

# Elementary Lunch Nutrition

Item Name	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)	Item Name	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
<b>Cycle 1 Monday</b>								<b>Cycle 1 Thursday</b>							
Mighty Mini Meal	380	21	7	0	725	32	17	Four Cheese Pizza (1 slice)	360	16	8	0	470	35	18
Mini Hot Dog	150	9	3	0	310	10	6	Turkey Pepperoni Pizza (1 slice)	360	17	8	0	570	34	19
Mini Chicken Slider w. Cheese	230	13	4	0	415	22	11	Yogurt Parfait with Granola	420	4	0	0	165	86	11
Mini Corn Dogs (6ea)	270	12	4	0	410	30	10	Yogurt, Strawberries & Blueberries	220	0	0	0	115	48	7
Wowbutter Lunch Kit (1 ea.)	450	20	5	0	686	50	19	Granola	200	4	0	0	50	38	4
Baby Carrots (1 pkg.)	30	1	0	0	66	7	1	Bacon Ranch Salad (1 ea.)	454	18	4	0	1426	47	28
Roasted Zucchini (1/2 c.)	47	3	1	0	148	4	1	Peas and Carrots (1/2 c)	48	0	0	0	176	10	3
Apple (1 ea.)	80	0	0	0	1	21	0	Veggie Dippers	72	5	0	0	142	6	1
Mandarin Oranges (1/2 c.)	101	0	0	0	13	23	1	Red Grapes (1/2 c)	57	0	0	0	3	15	0
<b>Cycle 1 Tuesday</b>								Pineapple Tidbits (1/2 c.)							
<b>Cycle 1 Friday</b>															
Chicken Tenders (3 ea)	260	15	2.5	0	390	16	15	Chicken Sandwich (1 ea.)	400	17	3	0	990	42	22
Whole Grain Texas Toast (1 slice)	120	1	0	0	220	22	5	Spicy Chicken Sandwich (1 ea.)	370	13	2.5	0	750	41	22
Fajita Chicken Salad	350	17	5	0	549	30	24	Bosco Stick (2 ea.)	300	10	5	0	440	34	20
Fat Free Ranch Salad Dressing	36	0	0	0	440	7	1	Wowbutter Lunch Kit (1 ea.)	450	20	5	0	686	50	19
Yogurt Parfait with Granola	420	4	0	0	165	86	11	Wowbutter	290	16	3	0	220	28	9
Yogurt, Strawberries & Blueberries	220	0	0	0	115	48	7	String Cheese	60	3	2	0	200	0	7
Granola	200	4	0	0	50	38	4	Pretzels	80	1	0	0	200	16	2
Idahoan Mashed Potatoes	80	1	0	0	310	17	2	Baby Carrots (1 pkg.)	20	0	0	0	0	6	1
Peppered Gravy (1 oz.)	24	1	1	0	127	3	0	Baked Beans (1/2 c)	140	0	0	0	370	30	5
Steamed Green Beans	20	0	0	0	79	5	1	Sweet Potato Waffle Fries (1/2 c.)	180	10	1.5	0	220	20	1
Fresh Orange	61	0	0	0	0	15	1	Apple (1 ea.)	80	0	0	0	1	21	0
Diced Pears (1/2 c)	87	0	0	0	16	21	0	Frozen Peach Cup (1 ea.)	80	0	0	0	0	19	1
<b>Cycle 1 Wednesday</b>															
Italian Pasta Bake	203	7	3	0	716	23	14	<b>Condiments &amp; Milk</b>							
Cheesy Baked Potato	541	26	13	0	716	60	23	<b>Item Name</b>	<b>Cals</b>	<b>Total Fat</b>	<b>Sat Fat</b>	<b>Trans Fat</b>	<b>Sodium</b>	<b>Carb</b>	<b>Protein</b>
Garlic Breadstick	170	6	1	0	170	25	2	Ketchup (2 ea.)	20	0	0	0	50	4	0
Cheeseburger	328	14	6	0	725	31	23	Mustard (1 ea.)	0	0	0	0	65	0	0
Hamburger	278	9	3	0	595	30	20	Marinara Dipping Sauce (1 ea.)	15	0	0	0	120	4	0
Steamed Corn	89	1	0	0	88	18	2	Fat Free Ranch Salad Dressing	36	0	0	0	440	7	1
Parmesan Broccoli	63	2	1	0	206	6	2	Ranch Packet (1 ea)	50	5	0	0	110	0.4	0
Fresh Banana	110	0	0	0	0	29	1	Syrup (1 ea)	120	0	0	0	0	30	0
Mixed Berry cup	90	0	0	0	0	20	0	Fat Free Chocolate Milk	110	0	0	0	100	19	8
								1% White Milk	100	3	2	0	125	12	8
								Fat Fat White Milk							



