

Elementary Menu Nutrient Analysis

FOOD ITEM FOR ELEMENTARY	Calories	Sat Fat (g)	Fat (g)	Trans Fat (g)	Carbs (g)	Protein (g)	Calcium mg	Vit A RE	Vit C mg	Iron mg	Fiber g
BEVERAGES											
Milk, Skim, 8 oz	90	0	0	0	12	8	306	100	0	0.1	0
Milk, 1% Lowfat, 8 oz	100	1.5	2.5	0	12	8	300	100	0	0.1	0
Milk, 2% Lowfat, 8 oz	120	2.5	5	0	12	8	285	100	0	0.1	0
Milk, Lowfat Chocolate, 8 oz	180	1.5	2.5	0	31	10	350	100	0	0.6	0
Milk, Lowfat Strawberry, 8 oz	170	1.5	2.5	0	27	10	350	30	5	0.6	0
Juice, Orange 6.75 oz	100	0	0	0	24	<1	100	75	60	0.5	0
Juice, Apple 6.75 oz	110	0	0	0	27	<1	100	<1	60	0.5	0
ENTREES											
Baked Potato with Chili & Cheese	400	6.7	14.7	0	52	20	184	465	29	4.25	9
Beef & Broccoli Bowl (New)	422	0	11	0	59	19	44	318	19	9	2
Blackbean Burger on Bun (New)	239	0.5	5.6	0	36	15.5	217	41	5.5	2.7	6.67
BBQ Pork Riblets	220	4	15	0	10	11.6	40	32	1	1.6	1
Breakfast Panini (New)	350	6	15	0	38	18	200	120	0	2.7	1
Cheeseburger on a Bun	425	11.5	28		21	20	235	28	0	2.4	2
Cheeseburger Macaroni	298	6.5	15.5	<1	22	18	283	55	2.4	1.2	1.2
Cheese Pizza Dippers	340	6	16		30	18	536	81	0	1	0
Cheese Pizza Strips, Tony's (New)	330	6	15	0.5	32	18	350	90	0	1.8	1
Chef Salad Small w/o Dressing	200	5	12	0	6	13	138	930	18	1.2	1.6
Chicken, Bread Chunks (New)	187	1	7	0	15	15	0	0	0	1.44	0
Chicken Corndog Whole Grain	240	2	8	0	33	9	150	0	0	2.7	5
Chicken Drumstick - Perdue	150	1.5	6	0	9	15	20	0	0	1.8	0
Chicken, Baked (New)	260	4	16	0	4	26	0	0	0	0.72	0
Chicken Fry Strips	180	2.5	10		9	12	19	51	8	1.19	0.32
Chicken, Mini Sandwiches	450	1.8	12	0	60	24	38.5	9	0.78	1.65	3.4
Chicken & Mashed Potato Bowl (New)	319	2.5	12.9	0	34	18	50	75	10	1.63	2.4
Chicken Fillet on a Bun	364	5	15	0		37	16	100	16	0	2
Chicken Popcorn	240	3	11	0	16	18	0	0	0	1.8	0
Chicken Sliders (New)	518	2	16	0	58	36	200	0	0	4.32	2.6
Chicken Tenders	210	1.5	9	0	17	15	9	0	0.4	1	1
Chili Dog	350	9	20		29	14	69	137	0	3	3
Chicken & Cheese Quesadilla	348	8	17	0	32	20	248	160	0.35	0.23	3.33
Club Submarine (New)	379	5.2	11.4	0	50	26	319	100	3	2.8	1.4
Fish Sticks	240	1.5	11	0	21	15	20	20	1.2	0.72	1
Hamburger on a Bun	370	9	24		21	17	160	0	0	2.4	2

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ENTREES											
Ham Submarine (New)	365	5.4	11.6	0	40	24	319	100	3	2.7	1.4
Hearty Pasta Bake (New)	264	4.3	9	0	26	18	121	19	2.2	2.23	3
Hot Dog on a Bun	270	6.5	15		23	10	40	0	0	2	1
Lasagna (New)	280	6	13	1	27	14	250	250	9	2	1
Macaroni & Cheese (1cup) ↓Na↓Fat (New)	240	2.5	7	0	36	8	100	100	0	1	2
Mozzarella Sticks (V) (↓ Fat & Sodium)	310	3	10	0	35	19	500	0	0	3.6	5
