

ELEMENTARY LUNCH NUTRIENT ANALYSIS	Portion Size	Calories	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
#BETTERTOGETHER BURGER	1 EACH	350	4	18	39	14	6
APPLE SLICES	1 EACH	81	3.7	0.3	21	0.5	0.1
APPLESAUCE	1/2 CUP	50	1.01	0	13.13	0	0
APRICOTS CUP, FRZ	1 EACH	110	2	1	25	0	0
BAKED BEANS VEGETARIAN	1/2 CUP	140	6	6	30	0.5	*N/A*
BAKED POTATO	1/2 EACH	113	1.9	2.16	18.29	3.68	1.65
BANANA	1 EACH	105	3.07	1.29	26.95	0.39	0.13
BBQ ON BUN (Suzanna's)	1 EACH	360	3	24.34	43.01	10	3.34
BBQ SAUCE	1 EACH	40	0	0	10	0	0
BEEF VEGETABLE SOUP	1 CUP	146	2.46	10.11	9.98	6.99	2.62
BEEFY NACHOS	1 SERVING	521	3	28.93	34.06	27.84	10.95
BLACK BEANS	1/2 CUP	120	9	6	20	1.5	0
BLACK-EYED PEAS	1/2 CUP	80	4	5	14	0	0
BROCCOLI	1/2 CUP	26	2.72	2.78	4.85	0.31	0.05
BROCCOLI & CARROTS STEAMED	1/2 CUP	28	2.09	1.24	5.98	0.18	0.02
BROCCOLI & CAULIFLOWER FLORETS	1/2 CUP	23	1.82	1.85	4.59	0.26	0.08
BROCCOLI, STEAMED, USDA	1/2 CUP	37	2.83	3.07	7.23	0.4	0.04
BUN ONLY, HAMBURGER	1 BUN	160	3	7	30	2	0
BUN ONLY, HOT DOG	1 BUN	160	3	7	30	2	0
CABBAGE, STEAMED	1/2 CUP	16	1.52	0.78	3.64	0.06	0.02
CALIFORNIA BLEND	1/2 CUP	26	2.12	1.06	4.24	0	0
CARROTS, GLAZED	1/2 CUP	52	1.95	0.98	10.76	0.69	0.25
CARROTS, STICKS	1 EACH	20	1	0	5	0	0
CELERY STICKS	1/2 CUP	11	1.09	0.47	2.02	0.12	0.03
CHEESE STICK	1 EACH	80	0	6	2	6	4
CHEESEBURGER ON A BUN	1 EACH	395	5	21.5	35	19.5	7.5
CHICKEN & WAFFLES	2 WAF 1 CH	290	3	14	36	10	0.5
CHICKEN NOODLE SOUP	1 CUP	170	0.78	21.67	11.32	4.23	1.19
CHICKEN NUGGETS	5 NUGGETS	213	1.26	21.34	8.79	8.79	1.26
CHICKEN RICE SOUP	1 CUP	183	0.6	21.02	15.88	3.77	1.07
CHICKEN SANDWICH	1 EACH	330	4	25	42	8	1.5
CHICKEN TACO SALAD TRAY (DICED)	1 EACH	526	13.39	24.48	74.57	13.67	2.66
CHICKEN TETRAZZINI	1 CUP	194	0.57	19.3	11.08	7.51	2.55
CHICKEN, OVEN ROASTED	EACH (2oz)	110	0	11	1	6	2
CHILI	1 CUP	253	5.12	19.37	23.75	9.66	3.35
CINNAMON ROLLS	1 EACH	253	1.32	4.04	45.49	6.26	1.46
COLE SLAW	1/2 CUP	128	2.17	1.08	13.73	7.48	1.5
CORN DOG, MINI CHICKEN (WG)	6 PIECES	250	3	10	30	10	2.5
CORN DOG, TURKEY (WG)	1 EACH	240	4	11	33	7	1.5
CORN ON COB	1 EACH	68	1.76	1.96	14.07	1.38	0.41
CORN, WHOLE KERNEL	1/2 CUP	81	2	2	17.21	0.5	0
CORNBREAD, MIX, WG	1 SERVING	92	1.03	1.03	16.43	2.57	1.03
CRACKERS, SALTINES	4 EACH	60	0.7	2	9	1.5	0
CRANBERRY SAUCE	1/4 CUP	110	0.76	0.62	27.92	0.1	0
CRISPITO	1 EACH	270	3	12	23	14	3
DELI TURKEY SANDWICH	1 EACH	325	3	20.5	33	13.25	5.5

