

ELEMENTARY MENU ITEM NUTRIENT ANALYSIS

2019-2020

Item Name (Serving Size)	Calories	Carb (g)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Fiber (g)	Pro (g)
Apple Chips, Strawberry Flavored (1 Bag)Contains Strawberries	40.00	10.00	0.00	0.00	0.00	0.00	0.00	2.00	0.00
Apple Juice - (1 ea.)Contains Apples.	60.00	14.00	0.00	0.00	0.00	0.00	5.00	0.00	0.00
Apple Slices, fresh - (1 ea.)	29.00	7.83	0.10	0.02	0.00	0.00	1.00	1.40	0.15
APPLE, RED DELICIOUS (1 large (3-1/4" dia))	116.41	30.80	0.38	0.07	0.00	0.00	2.45	5.40	0.58
Apples, diced (1 ea.)	32.22	8.70	0.11	0.03	0.00	0.00	1.11	1.56	0.16
Applesauce - (1/2 c.)	77.45	19.91	0.00	0.00	0.00	0.00	0.00	2.21	0.00
Applesauce Pouch - (1 ea.)	50.00	15.00	0.00	0.00	0.00	0.00	0.00	1.00	0.00
Baby Carrots - (1 Bag)	29.77	7.01	0.11	0.02		0.00	66.34	2.47	0.54
Bacon & Egg Breakfast Taco - (1 ea.)Contains Milk, Egg, Wheat, Turkey.	213.56	14.80	10.54	3.28	0	187.13	658.58	1.02	13.07
Baked Beans - (4 fl oz)	158.26	33.91	0.56	0.00	0.00	0.00	418.26	6.78	5.65
Baked Tostitos Scoops - (1 Bag)	110.00	19.00	2.50	0.00	0.00	0.00	125.00	2.00	2.00
Balsamic Dressing - (2 fl. oz.)	185.48	34.24	5.43	0.78	0	0	124.20	0.04	0.21
Banana - (1 ea.)	121.04	31.06	0.45	0.15		0.00	1.36	3.54	1.48
Banana Bread - (1 slice)Contains Milk, Egg, Wheat.	199.99	37.89	4.01	1.80	0.02	23.66	188.39	2.65	4.43
BBQ Beef on Bun - (1 no. 8 scoop on bun)Contains Wheat, Soy, Beef	390.00	50.00	12.50	5.00	0.00	35.00	1050.01	5.00	22.00
BBQ Sauce Dip - (1 pkg.)	60.00	16.00	0.00	0.00	0.00	0.00	120.00	0.00	0.00
Beef and Cheese Nachos - Pre-Dish Elementary (1 each + 1 bag chips)Contains Milk, Soy, Beef, Onion.	329.43	23.12	17.18	5.33	1.99	59.42	379.67	3.29	19.69
Beef and Cheese Nachos - Traditional Elementary (1 no. 16 of Meat + 2 fl oz Cheese + 1 Bag of Chips)Contains Milk, Wheat, Soy, Beef, Corn/Corn Products, Onion.	406.40	26.33	22.12	7.49	2.01	68.55	566.39	3.32	23.48
Beef Soft Tacos - (2 tortillas w/ meat/cheese)Contains Milk, Wheat, Beef. May contain Cayenne Pepper, Onion	469.39	41.35	22.44	8.18	2.39	69.78	865.23	4.52	27.99
Berries, fresh, ind (1 ea.)Contains Berries (blueberries, strawberries).	24.21	5.95	0.19	0.01		0.00	0.62	1.31	0.43
Berry Cobbler - (1 #6 scoop)Contains Milk, Wheat, Soy, Berries (all kinds), Corn/Corn Products.	316.45	61.52	7.69	3.35	0	0.00	87.98	2.62	2.70
Blueberry Banana Muffin - (1 ea.)Contains Milk, Egg, Wheat, Soy, Berries (all kinds).	291.69	53.52	7.15	3.13	0.03	30.30	270.50	3.28	6.17
Bread Dressing (Thanksgiving only) -Contains Milk. May contain Egg, Wheat, Soy, Gluten, Chicken, Onion	367.06	52.01	15.45	6.66	0.03	0.99	810.53	3.28	5.63
Breaded Chicken Sandwich - (1 ea.)Contains Milk, Wheat, Soy.	378.97	44.00	10.30	1.97	0.00	63.00	740.00	4.00	28.00
Breadsticks for Entree Salad - (1 ea.)Contains Milk, Egg, Wheat	127.87	22.19	2.54	1.08	0.01	17.45	187.34	2.29	4.48
Broccoli & Cheese (1 ea.)Contains Milk, Soy.	30.75	4.38	0.57	0.32	0	1.9	56.08	2.47	3.23
