

2009-10 NUTRIENT INFORMATION* FOR ELEMENTARY (Head Start, Pre-K) LUNCH MENUS											
NOTE: EARLY IN THE SCHOOL YEAR SCHOOLS MAY USE PRODUCT ON HAND FROM PREVIOUS YEAR											Updated
Values rounded to nearest .5											9/9/09
ITEM	Portion	Calories Kcal	Carbs grams	Sugar grams	Tot Fat grams	Sat'd Fat grams	Trans Fat grams	Cholesterol mg	Sodium mg	Dietary Fiber grams	Protein grams
ENTREES											
Beef Teriyaki	4 pieces	169	10	0	9	4	0	35	342	0.5	12
Cheeseburger/corn (no bun)	1 each	234	18		14	6.5	0	45	612	1	16
Cheese Dippers	4 sticks	320	29	3	14	7	0	30	680	0	19
Cheese Slice, American (1/2 oz)	1 slice	35	1.5	1	2	1	0	5	195	0	3
Chicken, Bites	10 each	240	16	1	11	3	0	50	430	0	18
Chicken Drumstick	1 each	150	9	1	6	1.5	0	40	260	0	15
Chicken Drumstick w/ Seas Pot	1 each	223	20		9	2	0	40	260	1.5	16
Chicken, Eggroll, Wh Grain	1 each	299	42	2.5	6	1.5	0	46	464	7	23
Chicken Fajita Strips	1 oz	37	<1	0	1	<1	0	18	140	0	6
Chicken, Kung Pao (no nuts)	5.33 oz.	170	19	8	4	1	0	50	450	1	13
Chicken Mandarin Orange	2.8 oz.	190	16	7	7	1.5	0	60	270	0	14
Chicken Nuggets, breaded	5 each	230	14	0	13	3	0	35	465	0	14
Chicken, Teriyaki	2.6 oz	150	6	5	4	1	0	85	280	0	21
Chicken Patty, breaded	1 each	270	13	0	17	4	0	50	550	1	15
Chips O'le w/ WG Tortilla pieces	1 serving	377	24	0	20	6.5	0	56	891	2	18
Cheese Slice	1 slice	35	1.5	1	2	1	0	5	195	0	3
Macaroni & Cheese (side)	1/2 c serv	290	21	na	17	8	<.5	35	669	1	11
Fish & Cheese Nuggets	4 each	280	20	1	15	3	0	40	810	1	16
Gardenbuger (no bun)	1 each	160	10	0	5	0	0	0	420	5	19
Grilled Cheese Pocket (3rd choice in some schools)	1 each	260	25	2	10	5	0	30	1020	0	18
Grilled Cheese Sandwich (served w/tater tots) Sandwich only	1 each	292	32	3	11	7	0	30	1138	1	19
Gr Cheese/Turkey Ham Sandwich	1 each	391	33.5		21	9.5	0	58	1399	2	20.5
Café Burger (no bun)	1 each	135	1.5	0	8	3	0	29	221	0.5	14.5
Hot Dog, turkey, (no bun)	1 each	130	2	0	10	3.5	0	45	630	0	8
Mac & Cheese (entree)	1 c serving	564	40	na	34	19	<.5	68	680	1	23
Max Quesadilla	1 each	380	39	n/a	18	7	0	15	1000	5	15
Max Wrap	1 each	300	36	n/a	11	3	0	10	670	4	16
Meatballs w/ Penne & Sauce	1 serving	336	53		7	2.5	0	36	781	5	16
Pancakes Whole Grain	2 each	154	26	3	4	<1	0	14	320	2	4
Pancakes w/ Sausage Patty	1 each	371	41		14	3	0	61	760	4	18
Peanut Butter & Jelly Pocket w/soy	1 each	420	49	23	18	3.5	0	0	510	3	16
Philly Cheese Steak Pocket	1 each	364	41	1	12	7	0	34	554	2	22
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ENTREES cont'd											
PIZZA Individual 5" Cheese	1 each	400	48	4	14	6	0	30	670	2	20
PIZZA Individual 5" Pepperoni	1 each	439	48	4	18	7.5	0	38	830	2	21.5
PIZZA Triangle Cheese	1 each	300	33	5	13	4	0	15	920	1	15
PIZZA Triangle Wedge Pepperoni	1 each	343	33	5	17	5.5	0	27	1066	1	17
Pork Sausage Links	2 links	140	2	0	9	3	0	40	320	0	14
Shrimp Poppers (about 21 pieces per serving)	1 serving	180	18	0	8	2	0	35	850	0	8
Spicy Chicken Patty	1 each	182	11	0	10	2	0	52	540	0	14
Taco Meat w/ WG Tortilla pieces (Chips O'le)	1 serving	377	24	0	20	6.5	0	56	891	2	18
Turkey w/Gravy	1 serving	123	3.5	na	3	1	<.5	42	1379	0	21
Veggie Soy Nuggets	5 each	238	23	1	9	1	0	0	613	3	15
