

Elementary Menu Nutritional Information 2018-2019

| Food Item | Serving | Calories | Carbs | Sodium |
|--|---------------------------------------|----------|-------|--------|
| Entrees | | | | |
| Nachos (Fiesta Beef amd Chips) | 1 bag + 3.17 oz | 235 | 29 | 417 |
| Asain Chicken (Chicken + Sauce) | 10 pcs + 2 oz | 329 | 32 | 670 |
| Brown Rice | 1/2 Cup | 85 | 19 | 0 |
| Mini Corn Dogs | 6 pcs. | 270 | 30 | 330 |
| Chicken Corn Dog | 1 pc. | 240 | 30 | 390 |
| WG Pizza Slice | 1 slice (1/10th) | 270 | 29 | 330 |
| WG Bosco Sticks 6" | 2 pieces | 300 | 34 | 440 |
| WG French Toast Sticks | 3 each | 315 | 45 | 390 |
| Meatball Slider | 4 Meatballs + Sauce on WG Bun | 356 | 33 | 456 |
| Turkey Hot Dog | 1 pc on Bun | 250 | 28 | 785 |
| WG Pepperoni French Bread Pizza | 1 piece | 300 | 33 | 560 |
| WG Cheese French Bread Pizza | 1 pc. | 290 | 33 | 440 |
| WG Cheesy Baked Macaroni | 2/3 Cup | 273 | 29 | 667 |
| WG Pretzel Rod | 1 rod | 70 | 14 | 40 |
| Chicken Tacos (Chicken + WG Tortilla) | 3 oz + 1 tortilla | 260 | 22 | 415 |
| Roasted Turkey with Gravy | 3.2 Oz + 1 oz gravy | 132 | 7 | 672 |
| Stuffing | 1/2 Cup | 130 | 22 | 500 |
| WG Dinner Roll | 1 each (35.4 g) | 80 | 14 | 70 |
| WG Individual Cheese Pizza | 1 each. | 280 | 29 | 440 |
| WG Belgium Waffle Sticks | 2 pieces | 140 | 27 | 250 |
| Chicken Sausage Patty | 1 pc. | 100 | 1 | 250 |
| WG Cheesy Breadstick | 2 breadstick | 300 | 34 | 440 |
| WG Boneless Wings | 5 piece | 200 | 12.5 | 338 |
| WG Honey Corn Biscuit | 1 pc. | 230 | 32 | 500 |
| Hamburger on Bun | 1 patty on bun | 240 | 26 | 510 |
| Baked Fries | 3 oz | 160 | 25 | 230 |
| WG Chicken Nuggets | 5 pc | 263 | 16 | 400 |
| WG Crispy Chicken Sandwhich | 1 pc on bun | 400 | 41 | 530 |
| WG Penne Pasta | 1/5 C. | 280 | 41 | 195 |
| WG Breadstick | 1 each. | 80 | 15 | 130 |
| Marinara Sauce Cup | 1 each | 40 | 8 | 200 |
| WG Grilled Cheese Sandwhich | 1 each | 280 | 31 | 550 |
| Turkey & Cheese on WG Bread | 1 sandwhich | 290 | 28 | 360 |
| Hummus and Veggies Bistro Box | 1 Box (1 oz hummus, 1/2 cup carrots a | 315 | 33 | 375 |
| Yogurt Parfait with Grahams | 1 Parfait | 350 | 32 | 190 |
| Sunbutter and Jelly Sub | 1 sandwhich | 375 | 34 | 300 |
| Seasoned beef taco meat | 3.17 oz | 110 | 5 | 290 |
| WG Sub Bun | 1 each | 150 | 28 | 180 |
| Beef Rib Sandwich Bun | 1 each | 350 | 41 | 850 |
| WG Pepperoni Pizza | 1 slice (1/10th) | 288 | 29 | 432 |
| WG Cheese Pizza | 1 slice (1/10th) | 320 | 34 | 352 |
| Beefy Macaroni and Cheese | 1 cup | 296 | 22 | 258 |
| Sweet and Sour Popcorn Chicken | 10 each | 316 | 20 | 590 |
| Baked Chicken Leg | 1 each | 190 | 5 | 450 |
| Power Pack (Yogurt, Cheesestick and WG Muffin) | 1 each | 330 | 43 | 390 |
| Cheeseburger + Bun | 1 patty with bun | 340 | 29 | 835 |
| Marinara Meatball Sub | 1 each | 340 | 41 | 600 |
| Tacos | 1 each | 200 | 20 | 365 |
| Chicken Corn Bread | 1 each | 240 | 30 | 390 |
| Popcorn Chicken | 10 each chicken | 270 | 20 | 590 |
| Bosco Pepperoni Stuffed Pizza | 1 each | 328 | 34 | 598 |
| Bosco Cheese Stuffed Pizza | 1 each | 310 | 34 | 540 |
| Turkey and Cheese sub | 1 each | 330 | 30 | 940 |
| Chef Salad with Flatbread | 1 Salad | 280 | 25 | 220 |
| Vegetables | | | | |
| Seasoned Black Beans | 1/2 C. | 120 | 20 | 360 |
| Sweet Potato Cubes | 1/2 C (3 oz) | 160 | 22 | 350 |
| Smiley Fries | 4 pc. | 130 | 18 | 190 |
| Tater Tots | 1/2 C. | 130 | 16 | 220 |
| Spiral Fries | 1/2 C. (2.25 oz) | 120 | 15 | 320 |

