

## 2019-2020 Elementary Lunch Nutrition

NUTRITION FACTS								ALLERGENS				
Cycle 1 Monday	Calories	Total Fat	Sat Fat	Trans Fat	Sodium	Carb	Protein	EGG	MILK	SOY	WHEAT	OTHER
<b>Mighty Mini Meal</b>	310	17	7	0	540	24	15					
<b>Mini Hot Dog</b>	150	9	3	0	310	10	6			X (BUN)	X (BUN)	
<b>Mini Burger</b>	160	8	4	0	230	14	9				X	
<b>Mini Corn Dogs (6ea)</b>	270	12	4	0	410	30	10	X		X	X	
<b>Wowbutter Lunch Kit</b>	465	20	5	0	685	52	19					
Wowbutter	290	16	3	0	220	28	9		X	X	X	
String Cheese	60	3	2	0	200	0	7		X			
Pretzels	80	1	0	0	200	16	2				X	
Carrots Snack Pack	35	0	0	0	65	8	1					
<b>Baby Carrots (1 pkg.)</b>	35	0	0	0	65	8	1					
<b>Roasted Zucchini (1/2 c.)</b>	50	3	1	0	148	4	1					
<b>Apple (1 ea.)</b>	80	0	0	0	1	21	0					
<b>Mandarin Oranges (1/2 c.)</b>	100	0	0	0	13	23	1					
Cycle 1 Tuesday	Calories	Total Fat	Sat Fat	Trans Fat	Sodium	Carb	Protein	EGG	MILK	SOY	WHEAT	OTHER
<b>Chicken Tenders (3 ea)</b>	280	17	4	0	340	15	18				X	
<b>Whole Grain Texas Toast (1 slice)</b>	120	1	0	0	220	22	5			X	X	
<b>Fajita Chicken Salad</b>	350	17	5	0	550	30	24		X	X		
Fajita Chicken (3 oz)	130	7	2	0	330	2	16			X		
Tortilla Chips, unsalted (1 oz)	140	7	1	0	15	18	2					Corn
Mozzarella Cheese (.5 oz)	40	3	1	0	180	1	7		X			
Jalapenos (1 oz)	10	0	0	0	350	1	0					
<b>Fat Free Ranch Salad Dressing</b>	35	0	0	0	440	6	1					
<b>Peach &amp; Mango Parfait</b>	160	0	0	0	115	32	7					
Peach	20	0	0	0	0	4	0					
Mango	30	0	0	0	0	7	0					
Yogurt	110	0	0	0	115	21	7		X			
Granola	235	5	0	0	60	45	5				X	
<b>Strawberry &amp; Mango Parfait</b>	160	0	0	0	115	32	7					
Strawberry	15	0	0	0	0	4	0					
Mango	30	0	0	0	0	7	0					
Yogurt	110	0	0	0	115	21	7		X			
Granola	235	5	0	0	60	45	5				X	
<b>Peach &amp; Strawberry Parfait</b>	160	0	0	0	115	32	7					
Peach	20	0	0	0	0	4	0					
Strawberry	15	0	0	0	0	4	0					
Yogurt	110	0	0	0	115	21	7		X			
Granola	235	5	0	0	60	45	5				X	
<b>Mashed Potatoes</b>	80	1	0	0	310	17	2		X			
<b>Peppered Gravy (1 oz.)</b>	25	1	1	0	130	3	0	MC	X	MC	X	
<b>Steamed Green Beans</b>	25	0	0	0	80	4	1					
<b>Fresh Orange</b>	60	0	0	0	0	15	1					
<b>Sliced Peaches</b>	70	0	0	0	10	17	1					