Meatball Sub Sandwich w/Cheese	365	8	20		27	19	286	133	3.7	3.4	
Meatloaf	205	5.9	14	0.5	8	11	28	60	2.6	1.42	
Mini Chicken Sandwiches	298	1.2	8.2	0	40	16	19	6	0.52	1.1	2.28
Nachos Supreme	370	10	19		37	12	145	220	16	2.1	
Nachos with Taco Meat	375	6	20		27.5	19	218	87	0.675	2.4	3
Omelet, Egg & Cheese	140	3	11	0	1.2	7.5	60	90	0	0.86	0
Pizza, Dippers (New)	330	6	15	0.5	32	18	350	90	0	1.8	1
Pizza, Cheese Tony's® SmartPizza™	310	4.5	10	0	36	19	300	80	0	1.8	4
Pizza, Pepperoni Tony's® SmartPizza™	290	3	8	0	36	19	250	60	0	2.7	4
Pizza, Cheese 7" Ind (New)	500	7	18	0.5	59	25	400	225	0	3.6	3
Pizza, Pepperoni 7" Ind (New)	530	8	21	0.5	59	25	400	225	1.2	4.5	3
Ranch Turkey & Cheese Wrap	310	5.5	14	0	22	21	190	56	2.5	1.7	1.2
Ravioli w/Meat Sauce	270	3.5	8	0	33	15	0	60	3.6	2.7	3
Sausage Patty, Veggie (V) (New)	160	1	6	0	6	20	0	0	0	1.44	2
Soft Shell Tacos w/ Cheese	320	7.6	18		21	16	186	105	0.66	3.4	2.37
Spaghetti w/Meat Sauce	209	1.8	5.3	0	25	14	20	61	2.4	2.16	3
Teriyaki Chicken (no rice)	135	0.5	2	0	5	16	4	0	0	0.75	0
Teriyaki Chicken with Rice	235	0.5	2.5	0	27	18.5	24	0	0	1	0
Toasted Cheese Sandwich	330	8	17		29	14	350	135	0	1.5	1
Tuna Melt	270	3.8	14		18	18	216	40	1.8	1.5	0.5
Turkey Sandwich (New)											
Turkey & Cheese Sandwich	270	4	11		28	14	210	75	0	1.9	1
Turkey Sausage Patties	315	7.5	24	0	1.5	22	0	0	0	0	0
Turkey Tetrazaini (New)	369	5.3	10.6	0	35.4	32	346	193	0.5	1.19	3
Turkey & Veg Egg Roll (Minh®)	300	6	15	0	27	15	60	150	4.8	3.6	3
Yogurt - 8 oz variety	230		2		45	8	180	35	1	0.23	0
Yogurt & Fruit Parfait** (New)	235	2	3.1	0	45	13	432	96	22	0.43	1.15
** Calorie content may vary based on available yogurt.											

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SALAD & DRESSINGS											
Carrot and Celery Sticks	15	0	0	0	4	<1	20	1230	3	0.4	0.5
Chef Salad	190	6	13	0	5.3	12.3	135	930	18	1	1.42
Cucumber and Carrot Sticks	16	0	0	0	4	<1	18	1230	5	0.4	2
FF Ranch Dressing 1.5 oz	60	0	0.5	0	13	<1	11	0	0	0	0
FF Ranch Dressing 12 g	17	0	0	0	4	0.1	3	0	0	0	0
Garden Salad Side	15	0	0	0	3	0.5	5	40	8	0.22	0.5
Grilled Chicken Salad	211	6	11	0	5	24	216	500	9.5	1.4	1.6
Lettuce & Tomato	6	0	0	0	1.5	0	2.5	18	5	0.14	0.3
Salad Entrée with Cheese	246		18	0	5	15	425	180	11	0.6	1.8
Salad, Nic Nac (New)	248	5	8.6	0	20	25	251	1077	44	1.7	4.3
Salad, Ham (New)	215	5	8.6	0	11	25	246	1053	30	1.6	3.8
Salad, Grilled Chicken Caesar (New)	210	2.8	7.5	0	16	20.5	146	568	22	1.22	3.1
Salad, Chicken Fillet (New)	348	6	16.2	0	27	24	242	1050	30	1.04	4.7
Salad, ABC (New)	319	5	8.6	0	38	24	240	1015	26	1.5	5.68