Broccoli, fresh - (1 #8 scoop)	9.53	1.78	0.12	0.02		0.00	9.19	(M)	1.01
Broccoli Salad - (1 scoop)Contains Milk, Egg, Soy, Turkey, Onion	82.03	9.30	4.10	0.68	0	4.00	348.19	0.79	3.60
Brown Gravy (1 fl. oz.)Contains Milk. Processed in a facility that also processes Egg, Wheat, Soy, Gluten, Beef.	0.28	0.06	0.00	0.00	0.00	0.00	4.08	0.00	0.01
Canned Spinach (4 fl oz slotted spoodle)	43.33	6.50	0.00	0.00	0.00	0.00	281.67	4.33	8.67
Cantaloupe Chunks, fresh - (4 fl oz solid spoodle)	30.84	7.40	0.17	0.05		0.00	14.52	0.82	0.76
CARROT & BROCCOLI SLAW, 1/2 cup	62.54	11.53	1.35	0.22	0	0.36	80.24	1.94	2.36
Carrots, diced - (4 fl oz slotted spoodle)Contains Milk.	51.59	9.09	0.07	0.05	0	0.04	155.35	2.79	1.39
Celery Sticks, fresh - (1 #8 scoop)	9.60	1.78	0.10	0.03		0.00	48.00	0.96	0.41
CEREAL, CINNAMON TOAST CRUNCH, BOWL - (1ea.)Contains Wheat, Soy.	230.00	44.00	6.00	1.00	0.00	0.00	320.00	3.00	3.00
CEREAL, HONEY SCOOTERS, 2 OZ BOWL (1ea.)Contains Wheat.	219.43	45.15	2.56	0.36		0.00	394.06	3.57	4.87
Cereal, Raisin Bran - (1 ea.)	200.00	45.00	1.00	0.00	0.00	0.00	280.00	6.00	4.00
Cereal, Rice Chex - (2 ea.)	200.00	48.00	1.00	0.00	0.00	0.00	500.00	2.00	4.00
Cereal, Toasty Os & Cinnamon Crackers - (1 1 pkg crackers + 1 bowl cereal)Contains Wheat, Soy.	200.00	36.00	4.50	1.00	0.00	0.00	260.00	3.00	4.00
Cereal, Toasty Os (1 ea.)Contains Wheat. May contain Soy.	100.00	18.00	1.50	0.00	0.00	0.00	120.00	2.00	3.00
Charro Beans - (4 fl oz slotted spoodle)Contains Tomatoes, Onion.	70.46	13.38	0.35	0.07	0	0	174.45	4.39	4.24
Cheese Croissant - (1 ea.)Contains Milk, Egg, Wheat, Soy.	261.00	32.02	10.56	5.03	0.00	15.19	593.50	3.00	11.07
Cheese Enchiladas, (1 ea.)Contains Milk, Wheat, Soy, Beef, Onion.	524.52	47.6	25.05	15.01	0.17	54.6	838.59	4.85	19.28
Cheese Nachos - PRE-DISH SCHOOLS (1 each + 1 bag chips)Contains Milk, Soy.	191	21.02	7	2.53	0	15.19	408.5	2	8.07
Cheese Nachos - TRADITIONAL SCHOOLS (1 4 OZ SPOODLE CHEESE + 1 BAG OF CHIPS)Contains Milk, Wheat, Soy, Corn/Corn Products, Onion.	344.94	27.45	16.94	6.87	0.03	33.44	781.93	2.07	15.66
CHEESE PIZZA - (1 slice)Contains Milk, Wheat, Soy.	340.00	31.00	15.00	6.00	0.00	30.00	640.00	3.00	20.00

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Cheese Stuffed Breadsticks - (2 ea.)Contains Milk, Wheat, Soy	287.81	30.00	10.67	5.31	0.00	31.42	437.98	2.00	18.57
Cheeseburger - (1 ea.)Contains Milk, Wheat, Soy, Beef.	385.50	30.21	20.08	8.07	0.00	57.59	470.75	3.00	21.24
Chef's Salad - (1 ea.)Contains Milk, Egg, Soy, Turkey.	306.54	15.18	21.17	6.95	0	149.74	856.64	2.33	15.60
Chicken Alfredo, ind -(1 ea.)Contains Milk, Wheat, Soy, Gluten, Chicken.	323.56	44.66	6.32	0.99	0.00	75.65	1085.26	2.02	22.90
Chicken Biscuit - (1 ea.)Contains Milk. May contain Egg, Wheat, Soy, Chicken.	288.00	35.33	9.86	4.73	0.00	31.21	522.61	2.61	15.55
Chicken Caesar Salad - SA290 (1 ea.)Contains Milk, Egg, Fish, Wheat, Soy, Chicken.	479.37	17.69	31.37	9.63	0	113.35	1266.91	2.98	35.64