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<b>Cycle 3 Monday</b>								<b>Cycle 3 Thursday</b>							
Breaded Drumstick	220	13	3	0	530	6	19	Turkey Pepperoni Pizza (1 slice)	360	17	8	0	570	34	19
Side Mac & Cheese (1/2 c.)	186	5	3	0	708	23	11	Four Cheese Pizza (1 slice)	360	16	8	0	470	35	18
Mini Corn Dogs (6ea)	270	12	4	0	410	30	10	Yogurt Parfait with Granola	420	4	0	0	165	86	11
Wowbutter Lunch Kit (1 ea.)	450	20	5	0	686	50	19	Yogurt, Strawberries & Blueberries	220	0	0	0	115	48	7
Idahoan Mashed Potatoes (1/2 c.)	80	1	0	0	310	17	2	Granola	200	4	0	0	50	38	4
Parmesan Broccoli (1/2 c.)	63	2	1	0	206	6	2	Bacon Ranch Salad (1 ea.)	454	18	4	0	1426	47	28
Apple (1 ea.)	80	0	0	0	1	21	0	Roasted California Vegetables	93	7	1	0	155	6	2
Mandarin Oranges (1/2 c.)	101	0	0	0	13	23	1	Steamed Carrots (1/2 c.)	36	1	0	0	57	7	1
<b>Cycle 3 Tuesday</b>								<b>Cycle 3 Friday</b>							
Frito Pie	282	14	5	0	864	23	16	Red Grapes (1/2 c.)	57	0	0	0	3	15	0
Cornbread (1 ea)	99	2	0	0	100	18	2	Pineapple Tidbits (1/2 c.)	71	0	0	0	0	17	0
Fajita Chicken Salad	350	17	5	0	549	30	24	<b>Cycle 3 Friday</b>							
Yogurt Parfait with Granola	420	4	0	0	165	86	11	Cheeseburger	328	14	6	0	725	31	23
Yogurt, Strawberries & Blueberries	220	0	0	0	115	48	7	Hamburger	278	9	3	0	595	30	20
Granola	200	4	0	0	50	38	4	Bosco Stick (2 ea.)	300	10	5	0	440	34	20
Corn (1/2 c.)	89	1	0	0	88	18	2	Wowbutter Lunch Kit (1 ea.)	450	20	5	0	686	50	19
Peas and Carrots (1/2 c.)	48	0	0	0	176	10	3	Wowbutter	290	16	3	0	220	28	9
Orange (1 ea.)	61	0	0	0	0	15	1	String Cheese	60	3	2	0	200	0	7
Sliced Peaches (1/2 c.)	43	0	0	0	4	10	0	Pretzels	80	1	0	0	200	16	2
<b>Cycle 3 Wednesday</b>								<b>Baby Carrots (1 pkg.)</b>							
Chicken and Waffles	340	17	3	0	480	31	17	Baked Beans (1/2 c)	140	0	0	0	370	30	5
Chicken Sandwich (1 ea.)	400	17	3	0	990	42	22	Tater Tots (1/2 c.)	130	7	1	0	190	16	1
Cheesy Baked Potato (1 ea.)	541	26	13	0	716	60	23	Apple (1 ea.)	80	0	0	0	1	21	0
Garlic Breadstick	170	6	1	0	170	25	2	Frozen Peach Cup (1 ea.)	80	0	0	0	0	19	1
Sweet Potato Waffle Fries (1/2 c.)	180	10	2	0	220	20	1	<b>Condiments &amp; Milk</b>							
Veggie Dippers	72	5	0	0	142	6	1	<b>Item Name</b>	<b>Cals</b>	<b>Total Fat</b>	<b>Sat Fat</b>	<b>Trans Fat</b>	<b>Sodium</b>	<b>Carb</b>	<b>Protein</b>
Fresh Banana	110	0	0	0	0	29	1	Ketchup (2 ea.)	20	0	0	0	50	4	0
Mixed Berry cup	90	0	0	0	0	20	0	Mustard (1 ea.)	0	0	0	0	65	0	0
								Marinara Dipping Sauce (1 ea.)	15	0	0	0	120	4	0
								Fat Free Ranch Salad Dressing	36	0	0	0	440	7	1
								Ranch Packet (1 ea)	50	5	0	0	110	0.4	0
								Syrup (1 ea)	120	0	0	0	0	30	0
								Fat Free Chocolate Milk	110	0	0	0	100	19	8
								1% White Milk	100	3	2	0	125	12	8
								Fat Fat White Milk							