

ELEMENTARY LUNCH NUTRIENT ANALYSIS TABLE

Food Item	Portion	Calories	Total Fat - G	Sat. Fat - G	Cholesterol- Mg	Sodium- Mg	Carbohydrate - G	Fiber - G	Protein - G
<i>Entrees -</i>									
Baked Potato w/Cheese	1 Serving	422	24	13	52	1132	41	5	15
Baked Potato w/Chili	1 Serving	484	17	7	41	840	59	13	25
Baked Potato w/Chili & Cheese	1 Potato	453	21	10	46.5	987	50	9.2	20
Baked Potato Chili/Cheese- K-1	1/2 Potato	380	21	10	46	980	33	6.6	19
BBQ Chicken Sandwich	1 Serving	335	16	4	110	757	17	0	34
BBQ Chicken Sandwich	1 Each	257	4	0.7	54	584	36	3.3	23
BBQ Pork Sandwich	1 Each	321	9	3	52	748	40.5	7	21
BBQ Rib Sandwich	1 Each	281	11	2	28	737	37	3.3	17
BBQ Roasted Chicken	1 Serving	223	10	2.5	71	706	11.5	0	21
Beans & Rice	1 Serving	156	0.6	0	0	583	30	3	6
Beefaroni	1 Cup	363	18	9	46	771	35	4	18
Burrito, Bean & Beef	1 Each	321	9	3	18	691	46	7	15
Burrito, Bean & Cheese	1 Each	333	9	4	18	784	48	8	15
Cheeseburger	1 Each	411	24	10	31	1011	31.4	3	26
Cheese Quesadilla	1 Each	244	7	4	5.5	783	39	1	6
Chicken Burger, BBQ	1 Each	302	7.5	2	70	1235	43	8	17
Chicken Fajita	1 Each	387	12	2.5	0	705	43	3	27
Chicken Nuggets	5 Each	184	12	2.4	40.5	324	8	0	10
Chicken Patty Sandwich	1 Each	335	12	2	20	755	42	4	18
Chicken Pita Pizza	1 Each	384	11	3.5	24	1033	48	1	24
Chicken Salad on Whole Wheat	1 Each	269	8	1	54	432	30	2	22
Chicken Salad Wrap	1 Each	347	11	3.5	54	669	40	1.2	23
Chicken Quesadilla	1 Each	465	24	15	77	1687	43	2	24
Chili & Rice	1 Each	423	12.7	5	31	621	56	6	20
Corn Dogs - Turkey	1 Each	280	12	3	40	1080	32	2	9
Cowboy BBQ w/Dippin Chips	1 Serving	459	15	3	31	1444	60	2	16
Cowboy BBQ Sandwich	1 Each	319	5	1	30	1344	51	10	17
Cuban Sandwich	1 Each	274	7	2	31	566	38	1.3	15
Crispy Chicken	1 Breast	364	18.5	5	119	385	13	0.4	35
Crispy Chicken, Drumsticks	2 Drumstix	386	23	6	124	387	12	0.4	32
Fish Sandwich	1 Each	522	23	8	93	1000	54	3	27
Fisherman's Platter	1 Serving	261	9	1	77	455	31	1.3	17
Gobbler Cobbler	1 Piece	240	11	4	31	839	19	1	14
Grilled Cheese Sandwich	1 Each	361	20	12	51	982	30	1.2	17
Ham, Hot Sliced	1 Serving	58	2	0.5	27	695	1	0	9
Hamburger	1 Burger	303	15	4	38	757	31	3.5	20
Hot Dog	1 Each	278	15	5	30	860	25	1	11
Hot Ham & Cheese Sandwich	1 Each	254	8	3	39	900	30	2	17
Hot Turkey & Cheese	1 Each	255	8	4	33	682	31	2	16
Lasagna	1 Each	379	14	7	60	1379	38	2	23
Macaroni & Cheese	1 Cup	420	22	12.6	51.5	1037	41	1.7	18