Chicken Chunks - (3 3/4 oz.)Contains Milk, Wheat, Soy, Chicken.	207.85	14.99	7.99	1.00	0.00	41.97	545.61	2.00	18.99
Chicken Egg Roll (1 ea.)Contains Egg, Wheat, Soy, Chicken.	210.00	27.00	7.00	2.00	0.00	10.00	300.00	3.00	9.00
Chicken Tenders - (3 ea.)Contains Wheat, Soy.	226.21	11.80	11.80	1.97	0.00	44.26	324.56	1.97	19.67
Chicken Teriyaki & Stir Fried Rice (1 ea.)Contains Wheat, Soy, Chicken, Sesame.	306.47	37.02	7.04	1.43	0	100.00	753.43	1.98	25.96
Chicken Teriyaki (chicken only) (1 #10 scoop)Contains Wheat, Soy.	123.81	9.52	3.33	0.95	0.00	66.67	457.13	0.00	15.24
Cinnamon Applesauce Cup (1 ea.)	50.00	13.00	0.00	0.00	0.00	0.00	15.00	1.00	0.00
Citrus Salad - (1 ea.)Contains Citrus, Grapefruit.	112.99	27.60	0.06	0.01	0	0.00	17.36	1.52	1.74
Clementines - (1 ea.)	80.56	20.28	0.47	0.06		0.00	3.04	2.74	1.23
Cole Slaw - (1 ea.)Contains Soy.	42.55	5.54	2.26	0.35	0.03	0.00	19.77	1.18	0.61
Cornbread - (1 slice)Contains Milk. May contain Egg, Wheat, Soy, Gluten.	173.34	27.86	5.79	2.34	0.01	3.25	441.29	1.64	2.67
Cranberry Apple Salad - (1 ea.)Contains Milk, Soy, Chicken.	716.66	105.50	24.16	7.24	0	65.50(M)	1583.04	9.98(M)	27.28
Cranberry Sauce (THANKSGIVING) - (1Tbsp.)	88.48	22.62	0.03	0.00	0.00	0.00	2.80	0.67	0.42
Croutons - (2 Tbsp.)Contains Milk, Wheat, Soy.	35.22	4.03	1.51	0.00	0.00	0.00	55.34	0.00	1.01
Crunchy Tacos - (1 pkg shells + 1 each meat + 1 fl oz cheese)Contains Milk, Beef, Onion.	419.43	32.12	23.68	8.32	1.99	59.42	254.67	4.29	20.69
Cucumber Salad - (1 #8 scoop)Contains Onion.	27.34	1.96	2.29	0.34	0	0.00	1.04	0.29	0.33
Cucumber Slices, fresh - (7 slice)	14.87	3.60	0.11	0.04		0.00	1.98	0.50	0.64
Cy-Fair Sauce - (2 fl. oz.)Contains Egg, Soy.	248.60	38.51	11.69	1.30	0	12.99	421.33	0.04	0.08
Egg & Bacon Spinach Salad - Contains Milk, Egg, Soy, Turkey.	471.79	54.72	17.84	7.72	0	223.39	1256.27	3.03	21.55
EGG HAM & CHEESE CROISSANT (1 ea.)Contains Milk, Egg, Wheat, Soy, Turkey.	246.83	26.18	10.51	3.01	0.00	112.39	588.34	2.00	13.49
Egg, Bacon & Cheese English Muffin - (1ea.)Contains Milk, Egg, Wheat, Soy, Turkey.	250.50	26.01	11.28	2.77	0.00	107.59	596.75	2.00	13.04
Egg, Ham, & Cheese English Muffin - (1 ea.)Contains Milk, Egg, Wheat, Soy, Turkey.	246.83	26.18	10.51	3.01	0.00	112.39	588.34	2.00	13.49
Fish Nuggets - (4 ea.)Contains Milk, Egg, Fish, Wheat, Soy, Gluten.	250.00	19.00	9.00	2.00	0.00	55.00	290.00	1.00	16.00
Fish Nuggets - PreK - (1 ea.)Contains Fish, Wheat, Soy.	200.00	17.00	9.00	1.50	0.00	40.00	310.00	1.00	14.00
Fish Sandwich - (1 ea.)Contains Fish, Wheat, Soy.	380.00	49.00	11.50	1.50	0.00	45.00	550.00	5.00	20.00
Fish Sticks - (4 ea.)Contains Fish, Wheat, Soy.	200.00	17.00	9.00	1.50	0.00	40.00	310.00	1.00	14.00
French Toast - (1 ea.)Contains Milk, Egg, Wheat, Soy.	240.00	38.00	7.00	1.00	0.00	10.00	260.00	2.00	6.00
Fresh Orange - TR1049 (1 ORANGE, 138 CT)	62.63	15.66	0.16	0.02		0.00	0.00	3.20	1.25
Frosted Cinnamon Flakes Cereal - (1 ea.)Contains Wheat.	200.00	48.00	1.00	0.00	0.00	0.00	340.00	5.00	4.00
