll	80	1	16
Chilled Applesauce	278971	3.5 f. oz.	86	0	21
Milk 1% Chocolate		8 fl. oz.	150	2.5	24
		<b>Total</b>	<b>629</b>	<b>17.3</b>	<b>92.5</b>
				24%	

<a href="#">French Toast Sticks</a>	64144	3 sticks	240	10.5	31.5
Syrup	160090	43 g.	123	0	31
Turkey Sausage	43727	2 links	120	8	0
Orange Juice		4 fl. oz.. Cup	60	0	13
Sliced Peaches	610372	1/2 cup	60	0	15
Milk 1% Chocolate		8 fl. oz.	150	2.5	24
		<b>Total</b>	<b>753</b>	<b>21</b>	<b>114.5</b>
				25%	

<a href="#">Tortillas</a>	6100	2	180	4	30
Chicken Tenders	150140	3	240	14	15
Fresh Broccoli	732451	1/2 cup	12	0	2
Pears	610364	3.5 fl. Oz.	60	0	14
Dip	32312	12g	70		0
Milk 1% Chocolate		8 fl. oz.	150	2.5	24
		<b>Total</b>	<b>712</b>		<b>85</b>
				25%	

<a href="#">Whole Grain Pasta</a>	551321	1 cup	174	0.8	37.2
Meat Sauce	43732	5.6 oz	177	9	9
Soft Breadstick	219610	1 each	146	2	28
Romaine Mix Salad	185183	3/4 cup	17	0	3
Dressing-Ranch	32312	12 gm.	70	7	0
Fresh Fruit - apple	54005	1	72	0	19
Milk 1% Chocolate		8 fl.oz.	150	2.5	24
		<b>Total</b>	<b>806</b>	<b>21.3</b>	<b>120.2</b>
				23%	

<a href="#">Whole Grain Fr. Bread Cheese Pizza</a>	43742	1 piece	320	11	36
Corn		.25 cup	33	0	8
Banana	197769	1 (petite)	72	0	19
Milk 1% Chocolate		8 fl.oz.	150	2.5	24
		<b>Total</b>	<b>575</b>	<b>13.5</b>	<b>87</b>
				21%	

<b>Crabby Patty (Hamburger)</b>	263270	1	120	6	2
Wheat Hamburger Bun	517810	1	120	2	24
Patrick Star Potatoes	233101	5 pieces	180	10	20
Pineapple Tidbits	189979	3.5 fl.oz.	70	0	17
Milk 1% Chocolate		8 fl.oz.	150	2.5	24
		<b>Total</b>	<b>640</b>	<b>20.5</b>	<b>87</b>
				28%	

<b>Chicken Rings</b>	43719	5 pieces	232	13	13
Garden Green Beans	285630	1/2 cup	23	0	3
Whole Wheat Roll	617310	1 roll	80	1	16
Sliced Apples		1 pkg	30	0	7
Milk 1% Chocolate		8 fl.oz.	150	2.5	24
		<b>Total</b>	<b>515</b>	<b>16.5</b>	<b>63</b>
				28%	

<b>Chef Salad</b>					
Lettuce	206504	3 oz	17	0	3
Chicken	150200	2 oz.	85.8	2.31	0
Cheddar Cheese	41028	1 oz.	110	9	0
Whole Grain Roll	4382	1ea	80	1	16
Mandarin Oranges	117897	1/2 cup	70	0	17
Milk 1% Chocolate		8 fl.oz.	150	2.5	24
		<b>Total</b>	<b>512.8</b>	<b>14.81</b>	<b>60</b>
				25%	

<b>Soft Tacos</b>					
Reduced Fat Taco Meat	43731	3.17 oz.	96	3	4
Tortillas	94515	2	180	4	30
Lettuce	282489	1/2 cup	5	0	1
Cheese	150230	1 oz.	110	9	0
Salsa	598453	1 fl.oz.	10	0	2
Fresh fruit - apple slices	473171	1	30	0	7
Smart Cookie	723300	1 each	130	4	22
Milk 1% Chocolate		8 fl.oz.	150	2.5	24
		<b>Total</b>	<b>711</b>	<b>22.5</b>	<b>90</b>
				28%	

