

K-5 In-Person Menu Item Nutrients

Menu Item	Calories (Kcal)	Total Fat (g)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)
Entrée/Combo;							
Bagel & Cream Cheese - Contains Gluten, Milk, Soy, Wheat. Processed in a facility that also processes Egg.	224.54	4.55	36.71	4.05	4.10	(M)	8.57
String Cheese - Contains Milk.	80.00	6.00	0.00	0.00	0.00	0.00	7.00
Cheese Sandwich - Contains Gluten, Milk, Soy, Wheat.	360.00	20.00	30.00	2.00	2.00	(M)	18.00
Turkey Ham and Cheese Sandwich - Contains Gluten, Milk, Soy, Wheat.	312.50	13.63	30.00	2.00	2.00	0.00(M)	19.75
Turkey and Cheese Sandwich - Contains Gluten, Milk, Soy, Wheat.	312.50	13.25	30.75	2.00	2.00	0.00(M)	21.25
American Sandwich - Contains Gluten, Milk, Soy, Wheat.	297.50	10.63	30.50	2.00	2.00	0.00(M)	22.75
Chicken Salad Sub - Contains Egg, Gluten, Wheat. May contain Soy.	325.31	11.46	31.98	2.26	5.03(M)	0.00(M)	24.01
Fruit;							
Crispy Whole Apple - (1 extra small (2-1/2" dia))	47.79	0.16	12.69	2.21	9.55	0.00	0.24
Fresh Oranges - (1 small (2-3/8" dia))	45.12	0.12	11.28	2.30	8.98	0.00	0.90
Fresh Clementine - (1 ea.)	34.78	0.00	8.89	1.26	6.79	0.00	0.63
Fresh Pears - (1 medium)	101.46	0.25	27.11	5.52	17.36	(M)	0.64
Vegetable;							
Baby Carrots - (1/4 c.)	12.70	0.05	2.99	1.05	1.73	0.00	0.23
Celery Sticks - (3 stick.)	5.17	0.06	0.96	0.52	0.43	0.00	0.22
Fresh Broccoli Florets - (1/2 c.)	10.84	0.12	2.12	0.83	0.54	0.00	0.90
Milk;							
Lowfat 1% White Milk - (1 Half Pint) Contains Milk.	110.00	2.50	13.00	0.00	12.00	(M)	9.00

