

Elementary Lunch – Week 2, Monday

Recipes	Portion Size	Calories	Cholesterol Mg	Sodium Mg	Dietary Fiber G	Iron Mg	Calcium Mg	Vitamin A IU	Vitamin C Mg	Protein G	Carbohydrate G	Total Fat G	Saturated Fat G
POPCORN CHICKEN	3 OZ	221	30	242	1.01	1.45	20.13	0	0.00	10.06	15.09	13.08	3.02
BBQ on BUN	1 sandwich	269	18	710	2.03	2.38	81.34	0	0.61	12.68	38.12	7.61	2.28
GARDEN SALAD	1 EACH	142	106	267	1.84	0.56	144.22	800	12.00	8.50	10.59	6.14	0.82
MASHED POTATOES	1/2 CUP	24	0	153	0.21	0.09	1.87	0	6.34	0.85	4.46	0.21	0.00
WHEAT ROLL	1 Each	100	0	190	2.40	1.00	24.00	0	2.90	3.90	19.24	1.80	0.58
Broccoli w/ Cheese	1/2 cup	36	6	201	0.83	0.22	63.57	264	15.00	2.31	2.40	1.66	1.10
Apples	1 each	81	0	0	3.73	0.25	9.66	73	7.87	0.26	21.04	0.00	0.00
COOKIE SUGAR	1 EACH	120	5	110	0.00	0.36	0.00	200	0.00	1.00	18.00	5.00	2.50
JUICE FRUIT, Apple-Orange	4 OZ	60	0	10	0.00	0.00	5.60	48	24.00	0.50	14.50	0.00	0.00
TURKEY GRAVY	1 OZ	12	0	196	0.00	0.00	0.60	0	0.00	0.50	2.00	0.50	0.00
KETCHUP PACKET	2 EACH	20	0	200	0.00	0.00	0.00	0	0.00	0.00	4.00	0.00	0.00
RANCH DRESSING	PACKET	70	5	100	0.00	0.00	0.00	0	0.00	0.00	1.00	7.00	1.00
ITALIAN DRESSING CREAMY	PACKET	52	0	170	0.00	0.00	0.00	0	0.00	0.00	1.00	5.00	0.60
MILK 1% CHOCOLATE 1/2 PINT	1/2 PT	160	10	210	0.00	0.00	300.00	0	0.00	8.00	26.00	2.50	1.50
MILK 1% STRAWBERRY 1/2 PINT	1/2 PT	160	10	115	0.00	1.08	300.00	500	2.40	7.00	27.00	2.50	1.50
MILK 2% 1/2 PT	1/2 PT	120	20	125	0.00	0.00	0.00	0	0.00	0.00	0.00	5.00	3.00

Week 2 Continue ▼

Elementary Lunch – Week 2, Tuesday

Recipes	Portion Size	Calories	Cholesterol Mg	Sodium Mg	Dietary Fiber G	Iron Mg	Calcium Mg	Vitamin A IU	Vitamin C Mg	Protein G	Carbohydrate G	Total Fat G	Saturated Fat G
PIZZA CHEESE-BIG DADDY-10 SLICE	1/10 cut	380	32	858	2.43	2.59	323.78	405	0.00	19.43	44.52	14.57	7.28
Grilled Chicken Sandwich	1 EACH	302	45	583	1.00	1.98	0.00	0	0.00	19.15	29.02	14.13	3.03
Chef Salad	1 EACH	156	112	376	1.84	1.29	241.32	844	12.11	11.01	11.05	6.48	0.91
CORN	1/2 CUP	98	0	164	0.97	0.00	0.00	97	2.33	2.91	21.58	0.97	0.00
CARROTS FROZEN	1/2 CUP	61	0	223	2.18	0.00	21.78	5445	1.31	1.09	11.16	0.00	0.00
SALAD, TOSSED	1/2 cup	11	0	5	0.55	0.07	1.48	87	2.67	0.52	1.82	0.00	0.00
PEARS,CANNED,LIGHT SYRUP	1/2 cup	74	0	7	2.09	0.37	6.53	0	0.91	0.25	19.82	0.04	0.00
Gelatin w/ Topping	1/2 CUP	84	0	87	0.00	0.02	4.39	0	7.37	1.02	18.39	1.00	1.00
JUICE FRUIT, Apple-Orange	4 oz	60	0	10	0.00	0.00	5.60	48	24.00	0.50	14.50	0.00	0.00
KETCHUP PACKET	1 EACH	10	0	100	0.00	0.00	0.00	0	0.00	0.00	2.00	0.00	0.00
MUSTARD	1 EACH	4	0	62	0.18	0.10	4.40	8	0.16	0.22	0.43	0.17	0.09
MAYONNAISE	1 EACH	90	10	60	0.00	0.00	0.00	0	0.00	0.00	0.00	10.00	1.50
RANCH DRESSING	PACKET	70	5	100	0.00	0.00	0.00	0	0.00	0.00	1.00	7.00	1.00
ITALIAN DRESSING CREAMY	1 OZ	52	0	170	0.00	0.00	0.00	0	0.00	0.00	1.00	5.00	0.60
MILK 1% CHOCOLATE 1/2 PINT	1/2 PT	160	10	210	0.00	0.00	300.00	0	0.00	8.00	26.00	2.50	1.50
MILK 1% STRAWBERRY 1/2 PINT	1/2 PT	160	10	115	0.00	1.08	300.00	500	2.40	7.00	27.00	2.50	1.50
MILK 2% 1/2 PT	1/2 PT	120	20	125	0.00	0.00	0.00	0	0.00	0.00	0.00	5.00	3.00

