



ELEMENTARY CALORIE & CARB INFO

BREAKFAST /

Week of August 3 through August 7

Menu Item	Calories (kcal)	Carbs (g)
Apple Juice	55	15
Orange Juice	55	14
Grape Juice	80	19
Breakfast Pizza	210	26
Cereal Golden Grahams	110	24
Cereal Cinnamon Toast	110	22
Cereal Kix Berry Berry	70	16
Cereal Cocoa Puffs 25% Less Sugar	110	25
Cereal Fruit Cheerios	120	26
Cereal Lucky Charms	110	23
Cereal Trix 25% Less Sugar	110	24
Cereal Kix	60	15
String Cheese Mozzarella	280	3.1
51% WG Turkey Sausage Cheese Breakfast Pizza	210	26
Mini Strawberry Pancakes	230	40
WG Bagel w/RF Cream Cheese	260	36
Fold N Go El Paso Burrito	140	16
Egg & Cheese Breakfast Wrap	154	15.9
Week of August 10 through August 14		
Banana Bread	280	44
Pancake & Sausage on a Stick	220	23
Cherry Frudel	210	37
Yogurt Cherry Vanilla	80	14
Mini Blueberry Muffin	118	19.5
Maple Glazed French Toast	220	37
Week of August 17 through August 21		
Pizza Bagel w/Veggie Topping	160	22
Turkey Sausage Links (2)	120	0
Hashbrown	100	13
Cinnamon Roll Homemade	130	18
Yogurt	80	14
Goldfish Cracker	120	19
Waffles WG Blueberry Mini	210	38
Week of August 24 through August 28		
Sunrise Breakfast Flatbread	170	21
Maple Pancake Wrap	240	20
Yogurt	80	14
Goldfish Cracker	120	19
Honey Breakfast Bar	230	39
Zucchini Bread	270	43
August 31		
Blueberry Muffin Top	221	38.8
Milk 1% White	100	12
Milk Skim Chocolate	130	24



Elementary Calorie & Carb info

LUNCH /

Week of August 3 through August 7

Menu Item	Calories (kcal)	Carbs (g)
Chicken Nuggets (5)	180	14
Lite Ranch	110	2
Baked Tots	150	19
Orange Smiles	30	9
Fruit Cocktail	59	15
100% Beef Frank	160	1
Hot Dog Bun	140	29
Peas & Carrots	50	9
Watermelon Wedge	69	2
Peaches Sliced	50	12
Pizza Wedge Pepperoni	350	35
Broccoli & Cauli Mix	30	5
Strawberries	45	11
Pears Sliced	60	14
Sub Roll Dough 51% WG	160	26
Turkey Oven Roasted	50	2
Chips Baked Nacho	130	20
Ranch Beans	130	21
Banana (half)	50	16
Cinnamon Applesauce	90	23
Hamburger Pattie Flame Broiled	170	2
Hamburger Bun	140	29
Combo Baked Fries	130	21
Grapes fresh	61	16
Oranges Mandarin	90	19
Week of August 10 through August 14		
Corn Dogs Mini Chicken	254	35
Fries Baked	140	23
SIDEKICK	80	20
Apple fresh wedges	34	9
Cheese Filled Breadstix	310	31
Dipping Sauce	30	8
Corn	79	17
Strawberries	45	11
Applesauce	90	3
Chicken Teriyaki	146	14
Asian Rice	270	5
Pineapple Fresh	75	18
Tropical Fruit	79	19
Chicken Patty	230	15
Bun WW	140	29
Baked Tots	150	19
Orange Wedges	30	8
Pears	60	14
Cheese Ravioli	120	15
Pasta Sauce	60	12
Texas Toast	90	15
Peas & Carrots	50	9
Fruit Cocktail	80	9
Watermelon Wedge	69	12
Week of August 17 through August 21		
ABC Nuggets (4/0.75 oz serving)	164	13.5
Lite Ranch Dip	110	2

bBQ Dip	50	11
Baked Fries	130	23
Strawberries Fresh	45	11
Peaches Canned	50	12
Pizza Cheese	350	31
Cucumber Slices	8	1.9
Carrot Coins	37	0
Applesauce	90	23
Raisins	90	22
Mini Sub Roll	160	25
Roast Turkey	50	2
Tomato Slice	4	<1
Corn on the Cob	80	18
Grapes	61	16
Pears	60	22
WG Chocolate Chip Cookie	165	27
Hamburger Flame Broiled	170	2
WW Hamburger Bun	140	29
Baked Beans	160	32
Tomato Slice	4	<1
Fruit Cocktail	80	19
Orange Wedges	30	8
Turkey Taco Meat	120	3
Refried Beans	140	24
Cheese Sauce (1/4 cup)	70	6
Lettuce Shredded	5	0
Scoop Chips	110	19
Juice Bar	40	10
Banana	105	30
Week of August 24 through August 28		
Refried Beans	140	24
Tostada Shell	27	7
Cheese Shredded	100	0
Corn	79	17
Strawberry Applesauce	90	23
Pineapple Chunks	60	16
Pasta Spaghetti	200	41
Sauce	60	12
Meatballs (4 - .50 each)	190	5
Green Beans	25	4
Grapes	61	16
Pears	60	14
Chicken Rings (4)	240	12
WW Roll	70	13
Mashed Potatoes (1/2 cup)	80	34
Watermelon Wedge	69	12
Peaches	50	12
Sloppy Joe Turkey (also ¼ v. credit)	160	13
WW Bun	140	29
Ranch Beans	130	21
Strawberries	45	11
Apricots	60	14
Chicken Patty	230	15
WW Bun	140	29
Carrots	30	6
Oranges Wedges	30	8
SIDEKICK	80	20
August 31		
Pizza French Bread	300	34
Green Beans	25	4
Tropical Fruit	79	19
Apple Slices Pk	30	8
Cookie Pk (1 grain)	100	18