

FOOD ITEM	SERVING SIZE	TOTAL CALORIES	TOTAL FAT (G)	SATURATED FATS (G)	CHOLESTEROL (MG)	SODIUM (MG)	TOTAL CARBS (G)	FIBER (G)	PROTEIN (G)	VITAMIN C (MG)	VITAMIN A (RE)	Iron (MG)	CALCIUM (MG)
-----------	--------------	----------------	---------------	--------------------	------------------	-------------	-----------------	-----------	-------------	----------------	----------------	-----------	--------------

## MENU NUTRITIONAL INFORMATION 2011-2012 SCHOOL YEAR

### Elementary

Apple-Large	½ ea.	55	0	0	0	1	15	3	0	5	5	0	6
Apple Sauce	½ cup	52	0	0	0	2	14	2	0	2	1	0	4
Baked Beans	½ cup	140	1	0	0	551	29	5	6	0	0	2	40
Banana-dwarf	1 ea.	90	0	0	0	1	23	3	1	9	8	0	5
Broccoli w/Cheese Sauce	½ cup	144	5	2	0	790	24	3	3	37	174	1	30
Carrots-Cooked	½ cup	8	150	0	0	15	2	1	0	1	483	0	8
Carrots-Baby-Raw	¼ cup pkg.	16	0	0	0	35	4	1	0	1	680	0	15
Celery Sticks	½ cup	12	0	0	0	59	2	1	1	2	10	0	30
Cheeseburger w/whole grain bun	1 ea.	351	19	10	69	539	21	3	26	0	93	3	218
Cheese Pizza	4x6" sq.	300	11	4	15	630	37	4	15	0	60	2	350
Chicken & Gravy	5 oz.	227	11	3	77	273	5	0	25	1	48	1	16
Chicken Nuggets	5 ea.	180	8	2	20	450	14	2	13	0	0	2	40
Chicken Patty –No Bun	1 ea.	193	11	2	47	541	13	1	15	1	30	2	38
Chicken Tacos-Add tortillas separately	2 ea.	183	8	4	68	522	3	0	25	0	42	2	235
Corn	½ cup	66	1	0	0	1	16	2	2	3	8	0	2
Corn Dogs, Mini	6 ea.	250	10	2	15	630	31	1	11	0	0	40	0
Country Style Steak w/ Country Gravy	1 ea.	334	20	6	40	899	24	2	15	5	20	3	40
Dinner Roll-whole grain	1 ea.	100	1	0	0	180	21	2	3	0	0	1	60
Goldfish Crackers-Cheddar	1 pkg.	100	5	1	5	180	13	1	2	0	0	1	20
Goldfish Crackers-Giant-Cinnamon	1 pkg.	120	4	0	110	19	1	1	1	0	0	1	0
Green Beans	½ cup	14	0	0	0	169	3	1	1	3	47	1	18
Ham & Cheese on Pretzel Bun	1 ea.	368	10	4	52	1183	49	1	22	1	107	3	226
Hot Dog-No Bun	1 ea.	173	16	5	43	576	1	0	6	0	0	1	40
Hot Dog Bun	1 ea.	100	1	0	0	170	20	2	3	0	0	1	60

**Disclaimer:** Nutrient values have been determined utilizing approved software comprised of common foods found in the USDA database and standardized recipes. These results should be viewed and used only as a general nutrition guide – and not for medical nutrition therapy. This is a close approximation of the true nutrient content since various factors influence the amounts of nutrients in foods. The reliability of data may fluctuate with changes in portion size, product specifications, substitutions, recipe compliance and manufacturer's ingredients.