Salad, Tuna Salad (New)	325	3.4	20	0	14	23	63	402	23	2.3	2.67
Salad, Asian (New)	128	0.5	1.7	0	12	18	63	897	93	1.6	4.4
Salad, Mexican Chicken (New)	255	6	13.7	0	15	21	265	616	29	2.5	5.2
Salad, Cheese	331	13.5	21	1	13	23	617	1053	30	1.3	3.8
Romaine & Tomato Salad (New)	20	0	0.3	0	4.1	1.3	28	651	23	0.8	2
Spinach & Tomato Salad (New)	18	0	0.1	0	3.3	1.4	45	438	18	1.47	1.54
Tomato & Cucumber Salad (New)	27	0	0.1	0	7	0.6	8.6	40	6.4	0.19	0.67
GRAINS											
Baked Doritos	170	1	5	0	29	3	60	30	0	0.72	2
Baked Original Chips	165	0	2.25	0	34	3	60	0	1.8	0.54	2
Breadsticks (1)	160	0	1	0	34	4	0	0	0	2	2
Blueberry Muffin, Reduced Fat Whole Grain	170	1	5	0	28	3	40	250	15	5.4	1
Choc Chip Muffin, Reduced Fat Whole Grain	170	1.5	6	0	29	3	40	250	15	5.4	2
Buttered Noodles	105	0	1.75	0	20	3	5	3.5	0	1	0.68
Cinnamon Toast	160	1.25	5		23	10	50	25	0.6	0.7	1.5
Crackers, Animal	130	0	2	0.5	25	2	0	0	0	1.08	<1
Crackers, Dolphin Cheddar	110	1.5	4.5	0	16	2	0	0	0	0.72	<1
Crackers, Elf Grahams	130	1	4	0	21	2	100	0	0	0.72	<1
Crackers, Saltine	50		1.5		8	1	0	0	0	0.5	0
Croissant	170		9		19	3.5	16	93	0	0.8	1

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GRAINS											
Dinner Roll, Whole Grain	70	0	1	0	14.7	2.8	33	0	0	0.5	1.4
French Toast Sticks, SmartStix™ (3)	270	3	9		39	6	30	7	0	2.1	0
French Toast Sticks, (40% ↓Na) (New)	280	1.5	8	0	45	6	40	0	0	3.6	4
Garlic Toast	180	4	7	0	24	4	40	0	0	1.44	1
Goldfish Pretzels	90	0	1.5	0	17	2	0	0	0	0.32	0
Italian Pasta Salad	180	1	9	0	22	4	22	350	13	1.3	2.5
Macaroni & Cheese (1cup) ↓Na↓Fat (New)	240	2.5	7	0	36	8	100	100	0	1	2
Nutri-Grain Bar	140	0.5	3	0	26	1	200	75	0	1.8	<1
Blueberry Eggo Waffles	100	0.75	3	0	15	2	50	100	0	1.8	0.5
Parmesan Noodles	110		2		20	3	20	4.5	0	1.2	1
Rice, Brown Whole Grain (New)	85	0	0.5	0	17.5	2					1
Rice, Chicken Flavor	100	0	0.5	0	22	2.5	20	0	0	0.18	<1
Rice, Spanish	110	0	1	0	23	2.5	40	32	2	0.2	<1
Roasted Vegetable Pilaf w/ Whole Grains (New)	75	0	0	0	16.5	1.5					0.5
Rotini Pasta, Whole Grain (New) (1/2 cup)	100	0	0.75	0	21	3.5	0	0	0	0.72	3
Soft Mini Wheat Pretzel	70	0	0.5	0	14	2	0	0	0	0.72	1
Spaghetti, Whole Grain (New) (1/2 cup)	100	0	0.75	0	21	3.5	0	0	0	0.72	3
Savory Herb Stuffing w/ Whole Grains (New)	120	0	0.5	0	25	4					2
Tortilla Chips, Plain 1 oz	145	<1	7	0	18	2	45	0	0	0.5	
FRUITS/VEGETABLES											
Apple Quarters	60	0	<1	0	15	<1	5	13	4	0.1	2.2
Apple Topping Spiced	92	0	1	0	22	<1	7	4	0.5	0.3	1.1
Applesauce	95	0	<1	0	24	<1	0.6	4	2.2	0.4	1.5
Baked Cinnamon Apples	80	0	<1	0	20	<1	4	17	0.2	0.22	2
Banana	75	0	<1	0	18	<1	5	6.4	8.7	0.26	2
