

2011-12 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 12/01/11	
Values rounded to nearest .5											
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											
BBQ Beef Grill Bite w/ sauce	4 Bites	188	15	n/a	9	4	0	30	570	1.5	13.5
Beef and Broccoli over rice	1 each	378	59	n/a	7	2.5	0	36	1060	3	21
Beef Patty w/ Gravy & Mashed Pot	1 each	212	16	n/a	9.5	3.5	0	41	755	0.5	15
Black Bean Burger (No Bun)	1 each	180	14	2	7	1	0	0	390	6	14
Cheese Dippers	4 sticks	320	29	3	14	7	0	30	680	0	19
Marinara Sauce	1/2 c	62	12.5	N/A	0	0	0	0	419	2	1.5
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 Mandarin Orange	3.92 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 Parmesan, no bun	1 each	333	20	n/a	19	5	0	55	830	2	20
Chicken Patty, breaded no bun	1 each	270	13	0	17	4	0	50	550	1	15
French Toast Sticks(3) w/ Sausage	1 each	370	37	n/a	18	5	0	58	705	3	16.5
Wrapped WG Grill Cheese Sand	1 each	306	31	na	11	5	0	30	1068	2.5	15.2
Grilled Cheese Pocket (3rd choice in some schools)	1 each	260	25	2	10	5	0	30	1020	0	18
Grilled Cheese Sandwich Sandwich only	1 each	292	32	3	11	7	0	30	1138	1	19
Café Burger (no bun)	1 each	118	1.1	0	6.7	2.7	0	41	312	0.5	13.5
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 Wrap	1 each	300	36	n/a	11	3	0	10	670	4	16
Meatballs w/ Penne & Sauce	1 serving	336	53	n/a	7	2.5	0	36	781	5	16
Pancakes (3) w/ Sausage links	1 each	371	41	n/a	13	3.5	0	65	790	2	20
Peanut Butter & Jelly Pocket w/soy	1 each	420	49	23	18	3.5	0	0	510	3	16
Penne/Meat Sc/Breadstick	1 each	375	48	n/a	10	4.5	<.5	39	972	5.5	21
1N of 4N											
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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 Wedge 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
PIZZA RECTANGLE Cheese	1 each	280	37	4	8	3	0	15	560	4	16
PIZZA RECTANGLE Pepperoni	1 each	323	37	4	12	4.5	0	27	705	4	18
Pork Sausage Links	2 links	140	2	0	9	3	0	40	320	0	14
Pork BBQ w/ Tater Tots	1 each	439	30	n/a	21	6	0	95	984	2.5	34.5
Slider, Mega no bun	1 each	121	0	n/a	7	2.8	0	46	42	0	14
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	312	26	n/a	15	4	0	50	776	4	18.5
Taco Meat w/ Corn (No Tortilla)	1 serving	280	31	n/a	10	3	0	50	686	3	20
Turkey w/Gravy	1 serving	123	3.5	na	3	1	<.5	42	1379	0	21
Morningstar Soy Nuggets	5 each	238	23	1	9	1	0	0	613	3	15
Turkey Burger (no bun)	1 each	110	0	0	6	2	0	50	320	0	15
BREADS											
Fruit/Spice 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
Mini Bun for slider	1 bun	110	20	3	1.5	0	0	0	220	0	3
Hot Dog Bun, WG	1 bun	150	27	5	3	0.5	0	5	190	2	5
Tortilla Chips, Whole Grain	1 oz	130	18	0	6	1	0	0	90	2	2
Tostitos, Baked Scoops	1 bag	110	19	0	2.5	0	0	0	125	2	2
Tortilla Whole Grain	1.5	110	20	1	2.5	0.5	0	0	340	3	4
FRUITS/JUICES											
Apple Juice Box, 4 oz	1 carton	57	15	n/a	0	0	0	0	1.5	0	0
Orange Juice, 4oz	1 carton	55	14	14	0	0	0	0	0	0.5	1
Apples, sliced fresh	1 bag	30	7	6	0	0	0	0	0	1	0
Applesauce, canned, unsweetened	1/2 cup	50	15	11	0	0	0	0	15	2	0
Apricots, canned	1/2 cup	80	19	14	0	0	0	0	10	0	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
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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
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											
Baby Carrots, fresh	1.6oz 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
Broccoli, fresh	1/2 cup	15	7	n/a	<.5	0	0	0	0.5	4	4
Carrots, cooked	1/2 cup	36	8	5	0	0	0	0	68	0	1
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 Veggies: Carrots & Corn	1/2 cup	47	11	3	0	0	0	0	38	1	1
Potatoes, mashed	1/2 cup	65	13	n/a	1	0	0	0	263	0	1.5
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
Potato, sweet mashed	1/2 c	95	20	n/a	1.5	0.5	0	0	97	2	1
Potatoes, sweet potato fries, 3.5oz	1 serving	176	32	13	5	1	0	0	256	3	0
Rice, Brown	1/2 cup	103	22	0	5	0	0	0	5	1	3
Side Salad (no dressing)	1 cup	5	1	0	0	0	0	0	4	1	0
Fruit, Fresh, assort'd, average	1 piece	78	20	8-18	0	0	0	0	12	1 - 4	0
Cranberry Sauce	2 tblsp	52	13.5	n/a	0	0	0	0	10	0	1
3N of 4N											
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