

Menu Item Nutrients - Elementary Lunch

Menu Item	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)
Entrée						
Turkey Gravy - NWR2419 (3/8 c.) Contains Milk.	130.09	6.04	0.00	1.69	0.00(M)	16.35
Alaskan Pollock - NWR2448 (4 Ounce serving) Contains Fish, Gluten, Wheat.	210.00	22.00	0.00	0.00	(M)	12.00
Pretzel and Cheese Sauce - NWR1699 (1 portion) Contains Gluten, Milk, Wheat.	386.15	34.40	3.00	3.20	0.00(M)	20.38
Soft Taco - NWR4071 (1 taco) Contains Gluten, Milk, Soy, Wheat.	318.95	29.04	2.00	5.02	0.00(M)	19.59
Spaghetti & Meatsauce - NWR3020 (3/4 c.) Contains Gluten, Soy, Wheat.	351.39	47.39	3.95	5.23	0.00(M)	16.25
Chicken & Waffles - NWR3126 (1 serving) Contains Egg, Gluten, Milk, Soy, Wheat.	330.00	29.50	3.50	2.00	0.00(M)	16.00
Teriyaki Chicken Rice Bowl - NWR4230 (1 portion) Contains Gluten, Soy, Wheat.	537.26	83.03	5.49	20.23	0.00(M)	20.00
Taco Nachos - NWR4027 (1 portion) Contains Milk, Soy.	442.82	34.73	2.83	3.85	0.00(M)	21.88
Hot Sloppy Joe - NWR1176 (1 ea.) Contains Gluten, Soy, Wheat. May contain Soy.	299.36	38.79	3.21	12.02	1.89(M)	17.70
Bean and Cheese Burrito - SR3376 (1 burrito) Contains Gluten, Milk, Soy, Wheat.	291.11	40.95	7.96	1.33	0.00(M)	15.60
Chicken Alfredo Pasta - NWR3075 (1 portion) Contains Gluten, Milk, Wheat.	417.68	59.11	2.45	5.46	0.00(M)	20.56
French Toast Sticks - SR1910 (4 stick.) Contains Gluten, Soy, Wheat.	254.56	37.21	2.94	8.81	(M)	5.87
Buttermilk Pancakes - SR2010 (2 pancake) Contains Egg, Gluten, Milk, Soy, Wheat.	160.00	30.67	4.00	5.33	(M)	4.00
Country Breakfast Sausage Patty - SR1157 (2 patty)	120.00	0.00	0.00	0.00	0.00	12.00
Sweet & Sour Chicken - SR2521 (5 nugget) Contains Gluten, Soy, Wheat.	347.15	36.48	3.46	16.16	0.00(M)	16.17
Bean and Cheese Nachos - NWR4234 (1 nacho) Contains Milk.	396.30	44.84	8.02	1.05	0.00(M)	15.35
Baked Penne Pasta - SR3141 (1 c.) Contains Gluten, Milk, Wheat.	446.89	57.23	3.40	9.58(M)	0.00(M)	20.76
Po Boy Fish Sub - NWR1341 (1 sandwich) Contains Fish, Gluten, Milk, Soy, Wheat. May	340.00	43.25	3.50	3.75	0.75(M)	17.25
Mozzarella Stuffed Breadsticks - SR1625 (2 breadstick) Contains Egg, Gluten, Milk, Soy,	290.17	28.02	2.00	5.00	1.00	19.01
Orange Chicken Rice Bowl - NWR2333 (1 serving) Contains Gluten, Soy, Wheat.	434.46	60.47	4.67	14.05	0.00(M)	17.39
Macaroni & Cheese - NWR3806 (1 c.) Contains Gluten, Milk, Wheat.	497.17	54.90	2.40	4.76	0.00(M)	23.90
Cheddar Cheese Omelet, Papetti's, 2 oz. - SR2438 (1 patty) Contains Egg, Milk.	130.00	1.00	0.00	0.00	(M)	7.00