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NUTRITION FACTS								ALLERGENS				
Cycle 1 Wednesday	Calories	Total Fat	Sat Fat	Trans Fat	Sodium	Carb	Protein	EGG	MILK	SOY	WHEAT	OTHER
<b>Italian Pasta Bake</b>	220	8	4	0	560	23	14		X	X	X	
<b>Cheesy Baked Potato</b>	540	26	13	0	700	60	23					
Baked Potato	225	0	0	0	15	50	6		X			
Cheese (2 oz)	200	18	10	0	520	4	10		X	X		
Sour Cream (.5 oz)	30	3	2	0	25	1	1					
Bacon Bits (.5 oz)	60	2	0	0	100	4	6			X		
Margarine (1 pat)	25	3	1	0	40	0	0		X	X		
<b>Garlic Breadstick</b>	170	6	1	0	170	25	2		X	X	X	
<b>Cheeseburger</b>	330	14	6	0	725	31	23		X (both)	X (cheese)	X (bun)	
<b>Hamburger</b>	280	9	3	0	595	30	20		X (bun)	X (cheese)	X (bun)	
<b>Steamed Corn</b>	70	1	0	0	88	15	2					
<b>Parmesan Broccoli</b>	65	2	1	0	200	6	2		X	X		
<b>Fresh Banana</b>	110	0	0	0	0	29	1					
<b>Mixed Fruit Cup</b>	55	0	0	0	14	15	0					
Cycle 1 Thursday	Calories	Total Fat	Sat Fat	Trans Fat	Sodium	Carb	Protein	EGG	MILK	SOY	WHEAT	OTHER
<b>Personal Pepperoni (Turkey) Pizza</b>	310	10	3	0	480	38	17		X	X	X	
<b>Personal Cheese Pizza</b>	300	9	3	0	440	39	17		X	X	X	
<b>Peach &amp; Mango Parfait</b>	160	0	0	0	115	32	7					
Peach	20	0	0	0	0	4	0					
Mango	30	0	0	0	0	7	0					
Yogurt	110	0	0	0	115	21	7		X			
Granola	235	5	0	0	60	45	5				X	
<b>Strawberry &amp; Mango Parfait</b>	160	0	0	0	115	32	7					
Strawberry	15	0	0	0	0	4	0					
Mango	30	0	0	0	0	7	0					
Yogurt	110	0	0	0	115	21	7		X			
Granola	235	5	0	0	60	45	5				X	
<b>Peach &amp; Strawberry Parfait</b>	160	0	0	0	115	32	7					
Peach	20	0	0	0	0	4	0					
Strawberry	15	0	0	0	0	4	0					
Yogurt	110	0	0	0	115	21	7		X			
Granola	235	5	0	0	60	45	5				X	
<b>Bacon Ranch Salad (1 ea.)</b>	510	25	6	0	1645	48	30					
Chicken Patty	240	15	3	0	710	13	15			X	X	
Turkey Bacon	40	3	0	0	220	0	4					
Flatbread	90	2.5	0.5	0	115	15	3		X	X	X	
Cheese (.5 oz)	50	4	2.5	0	130	1	2.5		X			
Ranch Dressing	35	0	0	0	440	6	1		X			
<b>Peas and Carrots (1/2 c)</b>	48	0	0	0	176	10	3					
<b>Veggie Dippers</b>	15	0	0	0	30	3	0					
<b>Red Grapes (1/2 c)</b>	55	0	0	0	0	14	0					
<b>Diced Pears (1/2 c)</b>	90	0	0	0	16	21	0					

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NUTRITION FACTS								ALLERGENS				
Cycle 1 Friday	Calories	Total Fat	Sat Fat	Trans Fat	Sodium	Carb	Protein	EGG	MILK	SOY	WHEAT	OTHER
<b>Chicken Sandwich (1 ea.)</b>	400	17	3	0	990	42	22		X (Bun)	X (chicken)	X (both)	
<b>Spicy Chicken Sandwich (1 ea.)</b>	370	13	2.5	0	750	41	22		X (Bun)	X (chicken)	X (both)	
<b>Bosco Stick (2 ea.)</b>	300	10	5	0	440	34	20		X		X	
<b>Pepperoni Pizza Kit (1 ea.)</b>	370	15	5.5	0	990	38	21					
Flatbread	180	5	1	0	330	29	6		X	X	X	
Mozzarella Cheese (1.5 oz)	120	7.5	4.5	0	270	1.5	10.5		X			
Pepperoni (Turkey) Slices (8)	30	1.5	0	0	190	0.5	3.5					
Marinara Sauce	40	1	0	0	200	7	1					
<b>Baked Beans (1/2 c)</b>	140	0	0	0	370	30	5					
<b>Sweet Potato Crinkle Cut Fries</b>	110	4.5	0.5	0	170	16	2					
<b>Apple (1 ea.)</b>	80	0	0	0	1	21	0					
<b>Frozen Peach Cup (1 ea.)</b>	80	0	0	0	0	19	1					