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DORITOS SPICY LOW FAT	1 EACH	140	1	2	20	5	0.5
DORITOS, COOL RANCH RF	1 EACH	130	2	2	19	5	1
DORITOS, NACHO CHEESE RF	1 EACH	130	2	2	20	5	0.5
FIESTA CHICKEN	3 OZ	108	0	15.88	1.76	3.53	1.76
FIESTADA PIZZA	1 EACH	360	4	17	43	14	6
FRIES, BAKED SEASONED	1/2C (6-8 EACH)	120	2	1	20.05	4.01	0.5
FRIES, SWEET POTATO	1/2 CUP	140	3	1	20	6	1
FRUIT SLUSH COOL TROPICS	4 OZ	60	0	0	16	0	0
FRUIT, FRUIT COCKTAIL	1/2 CUP	79	1.97	0	18.7	0	0
GARDEN SALAD (W/DRESSING)	1/2 CUP	19	0.4	0.37	4.77	0.04	0.01
GARDEN SALAD W/CHICKEN STRIPS	1 EACH	506	9.98	29.35	62.71	15.57	5.26
GARDEN SALAD W/TUNA	1 EACH	470	9.69	28.36	62.49	11.89	1.61
GARDEN SALAD W/TURKEY & CHEESE	1 EACH	537	10.1	23.5	66.18	20.07	6.58
GREEN BEANS	1/2 CUP	20	2	1	4.09	0.1	0
HAMBURGER ON A BUN	1 EACH	340	5	19	34	15	5
HONEY MUSTARD	1 EACH	190	0	0	6	18	3
HOT DOG ON BUN	1 EACH	280	3	14	35	11	3
JELLY, ASSORTED PACKS	1 EACH	36	0	0	9	0	0
JUICE CUP, WHOLE FRUIT FROZEN	1 EACH	80	3	0	20.5	0	0
KETCHUP	1 EACH	10	0	0	3	0	0
LETTUCE & TOMATO	1/2 CUP	8	0.58	0.43	1.61	0.08	0.01
LITTLE SMOKIES	6 LINKS	200	0	7	2	18	6
MACARONI AND CHEESE	1/2 CUP	275	2.34	14.64	25.48	13.92	6.62
MANDARIN ORANGES	1/2 CUP	80	2	0.54	18	0	0
MASHED POTATOES	1/2 CUP	71	1	1	15.25	0	0
MAXSNAX, TOTALLY TACO	3 WEDGES	260	4	14	30	9	2.5
MAYONNAISE	1 EACH	40	0	0	2	3.5	0.5
MEATLOAF	1 EACH	190	1	11	8	12	6
MINI SLIDER PUPS BEEF ON WG BUN	1 EACH	150	*N/A*	4	14.5	8.5	*3.00
MIXED FRUIT	1/2 CUP	60	1	0	14.99	0	0
MUSTARD	1 EACH	5	0	1	1	0	0
NECTARINE, FRESH	1 EACH	62	2.38	1.48	14.77	0.45	0.04
OKRA, BREADED	3.20 OZ	180	4	3	24	7	1
ORANGE	1 EACH	62	3.14	1.23	15.39	0.16	0.02
ORANGE WEDGES	1 EACH	62	3.14	1.23	15.39	0.16	0.02
OVEN BAKED FRIES	1/2 CUP	87	1	1	15	3	1
PB & JELLY SAND/CHEESESTICK/CR	1 EACH	470	5	17	49	25.5	7
PB & JELLY SANDWICH	1 EACH	300	4	9	32	17	3
PEACH, FRESH	1 EACH	59	2.25	1.37	14.31	0.38	0.03
PEACHES (SLICED)	1/2 CUP	70	0	0	17	0.03	0
PEACHES, (DICED)	1/2 CUP	63	0.9	0	15.3	0	0
PEACHES, FROZEN USDA	1 EACH	80	1	1	19	0	0
PEAR, FRESH	1 EACH	95	5.15	0.6	25.28	0.23	0.04
PEARS (SLICED)	1/2 CUP	70	0	0	17	0	0
PEAS, GREEN	1/2 CUP	74	4.3	4.92	13.62	0.26	0.05