| | | | | |
|----------------------------------|---------------------|-----|----|-----|
| Baked Fries | 1/2 C. (2.54 oz) | 100 | 17 | 240 |
| Breakfast Potatoes | 1/2 C (2.91 oz) | 130 | 18 | 270 |
| Steamed Corn | 1/2 C. | 70 | 15 | 15 |
| Garbanzo Bean Salad | 1/2 C. | 110 | 18 | 310 |
| Buttered Broccoli | 1/2 C. | 55 | 8 | 40 |
| Peas & Carrots | 1/2 C. | 70 | 12 | 100 |
| Mashed Potatoes | 1/2 C. | 70 | 15 | 15 |
| Cucumber Slices | 4 slices | 6 | 2 | 10 |
| Carrot Sticks | 5 sticks | 5 | 3 | 12 |
| Cherry Tomatoes | 5 tomatoes | 10 | 2 | 10 |
| Baked Beans | 1/2 cup | 226 | 45 | 579 |
| Romaine salad | 1 cup | 10 | 2 | 0 |
| Seasoned green beans | 1/2 cup | 35 | 5 | 140 |
| Green Beans | 1/2 cup | 15 | 3 | 0 |
| Fiesta corn and black bean salad | 1/2 cup | 150 | 24 | 445 |
| Refried Beans | 1/2 cup | 180 | 31 | 650 |
| Romaine Tossed Salad | 3/4 C. | 15 | 2 | 10 |
| Fruits | | | | |
| Raisins | 1 box | 110 | 30 | 0 |
| Applesauce Cup | 4 oz cup | 80 | 20 | 15 |
| Juice Cup | 4 oz cup | 70 | 19 | 10 |
| Craisins | 1 package | 110 | 28 | 0 |
| Apples | 1 whole | 70 | 19 | 0 |
| Banana | 1 whole | 105 | 27 | 0 |
| Oranges | 1 medium (3 slices) | 60 | 15 | 0 |
| Pears | 1 each | 60 | 15 | 5 |
| Grapes | 1/2 cup | 50 | 14 | 0 |
| Cucumber Slices | 1/2 cup | 10 | 2 | 0 |
| strawberries | 1/2 C. | 25 | 6 | 0 |
| Milk | | | | |
| FF Chocolate Milk | 1/2 pt | 130 | 24 | 200 |
| FF Strawberry Milk | 1/2 pt | 130 | 22 | 100 |
| 1 % White Milk | 1/2 pt | 110 | 13 | 130 |
| Lactaid | 1/2 pt | 110 | 13 | 125 |
| Condiments | | | | |
| Ranch, PC | 1 packet | 30 | 2 | 55 |
| Italain, PC | 2 packet | 10 | 2 | 55 |
| BBQ, PC | 3 packet | 20 | 5 | 90 |
| Ketchup, PC | 4 packet | 10 | 2 | 25 |
| Mayo, PC | 5 packet | 60 | 1 | 60 |
| Mustard, PC | 6 packet | 0 | 0 | 65 |
| Salsa | 2 T. | 10 | 2 | 70 |
| Marinara Sauce | 2 oz | 40 | 8 | 200 |
| Syrup, PC | 1 portion cup | 120 | 31 | 0 |
| Gravy | 2 TBSP | 60 | 9 | 195 |
| Jelly, PC | 1 packet | 35 | 9 | 0 |
| Grain | | | | |
| Nacho Cheese Doritos | 1 package (39.69 g) | 130 | 20 | 200 |