Banana Fruit Cup	75	0	<1	0	19	<1	11.3	14	10	0.67	1.67
Beans Baked	125	0.5	1.5	0	23	5	55	22	0	1	5
Beans Green	15	0	0	0	3	1	18	29	3	0.61	1.3
Beans, Vegetarian Refried	100	0	2	0	18	6	40	0	0	1.8	5
Broccoli, Steamed	26	0	0	0	5	2.8	30	205	37	0.56	2.8
Broccoli, Carrots & Cauliflower	36	0	0	0	6	1.3	28	480	30	0.27	3
Broccoli with Cheese Sauce	70	0.25	3.5	0	7.5	3.3	80	211	37.5	0.66	2.8
Cantaloupe	60	0	<1	0	15	<1	8	255	34	0.17	0.75
Carrots, Steamed	27	0	0	0	6	<1	26	1236	1.7	0.39	2.4

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FRUITS/VEGETABLES											
Cauliflower, Steamed	22	0	0	0	4	1.8	19	1.13	35	0.46	3
Cauliflower & Carrots, Steamed	32	0	0.5	0	7	1.2	29	960	19	0.53	3.4
Corn	82	0	<1	0	18	3	6	25	9	1.05	1.2
Craisins	100	0	0	0	23	0					2
Fruit Cocktail	70	0	<1	0	18	<1	7	25	2.3	0.35	1.2
Fruit Cup	70	0	<1	0	17	<1	19	13	10	0.37	1.5
Grapes	60	0	0	0	15	0	17	12	17	0.27	1.4
Kiwi Fruit	50	0	0	0	12	0.75	20	26	57	0.31	2.6
Melon Fruit Cup (New)	60	0	0	0	15	1	0	676	102	0.36	2
Mediterranean, Flame Roasted Blend (New)	45	0	2	0	6	1	20	300	9	0.36	2
Montego Bay Blend (New)	35	0	0	0	7	1	20	90	21	0.36	1
Mixed Vegetables	40	0	<1	0	7.5	2	22	995	4.1	0.86	2.4
Oranges, Mandarin (New)	72	0	0	0	18	1.4	23	248	64	0.51	2.26
Orange, Quarters	60	0	0	0	15	<1	56	26	80	0.17	3
Peaches, Canned	70	0	<1	0	17	<1	4	47	3	0.67	1.6
Pear	100	0	0	0	25	0	19	3	7	0.4	4
Peas	80	0	0.1	0	15	4	14	65	8	0.81	2.4
Pears, Canned	70	0	<1	0	18	<1	6	0	0.9	0.35	2
Pineapple Tidbits, Canned	70	0	<1	0	17	<1	18	4.8	9.4	0.49	1
Potatoes, Deli Roasters (New)	140	0.5	3.5	0	25	2	0	0			2
Potatoes, Flame Roasted Medley (New)	110	0.5	3.5	0	18	2	20	0	2.4	0.72	2
Potatoes, Mashed	100	1	3	0	17	1					0
Potatoes, Tater Tots	120	1	6	0	14	2	0	0	1.2	0.36	2
Potatoes, Wedges	120	1	3.5	1	19	2	0	0	0	0.72	5
Potatoes, Baked Curley Fries	140	1.5	5		21	2	0	0	6	7	2
Potatoes, Krinkle Oven	120	0.3	4.5	0	17	2	0	0	3.2	0.5	2
Potatoes, Sweet Potato Krinkle Oven	120	0.5	3	0	22	0	20	1000	9.6	0.36	2
Potatoes, Sweet Mashed/Candied	120	0.5	2		24	1.5	23	1797	10	0.9	2
Potatoes, Sweet Oven Wedges (New)	160	1	1	0	24	2					4
Watermelon	50	0	0	0	12	0	13	58	15	0.28	0.6
DESSERTS											
Cookie, Chocolate Chip (2 oz)	170	4	8	0	24	2	0	0	0	1	0
Cookie, Oatmeal Raisin (2 oz)	160	3	6	0	23	2	0	0	0	1	1
Fruited Gelatin	115	0	0	0	28	2	8	12	1.5	0	0.25

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DESSERTS											
Whole Fruit Juice Bar (Berry) (New)	40	0	0	0	10	0	60	525	60	0	2
Whole Fruit Juice Bar (Orange) (New)	40	0	0	0	10	0	60	525	60	0	2
CONDIMENTS/SAUCES											
BBQ Sauce (1 oz)	26		0.1	0	6.4	0.3	8.8	14	3.6	0.2	0
