

Elementary Menu Nutritional Information

Date	Menu Component	Srv/Wt	Calories	Carb gm	Sodium	Allergens
1	Pancakes	2.4 oz 92 cakes)	140	26	270	w, e, m, s
	Sausage Links	3 links	150	3	375	no
	Maple Syrup	1 oz	80	21	20	no
	Applesauce	1 cup	125	27	5	no
2	Burger	2.25 oz	150	0	190	s
	Cheese	1 oz	85	0.75	158	m
	On a Bun	57 gm	146	29	318	w,s,
	Tater Tots	3 oz	160	25	230	s
	Box of Crasains	.2g	129	34	5	no
5	Grilled Cheese Sandwich (prepacked)	1	280.32	30.96	580.79	w,s,m
	Baby Carrots Snack	1.6 oz	15	4.5	35	no
	Apple Slices	1 PIECE	75	19	1	no
7	Ham	1.22 oz	37	2	232	no
	Pepperoni	4 pieces	100	6	350	no
	Cheese	1 oz (2 slices)	110	2	270	m
	On a Bun	57 gm	146	29	318	w,s,
	Vegetables for salad	3/4 cup	100	28	50	no
	Ranch; Blue Chs, Italian	1 oz	130	1	350	e, m, s, may contain g
	Peach Cup	1 PIECE	75	19	1	no
8	Chicken Nuggets	3.04	216	13	370	w/s/e
	Potato Wedges	3/4 cup	100	24	130	s, w
	Steamed Carrots	3/4 cup	75	19	1	no
	Strawberry Cup	1 PIECE	75	19	1	no
9	French Toast Sticks	3	150	22	270	w,e,m,s
	Maple Syrup	1 oz	80	21	20	no
	Egg Patty	1 oz	190	3	310	e, s, may contain g
	Potato Wedges	3/4 cup	100	24	130	e, s, may contain g
	Mixed Fruit	1 PIECE	75	19	1	no
12	WW Pizza Sticks	5.85	340	39	570	w,m,s
	w/ Marinara Dipping Sauce (prepacked)	2 oz	40	270	9	s, may contain w
	Carrot Pack	2 bags	125	30	2	no
	Pear	1 PIECE	75	19	1	no
14	Deli Turkey (USDA)	1.43 oz	43	1	214	no
	Cheese	1 oz (2 slices)	110	2	270	m
	croisantt	2.2 oz	190	26	279	w, s, m,
	Steamed Broccoli	3/4 cup	75	19	1	no
15	Roast Turkey	4 oz	120	0	540	no
	& Gravy	1/4 cup	20	3	270	w,s,m
	Corn & Carrot	3/4 cup	95	22	20	no
	WG Dinner Roll	28 gm	72	14	159	w,s,
	Mixed Seasonal Fruit	1 PIECE	75	19	1	no
	Thanksgiving Cookie					

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16	Turkey Taco Meat	1.72 oz	86	2	132	s
	Tortilla Boat					no
	Corn & Black Bean Salsa	3/4 cup	95	22	20	no
	Shredded Cheese					
	Box of Crasains	.2g	129	34	5	no
	Chicken Patty	3.05	216	13	370	w/s/e
	On a Bun	57 gm	146	29	318	w,s,
19	French Bread Pizza (prepacked)	4.94 oz	300	34	570	w,m,s
	Baby Carrot Snack Pack	1.6 oz	15	4.5	35	no
	Apple Slices	1 PIECE	75	19	1	no
21	Grilled Chicken Strips	2 oz	170	9	310	s,m,w
	Teriyaki Sauce	1 TBSP	60	14	470	w,s may contain sesame
	Over a Bed of Brown Rice	1/2 cup ckd	210	45	10	no
	Peas & Corn Medley	3/4 cup	95	22	20	no
	Fruit	1 PIECE	75	19	1	no
22	Popcorn Chicken	12 pieces (87g)	230	14	240	m, s, w
	Sweet & Sour Sauce	1 pk	15	4	70	may contain g
	Sweet Potato Tots	3/4 cup	240	34	380	s
	WG Dinner Roll	28 gm	72	14	159	w,s,
23	TDB	Please contact the Food Service Office on Wednesday, December 21 for more information				
Daily	Alternatives					
	Veggie Plate:					
	Raw Veggie Medley	1 cup	125	35	50	no
	Heart pretzel	1pk	100	20	200	w
	Salad Dressing Variety	1 oz	130	1	350	e, m, s, may contain g
	Pre-Packed Cold Lunch:					
	Yogurt	4 oz	70	14	65	m,
	WW Bagel	2 oz	140	28	160	w, s,
	Cheese Stick					m
	Baby Carrots Snack	1.6 oz	15	4.5	35	no
	fruit	1 PIECE	75	19	1	no

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