

Elementary School Lunch Menu Items

HOT ENTREES	Portion Size	Calories	Mg Cholest	Mg Sodium	G Fiber	Mg Iron	Mg Calcium	IU Vit-A	Mg Vit-C	G Protein	G Carb	G Tot-Fat	G Sat-Fat
ENTREES		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00
Baked Macaroni and Cheese	2/3 cup	397	56	917	1.29	1.05	400.06	674	0.62	18.82	26.44	23.51	12.48
Baked ziti whole grain w/ cheese	1 cup	356	57	961	6.76	3.61	350.67	710	8.62	20.73	51.79	8.11	4.60
Cheeseburger on a Bun	1 Each	311	32	846	2.32	3.34	169.76	225	0.18	21.52	27.63	12.39	5.85
Chicken and cheese quesadilla	1 Each	288	55	547	1.55	2.43	258.57	514	1.26	18.59	20.48	14.38	7.25
Chicken nuggets, whole grain	5 Each	180	20	450	2.00	1.80	40.00	0	0.00	13.00	14.00	8.00	1.50
Chicken parmesan	1 Each	286	46	1183	3.44	2.94	98.45	568	8.57	18.15	20.74	15.12	3.89
Chicken patty on a wheat bun	1 Each	359	42	597	5.61	3.12	27.10	107	0.00	20.81	35.51	15.70	3.64
Fish Sticks	4 Each	252	52	308	0.00	2.88	0.00	0	4.80	14.68	18.80	12.00	2.00
French toast sticks, whole grain	1 Each	68	0	105	1.00	0.36	18.00	0	0.00	2.00	9.00	3.00	0.50
Hamburger on a wheat bun	1 Each	360	60	150	4.00	3.24	0.00	0	0.00	23.00	24.00	20.00	7.50
Herb Roasted Chicken	2 oz	149	33	310	0.09	0.84	17.21	82	0.12	11.22	5.40	9.08	1.73
Hot ham, cheese, bun	1 Each	272	32	937	1.34	2.44	169.96	151	0.00	15.68	32.20	8.61	4.08
Italian meat sauce	1/2 cup	182	57	296	0.94	1.90	16.24	142	2.83	16.93	4.72	10.00	3.93
Italian meat sauce (turkey)	1/2 cup	147	80	305	0.94	1.47	36.16	208	4.43	13.64	4.72	8.44	2.16
Meatballs in spaghetti sauce	5 meatballs	233	81	645	2.68	2.16	49.48	324	5.35	14.96	10.74	15.48	4.57
Nachos w/ Spicy Meat and Cheese	1 Serving	353	95	479	2.01	2.69	185.20	611	4.38	18.23	22.68	21.26	6.15
Pancakes, Silver Dollar	4 Each	147	17	393	1.33	1.20	26.67	0	0.00	4.00	28.00	2.33	0.33
Pancakes, whole grain with Yogurt Dip	1 each	122	6	162	1.00	0.48	100.83	25	0.80	3.92	20.83	2.50	0.71
Ravioli, beef w/ meat sauce	1 Cup (8 pc)	230	30	640	5.00	2.70	20.00	200	0.00	15.00	27.00	7.00	3.00
Roast Turkey with Gravy	2 oz.	105	33	555	0.13	1.02	7.92	0	0.33	13.29	3.66	3.75	1.22
Scrambled Eggs	1 oz	45	110	125	0.00	0.40	17.00	265	0.00	3.00	1.00	3.00	1.00
Sloppy Joe on a wheat bun	1 Each	462	58	450	8.84	4.89	19.52	392	6.42	29.46	57.40	14.34	5.04
Sweet & sour breaded popcorn chicken	1 Cup	269	30	633	0.88	1.72	52.52	1300	19.28	11.79	22.90	15.11	3.02
Taco Salad (turkey) w/ Tortilla	1 Each	350	88	752	3.10	3.09	148.94	1479	9.38	17.19	26.60	19.06	4.68
Toasted Mozzarella w Tomato	1 Each	313	36	670	3.86	1.97	483.72	274	0.00	19.19	27.39	14.74	6.84
Tony's Whole Grain Cheese Pizza	1 Piece	310	30	510	4.00	1.80	300.00	400	0.00	19.00	36.00	10.00	4.50
Tony's Whole Grain Pepperoni Pizza	1 Piece	320	30	580	4.00	2.70	250.00	400	0.00	19.00	36.00	11.00	4.50
Turkey hot dog on a wheat bun	1 Each	202	48	742	3.00	1.91	47.70	0	0.00	12.43	19.67	9.46	2.65
Warm Crispy Ranch Chicken Salad	1 Each	262	64	888	2.00	1.80	0.00	200	0.00	16.00	21.20	13.99	2.44

