

Nutrient Analysis of Elementary Menu

2008-2009 Main Entrée	Calories	Fat grams	Protein grams	Carbohydrate grams	Fiber grams
Chicken & Cheese Quesadilla	266	9	27	21	2.5
Corn Dog	350	21	9	32	1
1/2 Pizza Bagel & Yogurt	345	7	16	53	2.5
Turkey & Stuffing w/ Gravy	467	10.5	25	68	3.3
Chicken Nuggets w/ Whole Wheat Roll	240	8	17.5	24	4
Ham & Cheese on Pretzel Bun	508	16	22	65	2
Junior Tiger Burger w/ Cheese	438	25	23	31	2
Crispy Chicken Salad w/ Whole Wheat Roll	486	22	30	41	2.4
Big Daddy's Pizza	400	13	23	47	3
Cheese Pizza	379	17	18	38	1.5
Penne Pasta w/ Meatballs & Breadstick	550	14	29	74	5.6
Chicken & Cheese Nachos Grande	486	22	21	54	5
Cheesy Beef-a-roni	692	27	41	69	8
Cheese Pizza Boat	309	14	18	27	0.9
Chicken Parmesan on a Bun	473	17	28	53	6.4
Chicken Fryz & Whole Wheat Roll	240	10.8	17	20	1
Italian Hoagie	413	17	23	39	1.1
Toasted Cheese Sandwich	364	23	16	28	1
Breakfast Sandwich (Egg, Cheese, Ham)	428	23	22	33	1
Lasagna Roll up w/ Breadstick	345	7	21	46	3
Chicken Soft Taco	292	12	26	20	2.9
Cheese Steak Hoagie	405	26	19	24	1
Stuffed Crust Pizza	440	19	21	47	2
BBQ Ribby on Bun	444	18	23	49	1
Meatball Hoagie	416	23	19	33	2.7
Hot Dog on Bun	220	8.5	11	27	1
Soft Pretzel w/ Cheese & Yogurt	360	8.5	11	63	4
Macaroni & Cheese w/ Whole Wheat Roll	319	7.8	10	52	3
Nachos w/ Beef & Cheese	566	28	22	56	5
Turkey & Cheese Wrap	263	12.5	19	19	2.6
Taco Pizza	390	18	19	38	3
Hot Ham & Cheese on Pretzel Bun	508	16	22	65	2
Popcorn Chicken w/ Whole Wheat Roll	304	8.5	23	35	1
Junior Roast Beef on Bun	397	19	28	30	1
Chicken Patty on Bun	330	9	21	43	4
French Toast Sticks w/ Sausage & Syrup	486	16	17	67	1
Rotini w/ Meatballs & Breadstick	523	14	23	76	7
Beef Soft Taco	343	18	25	20	2.9
Ham & Cheese Wrap	218	8.5	18	18	2
General Tso's Chicken w/ Rice	583	17	26	83	0.1
Open Face Hot Turkey Sandwich w/ Gravy	404	5	23	72	2
Waffles w/ Sausage & Syrup	479	20	13	58	0.5
Cheese Quesadilla	256	8.5	24	22	2.5
Crispy Chicken Wrap	509	24	30	45	2.9
Pizza Bagel	551	16	30	66	5.4
Chicken & Biscuits	417	17.5	24	38	1
Chicken Tenders w/ Whole Wheat Roll	395	17	24	38	1
Turkey & Cheese Hoagie	593	13.5	28	87	3.6
Mini Pancakes w/ Sausage & Syrup	519	15	17	78	2
Cheesy Baked Ziti w/ Breadstick	735	21	35	96	7.6
Commissibles					
Chef Salad with Whole Wheat Roll	168	4	15	16.5	2
PBJ Commissible	449	14	21	57	3.5
Yogurt & Animal Cracker Commissible	479	10	20	75	2
Turkey & Cheese Commissible	539	15	39	55	2.5

* All Commissibles analysis includes: peaches, baby carrots, & skim milk

Accompaniments					
Broccoli Bites	30	0	2	4	2
Carrots	15	0	0	4	1
Hash Brown Triangles	227	9	3	27	3
Golden Corn	133	1	4	32	4
Green Beans	38	0.2	2	9	4
Mashed Potatoes	120	0	2	26	2
Mixed Vegetables	118	0.3	5	24	8
Oven Fries	63	3	0.7	8	0.7
Sweet Peas	125	0.4	8	23	9
Sweet Peas and Carrots	77	0.7	5	16	5
Sweet Potatoes	103	0.2	2	24	4
Sweet Potatoes with Brown Sugar	89	0.9	1.2	21	2
Tater Tots	243	11	3	36	3
Tossed Salad	40	0.9	3	7	2
Whole Wheat Roll	60	0.8	2.5	11	1
Fresh Veggies					
Baby Carrots	15	0	0	4	1
Celery Sticks	11	0.12	0.5	2.2	1
Broccoli	15	0	1.25	3	1.1
Cauliflower	12	0	1	2.5	1.25
Cucumbers	8	0	0.34	1.9	0.26
Peppers	15	0	1	3.5	1.3
Fruits					
Apple Juice	60	0	0	15	0
Grape Juice	65	0	0.5	17	0
Orange Juice	55	0	1	14	0
Apples	72	0.2	0.4	19	3.3
Apple Sauce	194	0.5	0.5	51	3
Apples with Cinnamon (warm)	57	0.5	0.4	15	5
Bananas	101	0.4	1.2	26	3
Mandarin Oranges	71	0	0	18	1.4
Mixed Fruit	245	0.5	4	61	5
Peaches	136	0	1	37	3
Pears	143	0	0.5	38	4
Pineapples	131	0.3	1	34	2
Milk					
1% Chocolate	160	2.5	8	27	0
1% Strawberry	160	2.5	8	27	0
1% White	100	2.5	8	12	0
Skim	80	0	8	12	0
Condiments					
BBQ Sauce	38	0.5	0	9	0
Ketchup	6	0	0	1.5	0
Mustard	28	0	0	0	0
Mayonnaise	90	10	0	0	0
Pickles	0	0	0	0	0
Relish	10	0	0	3	0
Salad Dressing, Italian, Lite (2 oz)	78	5	1.2	8	1.9
Salad Dressing, Ranch, Lite (2 oz)	80	7	1	2	0