Mozza Pesto Pita	1 Each	311	13	1	0	697	40	3	7
Nachos w/Cheese Only	1 Serving	555	36	15	52	1460	46	4	16
Nachos w/Chili Only	1 Serving	617	29	9	41	1168	63	12.1	26
Nachos w/Chili & Cheese	1 Serving	586	32	12	47	1314	54	8	21

Food Item	Portion	Calories	Total Fat - G	Sat. Fat - G	Cholesterol- Mg	Sodium- Mg	Carbohydrate - G	Fiber - G	Protein - G
Open Face Pork Sandwich	1 Each	197	8.5	3	52	145	12	1	18
Open Face Turkey Sandwich	1 Each	151	4	1	30	504	14	1	14
PBJ Uncrustable	1 Each	580	32	7	0	540	55	5	18
Philly Turkey & Cheese Sandwich	1 Each	314	8	2	33	756	43	2	19
Pizza Wedge- Cheese	1 Slice	300	10	4	15	720	34	2	18
Pizza Wedge- Pepperoni	1 Slice	310	12	4.5	20	820	34	2	18
Popcorn Chicken	1 Serving	198	10	2	42	560	11	0	14
Pulled Pork	1 Serving	136	7.75	2.8	52	34	0	0	16
Roasted Chicken	1 Serving	170	10	2.5	70	230	0	0	21
Shepherd's Pie	1 Each	309	23	10	55	1030	9	2.4	18
Sloppy Jim Sandwich	1 Each	342	9	3	52	663	46	2	21
Sloppy Joe Sandwich	1 Each	419	18	7	41	1046	48	3.6	20
Spaghetti	1 Serving	289	8.3	3	18.5	276	39.1	3.4	13.2
Taco	1 Each	346	23	9	48	940	17	2.5	17
Tuna Noodle Casserole	1 Serving	329	13	7	77	1000	28	2	25
Tuna Salad on bun	1 Each	317	9	1	56	753	35	2	24
Tuna Salad Sandwich	1 Each	309	11	1.6	72	827	35	3.3	22
Tuna Salad Submarine	1 Each	350	10	1	52	792	43	1.5	21
Tuna Salad Wrap	1 Each	360	13	4	52	902	41	1.5	20
Turkey & Cheese Wrap	1 Each	286	8	4	31	486	37	1.6	17
Turkey Enchiladas	1 Each	427	19	10	54	1500	43	2	23
Turkey, Hot Sliced	1 Serving	88	3	1	30	385	2	0	12
Turkey Submarine	1 Each	325	9	4	43	538	40	1.6	21
Turkey Supreme	1 Each	360	16	8	91	1258	31	2	24
Veggie (Petunia) Pita Pocket	1 Each	562	29	19	76	1300	46	4	27
Vegetarian Submarine	1 Each	532	29	18	76	1427	42	1.6	25
<i>Lighten Up Selections-</i>									
1905 Salad	1 Each	470	36	8	41	1200	14	3.6	20
Cheese w/Apple, Celery & Carrots	1 Each	221	14	8.5	40	441	9.5	3	15
Chef's Salad	1 Each	253	14	7.5	165	892	9	3.5	22
Chicken Caesar Salad	1 Each	269	12	4	19	346	16	2.6	22
Cobb Salad	1 Each	174	8.6	4	153	624	8	2	18
Greek Salad	1 Each	442	33	7.5	232	439	18	3.6	15.5
Large Spinach Salad	1 Each	183	10.5	5	241	754	8	3	17
Oriental Chicken Salad	1 Each	521	29	4	54	320	42	8	32
PB w/Apple, Celery & Carrots	1 Each	265	18	3.4	0	228	16	5	9
Southwest Black Bean Salad	1 Each	432	16	7	25	1293	57	13	18
Veggie Pita Delight	1 Each	490	18	1.5	0	967	68	13	16