COLD ENTREES	Portion Size	Calories	Mg Cholest	Mg Sodium	G Fiber	Mg Iron	Mg Calcium	IU Vit-A	Mg Vit-C	G Protein	G Carb	G Tot-Fat	G Sat-Fat
COLD ENTREES		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00
Cereal Fun Lunch	1 Each	185	210	200	2.00	6.12	60.00	500	2.40	8.00	24.00	5.50	1.50
Chicken Caesar salad	1 Each	231	54	338	2.98	2.16	76.32	6468	25.51	20.53	17.19	8.95	2.65
Junior ham & cheese, Lettuce/Tomato	1 Each	226	32	882	1.23	1.91	142.57	330	3.25	14.88	23.19	7.59	3.79
Junior Italian Hoagie, Lettuce/Tomato	1 Each	292	56	980	3.77	2.14	234.79	1568	11.41	24.52	22.65	12.99	6.14
Junior Turkey club sandwich	1 Each	253	32	1063	1.59	2.43	59.72	149	4.93	16.14	28.27	7.82	1.62
Nachos Fun Lunch	1 each	362	60	831	2.91	2.22	453.58	924	2.59	17.09	29.26	19.92	11.97
Pizza Bagel Fun Lunch	1 Each	349	36	1021	3.00	3.36	453.39	423	3.00	21.76	42.57	9.53	5.73
Triple Decker PB/J on whole wheat	1 Each	687	0	750	10.05	4.05	90.88	4	0.34	24.39	77.92	36.04	7.40
Sun Butter on Wheat Bread	1 Each	580	0	600	11.00	5.04	100.00	0	0.00	20.00	50.00	35.00	4.00
WildGreens: Chunky Tuna Salad	1 Each	130	20	281	2.41	2.03	48.33	2551	27.04	16.50	9.42	2.73	0.43
WildGreens :Crispy Chicken Popper Sld	1 Each	290	42	616	2.95	2.21	276.68	1759	17.41	24.67	29.51	11.44	4.35
WildGreens: Deli Chef Salad	1 Each	230	217	667	2.13	1.72	235.95	6912	24.86	17.21	7.50	14.47	7.28
WildGreens: Garden Salad with Cheese	1 Each	202	38	437	1.65	0.80	462.84	1767	13.64	15.66	7.53	12.21	7.73
Yogurt Cracker Stacker Fun Lunch	1 Each	302	41	730	0.62	1.41	231.92	267	0.46	12.97	36.69	10.58	5.84

