

Elementary Lunch K-5

Friday, Feb 1, 2019

Recipes	Portion Size	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Shrimp Poppers	1 EACH	316	34	417	3.83	0.69	12.76	0	0.00	*N/A*	19.14	35.72	11.48	1.28
Mini Cheeseburgers	1 EACH	272	45	355	2.60	2.80	82.00	100	0.00	3.50	19.70	31.30	7.80	2.90
PB & J Sandwich	1 EACH	550	0	480	7.00	2.70	60.00	100	1.20	18.00	20.00	52.00	33.00	7.00
String Cheese Crackers	SVG	340	40	770	2.00	8.10	416.00	0*	0.00*	6.00	15.00	34.00	18.00	9.00
Yogurt & Pretzels	SERVING	302	9	308	1.20	1.12	646.00	1362	3.34	33.80*	8.60	56.60	3.52	1.20
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
WG Goldfish Pretzels	1 EACH	90	0	200	1.00	0.72	0.00	0	0.00	*N/A*	2.00	16.00	1.50	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Catsup	TBS.	20	0	160	0.00	0.00	0.00	100	1.20	4.00	0.00	5.00	0.00	0.00
Mustard	1 OZ	0	0	60	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Mayonnaise, Lite	1 OZ	51	6	98	0.00	0.22	18.96	492	0.33	1.16	0.00	2.32	4.63	0.58
Pickles, Dill	.125 CUP	0	0	3	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0.00	0.00	0.00	0.00	0.00
Tomato, Slices	SLICE	13	0	33	0.70	0.37	4.00	184	12.60	*N/A*	0.92	2.51	0.15	0.02
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Garden Fresh Salad	1 CUP	13	0	15	1.42	2.15	31.39	4289	9.87	0.38*	1.05	2.47	0.11	0.00
Baby Carrots	SERVING, 2.5 OZ	25	0	56	2.53	7.59	0.63	9773	1.90	3.80	0.00	6.33	0.00	0.00
Cucumber	SVG.	10	0	2	0.60	0.19	11.91	202	2.72	1.17	0.50	1.84	0.14	0.00
Grape Tomatoes	SVG. 2.66 OZ.	13	0	3	0.88	0.26	4.89	611	9.09	1.92	0.64	2.85	0.15	0.03
Zucchini	SERVING, 2.4 oz	12	0	5	0.68	0.25	10.89	136	12.18	1.70	0.82	2.12	0.22	0.06
Green Peas	SERVING, 3.5 oz	74	0	69	5.25	1.50	22.68	2005	882.01	4.44	4.92	13.62	0.26	0.05
Broccoli florets	SERVING, 1.1 oz	18	0	4	0.00	0.00	12.59	0	24.55	0.00	2.52	2.52	0.00	0.00
Garbanzo Beans	1/2 CUP	131	0	504	9.08	1.36	32.27	24	3.83	*N/A*	6.05	22.19	2.02	0.50
Diced Eggs	1 OZ. SVG	46	122	74	0.00	0.41	11.39	171	0.00	0.57	3.42	0.57	2.85	0.85
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Pears, Can, Light Syrup	SERVING, 3.5 oz	74	0	12	2.46	0.00	0.00	74	0.00	14.78	0.00	17.24	0.00	0.00
Halo Mandarin Oranges	EACH	50	0	0	2.00	0.00	40.00	300	27.00	9.00	1.00	13.00	0.00	0.00
Sliced Red	EACH	34	0	0	2.00	0.18	10.00	50	123.60	6.00	0.00	8.00	0.00	0.00

Apples														
Red Apples	EACH	76	0	2	2.37	0.00	0.00	0	0.00	14.23	0.00	18.97	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
1% Milk	1 EACH	120	10	150	0.00	0.00	350.00	500	2.40	14.00	10.00	14.00	2.50	1.50
Milk, Chocolate FF	1 EACH	110	5	135	0.00	0.72	250.00	500	0.00	18.00	8.00	20.00	0.00	0.00
Milk,FF,Carton,8 oz.	1 EACH	90	5	120	0.00	0.00	300.00	500	2.40	12.00	9.00	12.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Honey Mustard Dressing	SERVING 1 OZ	36	0	178	0.00	0.00	0.00	45	0.00	9.00	0.00	9.00	0.00	0.00
Ranch Dressing	Svg 2 Tbsp	151	9	227	0.00	0.00	0.00	0	0.00	0.94	0.00	0.94	16.06	2.83
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00

