

<b>ELEMENTARY SCHOOL LUNCH NUTRIENT ANALYSIS</b>	<b>Portion Size</b>	<b>Cals</b>	<b>G Fiber</b>	<b>G Protn</b>	<b>G Carb</b>	<b>G T-Fat</b>	<b>G S-Fat</b>
APPLE SLICES	1 EACH	81	3.7	0.3	21	0.5	0.1
APPLESAUCE	1/2 CUP	87	1.53	0.2	22.31	0.22	0.04
BAKED BEANS	1/2 CUP	195	8.64	8.21	39.01	2.43	0.94
BAKED POTATO	1/2 EACH	113	1.9	2.16	18.29	3.68	1.65
BBQ (PORK) ON BUN	1 EACH	360	3	24.34	43.01	10	3.34
BBQ SAUCE, HEINZ	1 OZ	40	*N/A*	0	10	0	0
BBQ TURKEY ON BUN	1 EACH	368	3	23.07	51.95	8.49	2.47
BEEF VEGETABLE SOUP	1 CUP	146	2.46	10.11	9.98	6.99	2.62
BEEFY NACHOS	1 SERVING	521	3	28.93	34.06	27.84	10.95
BLACK BEANS	1/2 CUP	114	8.69	7.57	20.79	0.36	0.1
BLACK-EYED PEAS	1/2 CUP	187	10.47	12.46	33.45	0.85	0.22
BROCCOLI	1/2 CUP	26	2.72	2.78	4.85	0.31	0.05
BROCCOLI & CAULIFLOWER	1/2 CUP	23	1.82	1.85	4.59	0.26	0.08
CABBAGE, STEAMED	1/2 CUP	16	1.52	0.78	3.64	0.06	0.02
CALIFORNIA BLEND VEGETABLES	1/2 CUP	26	2.12	1.06	4.24	0	0
CARROTS, GLAZED	1/2 CUP	82	0.86	0.37	7.49	5.68	2.55
CARROTS, STICKS	1 EACH	20	1	0	5	0	0
CELERY STICKS	1/2 CUP	11	1.09	0.47	2.02	0.12	0.03
CHEESEBURGER ON A BUN	1 EACH	378	3	20.99	38.01	17	7
CHICKEN & WAFFLES ENTRÉE	2 each	362	4.4	19.82	45.96	10.67	1.73
CHICKEN NOODLE SOUP	1 CUP	170	0.78	21.67	11.32	4.23	1.19
CHICKEN NUGGETS	5 NUGGETS	216	1.27	21.59	8.89	8.89	1.27
CHICKEN RICE SOUP	1 CUP	183	0.6	21.02	15.88	3.77	1.07
CHICKEN SANDWICH	1 EACH	343	4	25	44	9	1
CHICKEN TACO SAL TRAY	1 EACH	596	12.94	24.54	72.03	22.28	4.36
CHICKEN TETRAZZINI	1 CUP	194	0.57	19.3	11.08	7.51	2.55
CHILI	1 CUP	253	5.12	19.37	23.75	9.66	3.35
CINNAMON ROLLS	1 EACH	253	1.32	4.04	45.49	6.26	1.46
COLE SLAW	1/2 CUP	173	2.17	1.08	14.63	11.96	2.39
COOKIE, V DAY HEART	1 EACH	130	0	2	22	4.5	1
CORN DOG, MINI CHICKEN	6 PIECES	250	3	10	30	10	2.5
CORN DOG, TURKEY (WG)	1 EACH	240	4	11	33	7	1.5
CORN, WHOLE KERNEL	1/2 CUP	68	2.04	2.34	14.64	1.25	0.25
CORNBREAD	1 SERVING	129	0.73	3	21.7	3.26	0.63
CRANBERRY SAUCE	1/4 CUP	110	0.76	0.62	27.92	0.1	0
CRISPITO	1 EACH	270	3	12	23	14	3
DELI TURKEY SANDWICH	1 EACH	271	3.28	19.25	34.06	7.29	2.75
DORITOS, SMART SNACK CHEESE	1 EACH	130	2	2	20	5	0.5
DORITOS, SMART SNACK COOL RANCH	1 EACH	130	2	2	19	5	1
DORITOS, SMART SNACK, SPICY	1 EACH	140	1	2	20	5	0.5
FRUIT COCKTAIL	1/2 CUP	56	0.98	0.39	14.58	0.07	0.01
GARDEN SALAD (W/DRESSING)	1/2 CUP	16	0.4	0.48	1.11	1.09	0.22
GARDEN SALAD W/CHICKEN STRIPS	1 EACH	599	10.2	25.26	82.06	20.18	2.99
GARDEN SALAD W/TUNA	1 EACH	569	9.3	28.49	70.59	20.31	3.34