BREAD/GRAIN CHOICES	Portion Size	Calories	Mg Cholest	Mg Sodium	G Fiber	Mg Iron	Mg Calcium	IU Vit-A	Mg Vit-C	G Protein	G Carb	G Tot-Fat	G Sat-Fat
BREAD/GRAIN CHOICES		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00
Animal crackers, 1 oz.	1 Each	126	0	111	0.31	0.78	12.19	0	0.00	1.96	21.01	3.91	0.98
Biscuit Baked Buttermilk 1.2 oz	1 Each	60	0	175	0.00	0.39	10.91	0	0.00	1.09	8.18	2.45	0.82
Brown rice	1/2 cup	88	0	97	0.83	0.36	6.53	0	0.00	1.89	18.39	0.70	0.14
Dinner roll, 1.1 oz.	1 each	90	0	160	0.00	0.72	20.00	0	0.00	3.00	17.00	1.00	0.00
Graham crackers, 1 oz.	1 oz.	120	0	172	0.79	1.06	6.80	1	0.00	1.96	21.77	2.86	0.43
Homemade Corn Bread, 2 oz	1 Piece	108	13	151	0.98	0.91	69.78	72	0.00	2.69	18.05	2.82	0.47
Pasta, whole wheat	1 cup	198	0	5	4.73	2.07	22.80	0	0.00	8.34	42.77	0.80	0.15
Rice and beans	1/2 cup	114	0	311	3.85	2.00	28.39	165	1.94	4.66	22.32	0.52	0.12
Saltines, (1/4 oz)	1 pkg.	30	0	79	0.21	0.36	1.49	0	0.00	0.67	5.27	0.63	0.14
Whole Wheat Bread	1 slice	60	0	120	1.00	0.72	20.00	0	0.00	2.00	12.00	1.00	0.00

CONDIMENT CHOICES	Portion Size	Calories	Mg Cholest	Mg Sodium	G Fiber	Mg Iron	Mg Calcium	IU Vit-A	Mg Vit-C	G Protein	G Carb	G Tot-Fat	G Sat-Fat
CONDIMENT CHOICES		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00
Honey mustard sauce	1 oz.	81	0	0	0.00	0.00	0.00	0	0.00	0.00	20.25	0.00	0.00
Italian dressing, 9 gm pc	1 pouch	5	0	70	0.00	0.00	0.00	0	0.00	0.00	1.00	0.00	0.00
Ranch Dressing	1 oz.	147	10	274	0.00	0.00	0.00	0	0.00	0.00	.98	15.64	2.44
Syrup, 1 oz. cup	1 each	66	0	23	0.00	0.01	0.85	0	0.00	0.00	17.43	0.00	0.00
Ketchup, 9 gm pc	1 each	9	0	100	0.03	0.05	1.62	84	1.36	0.16	2.26	0.03	0.00
Mayonnaise, light	7/16 oz.	40	5	85	0.00	0.00	0.00	0	0.00	0.00	1.00	4.00	0.50