Frosted Mini Spooners Cereal - (1 ea.)Contains Wheat.	200.00	46.00	1.00	0.00	0.00	0.00	10.00	6.00	5.00
Frozen Peach Cup - (1 ea.)	52.98	13.99	0.00	0.00	0.00	0.00	11.30	1.25	0.50
Frozen Strawberry Cup - (1 ea.)	122.47	33.07	0.00	0.00	0.00	0.00	3.83	2.42	0.68
Fruit Cocktail (Mixed Fruit) - (4 fl oz solid spoodle)	89.74	22.43	0.00	0.00	0.00	0.00	22.43	1.12	0.00
Garden Fresh Bell Pepper Sticks - V48 (1/2 c.)	11.34	2.63	0.10	0.03	0.00	0.00	1.70	0.96	0.49
Garden Salad - (1 no. 8 lettuce + 1 no. 16 tomatoes)	12.78	2.68	0.17	0.02		0.00	4.22	1.05	0.71
Garlic Breadsticks - (1 ea.)Contains Milk, Egg, Wheat.	127.87	22.19	2.54	1.08	0.01	17.45	187.34	2.29	4.48
Garlic Roll - (1 ea.)Contains Milk, Egg, Soy.	125.29	21.44	2.75	1.21	0.01	17.74	191.23	2.00	4.34
Grape Jelly - (1 ea.)	35.00	9.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Green & Red Grapes - (1 #8 scoop)	60.78	15.56	0.32	0.10		0.00	1.81	0.82	0.57
Green Eggs & Ham -(1 ea.)Contains Milk, Egg, Wheat, Soy, Turkey.	268.27	30.00	11.10	5.87	0	157.84	583.99	2.19	13.01
Grilled Chicken Sandwich - (1 ea.)Contains Wheat, Soy.	260.00	30.00	4.50	0.50	0.00	55.00	680.00	3.00	26.00
Grilled Spicy Chicken Sandwich - (1 ea.)Contains Wheat, Soy.	260.00	30.00	5.50	1.50	0.00	40.00	480.00	3.00	23.00
Grilled Cheese Croissant Sandwich (1 ea.) Contains Milk, Egg, Wheat, Soy	301.5	33.04	12.83	6.3	0	22.78	735.25	3	14.11

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Ham & Cheese Croissant - (1 ea.)Contains Milk, Egg, Wheat, Soy, Turkey.	270.50	31.51	10.53	4.52	0.00	37.59	716.75	3.00	15.54
Hamburger - (1 ea.)Contains Wheat, Soy, Beef.	345.00	29.20	17.80	6.80	0.00	50.00	329.00	3.00	18.20
Honey Mustard Dip (1 pkg.)Contains Egg, Soy.	80.00	7.00	6.00	1.00	0.00	10.00	125.00	0.00	0.00
Hot Dog, ind (1 ea.)Contains Milk, Wheat, turkey.	230.00	21.00	10.50	2.50	0.00	55.00	470.00	2.00	13.00
HOUSE VINAIGRETTE - (1 fl. oz.)	109.39	0.52	12.46	1.78	0	0.00	193.09	0.07	0.04
Hummus & String Cheese Lunch Box (1 ea.)Contains Milk, Wheat, Soy.	359.77	47.01	13.11	3.52	0	15.00	536.34	9.47	16.54
Jalapenos - (1 ea.)	5.00	1.00	0.00	0.00	0.00	0.00	360.00	0.00	0.00
Ketchup - (2 ea.)	20.00	6.00	0.00	0.00	0.00	0.00	50.00	0.00	0.00
King Ranch Turkey Casserole - (1 serv.)Contains Milk, Soy, Chicken, Corn/Corn Products, Rice, Sunflower Seeds, Tomatoes.	330.11	21.18	16.20	4.20	0	49.73	870.62	1.66	24.24
Lo Mein - (noodles only) (1 #8 scoop)Contains Wheat, Soy, Gluten, Chicken, Corn/Corn Products, Sesame	181.43	39.44	0.77	0.09	0	0.00	99.84	1.97	4.40
Macaroni & Cheese - Plain (2 scoop)Contains Milk, Wheat, Soy, Gluten, Corn/Corn Products, Onion.	558.80	53.89	22.79	10.47	0.05	50.16	989.71	3.50	28.26
Mandarin Chicken Salad - (1 ea.)Contains Wheat, Soy, Chicken, Sesame.	505.86	74.16	10.96	1.74	0.01	65.00	1097.07	9.04	31.00
Mandarin Oranges - (4 fl oz solid spoodle)	70.00	17.00	0.00	0.00	0.00	0.00	10.00	1.00	1.00