FOOD ITEM	SERVING SIZE	TOTAL CALORIES	TOTAL FAT (G)	SATURATED FATS (G)	CHOLESTEROL (MG)	SODIUM (MG)	TOTAL CARBS (G)	FIBER (G)	PROTEIN (G)	VITAMIN C (MG)	VITAMIN A (RE)	Iron (MG)	CALCIUM (MG)
Ketchup	1 pkg.	10	0	0	0	105	3	0	0	0	0	0	0
Italian Blend Vegetables	½ cup	26	0	0	0	30	5	2	2	0	187	0	0
Meatball Bomber w/whole grain bun	1 ea.	291	11	4	33	711	30	4	17	7	108	3	212
Milk-Lactaid White	8 oz.	80	0	0	0	125	13	0	8	0	100	0	500
Milk-Skim-Chocolate	8 oz.	150	0	0	0	220	28	0	8	2	100	0	300
Milk-Skim-White	8 oz.	90	0	0	5	125	0	0	8	2	100	0	300
Mixed Fruit	½ cup	60	0	0	0	6	16	2	1	2	68	0	7
Mostaccioli	¾ cup	214	8	4	25	482	17	2	18	4	105	2	191
Nacho Supreme-Beef	¾ cup	425	22	8	51	1139	30	4	29	7	164	4	285
Orange-Large	½ ea.	43	0	0	0	0	11	2	1	49	19	0	37
Peaches-Canned	½ cup	24	0	0	0	2	6	1	0	1	47	0	1
Pears-Canned	½ cup	56	0	0	0	5	15	3	0	1	0	0	6
Pear-Fresh	½ ea.	48	0	0	0	1	13	3	0	4	2	0	8
Pepperoni Hot Pocket	1 ea.	359	14	5	10	599	42	4	16	0	150	4	349
Pepperoni Pizza	4 x 6"	300	11	4	20	670	36	4	15	0	60	3	250
PhysEdibles-Vanilla	1 pkg.	120	4	1	0	105	19	1	2	2	20	4	0
Pineapple	½ cup	67	0	0	0	24	17	0	0	64	23	1	48
Pizza Dippers-Add Spaghetti Sauce Separately	2 each	280	12	6	30	700	28	0	20	0	80	2	402
Popcorn Chicken	15 ea.	290	18	3	39	302	18	1	15	0	25	2	25
Potato Triangle	1 ea.	91	5	1	0	196	11	1	1	2	0	0	6
Ranch Dressing-Fat Free	1 pkg.-12g	20	0	0	0	120	4	0	0	0	0	0	0
Raisins	1 box	129	0	0	0	5	34	2	1	1	0	1	22
Romaine Salad-No Dressing	½ cup	4	0	0	0	1	1	1	1	7	146	0	11
Salad Dressing Pkt.	1 ea.	48	4	1	6	100	3	0	0	0	0	0	0
Salisbury Steak w/gravy	1 patty	205	15	5	30	523	8	1	11	1	38	1	22
Spaghetti Sauce-served with pizza dippers	2 oz	35	0	0	0	221	6	1	1	4	66	1	9
Swedish Meatballs w/Whole Grain Noodles	Serving	315	16	6	36	586	30	4	17	4	25	3	76
Taco-beef	¾ cup	253	13	5	54	1046	12	3	26	8	136	3	215
Taco Sauce	2 pkt.	6	0	0	0	120	2	0	0	0	90	0	0

**Disclaimer:** Nutrient values have been determined utilizing approved software comprised of common foods found in the USDA database and standardized recipes. These results should be viewed and used only as a general nutrition guide – and not for medical nutrition therapy. This is a close approximation of the true nutrient content since various factors influence the amounts of nutrients in foods. The reliability of data may fluctuate with changes in portion size, product specifications, substitutions, recipe compliance and manufacturer's ingredients.

FOOD ITEM	SERVING SIZE	TOTAL CALORIES	TOTAL FAT (G)	SATURATED FATS (G)	CHOLESTEROL (MG)	SODIUM (MG)	TOTAL CARBS (G)	FIBER (G)	PROTEIN (G)	VITAMIN C (MG)	VITAMIN A (RE)	Iron (MG)	CALCIUM (MG)
Tortilla-Whole Grain 6"	2 ea.	140	3	1	0	360	24	4	4	0	0	0	80
Turkey & Cheese on whole Grain bun-Cold	1 ea.	315	8	4	45	1110	37	2	24	12	61	2	242
Whipped Potatoes	½ cup	92	3	1	0	245	15	1	1	34	25	0	3
Wisconsin Blend Vegetables	½ cup	42	0	0	0	14	7	1	1	2	139	0	0

**Disclaimer:** Nutrient values have been determined utilizing approved software comprised of common foods found in the USDA database and standardized recipes. These results should be viewed and used only as a general nutrition guide – and not for medical nutrition therapy. This is a close approximation of the true nutrient content since various factors influence the amounts of nutrients in foods. The reliability of data may fluctuate with changes in portion size, product specifications, substitutions, recipe compliance and manufacturer’s ingredients.