Cinnamon Breadstick - SR1455 (1 roll.) Contains Gluten, Milk, Soy, Wheat. May contain	93.38	15.88	2.13	3.67	3.67(M)	3.01
Marinara Meatball Sub - NWR3911 (1 sandwich) Contains Gluten, Milk, Soy, Wheat. May contain	394.02	39.01	4.33	10.53	0.00(M)	22.79
Grill						
Corn Dog - SR1023 (1 corn dog) Contains Egg, Gluten, Soy, Wheat.	240.00	30.00	5.00	5.00	(M)	9.00
Hot Dog - NWR1054 (1 serving) Contains Gluten, Wheat. May contain Soy.	271.50	27.01	2.00	3.00	(M)	15.10
Glazed Chicken Drumstick - SR2447 (1 piece)	248.99	3.11	0.00	0.00	(M)	24.90
Popcorn Chicken Bowl - NWR4198 (1 portion) Contains Gluten, Milk, Soy, Wheat.	441.46	49.97	5.66	6.74	0.00(M)	19.09
Crispy Chicken Nuggets - SR1367 (5 nugget) Contains Gluten, Soy, Wheat.	239.93	16.00	3.00	1.00	0.00	14.00
Chicken Burger - NWR1300 (1 burger) Contains Gluten, Soy, Wheat. May contain Soy.	390.00	42.00	5.00	4.00	0.00(M)	21.00
Grilled Cheese Sandwich - NWR1723 (1 sandwich) Contains Gluten, Milk, Soy, Wheat.	360.00	30.00	2.00	2.00	(M)	18.00
100% Beef Cheeseburger - NWR4233 (1 burger) Contains Gluten, Milk, Soy, Wheat. May contain	343.00	27.00	2.00	3.00	(M)	20.50
100% Beef Hamburger - NWR4231 (1 burger) Contains Gluten, Wheat. May contain Soy.	293.00	27.00	2.00	3.00	(M)	18.00
Veggie Burger - NWR1631 (1 burger) Contains Gluten, Soy, Wheat. May contain Soy.	302.25	38.18	5.04	7.06	(M)	17.15
BBQ Chicken Sandwich - NWR3752 (1 ea.) Contains Gluten, Milk, Wheat. May contain Soy.	284.33	31.66	2.26	7.35	2.67(M)	19.77
Corn Dog - SR1023 (1 corn dog) Contains Egg, Gluten, Soy, Wheat.	240.00	30.00	5.00	5.00	(M)	9.00
Pizza						
Cheese Pizza - NWR1309 (1 slice) Contains Gluten, Milk, Wheat. Processed in a facility that also processes Milk, Soy. May contain Milk, Soy.	267.26	22.83	1.75	3.54	0.91(M)	13.21

Pepperoni Pizza - NWR3620 (1 slice) Contains Gluten, Milk, Wheat. Processed in a facility that also processes Milk, Soy. May contain Milk, Soy.	308.90	26.72	1.05	4.05	1.92(M)	16.27
Sandwiches						
Turkey & Cheese Sandwich - NWR4038 (1 sandwich) Contains Gluten, Milk, Soy, Wheat.	305.56	31.01	2.00	2.00	0.00(M)	22.11
American Sandwich - NWR4036 (1 sandwich) Contains Gluten, Milk, Soy, Wheat.	278.78	31.51	2.00	3.00	0.00(M)	22.06
Ham and Cheese Sandwich - NWR1203 (1 ea.) Contains Gluten, Milk, Soy, Wheat.	335.00	30.00	2.00	2.00	0.00(M)	23.50
Italian Sub Sandwich - NWR1041 (1 sandwich) Contains Gluten, Milk, Wheat. May contain Soy.	344.25	26.51	2.00	3.51	0.00(M)	28.63
Sunbutter & jelly Sandwich - NWR1633 (1 sandwich) Contains Gluten, Milk, Soy, Wheat.	660.00	70.00	6.00	32.00	14.00(M)	22.00
