

Elementary Menu Nutritional Information

Date	Menu Component	Srv/Wt	Calories	Carb gm	Sodium	Allergens
7	WG Pizza	5.85	340	39	570	w,m,s
	Baby Carrot Snack Pack	1.6 oz	15	4.5	35	no
	Fresh Seasonal Fruit	1 PIECE	75	19	1	no
8	Tuna Fish					
	On a Bun	57 gm	146	29	318	w,s,
	Broccoli Salad	1/2 cup	154	31	172	m,e,s
	Fruit Cup					
9	Beef Burger with	2.5 oz	110	1	270	s
	Cheese	1 oz	106	1.3	293	m
	on a Bun	57 gm	146	29	318	w,s,
	Potato Puffs	1/2 cup	120	20	20	s
	Box of Raisins	1/4 cup	130	35	5	no
12	WW Pizza Sticks	3.86 oz	300	32	800	m,s,w
	Marinara Dipping Sauce	1.25 oz	30	4	140	w,s,m
	Baby Carrot Snack Pack	1.6 oz	15	4.5	35	no
	Honey Soy Nuts	28 g	130	12	55	w
14	Chicken with	2 oz	86	0	26	no
	Gravy	1/4 cup	20	3	270	w,s,m
	Mashed Poatoes	2/3 cup	80	17	310	s,m
	Green Beans	1/2 cup	19	4.35	6	no
	Dinner Roll	28 gm	72	14	159	w,s,
16	French Toast Sticks	3	150	22	270	w,e,m,s
	Maple Syrup	1 oz	80	21	20	no
	Sausage Links	3 links	150	3	375	no
	Potato Puffs	1/2 cup	120	20	20	s
	Applesauce Cup	1/2 cup	51	14	2	no
16	Egg Patty	1.25	70	1	11	e,m
	Cheese	1 oz	106	1.3	293	m
	Croissant Roll (WG)	2.2 oz	200	26	290	e,m,s,w
	Green Peas	1/2 cup	62	11.4	58	no
	with Chick Peas	1/4 cup	83	13.5	70	no
19	French Bread Pizza	4.94 oz	300	34	570	w,m,s
	Baby Carrot Snack Pack	1.6 oz	15	4.5	35	no
	Honey Soy Nuts	28 g	130	12	55	w
21	Beef and	2.07 oz	120	0	135	none
	WW Rotini	1/2 cup ckd	87	18.58	2	w
	Tomato Sauce	1/2 cup	10.88	140	no	no
	Dinner Roll	28 gm	72	14	159	w,s,
22	Grilled Hot Dog	8:lb 1	160	3	490	s,w
	on a WW Bun	43 gm/rl	100	20	230	w,s,m
	Baked Beans	1/2 cup	120	26	140	no
	Mixed Fruit Cup	1/2 cup	69	18	8	no
23	Popcorn Chicken	10/.45	269	20	590	w,s,m

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	Roast Sweet Potatoes	2/3 cup	80	17	310	none
	Sweet and Sour Sauce	2 TBS	45	11	65	w,s
	Dinner Roll	28 gm	72	14	159	w,s,
26	WG Round Personal Pizza	1	330	33	600	W/M
	Baby Carrots	1.6 oz	15	4.5	35	no
	Honey Soy Nuts	1.3 oz	170	14	70	w,s