

Elementary Lunch

Mon - 02/01/2021	Portion Size	Calories	Mg Sodium	G Sugars	G Protein	G Carb	G T-Fat	G S-Fat
CHICKEN LEG WITH ROLL	ONE EACH	355	790	*4.21	20.32	34.58	14.06	3.78
GRILLED CHEESE	ONE EACH	402	1231	*4.00	20.27	34.00	21.42	6.87
CORN, SEASONED	1/2 CUP	92	0	4.58	2.75	19.24	0.92	0.00
ORANGE, FRESH	1 EACH	62	0	12.25	1.23	15.39	0.16	0.03
MILK, 1% LOWFAT	HALF PINT	100	125	12.00	8.00	12.00	2.50	1.50
MILK, CHOC, NON FAT	HALF PINT	110	100	18.00	8.00	19.00	0.00	0.00
KETCHUP	1 PC TUB	30	75	5.00	0.00	7.00	0.00	0.00
Tue - 02/02/2021	Portion Size	Calories	Mg Sodium	G Sugars	G Protein	G Carb	G T-Fat	G S-Fat
MAC & CHEESE/BREADSTICK	6 OZ/BREADSTICK	436	826	7.15	21.59	55.84	14.22	5.58
BROCCOLI	1/2 CUP	32	21	0.00	1.07	4.27	0.00	0.00
APPLESAUCE CUP	1 EACH	87	3	18.71	0.20	22.31	0.22	0.04
MILK, 1% LOWFAT	HALF PINT	100	125	12.00	8.00	12.00	2.50	1.50
MILK, CHOC, NON FAT	HALF PINT	110	100	18.00	8.00	19.00	0.00	0.00
Wed - 02/03/2021	Portion Size	Calories	Mg Sodium	G Sugars	G Protein	G Carb	G T-Fat	G S-Fat
STEAK FINGERS	4 EACH	310	310	2.00	15.00	19.00	19.00	5.00
GRILLED CHEESE	ONE EACH	402	1231	*4.00	20.27	34.00	21.42	6.87
MASHED POTATOES	1/2 CUP	98	131	0.97	1.69	17.14	2.54	1.01
ORANGE, FRESH	1 EACH	62	0	12.25	1.23	15.39	0.16	0.03
MILK, 1% LOWFAT	HALF PINT	100	125	12.00	8.00	12.00	2.50	1.50
MILK, CHOC, NON FAT	HALF PINT	110	100	18.00	8.00	19.00	0.00	0.00
KETCHUP	1 PC TUB	30	75	5.00	0.00	7.00	0.00	0.00
PEPPER GRAVY	2 OZ LADLE	39	158	1.12	0.00	5.60	2.24	1.12
Thu - 02/04/2021	Portion Size	Calories	Mg Sodium	G Sugars	G Protein	G Carb	G T-Fat	G S-Fat
FIESTA NACHOS	UNIT	450	740	0.00	18.00	33.50	28.51	13.50
NACHO GRANDE	UNIT	395	696	1.00	17.48	34.99	22.00	8.40
REFRIED BEANS	#6 SCOOP	255	802	*0.00	13.15	32.70	8.74	3.71
APPLE WEDGES	2 OZ	29	1	5.89	0.15	7.83	0.10	0.02
MILK, 1% LOWFAT	HALF PINT	100	125	12.00	8.00	12.00	2.50	1.50
MILK, CHOC, NON FAT	HALF PINT	110	100	18.00	8.00	19.00	0.00	0.00
SALSA LOW SODIUM	# 24 SCOOP	13	93	1.33	0.00	2.66	0.00	0.00
Fri - 02/05/2021	Portion Size	Calories	Mg Sodium	G Sugars	G Protein	G Carb	G T-Fat	G S-Fat
CHEESE PIZZA	8 CUT	360	600	9.00	21.00	34.00	16.00	7.00
PEPPERONI PIZZA	8 CUT	370	660	9.00	21.00	34.00	16.00	7.00
PARMESAN ROASTED POTATOES	3.25 OZ	107	149	1.30	3.24	16.03	3.39	1.01
FRUIT-CHECK W/ CAMPUS	1/2 CUP	0	0	0.00	0.00	0.00	0.00	0.00
