

## ELEMENTARY LUNCH – CALORIE, CARBOHYDRATE AND FAT CONTENT

<b>LUNCH ENTREES:</b>	<b>CALORIES</b>	<b>CARBOHYDRATE Gm</b>	<b>FAT Gm</b>
Beef Taco Triangles, 3	250	28	9
Breaded Chicken Nuggets, 4	214	12.28	16.88
Charbroiled Beef Patty, Plain, 2.4 oz., 1	136	.21	9.12
Garden Veggie Burger, Plain, 3.53 oz., 1	150	13	3.5
Macaroni Au Gratin, 7 oz., 1	300	37	11
Parmesan Lasagna, 7.76 oz., 1	284	27.06	11
Peanut Butter & Jelly Pocket, 5 oz., 1	604	57	33
Personal Pan Cheese Pizza, 6.8 oz., 1	430	53	14
Pizza, Pepperoni, 5 oz., 1	343	36.75	12.37
Red Chili Beef & Bean Burrito, 6.2 oz., 1	350	49	10
Smoked BBQ Chicken	398.3	6.69	21.26
South of the Border Enchiladas, 7 oz., 1	300	36	10
Spaghetti & Meatballs, 9 oz., 1	300	35	10
Teriyaki Beef Dippers, 4	159	6.3	8.6
Tostada Fiesta Salad with Pinto Beans, 1	320.77	36.41	13.57
Toasted Cheese Sandwich, 4.31 oz., 1	324	35.02	12.8
Vegetarian Chili, 8 oz., 1	120	21	2
Whole Grain Breaded Chicken Patty, Plain, 3.05 oz., 1	230	18	12
<b>GRAIN/BREAD ITEMS:</b>			
Saltine Crackers, 1 pkg.	50	9	1
Whole Wheat Dinner Roll, 1.8 oz., 1	135	25	2.13
Whole Wheat Sandwich Bun (served with Charbroiled Beef Patty, Chicken Patty & Garden Veggie Burger), 1	153	27.9	2.4
Taco Shell Pieces, 2 oz.	273.38	39.86	10.86
<b>FRUIT ITEMS:</b>			
Apple Juice, 4 oz.	55	14.5	0
Applesauce Cup, Chilled, ½ cup	52	13.8	0
Banana, Fresh, 1	109	27.6	0
Cinnamon Apple Baked Cabbage	44.58	11.2	0.14
Frozen Juice Cup, 1	77.78	19.58	0.27
Orange Juice ,Chilled, 4 oz.	55	13.5	0
Pears, Chilled, ½ cup	72	19.04	0
Peaches, Chilled, ½ cup	68	18.26	0.03
Red Grapes, Seedless, 1 3 oz. pkg.	56.98	14.58	0.29
Seasonal Melon Chunks (3 recipes)	39.68	9.77	0.18
<b>VEGETABLE ITEMS:</b>			
Celery Sticks, 3 oz.	83.6	9.52	4.14
Cucumber Coins, Fresh, 3 oz.	12.75	3.08	0.09
Green Beans, Cooked #8 disher	22.17	5.07	0.12
Green Leaf Lettuce/Tomato/Pickle:leaf (1)/sl.tom.(2)/pickle (2)	8.32	1.74	0.56
Hash Brown Potatoes, 2	226.66	26.66	12
Italian Vegetable Medley, 4 oz.	39.41	7.81	0.07
Jicama Sticks, Fresh, 3 oz.	38.96	9.35	0.24

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**(continued)**

<b>LUNCH: VEGETABLE ITEMS (continued):</b>	<b>CALORIES</b>	<b>CARBOHYDRATE Gm</b>	<b>FAT Gm</b>
Peas, Cooked, #8 disher	74.7	13.74	0.26
Peas & Corn Medley, 8 disher	72.2	16.14	0.5
Tossed Green Salad, 1 serv.	48.04	11.79	0.13
Whole Baby Carrots, Fresh, 3 oz.	29.76	7.08	0.11
Yellow Whole Kernel Corn, #8 disher	91.27	21.89	0.76
<b>MILK CHOICES:</b>			
Chocolate, Fat-Free, ½ pt.	120	22	0
Chocolate, Low Fat, 1 cup (EEC/Infant Ctrs)	160	28	3
Lactose Fat-Free, ½ pt.	90	13	0
Strawberry, ½ pt.	160	27	2.5
White, Fat-Free, ½ pt.	90	12	0
White, 1%, ½ pt.	120	14	2.5
<b>CONDIMENTS:</b>			
Barbeque Sauce, 12 gm.	15	4	0
Catsup, 11 gm.	11	3	0
Dressing: Asian Sesame, 2 oz.	240	12	22
Caesar, 1.5 oz.	140	2	14
French, 12 gm.	55	3	5
French, 1.5 oz.	200	14	15
French, Fat-Free, 1.5 oz.	50	12	0
Italian, 12 gm.	35	3	3
Italian, Fat-Free, 1.5 oz.	10	3	0
Ranch Dressing, 12 gm.	47	.09	5
Ranch Dip, Low Fat, 2 oz.	70	7	4
Thousand Island, 12 gm.	60	3	5
Thousand Island, 1.5 oz.	120	8	9
Honey, 12 gm.	35	10	0
Hot Sauce, 7 gm.	0	0	0
Jam, Strawberry, .5 oz.	45	12	0
Jelly, Grape, .5 oz.	40	9	0
Mayonnaise, Reduced Calorie, 12 gm.	25	2	2.5
Mustard, 5.5 gm.	5	0	0
Mustard, Dijon, 7 gm.	10	<1	.5
Pickle Relish, 9 gm.	9	2	0
Salsa, 1 oz.	9.45	1.89	0
Taco Sauce, 9 gm.	0	<1	0
Tartar Sauce, 12 gm.	40	2	3.5