Week 2 Continue ▼

Elementary Lunch – Week 2, Wednesday

Recipes	Portion Size	Calories	Cholesterol Mg	Sodium Mg	Dietary Fiber G	Iron Mg	Calcium Mg	Vitamin A IU	Vitamin C Mg	Protein G	Carbohydrate G	Total Fat G	Saturated Fat G
CHEESEBURGER	1 EACH	299	28	875	2.26	3.30	23.17	61	0.00	19.85	28.42	11.66	4.48
HAMBURGER	1 each	249	21	650	2.26	3.30	23.17	61	0.00	19.85	28.42	8.16	2.48
HOT DOG	1 each	221	40	774	1.00	2.17	100.48	0	4.84	9.04	23.02	10.57	2.52
FRUIT PLATE W/ YOGURT	1 each	262	0	101	6.30	0.64	43.66	1004	60.47	3.26	65.64	0.64	0.22
TATER TOTS	2 OZ	142	0	283	1.67	0.30	0.00	0	4.00	1.67	8.33	8.33	2.08
LETTUCE, TOMATO & PICKLE	1.5 oz	11	0	6	0.91	0.35	9.50	317	7.07	0.68	2.19	0.00	0.00
CELERY STICKS	4 STICKS	12	0	65	1.26	0.30	29.71	100	5.20	0.56	2.71	0.10	0.03
ORANGES	1 EACH	62	0	0	3.14	0.13	52.40	269	69.69	1.23	15.39	0.16	0.02
APPLESAUCE	1/2 CUP	97	0	4	1.53	0.45	5.10	14	2.17	0.23	25.40	0.23	0.04
JUICE FRUIT, Apple-Orange	4 oz	60	0	10	0.00	0.00	5.60	48	24.00	0.50	14.50	0.00	0.00
KETCHUP PACKET	2 EACH	20	0	200	0.00	0.00	0.00	0	0.00	0.00	4.00	0.00	0.00
MAYONNAISE	1 EACH	90	10	60	0.00	0.00	0.00	0	0.00	0.00	0.00	10.00	1.50
MUSTARD	1 EACH	4	0	62	0.18	0.10	4.40	8	0.16	0.22	0.43	0.17	0.09
RANCH DRESSING	PACKET	70	5	100	0.00	0.00	0.00	0	0.00	0.00	1.00	7.00	1.00
MILK 1% CHOCOLATE 1/2 PINT	1/2 PT	160	10	210	0.00	0.00	300.00	0	0.00	8.00	26.00	2.50	1.50
MILK 1% STRAWBERRY 1/2 PINT	1/2 PT	160	10	115	0.00	1.08	300.00	500	2.40	7.00	27.00	2.50	1.50
MILK 2% 1/2 PT	1/2 PT	120	20	125	0.00	0.00	0.00	0	0.00	0.00	0.00	5.00	3.00