Condiments & Milk							
Item Name	Cals	Total Fat	Sat Fat	Trans Fat	Sodium	Carb	Protein
Ketchup (2 ea.)	20	0	0	0	50	4	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 Large Packet	36	0	0	0	440	7	1
Lite Ranch Dunk Cup	80	7	1	0	250	2	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

## 2019-2020 Elementary Lunch Nutrition

NUTRITION FACTS								ALLERGENS				
Cycle 2 Monday	Calories	Total Fat	Sat Fat	Trans Fat	Sodium	Carb	Protein	EGG	MILK	SOY	WHEAT	OTHER
<b>Breaded Mozzarella Sticks (5 ea)</b>	395	18	7	0	530	39	19		X		X	
<b>Marinara Dipping Sauce</b>	15	0	0	0	120	4	0					
<b>Mini Corn Dogs (6 ea.)</b>	270	12	4	0	410	30	10	X		X	X	
<b>Wowbutter Lunch Kit</b>	465	20	5	0	685	52	19					
Wowbutter	290	16	3	0	220	28	9		X	X	X	
String Cheese	60	3	2	0	200	0	7		X			
Pretzels	80	1	0	0	200	16	2				X	
Carrots Snack Pack	35	0	0	0	65	8	1					
<b>Sweet Potato Crinkle Cut Fries</b>	110	4.5	0.5	0	170	16	2					
<b>Roasted Cali Veg Blend</b>	95	7	1	0	155	6	2					
<b>Apple (1 ea.)</b>	80	0	0	0	1	21	0					
<b>Mandarin Oranges (1/2 c.)</b>	100	0	0	0	13	23	1					
Cycle 2 Tuesday	Calories	Total Fat	Sat Fat	Trans Fat	Sodium	Carb	Protein	EGG	MILK	SOY	WHEAT	OTHER
<b>Beef Nachos</b>	315	18	6	0	460	24	16					
Taco Meat (2 oz.)	110	7	3	0	130	2	10					
Cheese Sauce (1 oz.)	50	3	2	0	310	2	4		X	X		
Chips for Nachos (11 Chips)	155	8	1	0	20	20	2					Corn
<b>Mexican Infused Rice (1/2 c.)</b>	115	1	0	0	215	24	2					
<b>Fajita Chicken Salad</b>	350	17	5	0	550	30	24		X	X		
Fajita Chicken (3 oz)	130	7	2	0	330	2	16			X		
Tortilla Chips, unsalted (1 oz)	140	7	1	0	15	18	2					Corn
Mozzarella Cheese (.5 oz)	40	3	1	0	180	1	7		X			
Jalapenos (1 oz)	10	0	0	0	350	1	0					
<b>Peach &amp; Mango Parfait</b>	160	0	0	0	115	32	7					
Peach	20	0	0	0	0	4	0					
Mango	30	0	0	0	0	7	0					
Yogurt	110	0	0	0	115	21	7					
Granola	235	5	0	0	60	45	5		X			
<b>Strawberry &amp; Mango Parfait</b>	160	0	0	0	115	32	7				X	
Strawberry	15	0	0	0	0	4	0					
Mango	30	0	0	0	0	7	0					
Yogurt	110	0	0	0	115	21	7					
Granola	235	5	0	0	60	45	5		X			
<b>Peach &amp; Strawberry Parfait</b>	160	0	0	0	115	32	7				X	
Peach	20	0	0	0	0	4	0					
Strawberry	15	0	0	0	0	4	0					
Yogurt	110	0	0	0	115	21	7					
Granola	235	5	0	0	60	45	5		X			
<b>Charro Beans</b>	150	1	0	0	170	28	8				X	
<b>Street Corn (1/2 c.)</b>	85	2	1	0	113	15	3					
<b>Fresh Orange</b>	60	0	0	0	0	15	1					
<b>Sliced Peaches</b>	70	0	0	0	10	17	1					