<b>Whole Grain Bosco Sticks</b>	3114	2 sticks	220	6	30
Marinara Sauce	130834	1 fl.oz.	17	0	4
Celery	781592	4-5 pieces	5	0	1
Dip	160080	12 g.	70	7	0
Mixed Fruit Cup	118265	3.5 fl.oz.	80	0	18
Milk 1% Chocolate		8 fl.oz.	150	2.5	24
		<b>Total</b>	<b>542</b>	<b>15.5</b>	<b>77</b>
				26%	

<b>Turkey Corndogs</b>	60214	6	240	15	21
Baked Beans	520098	1/2cup	140	1	29
Peaches	610372	3.5 oz.	60	0	15
Teddy Grahams	509965	1 pkg.	90	3	16
Milk 1% Chocolate		8 fl.oz.	150	2.5	24
		<b>Total</b>	<b>680</b>	<b>21.5</b>	<b>105</b>
				28%	

<b>Chicken Fajitas</b>					
Tortillas	6100	2	180	4	30
Chicken Strips	59957	3 oz.	130	7	2
Cheese	150230	1 oz.	110	9	0
Lettuce	242489	1/4 cup	2	0	0
Salsa	598453	2 tbsp	10	0	2
Pears	610364	3.5 oz.	60	0	14
Milk 1% Chocolate		8 fl.oz.	150	2.5	24
		<b>Total</b>	<b>642</b>	<b>22.5</b>	<b>72</b>
				31%	

<b>Reduced Fat Macaroni &amp; Cheese</b>	43284	6.0oz.	290	11	32
Broccoli	119245	2 oz.	15	0.5	3
Slice of Bread	623400	1 slice	60	0.75	11.5
Grapes	280895	1 cup	62	0	16
Milk 1% Chocolate		8 fl.oz.	150	2.5	24
		<b>Total</b>	<b>577</b>	<b>14.75</b>	<b>86.5</b>
				23%	

<b>Whole Grain Chicken Patty</b>	682200	1	230	13	15
Whole Wheat Bun	3159	1	120	2	23
Mashed Potatoes	66158	1/2 cup	76	1	15
Mixed Fruit Cup	118265	1/2 cup	80	0	18
Milk 1% Chocolate		8 fl.oz.	150	2.5	24
		<b>Total</b>	<b>656</b>	<b>18.5</b>	<b>95</b>
				25%	

<b>Turkey Ham Sub</b>					
Turkey Ham	059683	2.5 oz.	70	3	1
Cheese	041036	1/2 oz.	50	4.5	1
Wheat Hamburger Bun	517810	1 ea.	120	2	23
Baked Cheetos	191090	.875 oz.	120	5	17
Cucumber Slices	329517	3.5 oz.	13		3
Applesauce	043431	1/2 cup	86		21
Milk 1% Chocolate		8 fl. Oz.	150	2.5	24
		<b>Total</b>	<b>649</b>	<b>17</b>	<b>90</b>
				23%	

<b>Reduced Fat Sloppy Joe</b>	56576	3.63 oz	154	7	9
Wheat Hamburger Bun	517810	1 each	120	2	23
Oven Fries	30216	1/2 cup	77.6	1.9	13.5
Apple Slices		1	30	0	7
Milk 1% Chocolate		8 fl.oz.	150	2.5	24
		<b>Total</b>	<b>531.6</b>	<b>13.4</b>	<b>76.5</b>
				22%	

<b>Popcorn Chicken</b>	43748	12 pieces	220	13	15
Garden Green Beans	285630	1/2 cup	31	0	5
Whole Wheat Roll	4382	1 roll	80	1	16
Orange Wedges	322326	1 each	70	0	21
Milk 1% Chocolate		8 fl.oz.	150	2.5	24
		<b>Total</b>	<b>551</b>	<b>16.5</b>	<b>81</b>
				26%	

<b>B Choice</b>	<b>Product Number</b>	<b>Serving Size</b>	<b>Calories</b>	<b>Fat - g.</b>	<b>Carbs - g.</b>
<u>All Beef Hotdog</u>	265039	1	180	16	3
Bun	763225	1	110	1.5	20
Tater Tots	233404	8	133	5.8	17.5
Mixed Fruit Cup	118265	3.5 fl.oz.	80	0	18
Milk 1% Chocolate		8 fl.oz.	150	2.5	24
		<b>Total</b>	<b>653</b>	<b>25.8</b>	<b>82.5</b>
				35%	