Vegetarian Taco Salad	1 Each	350	15	7	25	1004	42	9	14
Yogurt Parfait, Cherry & Blueberry	1 Each	304	7	1	5	184	51	5	11
Yogurt Parfait, Cherry & Peach	1 Each	330	7	1	5	188	59	5	11
Yogurt Parfait, Peach & Blueberry	1 Each	304	7	1	5	188	53	4	11

Food Item	Portion	Calories	Total Fat - G	Sat. Fat - G	Cholesterol- Mg	Sodium- Mg	Carbohydrate - G	Fiber - G	Protein - G
<i>Salad Dressings-</i>									
Brown Gravy	1 Serving	10	0	0	0	142	2	0	0
Cranberry Sauce	2 Tbsp	60	0	0	0	5	15	0	0
Oriental Dressing	1 Ounce	139	13	1	0	110	5	0	0
Ranch Dressing	1 Ounce	50	4	0.5	0	253	3	0	0
Southwest Ranch Dressing	2 Ounce	96	8	1	5	537	5	0	0.4
Food Item	Portion	Calories	Total Fat - G	Sat. Fat - G	Cholesterol- Mg	Sodium- Mg	Carbohydrate - G	Fiber - G	Protein - G
<i>Breads/Grains-</i>									
Blueberry Muffin	1 Muffin	164	2	0	0	86	33	1	3
Café Crackers	4 Packages	120	6	0	0	300	16	0	4
Cherry Muffin	1 Muffin	161	2	0	0	88	32	0.6	2.6
Cornbread	1 Piece	93	2.7	0	13	67	15	1	2
Cornbread Stuffing	1 Serving	145	6	1	6	333	19	2	3
Couscous	0.5 Cup	110	0.5	0	0	2.5	23	1	4
Garlic Toast	1 Slice	126	1	0	0	171	25	2.7	4
Golden Pilgrim Rolls	1 Roll	152	5	1	13	16	23	1	3.5
Pear Muffin	1 Muffin	164	2	0	0	89	33	0.6	2.6
Rice, Brown	0.5 Cup	164	1.5	0	0	0	34	2	4
Rice, Yellow	0.5 Cup	95	0	0	0	351	21	0	2.5
Roll, Dinner	1 Roll	174	5	1	0	9	27	1	4
Roll - Yeast	1 Roll	141	4	1	0.3	12	21	0	3.3
Spice Bread	1 Slice	269	2	0.5	25	157	58	1.3	4
Spice Cake	1 Piece	160	7	0.6	16	115	22	0.5	1
Food Item	Portion	Calories	Total Fat - G	Sat. Fat - G	Cholesterol- Mg	Sodium- Mg	Carbohydrate - G	Fiber - G	Protein - G
<i>Vegetable Selections-</i>									
Baked Beans: Elementary	0.375 Cup	152	0	0	0	667	36	4	5
Black Bean Soup	1 Cup	198	4	0	4	685	29	8	12
Broccoli: K-1	0.25 Cup	5	0	0	0	5	1	0.5	0.5
Broccoli: Elementary	0.375 Cup	8	0	0	0	7	2	0.7	0.8
Broccoli w/Dip: K-1	0.25 Cup	55	4	0.5	0	258	4	0.5	0.5
Broccoli w/Dip: Elementary	0.375 Cup	58	3.5	0.4	0	260	4	0.7	0.8
Carrots w/Dip: K-1	0.25 Cup	56	3.5	0.4	0	246	5	1	0.6
Carrots w/Dip: Elementary	0.375 Cup	62	3.5	0.4	0	261	7	1.6	0.7
Carrots, Steamed	0.375 Cup	17	0	0	0	25	3	0	0.5
Chicken Noodle Soup	1 Cup	84	1	0.2	13	377	12	1.4	6.7
Chicken Tortilla Soup	1 Cup	282	10	2	54	776	29	4	21
Chicken Vegetable Soup	1 Cup	162	8.5	2.6	18	926	16	3	7
Corn: K-1	0.25 Cup	46	0.6	0	0	123	11	1	1.4
Corn: Elementary	0.375 Cup	69	1	0	0	185	16	1.6	2
