

## Elementary Nutritional Information

<u>Recipe Description</u>	<u>Recipe Group</u>	<u>Portion Size</u>	<u>Calories</u>	<u>Cholesterol</u> <u>mg'</u>	<u>Sodium</u> <u>mg</u>	<u>Total</u> <u>Fat g</u>	<u>Saturated</u> <u>Fat g</u>	<u>Protein g</u>	<u>Carbohydrates g</u>	<u>Dietary</u> <u>Fiber g</u>	<u>Iron</u> <u>mg</u>	<u>Calcium</u> <u>mg</u>	<u>Vitamin</u> <u>A IU</u>	<u>Vitamin</u> <u>C mg</u>	<u>Total Gram</u> <u>Weight</u>
Baked Cheetos	BREAD/ROLLS/STARCH	1 bag	120	0	210	4.5	1	2	17	0	0.72	100	0	0	24.8
Dinner Rolls	BREAD/ROLLS/STARCH	1 roll	90	0	190	1.5	0	3	18	1	1.08	40	0	0	32
Fluffy Rice	BREAD/ROLLS/STARCH	3 oz	144	0	92	3.88	0.74	2.43	24.06	0.66	1.57	18.76	162	0	110.31
Italian Bread	BREAD/ROLLS/STARCH	1 slice	139	0	298	0.99	0	4.97	28.85	0.99	1.79	19.89	0	0	56.7
Low Fat Doritos	BREAD/ROLLS/STARCH	1 bag	130	0	220	5	1	2	19	1	0.36	20	0	0	28.35
Nacho Chips H	BREAD/ROLLS/STARCH	1 portion	280	0	200	12	1	4	38	2	0.72	40	0	0	56.7
Pasta + Pretzel	BREAD/ROLLS/STARCH	1 cup	199	0	146	2.3	0.06	9.31	35.4	3.73	2.52	27.78	0	0	355.72
Warm Garlic Stick	BREAD/ROLLS/STARCH	1 stick	214	0	769	1.49	0.28	5.86	44.91	1.7	2.95	10.21	0	0	56.7
Whole Wheat Bread H	BREAD/ROLLS/STARCH	1 slice	188	0	341	4.56	0.51	6.34	32.47	1.2	1.86	1.6	0	0.36	56.57
Whole Wheat Roll	BREAD/ROLLS/STARCH	1 slice	71	0	152	1.01	0	2.03	14.17	1.01	0.73	40.5	0	0	28.35
Stuffing E	BREAD/ROLLS/STARCH	1 roll	74	0	134	1.32	0.23	2.44	14.31	2.1	0.68	29.68	0	0	28
Pasta Elem	BREAD/ROLLS/STARCH	1/2 cup	177	0	863	9.7	1.05	4.34	21.06	0.33	1.45	6.74	309	1.01	132.51
Fluffy Rice El	BREAD/ROLLS/STARCH	1 cup	360	0	297	2.55	0.46	13.15	69.38	4.08	2.9	15.88	0	0	227.23
Pasta + w/Marinara Sauce	BREAD/ROLLS/STARCH	1/2 cup	144	0	92	3.88	0.74	2.43	24.06	0.66	1.57	18.76	162	0	110.31
Pasta +/Butter Elem	BREAD/ROLLS/STARCH	1 cup	232	0	294	2.73	0.08	10.25	41.92	4.52	3.22	42.61	324	4.7	466.59
Spaghetti w/Marinara Sauce E	BREAD/ROLLS/STARCH	1 cup	181	0	152	3.65	0.37	7.71	29.31	3.09	2.08	24.15	77	0	334.46
Sliced cheese H	BREAD/ROLLS/STARCH	1 cup	246	0	303	1.65	0.26	8.87	48.09	3.16	2.36	21.76	262	3.79	229.41
Mozzerella cheese sticks E	cheeses	1 slice	105	26	417	8.75	5.51	6.2	0.45	0	0.05	154.56	269	0	28
BBQ Sauce H	cheeses	1.5 oz	108	27	263	6.77	4.3	10.32	1.18	0	0.09	332.55	205	0	42.53
Honey Mustard ketchup	condiments,ketcup,relish	1 oz	40	0	283	0.41	0	0	8.91	0	0.29	0	81	0.97	28.35
Mayo	condiments,ketcup,relish	1 portion	143	1	358	8.93	1.39	1.07	14.64	0.14	0.38	17.55	2740	0.73	56.7