Veggie Soy Black Bean Burger	1 each	180	18	2	6	1	0	0	480	6	15
BREADS											
Fruit Bread, assorted	1 serving	300	42	na	13	2	0	48	280	1	4
Crackers (2 per pack)	2 packs	46	8.5	0	1.5	0	0	0	143.5	0	1
Cornbread	1 serving	252	37	na	9	1	0	24	259	3	4
Dinner Roll, Whole Grain	1 roll	130	24	3	2	0	0	0	250	4	7
French Bread	1 slice	75	15	<1	0.5	0	0	0	155	1	3
Hamburger Bun	1 bun	150	29	5	2	0	0	0	260	1	4
Hamburger Bun, Whole Grain	1 bun	130	24	3	2	0	0	0	250	4	7
Hot Dog Bun,	1 bun	130	24	3	2	0	0	0	250	4	7
Tortilla Chips, Whole Grain	1 oz	150	21	0	6	1	0	0	75	2	2
FRUITS/JUICES											
Apple Juice Box, 6.75oz	1 carton	90	21	18	0	0	0	0	5	0	0
Orange Juice, 4oz	1 carton	55	14	14	0	0	0	0	0	0.5	1
Applesauce, canned, unsweetened	1/2 cup	50	15	11	0	0	0	0	15	2	0
Mixed Fruit (Fruit Cup), cnd	1/2 cup	72	18	15	0	0	0	0	6	0	0
Peaches, canned	1/2 cup	70	17	13	0	0	0	0	10	0	0
Pears, canned	1/2 cup	80	20	14	0	0	0	0	5	2	0
Pineapple, canned	1/2 cup	70	17	15	0	0	0	0	10	1	0
Fruit, Fresh, assort'd, average	1 piece	78	20	8-18	0	0	0	0	12	1 - 4	0
Fruit Fresh, grapes, 1 bunch	2 oz	38	10	8	0	0	0	0	0	0.5	0
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SOUPS											
Broccoli Cheese	1 cup	170	13.5	na	9	4	<.5	13	1140	1	5
Chili Soup	1 cup	243	24	na	9	3	<.5	34	927	6	14.5
Corn Chowder	1 cup	233	19	na	16	3.5	<.5	0	925	1	2
Minestrone	1 cup	113	20	na	3	0	<.5	0	383	4	4
Tomato (made w/water)	1 cup	90	19	11	1	0	0	0	730	2	2
Tomato & Macaroni	1 cup	146	26	na	3	0.5	0	0.5	257	2.5	4
Turkey Rice	1 cup	109	17	na	1	0	<.5	12	607	1	6
Vegetable	1 cup	75	15	na	1	0	<.5	2	375	2	3
VEGETABLES/SIDES											
Asian Vegetables	1/2 cup	30	5	1	0	0	0	0	45	1	2
Baby Carrots, fresh	1.5oz pkg	22	5	3	0	0	0	0	28	2	1
Baked Beans	1/2 cup	133	28	na	0	0	0	0	582	5	6
Bread (Corn) Stuffing	1/4 cup	60	12.5	1.5	0.5	0	0	0	330	0	2
Carrots, cooked	1/2 cup	18	1	2	0	0	0	0	31	0	0.5
Corn	1/2 cup	58	14	1	0	0	0	0	7	1	2
Green Beans	1/2 cup	18	3	0	0	0	0	0	7	1	1
Macaroni & Cheese (side)	1/2 c serv	290	21	na	17	8	<.5	35	669	1	11
Mixed Vegetables	1/2 cup	45	9	1	0	0	0	0	34	1.5	1
Pizza Veggies (black olives, scallions, tomatoes)	1 oz	65	7	0	4	0.5	0	0	390	0	0
Potatoes, mini Bakers	3 oz	90	15	0	2	0	0	0	170	0	3
Potatoes, mashed	1/2 cup	80	17	1	1	0	0	0	310	1	2
Potatoes, fries, 3.5oz	1 serving	156	26	0	4	0.5	0	0	444	1	2
Potatoes, rounds (tater tots), 3.5oz	1 serving	88	11.5	0	4	0.5	0	0	182	1	1
Potatoes, seasoned cubes 3.0 oz.	1 serving	110	17	0	4	1	0	0	340	2	2
Potatoes, sweet potato fries, 3.5oz	1 serving	176	32	13	5	1	0	0	256	3	0
Rice Cheesy	1/2 cup	198	19	na	10	5	<.5	21	177	0	7.5
Rice White	1/2 cup	103	23	0	0	0	0	0	2.5	0	2
Side Salad (no dressing)	1 cup	5	1	0	0	0	0	0	4	1	0
Zucchini	1/2 cup	7.5	1	0	0	0	0	0	7.5	0.5	0.5
DESSERTS											
Brownies	1 each	124	19	na	5	1	0	19	125	1	1
Cookies, asst'd, baked, wrapped	1 each	140	20	11	6	1.5	0	14	152	1	2
Fruited Gelatin (Apricot) w/topping	1/2 cup	60	14	na	0	0	0	0	10	1	0
Fruit Juice Bar	1 each	60	15	14	0	0	0	0	10	0	0
Fruit Snacks, Apple	1 pkg	70	18	15	0	0	0	0	50	1	0
Pudding, Choc w/topping	1/2 cup	113	24	16	1	1	0	0	160	0	2
Sherbet Cup, ass'td	1 each	120	26	22	1.5	1	0	5	25	0	1
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