MILK, 1% LOWFAT	HALF PINT	100	125	12.00	8.00	12.00	2.50	1.50
MILK, CHOC, NON FAT	HALF PINT	110	100	18.00	8.00	19.00	0.00	0.00
KETCHUP	1 PC TUB	30	75	5.00	0.00	7.00	0.00	0.00
Mon - 02/08/2021	Portion Size	Calories	Mg Sodium	G Sugars	G Protein	G Carb	G T-Fat	G S-Fat
BURGER ON BUN	1 EACH	350	540	4.00	24.00	29.00	15.00	5.00
GRILLED CHEESE	ONE EACH	402	1231	*4.00	20.27	34.00	21.42	6.87
TATER TOTS	NINE EACH	158	214	0.00	1.86	17.69	8.38	1.40
ORANGE, FRESH	1 EACH	62	0	12.25	1.23	15.39	0.16	0.03
MILK, 1% LOWFAT	HALF PINT	100	125	12.00	8.00	12.00	2.50	1.50
MILK, CHOC, NON FAT	HALF PINT	110	100	18.00	8.00	19.00	0.00	0.00
KETCHUP	1 PC TUB	30	75	5.00	0.00	7.00	0.00	0.00
RANCH DRESSING (LITE)	# 24 SCOOP	147	360	1.33	1.33	1.33	13.33	2.00
Tue - 02/09/2021	Portion Size	Calories	Mg Sodium	G Sugars	G Protein	G Carb	G T-Fat	G S-Fat
CHICKEN NUGGETS	10 NUGGETS	269	590	0.00	18.00	20.00	13.00	3.00
GRILLED CHEESE	ONE EACH	402	1231	*4.00	20.27	34.00	21.42	6.87
MASHED POTATOES	1/2 CUP	98	131	0.97	1.69	17.14	2.54	1.01
APPLESAUCE CUP	1 EACH	87	3	18.71	0.20	22.31	0.22	0.04
MILK, 1% LOWFAT	HALF PINT	100	125	12.00	8.00	12.00	2.50	1.50
MILK, CHOC, NON FAT	HALF PINT	110	100	18.00	8.00	19.00	0.00	0.00
KETCHUP	1 PC TUB	30	75	5.00	0.00	7.00	0.00	0.00
PEPPER GRAVY	2 OZ LADLE	39	158	1.12	0.00	5.60	2.24	1.12
Wed - 02/10/2021	Portion Size	Calories	Mg Sodium	G Sugars	G Protein	G Carb	G T-Fat	G S-Fat
PIZZA STICKS	2 EACH	300	740	6.00	14.00	34.00	12.00	4.00
CORN, SEASONED	1/2 CUP	92	0	4.58	2.75	19.24	0.92	0.00
PINEAPPLE TIDBITS	1/2 CUP	79	0	16.87	0.99	17.86	0.00	0.00
MILK, 1% LOWFAT	HALF PINT	100	125	12.00	8.00	12.00	2.50	1.50
MILK, CHOC, NON FAT	HALF PINT	110	100	18.00	8.00	19.00	0.00	0.00
MARINARA SAUCE	2 OZ LADLE	34	66	3.89	0.97	5.84	0.73	0.00

Thu - 02/11/2021	Portion Size	Calories	Mg Sodium	G Sugars	G Protein	G Carb	G T-Fat	G S-Fat
BREADED CHICKEN ON BUN	ONE EACH	447	706	5.06	24.03	46.03	17.96	2.66
GRILLED CHEESE	ONE EACH	402	1231	*4.00	20.27	34.00	21.42	6.87
BROCCOLI	1/2 CUP	32	21	0.00	1.07	4.27	0.00	0.00
APPLE WEDGES	2 OZ	29	1	5.89	0.15	7.83	0.10	0.02
MILK, 1% LOWFAT	HALF PINT	100	125	12.00	8.00	12.00	2.50	1.50
MILK, CHOC, NON FAT	HALF PINT	110	100	18.00	8.00	19.00	0.00	0.00
KETCHUP	1 PC TUB	30	75	5.00	0.00	7.00	0.00	0.00
Fri - 02/12/2021	Portion Size	Calories	Mg Sodium	G Sugars	G Protein	G Carb	G T-Fat	G S-Fat