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NUTRITION FACTS								ALLERGENS				
Cycle 2 Wednesday	Calories	Total Fat	Sat Fat	Trans Fat	Sodium	Carb	Protein	EGG	MILK	SOY	WHEAT	OTHER
<b>Mandarin Chicken</b>	170	3	1	0	360	23	11	X		X	X	
<b>Brown Rice (1/2 c.)</b>	100	1	0	0	75	20	3					
<b>Vegetable Egg Roll (1 ea.)</b>	140	5	1	0	240	21	4	X			X	
<b>Cheesy Baked Potato</b>	540	26	13	0	700	60	23					
Baked Potato	225	0	0	0	15	50	6		X			
Cheese (2 oz)	200	18	10	0	520	4	10		X	X		
Sour Cream (.5 oz)	30	3	2	0	25	1	1					
Bacon Bits (.5 oz)	60	2	0	0	100	4	6			X		
Margarine (1 pat)	25	3	1	0	40	0	0		X	X		
<b>Garlic Breadstick</b>	170	6	1	0	170	25	2		X	X	X	
<b>Cheeseburger</b>	330	14	6	0	725	31	23		X (both)	X (cheese)	X (bun)	
<b>Hamburger</b>	280	9	3	0	595	30	20		X (bun)	X (cheese)	X (bun)	
<b>Roasted Broccoli (1/2 c.)</b>	74	4	1	0	190	10	2			X		
<b>Steamed Sugar Snap Peas (1/2 c.)</b>	15	0	0	0	35	3	1					
<b>Fresh Banana (1 ea.)</b>	110	0	0	0	0	29	1					
<b>Mixed Fruit Cup</b>	55	0	0	0	14	15	0					
Cycle 2 Thursday	Calories	Total Fat	Sat Fat	Trans Fat	Sodium	Carb	Protein	EGG	MILK	SOY	WHEAT	OTHER
<b>Four Cheese Pizza (1 slice)</b>	<b>360</b>	<b>16</b>	<b>8</b>	<b>0</b>	<b>470</b>	<b>35</b>	<b>18</b>		X	X	X	
<b>Turkey Pepperoni Pizza (1 slice)</b>	<b>360</b>	<b>17</b>	<b>8</b>	<b>0</b>	<b>570</b>	<b>34</b>	<b>19</b>		X	X	X	
<b>Peach &amp; Mango Parfait</b>	160	0	0	0	115	32	7					
Peach	20	0	0	0	0	4	0					
Mango	30	0	0	0	0	7	0					
Yogurt	110	0	0	0	115	21	7					
Granola	235	5	0	0	60	45	5		X			
<b>Strawberry &amp; Mango Parfait</b>	160	0	0	0	115	32	7				X	
Strawberry	15	0	0	0	0	4	0					
Mango	30	0	0	0	0	7	0					
Yogurt	110	0	0	0	115	21	7					
Granola	235	5	0	0	60	45	5		X			
<b>Peach &amp; Strawberry Parfait</b>	160	0	0	0	115	32	7				X	
Peach	20	0	0	0	0	4	0					
Strawberry	15	0	0	0	0	4	0					
Yogurt	110	0	0	0	115	21	7					
Granola	235	5	0	0	60	45	5		X			
<b>Bacon Ranch Salad (1 ea.)</b>	510	25	6	0	1645	48	30					
Chicken Patty	240	15	3	0	710	13	15			X	X	
Turkey Bacon	40	3	0	0	220	0	4					
Flatbread	90	2.5	0.5	0	115	15	3		X	X	X	
Cheese (.5 oz)	50	4	2.5	0	130	1	2.5		X			
Ranch Dressing	35	0	0	0	440	6	1		X			
<b>Peas and Carrots (1/2 c)</b>	48	0	0	0	176	10	3					
<b>Veggie Dippers</b>	15	0	0	0	30	3	0					
<b>Red Grapes (1/2 c)</b>	55	0	0	0	0	14	0					
<b>Pineapple Tidbits (1/2 c.)</b>	71	0	0	0	0	17	0					