<u>Cheese Quesadilla</u>	907260	3 triangles	260	9	29
Carrot Sticks	613967	1 pkg. (28 g.)	12	0	3
Dip	160080	12 g	70	7	0
Mixed Fruit Cup	118265	3.5 fl.oz.	80	0	18
Milk 1% Chocolate		8 fl.oz.	150	2.5	24
		<b>Total</b>	<b>572</b>	<b>18.5</b>	<b>74</b>
				29%	

<u>School Cheese Pizza</u>	148500	4.61 oz.	304	14	29
Pepperoni	263613	2 ea.	18	2	0
Carrot Sticks	613967	1 pkg. (28 g.)	12	0	3
Dip	160080	12 g.	66	7	1
Mixed Fruit Cup	118265	3.5 fl.oz.	80	0	18
Milk 1% Chocolate		8 fl.oz.	150	2.5	24
		<b>Total</b>	<b>630</b>	<b>25.5</b>	<b>75</b>
				36%	

<u>Specialty Pizza - Pepperoni</u>	Papa Johns	1/8 of 14" pizza	369.18	17.2	39.26
Carrot Sticks	613967	1 pkg. (28 g.)	12	0	3
Dip	160080	12 g.	70	7	0
Mixed Fruit Cup	118265	3.5 fl.oz.	80	0	18
Milk 1% Chocolate		8 fl.oz.	150	2.5	24
		<b>Total</b>	<b>681.18</b>	<b>26.7</b>	<b>84.26</b>
				35%	

<u>Specialty Pizza - Cheese</u>	Papa Johns	1/8 of 14" pizza	346.98	14.77	39.87
Carrot Sticks	613967	1 pkg. (28 g.)	12	0	3
Dip	160080	12 g.	70	7	0
Mixed Fruit Cup	118265	3.5 fl.oz.	80	0	18
Milk 1% Chocolate		8 fl.oz.	150	2.5	24
		<b>Total</b>	<b>658.98</b>	<b>24.27</b>	<b>84.87</b>
				33%	

<u>Specialty Pizza - Pepperoni</u>	Little Caesars	1/8 of 14" pizza	410	18	41
Carrot Sticks	613967	1 pkg. (28 g.)	12	0	3
Dip	160080	12 g.	66	7	1
Mixed Fruit Cup	118265	3.5 fl.oz.	80	0	18
Milk 1% Chocolate		8 fl.oz.	150	2.5	24
		<b>Total</b>	<b>718</b>	<b>27.5</b>	<b>87</b>
				34%	

<u>Specialty Pizza-Cheese</u>	Little Caesars	1/8 of 14" pizza	380	15	41
Carrot Sticks	613967	1 pkg. (28 g.)	12	0	3
Dip	160080	12 g.	70	7	0
Mixed Fruit Cup	118265	3.5 fl.oz.	80	0	18
Milk 1% Chocolate		8 fl.oz.	150	2.5	24
		<b>Total</b>	<b>692</b>	<b>24.5</b>	<b>86</b>
				31%	

<u>Specialty Pizza-Pepperoni</u>	Domino's	1/8 of 14" pizza	406.76	18.2	45.4
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<u>Specialty Pizza-Cheese</u>	Domino's	1/8 of 14" pizza	384.3	16.03	45.7
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<u>Cheesy Breadsticks</u>	3114	2 sticks	220	6	30
Marinara Sauce	130834	1 fl.oz.	17	0	4
Carrot Sticks	613967	1 pkg. (28 g.)	12	0	3
Dip	160080	12 g.	70	7	0
Mixed Fruit Cup	118265	3.5 fl.oz.	80	0	18
Milk 1% Chocolate		8 fl.oz.	150	2.5	24
		<b>Total</b>	<b>549</b>	<b>15.5</b>	<b>79</b>
				30%	

<u>Bean Burrito</u>	101960	1 each, 210 g.	446	16	59
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<b>Grab 'N' Go Lunch</b>	<b>Product Number</b>	<b>Serving Size</b>	<b>Calories</b>	<b>Fat - g.</b>	<b>Carbs - g.</b>
<u>Trix Yogurt</u>	551760 or 551770	113 g.	90	0.5	17
Carrot Sticks	613967	1 pkg. (28 g.)	12	0	3
Dip	160080	12 g.	66	7	1
Applesauce	122200	113 g.	86	0	21
Graham Cracker	175102	1 pkg. (14 g.)	60	2	10
String Cheese	41031	1 (28 g.)	80	6	0
Milk 1% Chocolate		8 fl.oz.	150	2.5	24
		<b>Total</b>	<b>544</b>	<b>18</b>	<b>76</b>
				29%	