Marinara Sauce - (2 fl. oz.)Contains Corn/Corn Products.	38.94	6.65	1.12	0.16	0	0.00	192.19	1.93	1.33
Mashed Potatoes (no gravy) (1 #8 scoop)Contains Milk.	96.79	19.40	1.31	0.04	0	0.03	180.42	1.28	2.51
MASHED POTATOES w/ gravy, (1 ea.)Contains Milk, Egg, Wheat, Soy.	139.97	28.57	1.75	0.91	0	0.07	213.98	23.18	2.12
Mayonnaise - (1 ea.)Contains Egg, Soy.	90.00	0.00	10.00	1.50	0.00	10.00	80.00	0.00	0.00
MEATBALL PIZZA - (1 slice)Contains Milk, Wheat, Soy, Beef, Onion.	394.86	39.00	15.78	8.01	0.18	47.00	492.43	4.20	24.12
Meatball Sub - (1 ea.)Contains Milk, Wheat, Soy, Beef, Corn/Corn Products.	352.12	32.47	16.01	6.04	0.57	49.64	613.11	4.38	20.07
Milk, Fat-Free Chocolate Milk - 8 oz - (1 ea.)Contains Milk.	120.00	20.00	0.00	0.00	0.00	5.00	140.00	0.00	8.00
Milk, Fat-Free Strawberry - 8 oz - (1 ea.)Contains Milk.	110.00	19.00	0.00	0.00	0.00	5.00	100.00	0.00	8.00
Milk, White, 1% - 8 oz - (1 ea.)Contains Milk.	100.00	12.00	2.50	1.50	0.00	10.00	125.00	0.00	8.00
Mini Corn Dogs - (6 ea.)Contains Egg, Wheat, Soy, Chicken.	271.30	30.14	12.06	3.52	0.00	40.19	411.98	5.02	10.05
Mini Pancakes - (1 ea.)Contains Milk, Egg, Wheat.	220.00	40.00	7.00	0.50	0.00	0.00	180.00	3.00	4.00
Mini Pancake Sausage Wraps - BREAKFAST - (3 ea.)Contains Egg, Wheat, Soy, Gluten.	180.00	15.00	9.00	2.50	0.00	25.00	280.00	3.00	6.00
Mini Pancake Sausage Wraps - LUNCH - (6 ea.)Contains Egg, Wheat, Soy, Gluten.	360.00	30.00	18.00	5.00	0.00	50.00	560.00	6.00	12.00
Mini Pizza Bagels - (4 ea.)Contains Milk. Processed in a facility that also processes Egg, Wheat, Soy.	260.00	24.00	9.00	5.00	0.00	20.00	560.00	4.00	21.00
Mixed Fruit, fresh - (4 fl oz solid spoodle)Contains Cantaloupe.	31.00	8.00	0.00	0.00	0.00	0.00	13.00	1.00	1.00
Mixed Greens w/ Turkey Bacon (1/2 cup) - Contains Turkey.	63.29	10.36	1.25	0.07	0	1.92	207.84	7.23	6.20
Mixed Vegetables - (4 fl oz slotted spoodle)Contains Milk.	80.54	16.27	0.12	0.09	0	0.07	171.23	4.28	3.17
Mustard - (1 ea.)	3.86	0.50	0.20	0.01	0.00	0.00	64.90	0.17	0.22
Orange Chicken - (chicken only) (1 #10 scoop)Contains Egg, Wheat, Soy.	111.11	14.07	2.22	0.37	0.00	29.63	207.40	0.00	8.15
Orange Chicken & Lomein (1ea) Contains Egg, Wheat, Soy, Gluten, Chicken, Corn/Corn Products, Sesame	331.43	58.44	3.77	0.59	0	40.00	379.84	1.97	15.40
Orange Juice - (1 ea.)Contains Oranges/Orange Juice.	60.00	13.00	0.00	0.00	0.00	0.00	1.00	0.00	0.00
Orange Smiles - F17 (1 ea.)	62.63	15.66	0.16	0.02		0.00	0.00	3.20	1.25
Peach Cobbler - (1 #6 scoop)Contains Milk, Wheat, Soy, Corn/Corn Products.	271.94	49.47	7.34	3.26	0	0.00	82.29	0.45	2.20
Pears, diced - (4 fl oz solid spoodle)	80.03	19.01	0.00	0.00	0.00	0.00	15.01	1.00	0.00
Peppered Gravy - (1 fl. oz.)Contains Milk, Egg, Wheat, Soy.	23.26	3.32	1.33	0.66	0.00	0.00	93.02	0.00	0.00
PEPPERONI PIZZA - (1 slice)Contains Milk, Wheat, Soy, Beef, Pork.	375.37	31.14	18.24	7.23	0.00	37.23	781.25	3.00	21.35
Pickles - (5 ea.)	0.00	0.00	0.00	0.00	0.00	0.00	150.00	0.00	0.00
