

ELEMENTARY LUNCH MENU

Updated October 1, 2010

Please Note: The information contained in this list has been gathered from from manufacturers and the USDA. It is based on standard serving size. Variations may occur due to differences in suppliers, ingredient substitutions, recipe revisions, and/or product assembly at the school level.

Product Description	Kcals	Fat (gm)	% Kcals from Fat	Sat Fat (gm)	%Sat Fat	Carbs (gm)	Dietary Fiber (gm)
Cool Packs							
Cheese/Pretzel	340	21	56%	12	32%	15	1
Chicken Tender Salad	296	9	27%	2.2	7%	7	0
Chicken Tender Wrap	550	25	41%	9.2	15%	57	3
Ham/Cheese Rollup Dip	197	5.5	25%	2.5	11%	24	3.2
Hummus Dipper	408	18	40%	4.5	10%	37	6.1
PB Cup/Yogurt	410	17.5	38%	2.5	5%	52	2
PBJ Uncrustable	580	32	50%	7	11%	55	5.5
Taco	500	25	45%	8	14%	44	6
Turkey/Cheese Wrap	242	9.5	35%	3.7	14%	26	12
Turkey Ham/Cheese Sub	314	9.4	27%	3.9	11%	35	1
Turkey Sub	312	8.3	24%	3.5	10%	37	1
Veggies/Cheese	326	19	52%	7	19%	25	3
Yogurt/Cheese/Crackers	420	17.5	38%	10.5	23%	45	0
Yogurt/Cheese/Fruit	330	16	44%	10.5	29%	30	1
Entrees							
Cheese Pizza	320	11	31%	4	11%	40	2
Chicken Fajita Wrap	237	3.4	13%	0	0%	35	5
Chicken Nuggets (5 each)	190	10	47%	2	9%	14	0
Chicken Tenders	240	14	53%	3	11%	16	2
Fish Sticks (4 each)	230	9	35%	1	4%	22	1
Meatballs/Marinara/Rotini Pasta	337	9.5	25%	3	8%	48	2
Pepperoni Pizza	320	13	37%	4.5	13%	38	2
Roasted Chicken	165	9	49%	2.5	14%	1	0
Roasted Vegetable Wrap	600	29	44%	8.6	13%	68	14
Soft Tacos	436	20	41%	7.7	16%	26	1.7
Tangerine Chicken	188	4.3	21%	1.5	7%	28	0
Totally Taco Max Snax	250	9	32%	2.5	9%	28	2
Turkey with Gravy	120	5	38%	2	15%	5	0
Sandwiches							
Beef BBQ Riblet on Steak Roll	380	12.5	30%	4	9%	47	1

Breaded Chicken Patty on Bun	350	16	41%	3	8%	35	1
Cheeseburger	288	11.9	37%	4.4	14%	23	1.1
Mini Cheeseburger Sliders (2 each)	420	20	43%	7	15%	42	1
Philly Steak Sandwich	350	11	28%	6	15%	41	4
Toasted Cheese Sandwich	316	14	40%	8.5	24%	34	4
Turkey Hot Dog	210	10.5	45%	3.5	15%	20	5
Veggie Burger	307	8	23%	0.5	1%	44	5.5
Sides							
Apples Slices	30	0	0%	0	0%	8	1
Applesauce Cup	90	0	0%	0	0%	22	2
Breaded Okra (17 pieces)	180	7	35%	1	5%	25	3
California Blend Veggies	43	2.1	44%	0.3	6%	6	2
Celery Sticks (6 sticks)	6	0	0%	0	0%	0	1
Cornbread Loaf	200	8	36%	1.5	7%	26	0.5
Cracked Pepper Potatoes	130	6	42%	1	7%	18	2
Deli Roasted Potatoes	130	3.5	24%	0.5	3%	21	2
Dinner Roll	125	4	29%	0.5	4%	18	0.8
Fruit Turnover, Apple	287	9.1	29%	2.4	8%	49	3.2
Fruit Turnover, Cherry	298	8.9	27%	2.4	7%	52	3.1
Fresh Corn Cobettes	54	2	33%	0.9	15%	9.3	1.1
Glazed Carrots	68	2.4	32%	1	13%	12	3
Green Beans	38	2	47%	1	24%	5	2
Lettuce/Tomato Cup	10	0	0%	0	0%	2	0.9
Mac N Cheese (1/2 cup)	96	3.3	31%	2	19%	12	0.5
Mandarin Oranges	74	0	0%	0	0%	20	1
Mashed Potatoes	109	3.5	29%	2.5	21%	18	1.4
Mexican Corn	90	2.3	23%	0.8	8%	18	1.9
Mixed Fruit	78	0	0%	0	0%	20	2
Mixed Veggies	85	1.8	19%	0.3	3%	14	2.3
Orange Wedges	59	0.5	8%	0	0%	14	3
Peaches	68	0	0%	0	0%	9	1
Pears	72	0	0%	0	0%	9.5	1
Pineapple Tidbits	57	0	0%	0	0%	15	0.8
Popeye Salad	12	0	0%	0	0%	2.3	1
Potato Smiles	140	5	32%	0.5	3%	23	2
Rockin Blue Raspberry Applesauce	70	0	0%	0	0%	16	3
Seasoned Potato Stix	150	5	30%	0.5	3%	25	2
Side Salad	8	0	0%	0	0%	1.5	0.6
Smart Cookie	130	3.5	24%	1.5	10%	22	1
Sour Applesauce Cup	70	0	0%	0	0%	16	3
Spanish Rice	189	2.5	12%	0.3	1%	39	1
Steamed Broccoli	45	2	40%	0.8	16%	5	3
Sticky Rice	140	0	0%	0	0%	31	0.4

Sweet Potato Puffs (3 oz srvg)	130	4	28%	0	0%	23	2
Sweet Potato Wedges	160	7	39%	1	6%	24	4
Vegetarian Baked Beans	157	1	6%	0	0%	31	6.3
Veggie Dippers with Dip	113	10	80%	1.4	11%	5	1.5
Whole Wheat Breadstick	98	1.2	11%	0.2	2%	19.4	2.9

Condiments

BBQ Sauce	12	0	0%	0	0%	3	0
Honey Mustard (1 oz pkt)	40	0.5	11%	0	0%	8	0
Ketchup (9gm pkt)	9	0	0%	0	0%	2	0
Mayonnaise Light (12 gm pkt)	40	4	90%	0.5	11%	0	0
Mustard Yellow (5.5 gm pkt)	4	0	0%	0	0%	0.4	0
Ranch Dressing Light (1 oz pkt)	80	8	90%	1.3	15%	1.3	0
Sour Cream (1 oz pkts)	60	5	75%	3.5	53%	1	0