CHEESE PIZZA	ONE SLICE	360	600	9.00	21.00	34.00	16.00	7.00
PEPPERONI PIZZA	ONE SLICE	370	660	9.00	21.00	34.00	16.00	7.00
CARROTS, FRESH	3 OUNCE	35	59	4.03	0.79	8.15	0.20	0.03
FRUIT-CHECK W/ CAMPUS	1/2 CUP	0	0	0.00	0.00	0.00	0.00	0.00
MILK, 1% LOWFAT	HALF PINT	100	125	12.00	8.00	12.00	2.50	1.50
MILK, CHOC, NON FAT	HALF PINT	110	100	18.00	8.00	19.00	0.00	0.00
RANCH DRESSING (LITE)	# 24 SCOOP	147	360	1.33	1.33	1.33	13.33	2.00
Wed - 02/17/2021	Portion Size	Calories	Mg Sodium	G Sugars	G Protein	G Carb	G T-Fat	G S-Fat
STEAK FINGERS	4 EACH	310	310	2.00	15.00	19.00	19.00	5.00
GRILLED CHEESE	ONE EACH	402	1231	*4.00	20.27	34.00	21.42	6.87
MASHED POTATOES	1/2 CUP	98	131	0.97	1.69	17.14	2.54	1.01
ORANGE, FRESH	1 EACH	62	0	12.25	1.23	15.39	0.16	0.03
MILK, 1% LOWFAT	HALF PINT	100	125	12.00	8.00	12.00	2.50	1.50
MILK, CHOC, NON FAT	HALF PINT	110	100	18.00	8.00	19.00	0.00	0.00
KETCHUP	1 PC TUB	30	75	5.00	0.00	7.00	0.00	0.00
PEPPER GRAVY	2 OZ LADLE	39	158	1.12	0.00	5.60	2.24	1.12
Thu - 02/18/2021	Portion Size	Calories	Mg Sodium	G Sugars	G Protein	G Carb	G T-Fat	G S-Fat
FIESTA NACHOS	UNIT	450	740	0.00	18.00	33.50	28.51	13.50
NACHO GRANDE	UNIT	395	696	1.00	17.48	34.99	22.00	8.40
REFRIED BEANS	#6 SCOOP	255	802	*0.00	13.15	32.70	8.74	3.71
APPLE WEDGES	2 OZ	29	1	5.89	0.15	7.83	0.10	0.02
MILK, 1% LOWFAT	HALF PINT	100	125	12.00	8.00	12.00	2.50	1.50
MILK, CHOC, NON FAT	HALF PINT	110	100	18.00	8.00	19.00	0.00	0.00
SALSA LOW SODIUM	# 24 SCOOP	13	93	1.33	0.00	2.66	0.00	0.00
Fri - 02/19/2021	Portion Size	Calories	Mg Sodium	G Sugars	G Protein	G Carb	G T-Fat	G S-Fat
CHEESE PIZZA	8 CUT	360	600	9.00	21.00	34.00	16.00	7.00
PEPPERONI PIZZA	8 CUT	370	660	9.00	21.00	34.00	16.00	7.00
PARMESAN ROASTED PO	3.25 OZ	107	149	1.30	3.24	16.03	3.39	1.01
FRUIT-CHECK W/ CAMPUS	1/2 CUP	0	0	0.00	0.00	0.00	0.00	0.00
MILK, 1% LOWFAT	HALF PINT	100	125	12.00	8.00	12.00	2.50	1.50
MILK, CHOC, NON FAT	HALF PINT	110	100	18.00	8.00	19.00	0.00	0.00
KETCHUP	1 PC TUB	30	75	5.00	0.00	7.00	0.00	0.00
Mon - 02/22/2021	Portion Size	Calories	Mg Sodium	G Sugars	G Protein	G Carb	G T-Fat	G S-Fat
BURGER ON BUN	1 EACH	350	540	4.00	24.00	29.00	15.00	5.00
GRILLED CHEESE	ONE EACH	402	1231	*4.00	20.27	34.00	21.42	6.87
TATER TOTS	NINE EACH	158	214	0.00	1.86	17.69	8.38	1.40
ORANGE, FRESH	1 EACH	62	0	12.25	1.23	15.39	0.16	0.03
MILK, 1% LOWFAT	HALF PINT	100	125	12.00	8.00	12.00	2.50	1.50