Corn Chowder	1 Cup	170	7.5	1	0	629	23	2	5
Creamy Tomato Soup:K-1	0.5 Cup	70	1.5	0.3	0.4	480	13	1.5	1
Creamy Tomato Soup	1 Cup	141	3	0.6	0.8	960	26	3	2
Cucumbers w/Dip: K-1	0.25 Cup	47	3.5	0.4	0	218	4	0	0
Cucumbers w/Dip: Elem	0.5 Cup	49	3.5	0.4	0	219	4	0	0
Garden Cup: K-1	0.25 Cup	12	0	0	0	17	3	0.8	0
Garden Cup: Elementary	0.375 Cup	17	0	0	0	25	4	1	0.5
Food Item	Portion	Calories	Total Fat - G	Sat. Fat - G	Cholesterol- Mg	Sodium- Mg	Carbohydrate - G	Fiber - G	Protein - G

Green Beans: K-1	0.25 Cup	12	0	0	0	147	2.5	1	0.6
Green Beans: Elem.	0.375 Cup	18	0	0	0	223	4	1.5	1
Hearty Bean Soup	1 Cup	94	1	0	0	538	17	2.6	4
Lettuce & Tomato: Elementary	0.375 Cup	9	0	0	0	3.5	2	0.6	0
Mashed Potatoes: K-1	0.25 Cup	40	0.5	0	0	175	8	0.5	1
Mashed Potatoes: Elem.	0.375 Cup	60	0.8	0	0	263	11	0.8	1.5
Mashed Potato Bake	0.375 Cup	124	11	5.5	20	157	8	0	3
Minestrone Soup	1 Cup	56	1	0	0	560	10	2	2
Mixed Vegetables: Elem.	0.375 Cup	19	0	0	0	0	4	0.7	0.7
Oven Fries: K-1	5 Pieces	65	2	1	3	13.5	11	1	1
Oven Fries: Elementary	7 Pieces	88	3	1.5	3.6	18	15	1.5	1.5
Parslied Potatoes	0.375 Cup	92	3	0.7	0	45	14	1.3	1.7
Peas: Elementary	0.375 Cup	39	0	0	0	0	7	2.2	3
Refried Beans	0.375 Cup	121	2.5	0.5	0	385	18	4.5	6
Salsa Queso Soup	1 Cup	145	6	1	5	355	11	2	3.7
Spinach	0.375 Cup	24	0	0	0	69	3.5	2.6	3
Tator Tots: K-1	0.25 Cup	86	4	2	5	178	10	1	1
Tator Tots: Elementary	0.375 Cup	117	6	3	7	241	13	1.5	1.5
Tomato Slices: K-1	0.25 Cup	3	0	0	0	1	1	0	0
Tomato Slices: Elem.	0.375 Cup	4.7	0	0	0	1	3	0.3	0.2
Tomato Wedges	0.375 Cup	12	0	0	0	3	3	0.8	0.6
Tossed Salad, Elem.	0.375 Cup	6	0	0	0	2	2	0.4	0
Turkey Noodle Soup	1 Cup	77	1	0	5	435	12	1	4
Vegetable Soup	1 Cup	47	0	0	0	315	9	2.6	2
Yellow Squash, steamed	0.375 Cup	13	0	0	0	2	3	1	1
Yellow Squash w/Dip: K-1	0.25 Cup	58	4	0.5	0	253	5	0	0.5
Yellow Squash w/ Dip	0.375 Cup	63	4	0.5	0	254	6	1	1
Zucchini w/Dip: K-1	0.25 Cup	48	3.5	0.4	0	220	3	0.3	1
Zucchini w/Dip: Elem.	0.375 Cup	50	3.5	0.4	0	220	4	0.4	1
Zucchini, Steamed	0.375 Cup	7	0	0	0	4	2	0.5	0.5
Food Item	Portion	Calories	Total Fat - G	Sat. Fat - G	Cholesterol- Mg	Sodium- Mg	Carbohydrate - G	Fiber - G	Protein - G
<i>Fruit Selections-</i>									
Apple: K-1	0.5 Apple	28	0	0	0	0.5	7.3	1.3	0
Apple: Elem/Sec	1 Apple	55	0	0	0	1	15	2.5	0
Applesauce: K-1	0.25 Cup	48	0	0	0	2	13	0.8	0
Applesauce: Elementary	0.375 Cup	72	0	0	0	3	19	1.1	0.2