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NUTRITION FACTS								ALLERGENS				
Cycle 2 Friday	Calories	Total Fat	Sat Fat	Trans Fat	Sodium	Carb	Protein	EGG	MILK	SOY	WHEAT	OTHER
<b>Hot Dog (1 ea.)</b>	260	11	3	0	530	28	15		X		X	
<b>Bosco Stick (2 ea.)</b>	300	10	5	0	440	34	20		X		X	
<b>Pepperoni Pizza Kit (1 ea.)</b>	370	15	5.5	0	990	38	21					
Flatbread	180	5	1	0	330	29	6		X	X	X	
Mozzarella Cheese (1.5 oz)	120	7.5	4.5	0	270	1.5	10.5		X			
Pepperoni (Turkey) Slices (8)	30	1.5	0	0	190	0.5	3.5					
Marinara Sauce	40	1	0	0	200	7	1					
<b>Curly Fries (1/2 c)</b>	150	5	1	0	435	22	2					
<b>Tossed Side Salad</b>	140	7	0	0	320	16	4					
<b>Apple (1 ea.)</b>	80	0	0	0	1	21	0					
<b>Frozen Peach Cup (1 ea.)</b>	80	0	0	0	0	19	1					

Condiments & Milk							
Item Name	Cals	Total Fat	Sat Fat	Trans Fat	Sodium	Carb	Protein
Ketchup (2 ea.)	20	0	0	0	50	4	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 Large Packet	36	0	0	0	440	7	1
Lite Ranch Dunk Cup	80	7	1	0	250	2	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