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PINEAPPLE (TIDBITS)	1/2 CUP	80	1	0.35	20	0	0
PINTO BEANS	1/2 CUP	120	9.02	7.01	22.09	0	0
PIZZA, CHEESE	1 SLICE	310	3	22	30	12	6
PIZZA, PEPPERONI (TURKEY)	1 SLICE	310	3	23	30	11	6
PIZZA, STUFFED CRUST CHEESE WG	1 SLICE	320	4	22	31	12	6
PIZZA,STUFFED CRUST PIZZA WG	1 SLICE	350	4	21	30	15	7
PLUMS(2)	2 EACH	61	1.85	0.92	15.07	0.37	0.02
POPCORN CHICKEN	10 PIECES	160	1	14.01	13.01	6	1.5
POTATOES ROUNDS	8 PIECES	90	2	1	14	3.5	0
RANCH DRESSING	1 OZ	23	0.3	0.54	3.24	0.96	0.24
RANCH DRESSING (FF) PACKET	1 EACH	15	0	0	4	0	0
RAVIOLI	1 CUP (8 PIES)	260	4	16	30	8	3.5
RED PEAR, FRESH	1 EACH	97	4.71	0.52	23.46	0.22	*N/A*
RICE KRISPIE TREAT	1 EACH	50	0	0	9	1	0
RICE KRISPIE TREAT, COCOA CHOCOLATE	1 EACH	45	0	0	8	1.5	0
RICE, BROWN	1 CUP	224	2.68	6.28	46.97	1.99	0
ROLLS, WHEAT	1 EACH (2 oz)	172	2.45	4.91	28.98	4.47	0.62
ROSATI ICEE FRUIT CUP	1 EACH	99	0	0	25	0	0
SALSA	1/4 CUP	18	0	0	5.3	0	0
SCALLOPED POTATOES	1/2 CUP	111	0.84	1.68	18.43	2.96	0.77
SPAGHETTI	1 CUP	313	2.52	18.5	23.88	16.29	5.77
SPICED APPLES	1/2 CUP	91	1.28	0.03	20.01	1.45	0.66
STEAK NUGGETS W/GRAVY	4 OZ =8 NUGGETS	358	3.06	15.31	20.56	24.54	7.16
STRAWBERRIES & BANANAS	1/2 CUP	215	5.01	1.72	56.93	0.48	0.11
STRAWBERRIES, FRESH	1/2 CUP	23	1.44	0.48	5.53	0.22	0.01
STRAWBERRY, FROZEN CUP	1 EACH	90	2	1	22.01	0	0
SWEET POTATO SOUFFLE	1/2 CUP	141	3.12	1.75	27.37	2.7	1.11
SWEET POTATO, BAKED	1/2 EACH	69	2.64	1.07	16.13	0.05	0.02
SYRUP	1 EACH	120	0	0	31	0	0
TANGERINES, WHOLE, LOCAL	1 EACH	40	1.37	0.62	10.14	0.24	0.03
TERIYAKI CHICKEN NUGGETS	4 NUGGETS	156	1.12	17.6	7.6	6	1.6
TERIYAKI CHICKEN, GREEN DRAGON	3 OZ	154	0	15.79	14.74	2.63	1.05
TOAST, GARLIC	1 EACH	78	1	3.01	14.02	1.38	0.4
TOASTED CHEESE SANDWICH	1 EACH	266	2	11	30	11.78	5.81
TORTILLA CHIPS, RF (TOSTITOS)	1 EACH	200	3	3	29	7	1
TURKEY AND CORNBREAD STUFFING	1 SERVING	248	1.16	23.39	22.45	6.56	1.44
TURKEY BBQ ON BUN, USDA	1 EACH	368	3	23.07	51.95	8.49	2.47
TURKEY ROAST	2 OZ	115	0	16.07	0	6.02	2
WATERMELON, LOCAL	1/2 CUP	23	0.3	0.46	5.74	0.11	0.01
WOWBUTTER & JELLY SANDWICH	1 EACH	290	4	9	28	16	3
YELLOW SQUASH, STEAMED	1/2 cup	19	1.05	0.97	3.87	0.26	0.09

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ZUCCHINI, STEAMED	1/2 cup	17	1.05	1.16	3.17	0.31	0.08

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

**UPDATED AUGUST 2019**