Apple Crisp	0.5 Cup	258	7	1.5	0	80	46	2	2
Banana: All	1 Each	90	0	0	0	1	23	2.6	1
Cherry Crisp: All	0.5 Cup	277	7.5	1.5	0	77	50	2.6	3
Cherries in Jello: K-1	0.25 Cup	48	0	0	0	28	12	1	1
Cherries in Jello: Elem.	0.375 Cup	81	0.4	0	0	54	20	1.5	1.4
Cinnamon Apples	0.375 Cup	50	0	0	0	4	13	1	0
Grapes: K-1	0.25 Cup	28	0	0	0	1	7	0.4	0.3
Grapes: Elementary	0.375 Cup	41	0	0	0	1.2	11	0.5	0.4
Grapefruit Half	1 Each	37	0	0	0	0	9	1	0.7
Mixed Fruit: Elementary	0.375 Cup	54	0	0	0	7	14	1.2	0
Orange: All	1 Orange	70	0	0	0	0	17	3.6	1
Peaches: Elementary	0.375 Cup	57	0	0	0	6.6	15	0.7	0.5
Peach Crisp	0.5 Cup	275	7	1.4	0	81	50	2.3	2.7
Pears: K-1	0.25 Cup	36	0	0	0	2	10	1	0
Pears: Elementary	0.375 Cup	53	0	0	0	4.5	14	1.5	0
Pear Crisp	0.5 Cup	300	7	1.4	0	83	60	3	2.5
Pineapple, Canned	0.375 Cup	53	0	0	0	8	13	0.7	0.7
Pineapple, Fresh	0.375 Cup	28	0	0	0	0	7	1	0
Rosy Applesauce: K-1	0.25 Cup	46	0	0	0	11	11	1	0

Rosy Applesauce: Elem.	0.375 Cup	72	0	0	0	17	18	1.6	0
Spiced Pears: Elementary	0.375 Cup	63	0	0	0	5	17	1.6	0
Strawberry Cup	0.5 Cup	110	0	0	0	4	33	2.4	0.7
Strawberries in Jello (K-1)	0.25 Cup	45	0	0	0	25	11	1.6	0.8
Strawberries in Jello	0.375 Cup	77	0	0	0	48	19	2	1
Tangerine	1 Each	45	0	0	0	2	11	1.5	0.7
Watermelon: K-1	0.25 Cup	11	0	0	0	0	3	0	0
Watermelon: Elementary	0.375 Cup	17	0	0	0	0	4	0.2	0

<u>Food Item</u>	<u>Portion</u>	<u>Calories</u>	<u>Total Fat - G</u>	<u>Sat. Fat - G</u>	<u>Cholesterol- Mg</u>	<u>Sodium- Mg</u>	<u>Carbohydrate - G</u>	<u>Fiber - G</u>	<u>Protein - G</u>
<i>Juice Selections:</i>									
Apple Juice	4 Fl Oz	60	0	0	0	0	14	0	0
Blue Raspberry Juice	4 Fl Oz	60	0	0	0	0	14	0	0
Cherry Apple Juice	4 Fl Oz	60	0	0	0	0	14	0	0
Fruit Blend Juice, 100%	4 Fl Oz	60	0	0	0	0	14	0	0
Grape Juice	4 Fl Oz	60	0	0	0	0	19	0	0
Green Apple Juice	4 Fl Oz	60	0	0	0	0	14	0	0
Orange Juice	4 Fl Oz	60	0	0	0	0	15	0	0
Peach Juice	4 Fl Oz	60	0	0	0	0	14	0	0
Tropical Island Splash Juice	4 Fl Oz	60	0	0	0	0	14	0	0
<i>Milk Selections-</i>									
Skim (fat-free) Milk	8 Fl Oz	83	0	0	5	103	12	0	8
1% (low-fat) Milk	8 Fl Oz	102	2.4	1.5	12	107	12	0	8
2% (reduced-fat) Milk	8 Fl Oz	122	5	3	20	100	11	0	8
1/2% Chocolate Milk	8 Fl Oz	146	1.4	0.4	5	119	27	0	8
1/2% Strawberry Milk	8 Fl Oz	150	1.5	0.8	7	119	27	0	8
<i>Seasonal Items-</i>									
Chocolate Cake w/Snowy Frosting	1 Piece	207	6	1.5	33	250	35	1	3