

ELEMENTARY LUNCH NUTRITIONALS FY 10-11

Recipe Description	Portion Size	Cals	mg			mg			g Protn	g Carb	g T-Fat
			Sodm	g Fiber	mg Iron	Calcm	IU Vit-A	mg Vit-C			
Apple Quarters: s/o Red Del.	1/2 CUP	53	1	1.78	0.1	3.7	41	49.64	0.14	13.81	0
Apple, Fugi or Red Del:163ct	1 EACH	55	1	2.5	0.18	10	50	4.8	0.3	14.6	0.2
Apples, Sliced, Canned	3/8 CUP	42	1	1.91	0.15	4	35	0.16	0.24	10.84	0.32
Applesauce	3/8 CUP	73	8	1.62	0.36	4	23	1.94	0.37	18.63	0.2
Apricots: Canned,Light Syrup	3/8 CUP	20	10	1.64	0.49	8.2	2540	1.64	0.76	4.83	0.04
Apricots, Single Serve	1 EACH	118	5	2.7	1.09	12	2033	10.9	0.85	30.37	0.12
Baby Carrots	3/8 CUP	20	44	1.01	0.52	18.1	7817	4.75	0.35	4.67	0.07
Baked Beans - Vegetarian	1/2 Cup	140	547	6.62	1.89	62.1	235	4.01	6.62	30.77	0.79
Bananas: Petite S/O	1 EACH	110	0	3	0.4	10	100	12	1	29	0
Bananas: Turning, Fresh	1/2 EACH	58	0	1.67	0.17	4.8	48	5.72	0.71	14.82	0.19
BBQ Sauce	1/2 OZ	18	255	0	0	0	0	0	0	4	0
Biscuit: 2.5oz	1 EACH	220	590	1	7.92	4	0	0	4	30	9
Breadstick	1 EACH	120	320	0	0	40	0	0	4	25	1
Broccoli, Fresh	3/8 CUP	11	11	0.86	0.24	15.5	206	29.44	0.93	2.19	0.12
Carroteenies	1 EACH	20	16	1	0	0	6550	0	0	5	0
Cauliflower, Fresh	3/8 CUP	9	11	0.94	0.17	8.3	5	17.4	0.74	1.99	0.04
Celery Sticks	3/8 CUP	6	30	0.6	0.08	15.1	170	1.17	0.26	1.12	0.06
Cheese, American	1 slice	50	255	0	0	75	150	0	2.5	0.5	4.5
Cheese Pizza Sticks	SERVING	300	740	4	2.16	300	200	0	14	34	12
Cheeseburger - No Bun	1 EACH	170	625	1	1.8	95	250	1.2	16.5	2.5	11.5
Cherry Tomatoes	4 EACH	12	4	0.8	0	0	602	9.63	0.4	2.81	0
Chicken Gravy	2 OZ	21	91	0	0.01	1.1	0	0	0	4.16	0
Chicken Nuggets	5 EACH	218	560	0	1.37	19	95	0	16.14	11.39	12.34
Chicken Patty, Breaded -no bun	1 EACH	210	650	0	1.8	20	100	0	14	12	12
Chicken Patty, Grilled -no bun	1 EACH	160	380	0	1.1	20	100	0	13	2	11
Chicken Strips for Salad	SERVING	110	325	0.5	0.9	10	50	0	7	7.5	6
Chicken Tenders	3 Each	220	650	1	1.8	20	100	0	14	15	12
Corn, Whole Kernal	3/8 CUP	72	0	1.6	0.32	0	0	3.84	2.4	15.2	0.4
Corn Dog: Turkey	1 EACH	270	750	1	2.7	60	0	0	10	22	14
Cucumber Slices	3/8 CUP	16	2	0.52	0.29	16.7	109	2.92	0.68	3.78	0.11
Cucumber & Tomato cup	SERVINGS	17	3	0.76	0.2	11.6	376	6.83	0.67	4.03	0.08

