

## Nutrition Information for Elementary Lunches

Item Description/serving size	Allergens	Calories	Saturated Fat	Total Sodium	Total Carbs/Sugar
<b>Week 1 of Cycle Menu</b>					
<b>Corn Dog</b>	Milk, Egg, Soy, Wheat	240	1.5	670 mg	Carbs 33g/Sugars 11g
Sweet Potato tots	Soy	130	.5	110 mg	Carbs 21 g/ Sugars 10g
Fresh Grapes	n/a	60	0	10mg	Carbs 23g/Sugars20g
Ketchup	n/a	10	0	25mg	Carbs 2g/Sugars2g
Mustard	n/a	5	0	40mg	0
Milk (Chocolate)	milk	110	0	180mg	Carbs 20g/Sugars 18g
<b>Quesadilla</b>	Milk, Wheat, Soy	330	3.5	830mg	Carbs 40g/Sugars 3g
Romaine Lettuce	n/a	10	0	0	Carbs 1g/Sugars 0g
Tomatoes	n/a	10	0	2	Carbs 1.5/Sugars .5 g
Cucumbers	n/a	5	0	0	Carbs 1g/ Sugars .75 g
Fresh Carrots	n/a	17	0	20 mg	Carbs 4g/ Sugars 2.5 g
Peaches, cnd	n/a	50	0	10mg	Carbs 13g/sugars 12g
Milk (chocolate)	milk	110	0	180mg	Carbs 20g/Sugars 18g
<b>Hamburger</b>	Soy	85	2.1	93 mg	Carbs 1g/Sugars 0g
Cheese Slice	Milk, Soy	35	1.25	420mg	Carbs 2g/Sugars 1g
WG Bun	Milk, Wheat, Soy	120	0g	150mg	Carbs 22g/Sugars 3g
French Fries	Soy, Wheat	140	1.5	260mg	Carbs 23g/Sugars 0g
Baked Beans	n/a	222	.13g	450mg	Carbs 29g/Sugars 12g

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Strawberry Applesauce	Strawberries	80	0	10mg	Carbs 20g/Sugars 18 g
Cinnamon Applesauce	n/a	60	0	10mg	Carbs 15g/ Sugars 12g
Ketchup	n/a	10	0	25mg	Carbs 2g/ Sugars 2g
Mustard	n/a	5	0	70mg	Carbs 0g/Sugars 0g
Milk (chocolate)	milk	110	0	180mg	Carbs 20g/Sugars 18g
<b>Chicken Penne</b>	wheat	345	3.59g	571.55mg	Carbs 40.85/Sugars
Steamed Broccoli	n/a	45	0	55mg	Carbs 8g/Sugars 3g
Mango Wango Punch	n/a	40	0	10mg	Carbs 10g/Sugars 9g
Orange, fresh	n/a	80	0	0	Carbs 21g/Sugars 14g
WG Garlic Toast	Milk, Soy, Wheat	110	1.5	200mg	Carbs 12g/Sugars 1g
Milk (chocolate)	milk	110	0	180mg	Carbs 20g/Sugars 18g
<b>Pizza</b>					
<b>Cheese</b>	Milk, Soy, Wheat	340	7	570 mg	Carbs 36g/Sugars 6g
<b>Pepperoni</b>	Milk, Soy, Wheat	360	7	690 mg	Carbs 36g/Sugars 6g
Corn	n/a	80	0	0	Carbs 15g/Sugars 9g
Watermelon	n/a	50	0	5mg	Carbs 12.5g/Sugars 16.5g
Milk (chocolate)	milk	110	0	180mg	Carbs 20g/Sugars 18g
<b>TOTALS:</b>		<b>3,284</b>	<b>22.57</b>	<b>4,735</b>	<b>Carbs 409/Sugars 168.25</b>
<b>Week 2 Cycle Menu</b>					
<b>Bosco Stick, 2 sticks</b>	Milk, Wheat	280	3g	460mg	Carbs 17g/Sugars 2g

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Marinara Sauce, ¼ cup	n/a	32	0	258 mg	Carbs 6g/Sugars 2g
Steamed Carrots, ½ cup	n/a	32	0	26mg	Carbs 5.3/Sugars 3.3g
Pears, cnd ½ cup	n/a	60	0	5 mg	Carbs 14g/Sugars 10g
Milk (chocolate)	milk	110	0	180mg	Carbs 20g/Sugars 18g
<b>French Toast, 3 sticks</b>	Eggs, Wheat, Soy	160	1	300 mg	Carbs 24g/Sugars 5g
Sausage Link, 1	n/a	120	4	90 mg	Carbs 0g/Sugars 0 g
Tri-Tator, 3 each	Soy	140	1	330 mg	Carbs 17g/Sugars 0g
Dragon Punch, 4 oz.	n/a	55	0	35 mg	Carbs 14g/Sugars 13 g
Strawberries, ½ cup	n/a	111	0	2.5 mg	Carbs 30g/Sugars 27g
Syrup,	n/a	120	0	30 mg	Carbs 30g/Sugars 22g
Milk (chocolate)	milk	110	0	180mg	Carbs 20g/Sugars 18g
<b>Lasagna Roll up, 1 each</b>	Milk, Eggs, Wheat	230	4	400 mg	Carbs 27g/Sugars 5g
Marinara Sauce, ¼ cup	n/a	32	0	258 mg	Carbs 6/Sugars 2g
Romaine Lettuce, 1 cup	n/a	10	0	0	Carbs 1g/Sugars 0g
Tomato, ½ cup	n/a	10	0	2	Carbs 1.5/Sugars .5
Cucumber , ⅓ cup	n/a	5	0	0	Carbs 1/Sugars .75
WG Garlic Toast, 1 slice	Milk, Wheat, Soy	110	1.5	200 mg	Carbs 12g/Sugars 1g
Pineapple, ½ cup	n/a	70	0	10mg	CArbs 17g/Sugars 14 g
Milk (chocolate)	milk	110	0	180mg	Carbs 20g/Sugars 18g
<b>BBQ Riblet, 1 each</b>	Milk, Wheat, Soy	200	4.5	620 mg	Carbs 12g/Sugars 9 g

