

# Elementary Menu Nutritional Information

Date	Menu Component	Srv/Wt	Calories	Carb gm	Sodium	Allergens
3	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
	Fruit	1 PIECE	75	19	1	no
5	Beef Meatballs w/ Sauce	2.4 oz (3)	140	6	230	m, s, w
	Steamed Green Beans	3/4 cup	35	10	0	no
	Sub Roll	1	146	29	318	w
	Fruit	1 PIECE	75	19	1	no
6	Burger	2.25 oz paty	150	0	190	no
	slice of cheese	1 oz	85	0.75	158	m
	WW Bun	57 gm/one bun	146	29	318	w, s
	Garlic Roasted Chickpeas	1/2 cup	378	50	25	no
	Smile Fries	3 oz	160	25	230	s
	Fruit	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
	Fruit	1 piece	75	19	1	no
10	French Bread Pizza (prepacked)	4.94oz	300	34	570	w, m, s
	Baby Carrots Snack Pack	1.6 oz	15	4.5	35	no
	Fruit	1 piece	75	19	1	no
12	Teriyaki Beef Dippers	4	160	6	440	s, w
	Steamed Brown Rice	1/2 cup	124	25	4	no
	Onion & Pepper Medley	3/4 cup	100	28	50	no
	Fruit	1 piece	75	19	1	no
13	Deli Turkey					
	American Cheese	1 oz	60	1	170	m
	Bread	57 gm	146	29	318	w, s
	Chickpea & Tomato Salad	1/2 cup	378	50	25	no
	Fruit	1 piece	75	19	1	no
24	Round Personal Pizza	1	330	33	600	w, m
	Green Beans	3/4 cup	40	5	25	no
	kidney beans	1/2 cup	104	19	140	no
	Fruit	1 piece	75	19	1	no

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26	Popcorn Chicken	8	145	9	145	m, s, w
	WW elbow	2oz	180	39	0	w
	LOL Cheddar Cheese Sauce	3 oz	137	4	548	m, s
	Green Beans	3/4 cup	40	5	25	no
	Fruit	1 piece	75	19	1	no
27	Beef Crumble	2.10 oz	110	0	260	no
	Shredded cheese	1 oz	60	1	170	m
	Corn	1/2 cup	104	19	140	no
	Black Beans	1/2 cup	378	50	25	no
	Tortilla Chips	1.5 oz	200	27	170	no
	Fruit	1 piece	75	19	1	no
28	Honey BBQ Pork Ribs	3 oz	170	9	310	s, m, w
	2 WW Dinner Rolls	56 gram	72	14	159	w, s
	Steamed Spinach	3/4 cup	40	5	25	no
	Fruit	1 piece	75	19	1	no
	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,
	Baby Carrots Snack	1.6 oz	15	4.5	35	no
	Fruit	1 piece	75	19	1	no

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