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Dressings, Assorted: Bulk	1/2 OZ	42	68	0	0.02	0.3	0	0	0	3.25	3
Dressing, Assorted 1-1.5oz	1 EACH	43	373	0	0.1	0	50	0	0.25	9	0.88
Fish Dippers	4 EACH	227	760	1.33	1.92	13.3	67	0	13.33	21.33	9.33
French Bread, 2" Slice	SLICE	95	228	0.83	1.05	25	0	0	3.17	19	0.83
French Toast Sticks	SERVING	162	295	0.74	1.99	44.2	147	0	7.37	25.06	3.32
Fries, Oven-Baked	2 OZ	100	153	1.33	0.47	13.3	0	4	1.33	14.67	4
Fruit Shape-Up: Assorted	1 EACH	55	10	0	0	42.5	250	60	0	14	0
Garden Salad, no meat	SERVING	134	177	2.25	0.69	222.7	4906	23.35	7.28	5.27	9.04
Goldfish Crackers	1 EACH	95	240	0.95	0.9	10	0	0	2	14	3.25
Goldfish Graham	1 EACH	120	107	0.5	0.72	0	0	0	1.5	19	3.75
Grapefruit, Red	3/8 EACH	40	0	1.37	0.11	14.9	1154	42.83	0.78	10.06	0.12
Grapes, Seedless: Lunch Bunch	3/8 CUP	48	1	0.61	0.23	8.7	43	7.54	0.52	12.57	0.13
Green beans: Canned	3/8 CUP	10	130	0.94	0.45	12.9	216	2.38	0.57	2.23	0.05
Green Beans, frz	3/8 CUP	28	1	3.04	0.67	42.5	564	4.15	1.51	6.53	0.17
Grilled Cheese Sandwich Lunch	1 EACH	340	1290	2	1.44	340	600	0	14	30	20
Hamburger - no bun	1 EACH	120	370	1	1.8	20	100	1.2	14	2	7
Hamburger Bun	1 EACH	130	170	1	2.7	60	0	0	7	25	2
Hot Dog: Turkey no BUN	1 EACH	130	570	0	1.44	80	0	0	6	2	11
Hot Dog Bun	1 EACH	140	240	1	1.44	20	0	0	5	26	2
Ketchup	1/2 OZ	15	188	0	0	0	297	0	0	3.96	0
Salad, Julienne - Elem	1 EACH	200	786	1.61	1.26	228.7	1404	13.11	16.52	7.63	12.08
Kiwi Fruit	1 EACH	45	2	2.24	0.18	29.2	49	68.35	0.88	10.81	0.39
Macaroni & Cheese	3/4 CUP	390	1252	0.75	1.05	450	1687	0	18.75	25.5	24.75
Mandarin Oranges: Lt Syrup	3/8 CUP	59	6	1.13	0.35	7.5	1219	18.46	0.51	15.13	0.13
Maple Syrup	1 EACH	130	5	0	1.1	0	0	0	0	33	0
Marinara Sauce	2 OZ	57	363	0	0.37	20.8	389	3.12	1.04	7.27	2.34
Mashed Potatoes	3/8 CUP	52	188	0.74	2.98	16.2	74	0.89	1.49	10.4	0.37
Melon	3/8 CUP	21	10	0.52	0.12	4.5	1005	16.47	0.42	5.28	0.1
Milk, 2% Lowfat	1 EACH	120	120	0	0	300	500	1.2	8	11	5
Milk, Chocolate 1%	1 EACH	160	240	0	0	300	500	1.2	8	26	2.5
Milk, Skim	1 EACH	80	120	0	0	300	500	1.2	8	11	0
Milk, Strawberry, 1%	1 EACH	160	120	0	0	300	500	1.2	8	28	2.5