Cheese Sauce (1 oz)	30	0.25	2	0	2	0.5	80	0	0	0	0
Gravy, FF (2 oz)	40	0	2	0	5	1	8	0.4	0	0.2	0
Ketchup (Packet)	9	0	0		2.5	0.1	1.7	9	1.4	0.1	0
Margarine (1 tsp)	35		4		<1	<1	0	15	0	0	0
Mayonnaise Light (Packet)	50		5		1.2	<1	1	3	0	0.05	0
Mustard (Packet)	4	0	0.2		0.3	0.2	4.2	0	0	0.1	0
Parmesan Cheese	23		1.5		0.5	2	69			0.5	0
Pickle Chips	5	0	0		1	0	3	0	0.5	0.15	0
Pizza Sauce, 2 oz	25	0	0.5		4	1	8	21	5	0.6	0.5
Salsa/Picante (Packet)	5	0	0		1	0	0	20	0.72	0	0
Sweet & Sour Sauce (Packet)	16	0	0		4	<1	0	0	0	0	0
Syrup (1oz)	80	0	0		20	0	1	0	0	0	0
Taco Sauce (Packet)	7	0	<1		1	<1	0	10	3	0	0
Tartar Sauce (Packet)	36		3.6		1	<1	0	0	0	0	0
Vegetarian Entrees											
Blackbean Burger on Bun (V)	239	0.5	5.6	0	36	15.5	217	41	5.5	2.7	6.67
Veggie Sausage Patty (V)	160	1	6	0	6	20		0	0		2
Chik'n Nuggets (V)	380	3	18	0	38	24		0	0		8
Mac & Cheese, Reduced Fat (V) (8 oz)	420	9	16	0.5	48	24	620	375	0	1.8	1
Mozzarella Sticks (V) (↓ Fat & Sodium)	388	4	12.5	0	44	23		0	0		6
GLUTEN FREE ENTREES											
French Toast Sticks (GF)	315	7.5	13.5	0	44	3	0	0	0	0.54	0
Chicken Nuggets (GF)	440	2	20	0	44	22	0	0	0	2.16	0
Chicken Patties (GF)	220	1	10	0	22	11	0	0	0	1.08	0
Fish Sticks (GF)	285	1.5	9	0	36	16.5	0	0	0	1.62	0
Man & No Cheese (GF)	270	0.5	7	0	46	6	80	0	0	1.44	4
Mac & Meat Sauce (GF)	290	1.5	5	0	48	14	40	225	0	3.6	5
French Bread Pizza (GF)	220	0	8	0	34	1	20	0	0	1.44	3
Turkey Corn Dog (GF)	350	2	12	0	43	18	0	0	40	1.8	1
Wafflewich (Sausage & Egg) (GF)	370	4	18	0	42	8.5	80	180	0	2.52	1

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GLUTEN FREE ENTREES											
Naked Chicken Chunks (GF)	170	0.5	1.6	0	1.4	20	110	0	0	0.018	0
BREAKFAST ITEMS											
Apple Stroodlz	210		5		37	4	19	17	0	1	4
Blueberry Muffin	170		5		28	3	40	125	15	5.4	1
Breakfast Taco	255		9		30	13	200	96	0	1.6	1
Cinnamon Toast	320		10		46	20	100	50	1.2	1.4	3
Cold Cereal	110		<1		25	2	10	0	15	1.8	4.5
Egg & Cheese Biscuit	425		28		30	14	280	221	0	2.8	1
Egg & Cheese on English Muffin	295		16		31	15	222	221	0	2.6	
English Muffin	130		1		26	4	26	92	0	1.6	
French Toast Sticks, (40% ↓Na) (New)	280	1.5	8	0	45	6	40	0	0	3.6	4
Ham Slice	40		1.5		1	5	0	0	0	0.25	
Jam	30		0		7	0	0	0	0	0	
Jelly	30		0		7	0	0	0	0	0	
Pancakes (1-4 inch)	130		5		18	3	89	8	0	1	0.5
Sausage	120		9		0	9	4	5	0	0.5	
Scrambled Eggs	82		5		1.65	7	50	54	0.1	0.74	
Syrup	80		0		20	0	1	0	0	0	
Yogurt	230		2		45	8	180	35	1	0.23	
SOUPS											
Roasted Chicken Noodle Soup (New)	32	0.2	0.8	0	4.8	2.5	8	90	0	0.144	0.4
Beef Vegetable Soup (New)	40	0.2	0.8	0	6.8	2	16	120	0	0.288	1.2