MILK, CHOC, NON FAT	HALF PINT	110	100	18.00	8.00	19.00	0.00	0.00
KETCHUP	1 PC TUB	30	75	5.00	0.00	7.00	0.00	0.00
RANCH DRESSING (LITE)	# 24 SCOOP	147	360	1.33	1.33	1.33	13.33	2.00
Tue - 02/23/2021	Portion Size	Calories	Mg Sodium	G Sugars	G Protein	G Carb	G T-Fat	G S-Fat
CHICKEN NUGGETS	10 NUGGETS	269	590	0.00	18.00	20.00	13.00	3.00
GRILLED CHEESE	ONE EACH	402	1231	*4.00	20.27	34.00	21.42	6.87
MASHED POTATOES	1/2 CUP	98	131	0.97	1.69	17.14	2.54	1.01
APPLESAUCE CUP	1 EACH	87	3	18.71	0.20	22.31	0.22	0.04
MILK, 1% LOWFAT	HALF PINT	100	125	12.00	8.00	12.00	2.50	1.50
MILK, CHOC, NON FAT	HALF PINT	110	100	18.00	8.00	19.00	0.00	0.00
KETCHUP	1 PC TUB	30	75	5.00	0.00	7.00	0.00	0.00
PEPPER GRAVY	2 OZ LADLE	39	158	1.12	0.00	5.60	2.24	1.12
Wed - 02/24/2021	Portion Size	Calories	Mg Sodium	G Sugars	G Protein	G Carb	G T-Fat	G S-Fat
PIZZA STICKS	2 EACH	300	740	6.00	14.00	34.00	12.00	4.00
CORN, SEASONED	1/2 CUP	92	0	4.58	2.75	19.24	0.92	0.00
PINEAPPLE TIDBITS	1/2 CUP	79	0	16.87	0.99	17.86	0.00	0.00
MILK, 1% LOWFAT	HALF PINT	100	125	12.00	8.00	12.00	2.50	1.50
MILK, CHOC, NON FAT	HALF PINT	110	100	18.00	8.00	19.00	0.00	0.00
MARINARA SAUCE	2 OZ LADLE	34	66	3.89	0.97	5.84	0.73	0.00

Thu - 02/25/2021	Portion Size	Calories	Mg Sodium	G Sugars	G Protein	G Carb	G T-Fat	G S-Fat
BREADED CHICKEN ON BUN	ONE EACH	447	706	5.06	24.03	46.03	17.96	2.66
GRILLED CHEESE	ONE EACH	402	1231	*4.00	20.27	34.00	21.42	6.87
BROCCOLI	1/2 CUP	32	21	0.00	1.07	4.27	0.00	0.00
APPLE WEDGES	2 OZ	29	1	5.89	0.15	7.83	0.10	0.02
MILK, 1% LOWFAT	HALF PINT	100	125	12.00	8.00	12.00	2.50	1.50
MILK, CHOC, NON FAT	HALF PINT	110	100	18.00	8.00	19.00	0.00	0.00
KETCHUP	1 PC TUB	30	75	5.00	0.00	7.00	0.00	0.00
Fri - 02/26/2021	Portion Size	Calories	Mg Sodium	G Sugars	G Protein	G Carb	G T-Fat	G S-Fat
CHEESE PIZZA	ONE SLICE	360	600	9.00	21.00	34.00	16.00	7.00
PEPPERONI PIZZA	ONE SLICE	370	660	9.00	21.00	34.00	16.00	7.00
CARROTS, FRESH	3 OUNCE	35	59	4.03	0.79	8.15	0.20	0.03
FRUIT-CHECK W/ CAMPUS	1/2 CUP	0	0	0.00	0.00	0.00	0.00	0.00
MILK, 1% LOWFAT	HALF PINT	100	125	12.00	8.00	12.00	2.50	1.50
MILK, CHOC, NON FAT	HALF PINT	110	100	18.00	8.00	19.00	0.00	0.00
RANCH DRESSING (LITE)	# 24 SCOOP	147	360	1.33	1.33	1.33	13.33	2.00

This institution is an equal opportunity provider.

*N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.