

Elementary Menu Nutritional Information

Date	Menu Component	Srv/Wt	Calories	Carb gm	Sodium	Allergens
1	WW Spaghetti	2oz	180	39	0	w
	Beef Meatballs w/ Sauce	2.5 oz (3)	140	6	230	m,s,w
	Steamed Green Beans	3/4 cup	35	10	0	no
	WW Dinner Roll	28 gm	72	14	159	w, s
	Fruit	1 piece	75	19	1	no
2	Breaded Chicken	3 pieces	230	12	330	s, w
	Waffles	2 slices	140	24	120	w, s, m, e
	Maple Syrup	1 oz	80	21	20	no
	carrot pack	1.6 oz	15	4.5	35	no
	Fruit	1 piece	75	19	1	no
3	Burger	2.25 oz patty	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
	Smile Fruit	3 oz	160	25	230	s
	Fruit	1 piece	75	19	1	no
6	French Bread Pizza					
	carrot pack	1.6 oz	15	4.5	35	no
	Fruit	1 piece	75	19	1	no
8	Popcorn Chicken	15 piece	290	17	290	m, s, w,
	Sweet and sour sauce					
9	Turkey Taco Meat	1.75oz	86	2	132	no
	Shredded Cheese	1 oz	85	0.75	158	m
	Tortilla Chips	1 bag	200	27	170	no
	Corn & Black Bean Salsa	3/4 cup	115	22	338	no
	Fruit	1 piece	75	19	1	no
10	Chicken Filet	1 patty	120	1	320	s
	Marinara Sauce dipping sauce	1.25 oz	30	4	140	w, s
	Green Beans	3/4 cup	40	5	25	no
	Parm Cheese sprinkle	1 oz	85	0.75	158	m
	WW Bun	57 gm	146	29	318	w, s
	Fruit	1 pieces	75	19	1	no
13	Round Personal Pizza	1	330	33	600	w, m
	carrot pack	1.6 oz	15	4.5	35	no
	Fruit	1 piece	75	19	1	no
15	French Toast Sticks	2-3 pieces	150	22	270	w, e, m, s
	Maple Syrup	1 oz	80	21	20	no
	Turkey Sausage	links:3/patty:2	150	3	375	no
	Potato Wedges	3/4 cup	100	24	130	no
	Fruit	1 piece	75	19	1	no
16	Teriyaki Beef dippers	4	160	6	440	s, w

Elementary Menu Nutritional Information

	mashed potato	1/2 cup	160	34	620	m
	green beans	3/4 cup	35	10	0	no
	WW Dinner Roll	28 gm	72	14	159	w, s
	Fruit	1 piece	75	19	1	no
17	chicken nuggets	5 pieces	230	14	289	s, w
	Romaine lettuce	3/4 cup	50	6	14	no
	sprinkle of parm cheese	1 oz	85	0.75	158	m
	Casear dressing	1 oz	130	1	350	e, m, s, may contain g
	WW Dinner Roll	28 gm	72	14	159	w, s
	Fruit	1 piece	75	19	1	no
27	Grilled cheese (pre-packed)	1 sandwich	280	31	581	w,s,m
	carrot pack	1.6 oz	15	4.5	35	no
	Fruit	1 piece	75	19	1	no
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,
	Baby Carrots Snack	1.6 oz	15	4.5	35	no
	Fruit	1 piece	75	19	1	no

Elementary Menu Nutritional Information