Pico de Gallo (1 Tbsp.) Contains Citrus, Tomatoes, Onion.	2.71	0.60	0.03	0.00		0.00	0.90	0.19	0.13
Pineapple Chunks, Fresh (4 fl oz solid spoodle)	45.36	11.90	0.11	0.01		0.00	0.91	1.27	0.49
Pineapple Tidbits - (4 fl oz solid spoodle)	94.55	23.64	0.00	0.00	0.00	0.00	0.00	1.18	0.00
Pulled Pork BBQ Sandwich (1 ea.)Contains Milk, Wheat, Soy, Corn/Corn Products, Pork.	439.68	39.19	13.51	4.95	2.02	101.25	948.41	3.23	29.33
Pumpkin Muffin, ind - (1 ea.)Contains Milk, Egg, Wheat.	320.28	51.25	10.43	5.01	0.07	37.26	288.45	3.93	6.84
Raisins - (1 Box)	115.22	27.48	0.00	0.00	0.00	0.00	8.86	1.77	0.89
Ranch Dressing -(1 fl. oz.)Contains Milk, Egg, Soy.	89.1	5.98	7.47	0.87	0	9.58	223.17	0	0.43

\*\*Menus subject to change.

ELEMENTARY MENU ITEM NUTRIENT ANALYSIS

2019-2020

Item Name (Serving Size)	Calories	Carb (g)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Fiber (g)	Pro (g)
Red Grapes - (1 #8 scoop)	60.78	15.56	0.32	0.10		0.00	1.81	0.82	0.57
Red Onions, diced - (2 Tbsp.)Contains Onion.	6.98	1.63	0.02	0.01		0.00	0.70	0.30	0.19
Roasted Corn - (4 fl oz slotted spoodle)Contains Milk.	118.66	24.94	1.22	0.06	0	0.04	97.34	1.18	3.44
ROASTED SWEET POTATOES - (1 #8 scoop)Contains Milk, Potatoes.	91.10	21.46	0.10	0.06	0.00	0.03	80.63	2.68	1.39
Salsa - (2 fl. oz.)Contains Onion.	28.62	6.06	0.22	0.03	0	0	162.46	1.86	1.27
Sausage & Cheese Biscuit - (1 ea.)Contains Milk. May contain Egg, Wheat, Soy, Pork, Turkey.	291.50	29.51	13.08	6.97	0.00	30.59	547.75	2.10	14.14
Sausage & Cheese Croissant - (1 ea.)Contains Milk, Egg, Wheat, Soy, Pork, Turkey.	291.50	31.51	13.08	5.47	0.00	30.59	577.75	3.10	14.14
Sausage & Cheese English Muffin(1 ea.)Contains Milk, Wheat, Soy, Pork, Turkey.	232.46	25.70	8.59	2.97	0.00	30.59	519.75	2.12	14.18
Sausage & Cheese Kolache - (1 ea.)Contains Milk, Egg, Wheat, Pork.	268.80	25.75	13.11	5.45	0.01	44.77	644.19	2.45	10.92
Sausage & Cheese Kolache - (1 ea.)Contains Milk, Egg, Wheat, Pork.	268.80	25.75	13.11	5.45	0.01	44.77	644.19	2.45	10.92
Sausage & Pepperjack Cheese Kolache - (1 ea.)Contains Milk, Egg, Wheat, Pork.	274.99	27.34	13.84	5.90	0.01	48.23	578.59	2.71	10.66
Sausage Biscuit - (1 ea.)Contains Milk. May contain Egg, Wheat, Soy, Pork, Turkey.	251.00	28.50	10.80	5.70	0.00	23.00	406.00	2.10	11.10
Sausage Croissant - (1 ea.)Contains Milk, Egg, Wheat, Soy, Pork, Turkey.	251.00	30.50	10.80	4.20	0.00	23.00	436.00	3.10	11.10
Sausage Kolache - (1 ea.)Contains Milk, Egg, Wheat, Pork.	235.34	25.95	10.97	4.25	0.01	38.10	512.68	2.57	8.12
Sausage Pizza - (1 slice) Contains Milk, Wheat, Soy.	400.00	38.00	16.00	7.50	0.00	55.00	770.00	5.00	26.00
Seasoned Black Beans - (4 fl oz slotted spoodle)Contains Onion.	116.77	21.11	0.08	0.01		0	224.53	6.59	7.55
Seasoned Green Beans - (4 fl oz slotted spoodle)Contains Milk.	28.96	5.91	0.08	0.06	0	0.04	200.59	2.38	0.11
Seasoned Peas - (4 fl oz slotted spoodle)Contains Milk.	89.63	16.13	0.52	0.14	0	0.05	219.01	5.00	5.73