ASST JELLO CUPS E	condiments,ketcup,relish	1 portion	6	0	67	0.02	0	0.1	1.51	0.02	0.03	1.08	56	0.91	6
ASST JELLO CUPS M H	condiments,ketcup,relish	1 oz	202	10	152	22.27	3.04	0	0	0	0	0	0	0	28.35
ASST JELLO CUPSw/fruit M H	DESSERTS	1/2 CUP	37	0	46	0	0	0.53	8.95	0	0.19	22.73	0	15.8	65.67
CHOCOLATE CAKE w/Icing	DESSERTS	1/2 cup	63	0	79	0	0	0.9	15.22	0	0.32	38.65	0	26.86	111.64
Iced Cake	DESSERTS	1/2 cup	83	0	80	0	0	1.15	19.82	0.26	0.32	38.65	51	27.16	143.84
Iced Chocolate Cake	DESSERTS	1 slice	266	30	299	10.71	4.54	4.4	40.36	1.39	1.21	81.49	72	0.18	98.77
Yellow Cake	DESSERTS	1 slice	281	39	224	11.09	4.5	4.41	41.57	0.49	1.06	97.34	82	0.17	99.89
Yellow Cake w/icing	DESSERTS	1 slice	209	22	251	8.41	3.91	3.43	31.57	0.99	0.86	63.89	62	0.16	79.6
PUDDING CUPS EL	DESSERTS	1 slice	215	38	93	8.45	2.16	3.39	31.96	0.49	1.06	77.43	44	0.08	68.21
Blueberry Crumble Cake E	DESSERTS	1 slice	269	39	280	9.51	3.71	4.41	41.57	0.49	1.06	97.34	345	0.17	99.89
Big Daddy Pizza	DESSERTS	1/3 cup	52	0	94	1.3	0.24	0	10.39	0.24	0	18.9	0	0	56.7
Bosco Pizza	DESSERTS	1 slice	183	27	239	6.98	1.34	3.6	27.46	1.09	1.13	4.78	322	0.38	61.68
Charbroiled Burger on a Bun	ENTREES	1 piece	470	40	1060	18	9	24	55	3	3.6	400	500	0	178.89
Crispy Battered Chicken	ENTREES	1 portion	370	25	440	12	6	21	43	3	2.7	400	750	3.6	174
Grilled Cheese	ENTREES	1 portion	250	40	720	7.5	3	20	29	2	3.24	80	100	0	122.87
Low Fat Canadian Bacon	ENTREES	1 portion	486	91	891	26.32	6.07	28.35	28.35	0	2.19	0	0	0	170.1
Nacho Day E	ENTREES	1 sandwich	352	53	1138	19.52	11.03	16.45	29.25	2.02	1.56	390.12	538	0	113.5
Nacho(veg) Day	ENTREES	3 oz	41	23	372	1.79	0.51	5.63	0.76	0	0.34	2.55	10	0.6	85.05
Popcorn Chicken	ENTREES	1 portion	515	35	1461	25.23	4.86	19.3	54.39	4	1.08	560.75	32512	11.36	288.31
Roast Turkey	ENTREES	1 portion	404	0	1170	20.23	3.06	6.3	50.39	2	0.72	140.89	323	8.37	198.45
Roast Turkey and Gravy	ENTREES	3.248 oz	202	46	665	11.6	2.11	14.76	13.71	1.05	2.11	24.25	127	1.05	92.08
Super Chicken Breast Sandwich	ENTREES	1 SERVINGS	132	45	578	4.92	1.62	18.13	2.61	0	1.39	4.25	0	0	85.05
Taco El sch	ENTREES	1 portion	208	45	657	9.7	2.54	20.61	7.9	0.18	1.88	8.92	190	0.01	187.01
TURKEY GRAVY	ENTREES	1 sandwich	350	35	880	9.5	2	22	44	2	2.52	80	0	0	164
Vegetarian Taco El sch	ENTREES	1 serving	249	53	590	12.45	6.08	21.4	13.18	2.8	0.64	663.83	32879	6.27	156.63
Breaded Mozzarella Sticks E	ENTREES	3OZ LADLE	76	0	78	4.79	0.92	2.48	5.29	0.18	0.49	4.67	190	0.01	101.96
Crispy Chicken Nuggetts E	ENTREES	1 portions	248	40	733	14.16	8.77	17.95	12.3	0.88	0.31	534.7	884	8.87	142