## 2019-2020 Elementary Lunch Nutrition

NUTRITION FACTS								ALLERGENS				
Cycle 3 Monday	Calories	Total Fat	Sat Fat	Trans Fat	Sodium	Carb	Protein	EGG	MILK	SOY	WHEAT	OTHER
<b>Breaded Drumstick</b>	220	13	3	0	530	6	19				X	
<b>Baked Chicken (starting Feb)</b>	215	13	3	0	590	11	12	X			X	
<b>Side Mac &amp; Cheese (1/2 c.)</b>	185	5	3	0	700	23	11	X	X	X	X	
<b>Honey Wheat Roll (starting Feb)</b>	150	2	0	0	230	27	5		X	X	X	
<b>Mini Corn Dogs (6 ea.)</b>	270	12	4	0	410	30	10	X		X	X	
<b>Wowbutter Lunch Kit</b>	465	20	5	0	685	52	19					
Wowbutter	290	16	3	0	220	28	9		X	X	X	
String Cheese	60	3	2	0	200	0	7		X			
Pretzels	80	1	0	0	200	16	2				X	
Carrots Snack Pack	35	0	0	0	65	8	1					
<b>Mashed Potatoes</b>	80	1	0	0	310	17	2		X			
<b>Parmesan Broccoli</b>	65	2	1	0	200	6	2		X	X		
<b>Apple (1 ea.)</b>	80	0	0	0	1	21	0					
<b>Mandarin Oranges (1/2 c.)</b>	100	0	0	0	13	23	1					
Cycle 3 Tuesday	Calories	Total Fat	Sat Fat	Trans Fat	Sodium	Carb	Protein	EGG	MILK	SOY	WHEAT	OTHER
<b>Frito Pie</b>	295	15	6	0	660	22	16					
<b>Beef (2 oz)</b>	110	6	3	0	190	1	10					
<b>WG Corn Chips (1/2 c)</b>	140	6	1	0	170	19	2					Corn
<b>Cheese Sauce (1 oz)</b>	45	3	2	0	300	2	4		X	X		
<b>Cornbread (1 ea)</b>	100	2	0	0	100	18	2			X	X	
<b>Fajita Chicken Salad</b>	350	17	5	0	550	30	24		X	X		
Fajita Chicken (3 oz)	130	7	2	0	330	2	16			X		
Tortilla Chips, unsalted (1 oz)	140	7	1	0	15	18	2					Corn
Mozzarella Cheese (.5 oz)	40	3	1	0	180	1	7		X			
Jalapenos (1 oz)	10	0	0	0	350	1	0					
<b>Fat Free Ranch Salad Dressing</b>	35	0	0	0	440	6	1					
<b>Peach &amp; Mango Parfait</b>	160	0	0	0	115	32	7					
Peach	20	0	0	0	0	4	0					
Mango	30	0	0	0	0	7	0					
Yogurt	110	0	0	0	115	21	7		X			
Granola	235	5	0	0	60	45	5				X	
<b>Strawberry &amp; Mango Parfait</b>	160	0	0	0	115	32	7					
Strawberry	15	0	0	0	0	4	0					
Mango	30	0	0	0	0	7	0					
Yogurt	110	0	0	0	115	21	7		X			
Granola	235	5	0	0	60	45	5				X	
<b>Peach &amp; Strawberry Parfait</b>	160	0	0	0	115	32	7					
Peach	20	0	0	0	0	4	0					
Strawberry	15	0	0	0	0	4	0					
Yogurt	110	0	0	0	115	21	7		X			
Granola	235	5	0	0	60	45	5				X	
<b>Corn (1/2 c.)</b>	70	1	0	0	90	15	2					
<b>Peas and Carrots (1/2 c)</b>	48	0	0	0	176	10	3					
<b>Fresh Orange</b>	60	0	0	0	0	15	1					
<b>Sliced Peaches</b>	70	0	0	0	10	17	1					