Seasoned Pinto Beans - (4 fl oz slotted spoodle)Contains Onion.	140.41	25.84	0.08	0.01		0	177.26	6.59	7.55
Shredded Cheese - (1/2 oz.)Contains Milk.	40.50	1.01	2.28	1.27	0.00	7.59	141.75	0.00	3.04
Shredded Lettuce - (1/4 cup shredded)	2.52	0.54	0.03	0.00		0.00	1.80	0.22	0.16
Sliced Peaches - (4 fl oz solid spoodle)	70.03	17.01	0.00	0.00	0.00	0.00	10.00	0.00	0.00
Sour Cream - (1 ea.)Contains Milk.	54.72	0.82	5.59	3.26		14.74	13.32	0.00	0.59
Sour Raisins - (1 ea.)	130.00	33.00	0.50	0.00	0.00	0.00	5.00	2.00	1.00
Southwest Chicken Salad - (1 ea.)Contains Milk, Soy, Chicken, Citrus, Tomatoes, Onion.	315.19	24.09	11.56	4.93	0	82.59	916.19	7.98	31.07
Soy Milk - (1 ea.)Contains Soy.	120.00	15.00	3.00	0.00	0.00	0.00	170.00	1.00	8.00
Soy Sauce - (1 packet)Contains Soy.	3.66	0.41	0.00	0.00	0.00	0.00	223.80	0.04	0.49
Spaghetti & Meatballs -(5 meatballs + 1 no. 8 scoop pasta)Contains Wheat, Gluten, Beef, Corn/Corn Products	375.43	43.81	14.45	4.50	0.7	48.00	530.90	6.74	19.70
Spicy Chicken Sandwich - (1 ea.)Contains Milk, Egg, Wheat, Soy, Chicken.	381.00	44.80	10.37	1.98	0.00	61.84	611.99	4.64	28.04
Spicy Chicken Tenders - (3 ea.)Contains Wheat, Soy.	220.00	9.00	12.00	2.00	0.00	50.00	370.00	1.00	20.00
Steak Fingers - (4 ea.)Contains Milk, Wheat, Soy, Beef.	287.00	17.80	17.80	6.70	0.00	39.00	389.00	3.10	15.20
Steamed Broccoli - (1 ea.)Contains Milk.	26.74	5.47	0.08	0.06	0	0.04	64.82	2.60	2.54
Stir Fried Rice - (1 #6 scoop)Contains Soy, Chicken, Sesame.	145.56	27.79	2.27	0.00	0	0.00	71.03	2.42	3.77
Strawberries, Fresh (4 fl oz solid spoodle)Contains Berries (all kinds).	29.03	6.97	0.27	0.01		0.00	0.91	1.81	0.61
Strawberries, ind - (1 ea.)Contains Berries (all kinds).	29.03	6.97	0.27	0.01		0.00	0.91	1.81	0.61
Strawberry Applesauce Cup - (1/2 c.)	50.00	13.00	0.00	0.00	0.00	0.00	15.00	1.00	0.00
Sunbutter, Jelly, & String Cheese Box (1ea)Contains Milk, Wheat. May contain Soy, Gluten, Sunflower Seeds	575.00	60.00	27.50	6.50	0.00	19.00	770.00	7.00	22.00
Sweet n Sour Sauce - (1 ea.)	15.00	4.00	0.00	0.00	0.00	0.00	70.00	0.00	0.00
Syrup - (1 ea.)	120.00	30.00	0.00	0.00	0.00	0.00	30.00	0.00	0.00
Taco Pizza - (1 slice)Contains Milk, Wheat, Soy, Tomatoes.	397.76	39.08	15.31	7.97	0	47.53	640.41	4.69	25.71
Tajin - (1 ea.)	2.00	0.00	0.00	0.00	0.00	0.00	127.00	0.00	0.00
Tamales, Hatch Green Chili - (2 ea.)Contains Milk, Corn/Corn Products.	320.00	34.00	16.00	6.00	0.00	30.00	340.00	6.00	12.00
Tartar Sauce - (2 fl. oz.)Contains Egg, Soy, Onion.	149.80	12.14	11.97	1.33	0	13.30	442.49	0.10	0.10
Thanksgiving Turkey - (3 oz.)	110.00	1.00	3.00	1.00	0.00	45.00	430.00	0.00	21.00
Thanksgiving Turkey & Dressing, (1 ea.)Contains Milk. May contain Egg, Wheat, Soy, Gluten, Chicken, Corn/Corn Products, Onion.	610.98	61.24	29.30	13.06	0.11	45.99	1336.37	3.44	27.42
Tomatoes & Shredded Lettuce, diced (served w/ tacos) - (1 ea.)Contains Tomatoes.	6.05	1.26	0.08	0.01		0.00	2.06	0.52	0.34

\*\*Menus subject to change.