Week 2 Continue ▼

Elementary Lunch – Week 2, Thursday

Recipes	Portion Size	Calories	Cholesterol Mg	Sodium Mg	Dietary Fiber G	Iron Mg	Calcium Mg	Vitamin A IU	Vitamin C Mg	Protein G	Carbohydrate G	Total Fat G	Saturated Fat G
PIZZA CHEESE-BIG DADDY - 10 SLICE	1/10 cut	380	32	858	2.43	2.59	323.78	405	0.00	19.43	44.52	14.57	7.28
Turkey & Cheese Hoagie	1 EACH	206	26	779	1.00	3.25	431.30	527	0.30	14.52	22.39	6.09	2.30
GRILL CHICKEN SALAD	1 each	208	35	284	1.27	1.09	25.43	373	11.64	9.24	15.19	7.52	0.55
MIXED VEGETABLES	1/2 cup	85	0	208	3.94	0.94	24.65	5007	10.26	3.28	17.59	0.51	0.09
LETTUCE & TOMATO	SERVING	8	0	5	0.72	0.27	8.64	210	3.81	0.53	1.41	0.00	0.00
CARROT STICKS	1/2 cup	38	0	31	2.64	0.44	23.73	24721	8.17	0.91	8.91	0.17	0.03
FRUIT MIXED-CANNED	1/2 cup	81	0	10	2.02	0.00	0.00	0	1.21	1.01	19.24	0.00	0.00
PUDDING ASSORTED	1/2 CUP	146	0	161	0.00	0.18	10.18	0	0.00	0.51	25.80	4.75	1.04
JUICE FRUIT, Apple-Orange	4 oz	60	0	10	0.00	0.00	5.60	48	24.00	0.50	14.50	0.00	0.00
MAYONNAISE	1 EACH	90	10	60	0.00	0.00	0.00	0	0.00	0.00	0.00	10.00	1.50
MUSTARD	1 EACH	4	0	62	0.18	0.10	4.40	8	0.16	0.22	0.43	0.17	0.09
RANCH DRESSING	PACKET	70	5	100	0.00	0.00	0.00	0	0.00	0.00	1.00	7.00	1.00
ITALIAN DRESSING CREAMY	1 OZ	52	0	170	0.00	0.00	0.00	0	0.00	0.00	1.00	5.00	0.60
MILK 1% CHOCOLATE 1/2 PINT	1/2 PT	160	10	210	0.00	0.00	300.00	0	0.00	8.00	26.00	2.50	1.50
MILK 1% STRAWBERRY 1/2 PINT	1/2 PT	160	10	115	0.00	1.08	300.00	500	2.40	7.00	27.00	2.50	1.50
MILK 2% 1/2 PT	1/2 PT	120	20	125	0.00	0.00	0.00	0	0.00	0.00	0.00	5.00	3.00

Week 2 Continue ▼

Elementary Lunch – Week 2, Friday

Recipes	Portion Size	Calories	Cholesterol Mg	Sodium Mg	Dietary Fiber G	Iron Mg	Calcium Mg	Vitamin A IU	Vitamin C Mg	Protein G	Carbohydrate G	Total Fat G	Saturated Fat G
Steak Fingers	3 EACH	221	20	562	1.06	1.97	23.86	47	0.59	10.58	13.49	13.52	3.88
Grilled Cheese Crustless	1 EACH	150	17	500	1.00	1.08	150.00	300	0.00	6.00	17.00	6.00	3.00
GARDEN SALAD	1 EACH	142	106	267	1.84	0.56	144.22	800	12.00	8.50	10.59	6.14	0.82
GREEN BEANS	1/2 cup	28	0	0	1.84	0.66	36.78	0	8.28	0.92	5.52	0.00	0.00
MAC & CHEESE	1/2 CUP	104	0	148	0.70	0.83	20.03	0	0.00	3.30	18.57	1.85	0.50
CUCUMBER SLICES	1/4 CUP	5	0	1	0.23	0.11	5.33	17	1.79	0.19	1.10	0.04	0.01
Banana	1 EACH	105	0	1	2.74	0.35	6.84	92	10.37	1.17	26.71	0.55	0.21
Chocolate Chip Cookie	1 EACH	130	5	95	1.00	0.72	0.00	100	0.00	1.00	17.00	6.00	2.00
JUICE FRUIT, Apple-Orange	4 OZ	60	0	10	0.00	0.00	5.60	48	24.00	0.50	14.50	0.00	0.00
KETCHUP PACKET	1 EACH	10	0	100	0.00	0.00	0.00	0	0.00	0.00	2.00	0.00	0.00
RANCH DRESSING	PACKET	70	5	100	0.00	0.00	0.00	0	0.00	0.00	1.00	7.00	1.00
ITALIAN DRESSING CREAMY	PACKET	52	0	170	0.00	0.00	0.00	0	0.00	0.00	1.00	5.00	0.60
MILK 1% CHOCOLATE 1/2 PINT	1/2 PT	160	10	210	0.00	0.00	300.00	0	0.00	8.00	26.00	2.50	1.50
MILK 1% STRAWBERRY 1/2 PINT	1/2 PT	160	10	115	0.00	1.08	300.00	500	2.40	7.00	27.00	2.50	1.50
MILK 2% 1/2 PT	1/2 PT	120	20	125	0.00	0.00	0.00	0	0.00	0.00	0.00	5.00	3.00