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NUTRITION FACTS								ALLERGENS				
Cycle 3 Wednesday	Calories	Total Fat	Sat Fat	Trans Fat	Sodium	Carb	Protein	EGG	MILK	SOY	WHEAT	OTHER
<b>Chicken and Waffles</b>	340	17	3	0	480	31	17					
Chicken Strips (current)	260	15	3	0	390	16	15			X	X	
Chicken Strips (Starting Feb)	280	17	4	0	340	15	18				X	
Waffles	80	2	0	0	90	15	2	X	X	X	X	
<b>Chicken Sandwich (1 ea.)</b>	400	17	3	0	990	42	22		X (Bun)	X (chicken)	X (both)	
<b>Spicy Chicken Sandwich (1 ea.)</b>	370	13	2.5	0	750	41	22		X (Bun)	X (chicken)	X (both)	
<b>Cheesy Baked Potato</b>	540	26	13	0	700	60	23					
Baked Potato	225	0	0	0	15	50	6		X			
Cheese (2 oz)	200	18	10	0	520	4	10		X	X		
Sour Cream (.5 oz)	30	3	2	0	25	1	1					
Bacon Bits (.5 oz)	60	2	0	0	100	4	6			X		
Margarine (1 pat)	25	3	1	0	40	0	0		X	X		
<b>Garlic Breadstick</b>	170	6	1	0	170	25	2		X	X	X	
<b>Sweet Potato Crinkle Cut Fries</b>	<b>110</b>	<b>4.5</b>	<b>0.5</b>	<b>0</b>	<b>170</b>	<b>16</b>	<b>2</b>					
<b>Veggie Dippers</b>	15	0	0	0	30	3	0					
<b>Fresh Banana</b>	<b>110</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>29</b>	<b>1</b>					
<b>Mixed Fruit Cup</b>	<b>55</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>14</b>	<b>15</b>	<b>0</b>					
Cycle 3 Thursday	Calories	Total Fat	Sat Fat	Trans Fat	Sodium	Carb	Protein	EGG	MILK	SOY	WHEAT	OTHER
<b>Personal Pepperoni (Turkey) Pizza</b>	310	10	3	0	480	38	17		X	X	X	
<b>Personal Cheese Pizza</b>	300	9	3	0	440	39	17		X	X	X	
<b>Peach &amp; Mango Parfait</b>	160	0	0	0	115	32	7					
Peach	20	0	0	0	0	4	0					
Mango	30	0	0	0	0	7	0					
Yogurt	110	0	0	0	115	21	7		X			
Granola	235	5	0	0	60	45	5				X	
<b>Strawberry &amp; Mango Parfait</b>	160	0	0	0	115	32	7					
Strawberry	15	0	0	0	0	4	0					
Mango	30	0	0	0	0	7	0					
Yogurt	110	0	0	0	115	21	7		X			
Granola	235	5	0	0	60	45	5				X	
<b>Peach &amp; Strawberry Parfait</b>	160	0	0	0	115	32	7					
Peach	20	0	0	0	0	4	0					
Strawberry	15	0	0	0	0	4	0					
Yogurt	110	0	0	0	115	21	7		X			
Granola	235	5	0	0	60	45	5				X	
<b>Bacon Ranch Salad (1 ea.)</b>	510	25	6	0	1645	48	30					
Chicken Patty	240	15	3	0	710	13	15			X	X	
Turkey Bacon	40	3	0	0	220	0	4					
Flatbread	90	2.5	0.5	0	115	15	3		X	X	X	
Cheese (.5 oz)	50	4	2.5	0	130	1	2.5		X			
Ranch Dressing	35	0	0	0	440	6	1		X			
<b>Roasted Cali Veg Blend</b>	95	7	1	0	155	6	2					
<b>Steamed Carrots (1/2 c.)</b>	36	1	0	0	57	7	1					
<b>Red Grapes (1/2 c)</b>	55	0	0	0	0	14	0					
<b>Pineapple Tidbits (1/2 c.)</b>	71	0	0	0	0	17	0					



## 2019-2020 Elementary Lunch Nutrition

NUTRITION FACTS								ALLERGENS				
Cycle 3 Friday	Calories	Total Fat	Sat Fat	Trans Fat	Sodium	Carb	Protein	EGG	MILK	SOY	WHEAT	OTHER
<b>Cheeseburger</b>	330	14	6	0	725	31	23		X (both)	X (cheese)	X (bun)	
<b>Hamburger</b>	280	9	3	0	595	30	20		X (bun)	X (cheese)	X (bun)	
<b>Bosco Stick (2 ea.)</b>	300	10	5	0	440	34	20		X		X	
<b>Pepperoni Pizza Kit (1 ea.)</b>	370	15	5.5	0	990	38	21					
Flatbread	180	5	1	0	330	29	6		X	X	X	
Mozzarella Cheese (1.5 oz)	120	7.5	4.5	0	270	1.5	10.5		X			
Pepperoni (Turkey) Slices (8)	30	1.5	0	0	190	0.5	3.5					
Marinara Sauce	40	1	0	0	200	7	1					
<b>Baked Beans (1/2 c)</b>	140	0	0	0	370	30	5					
<b>Tater Tots (1/2 c.)</b>	130	7	1	0	190	16	1					
<b>Apple (1 ea.)</b>	80	0	0	0	1	21	0					
<b>Frozen Peach Cup (1 ea.)</b>	80	0	0	0	0	19	1					

Condiments & Milk							
Item Name	Cals	Total Fat	Sat Fat	Trans Fat	Sodium	Carb	Protein
Ketchup (2 ea.)	20	0	0	0	50	4	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 Large Packet	36	0	0	0	440	7	1
Lite Ranch Dunk Cup	80	7	1	0	250	2	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