

Elementary Menu Nutritional Information

Date	Menu Component	Srv/Wt	Calories	Carb gm	Sodium	Allergens
4	Pancakes	2.4 oz 92 cakes)	140	26	270	w, e, m, s
	Sliced Turkey Ham	2 oz	50	0	300	no
	Maple Syrup	1 oz	80	21	20	no
	Potato Wedge	3/4 cup	130	22	120	s, w, may contain g
	Applesauce	1 cup	125	27	5	no
5	Fajita Chicken	3.6 oz	78	0.6	324	s,w
	Brown Rice	1/2 cup ckd	109	22	5	No
	Broccoli	1/2 cup	26	5	22	no
	Fruit	1 PIECE	75	19	1	no
6	Ham	1.22 oz	37	2	232	no
	Cheese	1 oz (2 slices)	110	2	270	m
	WW Wrap	8 inch	120	21	220	w
	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
	Holiday cookie	23 g	94	13.7	64.3	w, m
9	Round Personal Pizza	3.04	216	13	370	w/s/e
	Baby Carrots Snack	1.6 oz	15	4.5	35	no
	Apple Slices	1 PIECE	75	19	1	no
11	Sliced Turkey Ham	2 oz	50	0	300	no
	Cheddar Cheese Sauce	1/4 cup	100	3	400	m
	WW Elbow pasta	1/2 cup ckd	87	18.58	2	w
	Corn	1/2 cup	67	15.5	1	no
	Applesauce	1/2 c	51	14	2	no
12	Fajita Chicken	1 oz	55	1	230	s, w
	Slice of Cheddar/America Cheese	1 slice	113	1	175	m
	6" W Sub Roll	1	146	29	318	w
	BBQ sauce	1 oz	34	8	125	
	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
13	Chicken Patty	1 pieces (99g)	270	16	400	s, w
	WW Hamburger Roll	57 g	146	29	318	w, s
	Fries	3/4 cup	261	45	300	s, w
	Fruit	1 PIECE	75	19	1	no
18	Pulled Pork	3	150	22	270	w,e,m,s
	BBQ Sauce	1 oz	80	21	20	no
	Spinach	1 oz	190	3	310	e, s, may contain g
	WW Dinner Roll	3/4 cup	100	24	130	e, s, may contain g
	Fruit	1 PIECE	75	19	1	no
19	WW spaghetti	1/2 cup ckd	87	18.58	2	w
	Beef Meatballs	2.5 oz	140	6	230	w, s, m
	Texas Grilled Toast	1.2	90	15	110	w, s,m

Elementary Menu Nutritional Information

	Green Beans	3/4 cup	67	15.5	1	no
	Fruit	1 PIECE	75	19	1	no
20	Ground Turkey Chili (homemade)	1 cup	300	28	360	s, w,
	Corn Bread					
	Fruit	1 PIECE	75	19	1	no
23	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
25	Popcorn Chicken	12 pieces (87g)	230	14	240	m, s, w
	Yellow Corn	1/2 cup	67	15.5	1	no
	Mashed Potato	2/3 cup	80	17	310	s,m
	WG Dinner Roll	28 gm	72	14	159	w,s,
	Fruit	1 PIECE	75	19	1	no
26	Beef 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,
	Steamed Broccoli	3/4 cup	75	19	1	no
	Fruit	1 piece	129	34	5	no
27	French Toast	2.6 oz	205	31	260	w, s, e
	Maple Syrup	1 oz	80	21	20	no
	Egg Patty	1.25	190	3	310	e, s, m, may contain g
	Sweet Potato Puffs	3/4 cup	240	34	520	s
	Fruit	1 piece	129	34	5	no
30	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
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

Elementary Menu Nutritional Information