Entrée - Extras						
Bread Roll - NWR1032 (2 roll.) Contains Gluten, Wheat. May contain Soy.	140.00	24.00	2.00	2.00	(M)	6.00
Dinner Roll - NWR1313 (1 roll.) Contains Gluten, Wheat. May contain Soy.	70.00	12.00	1.00	1.00	(M)	3.00
Mashed Potatoes - NWR2551 (1/2 c.) Contains Milk.	81.62	15.30	1.02	1.02	(M)	2.04
Pancake & Waffle Syrup - SR1158 (2 tbsp.)	105.00	26.00	0.00	14.50	(M)	0.00
Spaghetti Sauce - SR2220 (1/2 c.)	64.64	12.94	2.13	8.65	(M)	2.16
Steamed Rice - SR2109 (1/2 c.)	137.87	30.01	1.62	0.00	(M)	3.24
Fruit						
Fruit Cocktail - SR3023 (1/2 c.)	86.67	21.67	1.44	0.00(M)	(M)	0.00
Raisins - SR2976 (1 Box)	112.74	29.86	1.40	22.32	0.00	1.16
Unsweetened Applesauce - SR1195 (1/2 c.)	53.71	14.41	1.41	12.01	(M)	0.22
Wild Blueberries - SR2872 (1/2 c.)	39.34	8.85	2.95	4.92	0.00	0.00
Crispy Whole Apple - SR1161 (1 extra small (2-1/2" dia))	47.79	12.69	2.21	9.55	0.00	0.24
Diced Pears - SR3041 (1/2 c.)	57.47	15.33	1.92	11.49	(M)	0.00
Orange Smiles - SR1172 (6 slice or wedge)	45.12	11.28	2.30	8.98	0.00	0.90
Diced Peaches - SR3040 (1/2 c.)	88.28	20.60	1.47	19.13	(M)	0.00
Fruit Juice						
100% Apple Juice - SR1204 (4 fl oz cup)	60.00	14.00	0.00	12.00	(M)	0.00
100% Grape Juice - SR1607 (4 fl oz cup)	80.00	19.00	0.00	18.00	(M)	0.00
100% Orange Juice - SR1295 (4 fl oz cup)	60.00	14.00	0.00	12.00	(M)	0.00
Vegetable						
Baby Carrots - SR1016 (1/2 c.)	25.40	5.98	2.10	3.46	0.00	0.46
Cucumber Coins - SR1013 (1/2 c.)	9.22	2.23	0.31	1.03	0.00	0.40
Canned Corn - NWR1061 (1/2 c.)	79.33	16.86	1.98	6.94	(M)	1.98
Chilled Black Beans - SR2006 (1/2 c.)	120.50	21.91	5.48	1.09	0.00	7.67
Fresh Broccoli Florets - SR1027 (1/2 c.)	10.84	2.12	0.83	0.54	0.00	0.90
Celery Sticks - SR1014 (6 stick.)	10.34	1.92	1.03	0.87	0.00	0.45
Fresh Broccoli Florets - SR1027 (1/2 c.)	10.84	2.12	0.83	0.54	0.00	0.90
Crinkle Cut French Fries - SR2496 (1/2 c.)	90.89	13.13	1.01	0.00	0.00	1.01
Tomato and Shredded Lettuce Salad - SR1997 (1/2 c.)	11.38	2.45	0.81	1.65	0.00(M)	0.60
Milk						
Chocolate Skim Milk - NWR2346 (1 Half Pint) Contains Milk.	130.00	24.00	0.00	22.00	(M)	8.00
Lowfat 1% White Milk - NWR2345 (1 Half Pint) Contains Milk.	110.00	13.00	0.00	12.00	(M)	9.00
Condiment						
Ketchup - SR2542 (1 packet)	10.00	3.00	0.00	2.00	(M)	0.00
Mayonnaise - SR2543 (1 packet) Contains Egg.	60.00	1.00	0.00	1.00	(M)	0.00
Ranch Dressing - SR2540 (1 packet) Contains Egg, Milk.	50.00	1.00	0.00	1.00	(M)	0.00
Yellow Mustard PC - SR2517 (1 packet)	4.58	0.92	0.00	0.00	(M)	0.00