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WG Hot Dog Bun, 1 each	Wheat	160	0	270mg	Carbs 31g/Sugars 4 g
Coleslaw, ¼ cup	Eggs, Soy	33	.26g	77 mg	Carbs 4.52g/Sugars
Baked Beans, ½ cup	n/a	222	.13g	450mg	Carbs 29g/Sugars 12g
Banana, 1 each	n/a	105	0	1mg	Carbs 27g/Sugars 14g
Milk (chocolate)	milk	110	0	180mg	Carbs 20g/Sugars 18g
<b>Chicken Nuggets, 5 each</b>	Milk, Wheat	208	1	546 mg	Carbs 15g/Sugars 1g
Mashed Potatoes, ½ cup	Soy	67	.18g	25 mg	Carbs 14g/sugars .6g
Gravy, ⅛ cup	egg	40	0	130 mg	Carbs 6g/sugars <1
Broccoli, ¼ cup	n/a	22	0	27mg	Carbs 4g/Sugars1.5g
Fruit Slushy, 4 oz.	n/a	80	0	45mg	Carbs 20g/Sugars 19g
Milk (chocolate)	milk	110	0	180mg	Carbs 20g/Sugars 18g
<b>TOTALS:</b>		<b>3,264</b>	<b>20.57</b>	<b>5,497</b>	<b>C485.32/S258.65</b>
<b>Week 3 Cycle Menu:</b>					
<b>Sloppy Joes,</b>	n/a	345	5g	540 mg	Carbs 36g/Sugars
Tater Tots, ½ cup	soy	170	2.5 g	340 mg	Carbs 19g/Sugars 0
Mandarin Oranges, ½ cup	n/a	70	0	10 mg	Carbs 17g/Sugars 17 g
Ketchup, pkt.	n/a	10	0	25 mg	CArbs 2g/Sugars 2 g
Milk (chocolate)	milk	110	0	180mg	Carbs 20g/Sugars 18g
<b>Chicken Patty, 1 patty</b>	Milk, Wheat	216	1	534 mg	Carbs 16g/Sugars 0g
WG Hamburger Bun, 1 bun	Soy, Milk	120	0	150mg	Carbs 22g/Sugars 3g

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Baked Beans ½ cup	n/a	222	.13g	450mb	Carbs 29g/Sugars 12g
Steamed Carrots, ¼ cup	n/a	16	0	32mg	Carbs 2.5g/Sugars 1.6g
Peaches, cnd, ½ cup	n/a	50	0	10mg	Carbs 13g/Sugars 12g
Mayonnaise Pkt., 1 pkt.	Eggs	25	0	85mg	Carbs 0g/Sugars 0g
Ketchup, pkt.	none	10	0	25 mg	Carbs 2g/Sugars 2g
Milk (chocolate)	milk	110	0	180mg	Carbs 20g/Sugars 18g
<b>Spaghetti w/Meat Sauce,</b>	Wheat	322	4.4	310mg	Carbs 34g/Sugars 8.5
Romaine Salad 1 cup	none	10	0	0	Carbs 1g/Sugars 0g
Tomatoes, ⅙ cup	none	7	0	.71mg	Carbs 1g/Sugars .57
Cucumbers, ⅙ cup	none	7	0	0	Carbs 1g/Sugars .75
WG Garlic Toast, 1 slice	Milk, Wheat, Soy	110	1.5	200 mg	Carbs 12g/Sugars 1g
Applesauce, ½ cup	none	25	0	1mg	Carbs 6g/Sugars 9.4g
Milk (chocolate)	milk	110	0	180mg	Carbs 20g/Sugars 18g
<b>Taco in a Bag</b>					
Tortilla Chip, 1 bag	Milk	210	1.5g	300 mg	Carbs 26g/Sugars1g
Chicken Taco Meat,	Wheat, Soy	161	2	320mg	Carbs 3g/Sugars 1g
Cheddar Cheese	Milk	40	2g	100mg	Carbs 1g/Sugars 0g
Salsa		13	0	92	Carbs 3g/Sugars 1g
Green Beans, ½ cup	none	15	0	0	Carbs 3.5g/Sugars 1g
Banana, 1 each	none	105	0	1mg	Carbs 27g/Sugars 14g

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Milk (chocolate)	milk	110	0	180mg	Carbs 20g/Sugars 18g
<b>Chicken Leg, 1 each</b>	Wheat	190	2.5	450mg	Carbs 5g/Sugars 0g
Baby Bakers, 3 oz.	n/a	100	0	180mg	Carbs 17g/Sugars 0g
Broccoli, Fresh, ¼ cup	n/a	5	0	6 mg	Carbs .9/Sugars .3g
Grapes, fresh, ½ cup	n/a	60	0	10mg	Carbs 15g/Sugars 13
WG Dinner Roll, 1 roll	soy, wheat	60	0	115 mg	Carbs 13g/Sugars 1g
Milk (chocolate)	milk	110	0	180mg	Carbs 20g/Sugars 18g
<b>TOTALS:</b>		<b>3,244</b>	<b>22.53</b>	<b>5,186.71</b>	<b>C429.9/S192.12</b>