FRUIT/VEGETABLE CHOICES	Portion Size	Calories	Mg Cholest	Mg Sodium	G Fiber	Mg Iron	Mg Calcium	IU Vit-A	Mg Vit-C	G Protein	G Carb	G Tot-Fat	G Sat-Fat
FRUIT/VEGETABLE CHOICE		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00
Apple	1 Each	72	0	1	3.31	0.17	8.28	75	6.35	0.36	19.06	0.23	0.03
Apple juice	4 fl. oz.	57	0	5	0.25	0.15	9.92	1	1.12	0.12	14.01	0.16	0.03
Applesauce, sweetened	1/2 cup	97	0	4	1.53	0.45	5.10	14	2.17	0.23	25.40	0.23	0.04
Banana, Petite	1 Each	93	0	1	2.42	0.31	6.06	82	9.19	1.04	23.66	0.48	0.19
Fruit Crisp	1/2 Cup	167	0	57	2.50	0.89	31.94	721	2.51	1.34	34.38	3.67	0.56
Fruit punch, 100% juice	1/2 cup	65	0	1	0.00	0.00	0.00	0	6.00	0.00	14.00	0.00	0.00
Grapes, Fresh	1/2 Cup	31	0	1	0.41	0.13	6.44	46	1.84	0.29	7.89	0.16	0.05
Mixed Fruit: canned, light syrup	1/2 Cup	80	0	5	1.00	0.00	0.00	200	1.20	0.00	18.00	0.00	0.00
Peaches, Fresh	1 Each	34	0	0	1.30	0.22	5.22	284	5.74	0.79	8.30	0.22	0.02
Peaches: canned, light syrup	1/2 cup	68	0	6	1.63	0.45	3.77	444	3.01	0.56	18.26	0.04	0.00
Pears, Fresh	1 Each	81	0	1	4.31	0.24	12.51	32	5.84	0.53	21.49	0.17	0.01
Pears, canned, juice packed	1/2 cup	61	0	5	1.95	0.35	10.98	7	1.95	0.41	15.79	0.09	0.00
Pineapple chunks, juice packed	1/2 cup	75	0	1	1.00	0.35	17.43	47	11.83	0.52	19.55	0.10	0.01
Pineapple juice, 100% juice	4 fl. oz.	66	0	2	0.25	0.39	16.22	6	12.48	0.45	16.06	0.15	0.01
Orange juice, 100% juice	4 fl. oz.	55	0	1	0.25	0.21	12.44	97	40.93	1.00	12.68	0.16	0.02
Orange, Fresh	1 each	62	0	0	3.14	0.13	52.40	295	69.69	1.23	15.39	0.16	0.01
Broccoli, Fresh, Raw	1/2 Cup	12	0	12	0.92	0.26	16.69	221	31.67	1.00	2.36	0.13	0.01
Carrot Sticks	1/2 Cup	18	0	30	1.23	0.13	14.50	5289	2.59	0.41	4.21	0.11	0.01
Confetti Coleslaw	1/2 Cup	88	7	145	2.15	0.39	33.33	1153	28.20	1.06	9.05	5.55	0.71
Mashed potatoes	1/2 Cup	80	0	310	1.00	0.36	20.00	0	3.60	2.00	17.00	1.00	0.00
Peppers, sweet, raw	1/2 Cup	9	0	1	0.78	0.16	4.60	170	36.98	0.40	2.13	0.08	0.03
Potato wedges	1/2 Cup	114	0	37	1.77	1.48	11.34	0	16.66	3.49	25.64	0.23	0.06
Potato Tater Gems	1/2 Cup	142	0	283	1.67	0.30	0.00	0	4.00	1.67	15.83	8.33	2.08
Seasoned corn, frozen	1/2 Cup	92	0	2	1.99	0.36	3.49	179	5.29	2.50	17.19	2.81	0.40
Seasoned green beans, frozen	1/2 Cup	50	0	2	2.05	0.68	33.05	428	10.10	1.41	5.93	2.41	0.20
Seasoned peas, frozen	1/2 Cup	92	0	102	4.27	1.46	21.02	1949	17.05	4.95	12.92	2.56	0.38
Seasoned spinach, frozen	1/2 Cup	50	0	136	3.39	1.80	139.75	11000	2.02	3.66	4.41	3.03	0.30
Sweet potato fries	1/2 Cup	120	0	180	2.00	0.36	20.00	5000	9.60	0.00	22.00	3.00	0.50
Southwest Corn and Black Bean Salad	1/2 Cup	186	0	545	4.29	2.78	39.10	414	7.13	6.47	19.21	0.64	0.14
Zucchini sticks, raw	1/2 Cup	9	0	1	0.62	0.20	8.48	113	9.61	0.68	1.89	0.10	0.02

MILK CHOICES	Portion Size	Calories	Mg Cholest	Mg Sodium	G Fiber	Mg Iron	Mg Calcium	IU Vit-A	Mg Vit-C	G Protein	G Carb	G Tot-Fat	G Sat-Fat
MILK CHOICES		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00
MILK, 1% White	8 fl oz	110	10	130	0.00	0.00	300.00	500	2.40	8.00	13.00	2.50	1.50
Milk, 1% chocolate	8 fl oz	170	10	210	0.00	0.00	300.00	500	2.40	8.00	30.00	2.50	1.50
MILK, Skim	8 fl oz	90	5	130	0.00	0.00	300.00	500	2.40	8.00	13.00	0.00	0.00