Low Fat Hot dog on a Bun E	ENTREES	1 portion	476	25	870	20.35	8.77	20.75	37.76	3.14	2.37	386.96	762	3.79	214.41
Soft Breadsticks/sc&czstk E	ENTREES	3.4 oz	244	43	655	14.32	3.19	13.86	14.77	1.5	1.45	19.28	60	0	96.39
Soft Warm Breadsticks E	ENTREES	1 portion	240	35	1010	13.5	3.5	11	24	1	1.8	80	0	0	100
Italian Meatball Hero E	ENTREES	1 portion	652	86	1207	27.8	9.9	38.15	61.91	3.83	6.19	434.95	1001	11.95	460.81
Italian meatballs Elem	ENTREES	4 pieces	296	3	521	9.08	1.4	8.55	44.91	1.86	2.67	46.01	30	0.2	94.75
ASST.FRUIT CUPS HS	ENTREES	2 ea on roll	470	85	1102	9.88	2.82	28.73	68.4	3.05	6.52	97.42	308	3.94	311.1
ASST.FRUIT CUPS MS	ENTREES	2 EA.	165	85	386	7.54	2.81	18.03	5.44	0.42	2.37	45.68	47	0.15	108.29
ASST.FRUIT CUPS ES	FRUIT	1/2 cup	63	0	4	0.08	0.01	0.77	15.65	1.96	0.16	8.09	192	9.32	121.53
Cranberry Sauce	FRUIT	1/2 cup	63	0	4	0.08	0.01	0.77	15.65	1.96	0.16	8.09	192	9.32	121.53
Fresh apples H	FRUIT	1/3 cup	53	0	4	0.08	0.01	0.56	13.32	1.83	0.11	9.12	119	13.27	103.54
	FRUIT	1 portion	105	0	20	0.1	0.01	0.14	26.94	0.69	0.15	2.77	29	1.39	69.25
	FRUIT	1 portion	77	0	1	0.25	0.04	0.39	20.58	3.58	0.18	8.94	80	6.85	149

Cinnamon Applesauce cups E	FRUIT	1/3 cup	34	0	7	0	0	0.12	8.74	1.39	0.16	3.67	20	14.13	81.4
Cinnamon Applesauce Cups	INACTIVE ITEMS	1/3 cup	23	0	5	0	0	0.08	6.04	0.93	0.11	1.86	13	9.85	56.7
Fruit Icy	JUICE	1 each	90	0	25	0	0	0	22	0	0	60	300	60	78
Juice Cup	JUICE	1 portion	55	0	1	0.16	0.02	1	12.68	0.25	0.21	12.44	97	40.93	124.4
ASST. MILK EL Sch	MILK	HALF PINT	133	9	160	1.52	0.98	8	21.91	0	0	300	500	0.44	226.8
ASST. MILK HS	MILK	HALF PINT	133	9	162	1.42	0.92	8	22.33	0	0	300	500	0.4	226.8
ASST. MILK MS	MILK	HALF PINT	135	10	162	1.62	1.04	8	22.33	0	0	300	500	0.4	226.8
MILK asst. ELEMENTARY	MILK	HALF PINT	133	9	160	1.52	0.98	8	21.91	0	0	300	500	0.44	226.8
Butter Flavor Pam	MISCELLANEOUS	1 spray	0	0	0	0	0	0	0	0	0	0	0	0	0.8
Frosty Cream Icing	MISCELLANEOUS	1 serving	66	0	131	2.65	2.34	1.02	9.61	0	0	19.91	37	0.09	31.68
Smart Popcorn Cheddar	MISCELLANEOUS	1 bag	100	1	180	6	1.5	2	9	1	0	20	0	0	17.7
Syrup	MISCELLANEOUS	2 oz	130	0	10	0	0	0	30	0	0	0	0	0	56.7
Chocolate Chip cookies	MISCELLANEOUS	2 each	150	0	80	7	3.5	1	21	0	0.72	0	0	0	31
Egg Patty	patty	1 patty	70	110	106	5.65	1.26	3.31	1.1	0	0.38	16.78	164	0.01	35.44
Italian Dressing	salad dressing	1 portion	126	0	187	13.66	1.96	0.11	0.84	0.07	0.06	4.39	9	0.32	30.19
Ranch Dressing H	salad dressing	1 portion	108	6	149	11.29	1.61	0.5	0.81	0	0	18.75	31	0.07	29.05
Green Bean Salad	SALADS	1/2 cup	47	0	365	2.42	0.37	1.52	5.77	2.95	1.12	36.45	452	5.54	132.6