ELEMENTARY MENU ITEM NUTRIENT ANALYSIS

2019-2020

Item Name (Serving Size)	Calories	Carb (g)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Fiber (g)	Pro (g)
Tomatoes, diced - (1 Tbsp.)Contains Tomatoes.	2.02	0.44	0.02	0.00		0.00	0.56	0.14	0.10
Turkey & Cheese Hoagie - (1 ea.)Contains Milk, Wheat, Soy, Turkey.	275.50	36.85	5.78	2.10	0.00	40.93	680.08	3.00	20.54
Turkey ham & Cheese Hoagie - (1 ea.)Contains Milk, Wheat, Soy, Turkey.	283.83	36.85	7.03	2.52	0.00	57.59	813.42	3.00	20.54
Vegetable Egg Roll - (1 ea.)Contains Egg, Wheat, Soy.	140.00	20.00	6.00	0.50	0.00	9.00	290.00	3.00	4.00
Watermelon - (1 slice)	42.36	10.66	0.21	0.02		0.00	1.41	0.56	0.86
Wheat Roll - (1 ea.)Contains Milk, Egg.	165.62	28.86	3.46	1.47	0.02	23.21	249.11	2.66	5.51
Whole Kernel Corn - TRADITIONAL (4 fl oz slotted spoodle) Contains Milk.	118.66	24.94	1.22	0.06	0	0.04	43.76	1.18	3.44
Whole Kernel Corn, ind - PRE-DISH (1 ea.)Contains Milk.	95.74	20.12	0.99	0.05	0	0.04	35.32	0.95	2.78
Whole Milk, Age 1-2 - (1 c.)Contains Milk.	148.84	11.71	7.93	4.55		24.40	104.92	0.00	7.69
Whole Wheat Cinnamon Roll - (1 ea.)Contains Milk, Wheat, Soy.	308.97	56.19	6.20	2.54	0	0.00	58.72	5.07	8.09
Yogurt & Granola Breakfast (1 Yogurt + Granola) Contains Milk.	340.00	63.00	6.00	0.50	0.00	0.00	165.00	4.00	10.00
Yogurt Box Lunch Entree - (1 ea.) Contains Milk.	420.00	63.00	12.00	4.00	0.00	15.00	365.00	4.00	16.00
Zucchini - (4 fl oz slotted spoodle) Contains Milk.	26.81	4.14	0.06	0.04	0	0.03	198.67	1.53	0.12
<b>A LA CARTE ITEMS</b>									
Chocolate Chip Cooke - 1 ea	177.0	29.5	3.7	0.0	12.1	153.5	30.5	1.9	2.9
Goldfish - WG - 1 ea.	100.0	14.0	1.0	0.0	3.5	170.0	14.0	1.0	3.0
Ice cream - chocolate cup - 1 ea.	70	12							
Ice cream - sandwich - mini - 1 ea.	120	12							
Ice cream - vanilla cup - 1 ea.	60	12							
Juice Rush Slush - Cherry/Raspberry (1 ea.)Contains Apples, Red Dye.	110.00	27.00	0.00	0.00	0.00	20.00		0.00	1.00
Rice Krispie - WG - 1 ea.	160	30							

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For the most updated nutrient analysis visit [SchoolCafe.com](http://SchoolCafe.com).