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Refried Beans: canned	3/8 CUP	89	283	5.01	1.57	33.1	0	5.67	5.19	14.68	1.19
Rib Patty, Honey BBQ-no bun	1 EACH	245	620	0.9	1.28	32	138	1.08	11.6	10	17.5
Roll, Whole-Wheat Dinner	1 EACH	100	190	2	1.08	40	0	0	6	17	2
Rosy Applesauce	3/8 CUP	92	36	1.57	0.35	3.9	22	6.54	0.67	23.35	0.2
Salad Dressing, Lite	1/2 OZ	29	127	0	0	0	0	0	0	2.93	1.96
Salsa	1 oz	50	160	2.06	3.2	16	784	5.72	2.15	9.99	0.27
Sausage Patty, pork	1 EACH	120	307	0	0	16	56	0	6	1	10
Sliced Bread	SLICE	70	143	1.5	0.72	20	0	0	2	14	1
Strawberries, Diced, cup	1 EACH	122	4	2.39	0.75	14	31	52.62	0.68	32.94	0.17
Strawberries, Fresh	3/8 CUP	20	1	1.25	0.26	10	7	36.6	0.42	4.78	0.19
Strawberries, Frz, Sliced	3/8 CUP	92	3	1.8	0.56	10.5	23	39.6	0.51	24.79	0.13
Sub - Steak Bun	1 EACH	210	430	1	2.7	40	0	0	7	42	2
Submarine, Ham Elem	1 EACH	455	1878	2.22	4.43	155.8	641	3.32	24.32	57.79	16.64
Submarine, Ham/Cheese only	1 EACH	371	1546	1	3.42	191.9	304	1.2	21.06	44.01	14.11
Submarine, Turkey Elem	1 EACH	445	1698	2.22	3.71	155.8	641	2.12	25.32	57.79	14.14
Submarine, Turkey/Cheese only	1 EACH	361	1366	1	2.7	191.9	304	0	22.06	44.01	11.61
Sunbutter Sandwich	SERVING	340	405	7	2.88	60	0	0	11	35	18
Taco Salad - Cheese	SERVING	110	170	0	0	200	400	0	6	0	9
Taco Salad - Chips	1 EACH	150	110	1	0.4	20	0	0	3	19	7
Taco Salad - Lettuce	SERVING	13	4	1.67	0.58	16.7	4167	17.5	0.83	2.5	0
Taco Salad - Meat	SERVING	75	312	1.26	1.24	27	380	3.31	8.08	2.65	3.6
Taco Salad - Salsa	SERVING	10	32	0.41	0.64	3.2	157	1.14	0.43	2	0.05
Taco, Lettuce & Cheese Cup	SERVING	57	86	0.07	0.07	102.7	435	0.56	3.15	0.3	4.5
Tacos, Meat only	SERVING	88	229	1.58	1.58	33.1	508	3.94	10.25	3.15	3.94
Tacos, Soft Shell only	2 EACH	360	640	4	4.4	200	300	0	12	56	8
Tartar Sauce	PACKAGE	35	110	0	0	0	0	0	0	2	3.5
Tater Nuggets	3 EACH	140	290	2	0.36	0	0	3.6	1	17	4
Tossed Salad: no dressing	1 OZ	5	2	0.67	0.23	6.7	1667	7	0.33	1	0
Totally Taco Max Snacks	SERVING	250	650	2	2.7	20	200	0	15	27	9
Watermelon Chunks	3/8 CUP	17	1	0.23	0.14	4	324	4.62	0.35	4.3	0.09
Yogurt - One 4oz w/Cheese	1 EACH	200	275	0	0	500	300	0.72	10	19	9
Yogurt - One 4oz w/Trail Mix	SERVING	288	75	3.9	1.01	342.9	0	0.72	5.93	50.48	6.67

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	Size		Sodm	g Fiber	mg Iron	Calc					
Yogurt Lunch - Two 4oz	SERVINGS	180	150	0	0	600	0	1.44	6	38	0