Tossed Salad E	SALADS	1/2 cup	98	0	167	10.28	1.43	0.37	1.8	0.48	0.19	8.48	186	1.91	51
Creamy Cole Slaw E	SALADS	1/2 cup	109	5	77	9.09	1.31	1.14	5.89	1.43	0.3	38.3	83	20.86	82.86
Jelly Sandwich	SANDWICHES	1 sandwich	215	0	300	2	0	4	45.9	2	1.44	80	0	0	84.35
PBJ Sandwich	SANDWICHES	1 SANDWICH	666	0	752	35.54	6.64	22.26	73.05	6.91	3.39	149.23	0	0	177.9
Cheese Sandwich E	SANDWICHES	1 sandwich	326	36	1205	15.95	8.76	15.12	32.13	2	1.92	405.46	432	0	112.7
Deli turkey on a Bun E	SANDWICHES	1 sandwich	170	15	644	1.5	0.5	12.1	28.01	1	1.8	60	0	0	108.7
Turkey Sandwich E	SANDWICHES	1 sandwich	180	15	644	2	0	12.1	29.01	2	1.8	80	0	0	112.7
Marinara Sauce Elem	SAUCE	3 oz	26	0	120	0.35	0.02	0.75	5.26	0.64	0.57	11.96	262	3.79	89.41
Meat Sauce Elem	SAUCE	3 oz	83	19	141	3.98	1.4	6.43	5.27	0.66	1.14	18.8	256	3.92	107.85
Ministrone(Vegetable) Soup E	SOUPS	8 oz	123	0	579	2.73	0.49	3.54	21.66	2.33	0.81	19.11	2742	4.78	223.83
Tomato Soup E	SOUPS	8 oz	90	0	723	1	0.5	2	19	2	0.36	3.4	400	4.8	226.8
CORN	VEGETABLES	1/2 cup	82	0	20	2.56	0.45	1.99	15.03	1.88	0.38	2.51	247	2.73	80.39
Lettuce and Tomato	VEGETABLES	1 portion	8	0	3	0.09	0.01	0.43	1.71	0.58	0.15	6.24	340	4.31	48
Lettuce and Tomato&pickles	VEGETABLES	1 portion	10	0	126	0.1	0.02	0.51	2.07	0.73	0.21	12.12	366	4.43	62
Sauerkraut H	VEGETABLES	1 portion	7	0	235	0.05	0.01	0.32	1.52	1.03	0.52	10.65	6	5.22	35.5
Sweet Potatoes	VEGETABLES	1/3 cup	176	0	80	5.42	0.93	0.33	31.44	1.97	0.98	17.42	7773	11.8	125.71
Vegetable Medley	VEGETABLES	3 oz	39	0	45	1.67	0.3	1.91	3.83	1.91	0	0	1751	20.1	87.31
Vegetable Medley	VEGETABLES	1/2 cup	79	0	88	4.95	0.9	2.72	5.46	2.73	0.01	0.17	2603	28.55	127.3
Carrot Coins E	VEGETABLES	1/2 cup	65	0	81	3.85	0.7	0.49	7.49	2.76	0.45	30.13	14303	1.92	88.84
Crisp Potato Puffs E	VEGETABLES	1/2 cup	136	0	348	6.17	1.3	1.47	19.87	1.79	0.46	10.03	4	4.51	71.63
Crispy Oven Fries E	VEGETABLES	1/2 cup	109	0	29	3.98	0	1.99	16.91	1.99	0.36	0	0	4.77	71.63
Fluffy Mashed Potatoes EL	VEGETABLES	1/2 cup	83	0	98	2.07	0.39	1.16	13.73	1.05	0.39	6.97	100	31.13	104.79
Broccoli Spears E M	VEGETABLES	1/2 cup	75	0	83	4.92	0.9	2.3	6.94	3.19	0.65	38.68	1703	62.76	102.46
Golden Corn E	VEGETABLES	1/2 cup	102	0	33	3.88	0.69	2.49	17.08	1.73	0.35	3.3	308	5.28	86.59
Green Beans Hot E	VEGETABLES	1/2 cup	62	0	41	4.33	0.79	1.27	5.49	2.56	0.56	35.78	665	3.49	90.51
Baked Beans E M	VEGETABLES	1/2 cup	110	0	440	0.5	0	6	22	4	3.6	80	750	2.4	124

**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.