

# Elementary Menu Nutritional Information

Date	Menu Component	Srv/Wt	Calories	Carb gm	Sodium	Allergens
1	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
2	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
	Smile Fries	3 oz	160	25	230	s
	Fruit	1 piece	75	19	1	no
3	WW elbow	2oz	180	39	0	w
	LOL Cheddar Cheese Sauce	3 oz	137	4	548	m, s
	Salad	3/4 cup	50	6	14	no
	Salad dressing	1 oz	130	1	350	e, m, s, may contain g
	WW Dinner Roll	28 gm	72	14	159	w, s
	Sunflower seeds	10oz	170	6	110	
	Fruit	1 piece	75	19	1	no
6	WW Pizza Sticks	5.85	340	39	570	w,m,s
	w/ Marinara Dipping Sauce (prepacke	2 oz	40	270	9	s, may contian w
	Carrot Pack	2 bags	125	30	2	no
	Fruit	1 PIECE	75	19	1	no
8	WW Spaghetti	2oz	180	39	0	w
	Chicken Meatballs	2.5 oz (3)	140	6	230	m,s,w
	WW Dinner Roll	28 gm	72	14	159	w, s
	Three Bean Medley	3/4 cup	156	29	210	no
	Fruit	1 piece	75	19	1	no
9	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
	graham cracker packs 2	2 packs	200	60	65	w, e, m, s
	Fruit	1 piece	75	19	1	no
10	Breaded Fish Shapes	4 pieces	240	29	310	f,w,s
	Steamed Spinach	3/4 cup	40	5	25	no
	WW Dinner Roll	28 gm	72	14	159	w, s
	Fruit	1 piece	75	19	1	no
13	French Bread Pizza	4.94 oz	300	34	570	w, m, s
	carrot pack	1.6 oz	15	4.5	35	no
	Fruit	1 piece	75	19	1	no

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15	Turkey Frank	2 oz	110	0	240	NO
	WW Hot Dog Roll	57 GM	146	29	318	w, s
	Corn & Black Bean Salsa	3/4 cup	115	22	338	no
	Fruit	1 piece	75	19	1	no
16	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
17	Sliced Turkey Ham	3.26	82	0	538	no
	Mashed Potatoes	2/3 cuo	80	17	310	s, m
	Steamed Carrots	1/2 cup	26	5	22	no
	Fruit	1 piece	75	19	1	no
20	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
22	Popcorn Chicken	15 piece	290	17	290	m, s, w,
	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
23	American Chop Suey	8 oz	335	44	500	w, s
	Three Bean Medley	3/4 cup	156	39	210	no
	WW Dinner Roll	28 gm	72	14	159	w, s
	Fruit	1 piece	75	19	1	no
24	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
	kidney beans	1/2 cup	104	19	140	mno
	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
29	Turkey Deli style					

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	Mozz Cheese	1 oz	60	1	170	m
	WW Bun	57 gm/one bun	146	29	318	w, s
	Smile Fries	3 oz	160	25	230	s
	Fruit	1 piece	75	19	1	no
30	Chicken Fajita	1.7 oz	61	1	303	no
	Brown Rice	3/4 cup	50	6	14	no
	tortilla Chips	1.5 oz	200	27	170	no
	Fruit	1 piece	75	19	1	no
	Tuna	2 oz	180	2	350	f e s
	WW Bun	57 gm/one bun	146	29	318	w, s
	Celery Sticks	3/4 cup	50	6	14	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