GARDEN SALAD W/TURKEY	1 EACH	568	9.15	17.75	71.27	25.15	6.8
GREEN BEANS	1/2 CUP	22	1.35	0.81	4.59	0.07	0.02
HOLIDAY KRISPIE TREAT	1 EACH	130	0.11	1.15	25.94	2.75	1.23
HONEY MUSTARD, KEN'S	1.5 OZ EACH	190	*N/A*	0	6	18	3
HOT DOG ON BUN	1 EACH	280	3	14	35	11	3
ICE 100% JUICE, ROSATI BRAND	1 EACH	99	0	0	25	0	0
JELLY, ASSORTED PACKS, SMUCKERS	.5 OZ EACH	36	8	0	9	0	0
JUICE CUP, WHOLE FRUIT	1 EACH	80	3	0	20.5	0	0
KETCHUP, HEINZ	1 PACKET (9g)	10	*N/A*	0	3	0	0
LETTUCE & TOMATO	1/2 CUP	8	0.58	0.43	1.61	0.08	0.01
LITTLE SMOKIES	6 LINKS	200	0	7	2	18	6
MACARONI AND CHEESE	1/2 CUP	275	2.34	14.64	25.48	13.92	6.62
MANDARIN ORANGES	1/2 CUP	73	1.39	0.62	18.56	0.16	0.01
MASHED POTATOES	1/2 CUP	72	1.17	1.36	14.23	1.07	0.1
MAXSNAX, TOTALLY TACO	3 WEDGES	260	4	14	30	9	2.5
MAYONNAISE, MONARCH	1 PACKET (12g)	40	*N/A*	0	2	3.5	0.5
MIXED FRUIT	1/2 CUP	62	0	0	15.5	0	0
MUSTARD, MONARCH	1 PACKET (5.5g)	5	*N/A*	1	1	0	0
OKRA, BREADED	3.20 OZ	180	4	3	24	7	1
ORANGE	1 EACH	62	3.14	1.23	15.39	0.16	0.02
ORANGE WEDGES	1 WHOLE ORANGE	62	3.14	1.23	15.39	0.16	0.02
OVEN BAKED FRIES	1/2 CUP	87	1	1	15	3	1
PB & JELLY SAND/CHEESE	1 EACH	470	5	17	49	25.5	7
PB & JELLY SANDWICH	1 EACH	300	4	9	32	17	3
PEACH, FRESH	1 MEDIUM	59	2.25	1.37	14.31	0.38	0.03
PEACHES (SLICED)	1/2 CUP	44	1.04	0.36	11.83	0.02	0
PEACHES, (DICED)	1/2 CUP	63	0.9	0	15.3	0	0
PEAR	1 EACH	95	5.15	0.6	25.28	0.23	0.04
PEAR, RED FRESH	1 MEDIUM	97	4.71	0.52	23.46	0.22	0
PEARS (SLICED)	1/2 CUP	56	1.81	0.38	14.58	0.08	0
PEAS, GREEN	1/2 CUP	73	4.35	4.67	13.29	0.37	0.06
PINEAPPLE (TIDBITS)	1/2 CUP	61	0.93	0.42	15.79	0.14	0.01
PINTO BEANS	1/2 CUP	85	3.37	5.84	14.83	0.48	0.11
PIZZA, CHEESE	SLICE	310	3	22	30	12	6
PIZZA, PEPPERONI (TURKEY)	SLICE	310	3	23	30	11	6
POPCORN CHICKEN	12 PIECES	240	2	14	15	14	3.5
POTATOES ROUNDS (TOTS)	10 PIECES	131	1.54	1.54	15.41	6.93	3.47
RANCH DRESSING (FF) PACKET	1 EACH (12g)	15	1	0	4	0	0
RANCH DRESSING (LF)	1 OZ	57	0.7	0.5	1.7	5.3	1.1
RAVIOLI	1 CUP (8 PIES)	260	4	16	30	8	3.5
RICE, BROWN	1 CUP	224	2.68	6.28	46.97	1.99	0
ROLLS, WHEAT	1 Each (2 oz)	172	2.45	4.91	28.98	4.47	0.62
SALSA	1/4 CUP	28	1.89	0	5.67	0	0
SCALLOPED POTATOES	1/2 CUP	108	1.62	2.43	17.82	3.34	0.96
SPAGHETTI	1 CUP	313	2.52	18.5	23.88	16.29	5.77
SPICED APPLES	1/2 CUP	91	1.28	0.03	20.01	1.45	0.66

STEAK NUGGETS W/GRAVY	4 OZ =8 NUGG	358	3.06	15.31	20.56	24.54	7.16
STRAWBERRIES & BANANAS	1/2 CUP	215	5.01	1.72	56.93	0.48	0.11
STRAWBERRIES, FRESH	1/2 CUP	23	1.44	0.48	5.53	0.22	0.01
STRAWBERRY, FROZEN CUP	1 EACH	90	2	1	22.01	0	0
SUNSET SIP JUICE	1 EACH	40	0	0	10	0	0
SWEET POTATO FRIES	1/2 CUP	107	2	0.67	15.34	5.34	1
SWEET POTATO SOUFFLE	1/2 CUP	141	3.12	1.75	27.37	2.7	1.11
SWEET POTATO, BAKED	1/2 EACH	66	1.95	1.02	15.08	0.03	
SYRUP, MONARCH	1.5 OZ EACH	120	*N/A*	0	31	0	0
SYRUP, SUGAR FREE, MONARCH	1 OZ EACH	25	0	0	10	0	0
TANGERINE, SMALL	1 EACH	40	1.4	0.6	10.1	0.2	0
TERIYAKI CHICKEN NUGGETS	4 NUGGETS	156	1.12	17.6	7.6	6	1.6
TERIYAKI CHICKEN, GREEN DRAGON	3 OZ	154	0	15.79	14.74	2.63	1.05
TOAST, GARLIC	1 EACH	78	1	3.01	14.02	1.38	0.4
TOASTED CHEESE SANDWICH	1 EACH	208	2	8.57	28.68	7.14	3.37
TORTILLA CHIPS, RF (BAG)	1 EACH	200	3	3	29	7	1
TURKEY AND CORNBREAD DRESSING	1 SERVING	237	1.36	22.63	20.6	6.58	1.42
VANILLA CUPCAKE, LET'S CELEBRATE	1 EACH	140	6	2	27	2.5	0.5
WATERMELON, LOCAL CHUNKS	1/2 CUP	23	0.3	0.46	5.74	0.11	0.01
YELLOW SQUASH, STEAMED	1/2 CUP	19	1.05	0.97	3.87	0.26	0.09

\*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

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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.