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Elementary Lunch K-5

Monday, Feb 4, 2019

Recipes	Portion Size	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Cheesy Nachos	5 OZ.SVG.	467	46	905	6.22	3.67	504.56	1034	1.25*	2.02*	18.43	41.58	25.86	10.70
Chicken Tamale	1 EACH	340	40	800	3.00	2.70	80.00	300	21.00	1.00	19.00	32.00	18.00	2.00
PB & J Sandwich	1 EACH	550	0	480	7.00	2.70	60.00	100	1.20	18.00	20.00	52.00	33.00	7.00
String Cheese Crackers	SVG	340	40	770	2.00	8.10	416.00	0*	0.00*	6.00	15.00	34.00	18.00	9.00
Yogurt & Pretzels	SERVING	302	9	308	1.20	1.12	646.00	1362	3.34	33.80*	8.60	56.60	3.52	1.20
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Jalapenos	1.35 OZ. SVG.	7	0	697	1.37	0.98	27.34	410	3.28	0.00	0.00	1.37	0.00	0.00
Salsa	.125 CUP	2	0	12	0.11*	0.02	1.09	27	0.76	0.22*	0.05	0.35*	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Garden Fresh Salad	1 CUP	13	0	15	1.42	2.15	31.39	4289	9.87	0.38*	1.05	2.47	0.11	0.00
Baby Carrots	SERVING, 2.5 OZ	25	0	56	2.53	7.59	0.63	9773	1.90	3.80	0.00	6.33	0.00	0.00
Cucumber	SVG.	10	0	2	0.60	0.19	11.91	202	2.72	1.17	0.50	1.84	0.14	0.00
Grape Tomatoes	SVG. 2.66 OZ.	13	0	3	0.88	0.26	4.89	611	9.09	1.92	0.64	2.85	0.15	0.03
Bell Peppers 4 Colors	SERVING, 2.75oz	22	0	2	1.41	0.24	4.76	1312	66.64	2.06	0.79	4.64	0.16	0.02
Peas and Corn	.50 cup	76	0	31	2.47	0.53	7.96	704	310.97	4.71	3.62	16.75	0.72	0.02
Broccoli florets	SERVING, 1.1 oz	18	0	4	0.00	0.00	12.59	0	24.55	0.00	2.52	2.52	0.00	0.00
Diced Eggs	1 OZ. SVG	46	122	74	0.00	0.41	11.39	171	0.00	0.57	3.42	0.57	2.85	0.85
Kidney Beans	.5 CUP	61	0	243	4.56	0.90	17.25	0	0.78	*N/A*	3.74	11.10	0.24	0.04
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Cinnamon Applesauce	SERVING, 4.5 oz	87	0	3	1.54	0.16	4.09	8	2.17	18.72	0.21	22.33	0.22	0.04
Pears	EACH	57	0	1	3.10	0.18	9.00	25	4.30	9.75	0.36	15.23	0.14	0.02
Sliced Red Apples	EACH	34	0	0	2.00	0.18	10.00	50	123.60	6.00	0.00	8.00	0.00	0.00
Red Apples	EACH	76	0	2	2.37	0.00	0.00	0	0.00	14.23	0.00	18.97	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
1% Milk	1 EACH	120	10	150	0.00	0.00	350.00	500	2.40	14.00	10.00	14.00	2.50	1.50
Milk, Chocolate FF	1 EACH	110	5	135	0.00	0.72	250.00	500	0.00	18.00	8.00	20.00	0.00	0.00

Milk,FF,Carton,8 oz.	1 EACH	90	5	120	0.00	0.00	300.00	500	2.40	12.00	9.00	12.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Honey Mustard Dressing	SERVING 1 OZ	36	0	178	0.00	0.00	0.00	45	0.00	9.00	0.00	9.00	0.00	0.00
Ranch Dressing	Svg 2 Tbsp	151	9	227	0.00	0.00	0.00	0	0.00	0.94	0.00	0.94	16.06	2.83
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00

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Elementary Lunch K-5

Tuesday, Feb 5, 2019

Recipes	Portion Size	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Chicken & Waffles	1 EACH	292	71	646	3.01	2.89	80.25	300	0.00	1.00	18.20	22.07	14.14	3.03
Hot Ham & Cheese Sand	1 EACH	450	98	1050	0.00	1.08	98.50	250	0.00*	4.00	30.50	34.00	20.00	7.75
PB & J Sandwich	EACH	550	0	480	7.00	2.70	60.00	100	1.20	18.00	20.00	52.00	33.00	7.00
String Cheese Crackers	SVG	340	40	770	2.00	8.10	416.00	0*	0.00*	6.00	15.00	34.00	18.00	9.00
Yogurt & Pretzels	SERVING	302	9	308	1.20	1.12	646.00	1362	3.34	33.80*	8.60	56.60	3.52	1.20
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Cheese Pizza, PZA Guy	SLICE	347	36	384	4.16	2.43	411.30	825	5.08	2.17	20.40	38.98	12.69	6.48
Pepperoni Pizza, PZA Guy LUNCH	SLICE	360	42	491	4.16	2.89	417.94	819	2.08	2.44	21.75	39.37	15.59	7.50
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Maple Syrup	1 OZ	79	0	29	0.03	0.05	3.40	0	0.00	19.33	0.00	19.71	0.03	0.01
Catsup	TBS.	20	0	160	0.00	0.00	0.00	100	1.20	4.00	0.00	5.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Garden Fresh Salad	1 CUP	13	0	15	1.42	2.15	31.39	4289	9.87	0.38*	1.05	2.47	0.11	0.00
Caesar Salad	5 oz. svg.	378	9	588	9.23	0.51	35.90	4930*	13.60*	0.57	1.51	34.10	24.87	1.42
Baby Carrots	SERVING, 2.5 OZ	25	0	56	2.53	7.59	0.63	9773	1.90	3.80	0.00	6.33	0.00	0.00
Cucumber	SVG.	10	0	2	0.60	0.19	11.91	202	2.72	1.17	0.50	1.84	0.14	0.00
Grape Tomatoes	SVG. 2.66 OZ.	13	0	3	0.88	0.26	4.89	611	9.09	1.92	0.64	2.85	0.15	0.03
Roasted Beets	2.78 oz.svg.	91	0	441	2.03	0.01	0.46	0	2.46	6.00*	1.06	11.25	5.04	0.63
Sugar Snap Peas	SVG	50	0	70	3.00	1.08	20.00	1500	12.00	3.00	3.00	9.00	0.00	0.00
Celery Sticks	SERVING- 2.5 oz	9	0	44	0.88	0.11	21.88	40	1.75	0.00	0.38	1.64	0.10	0.02
Peanut Butter Cup	SVG	180	0	160	2.00	0.72	20.00	0	0.00	3.00	7.00	8.00	15.00	2.00
Peas and Corn	.50 cup	76	0	31	2.47	0.53	7.96	704	310.97	4.71	3.62	16.75	0.72	0.02
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Mandarin Oranges	SERVING 4 oz	31	0	4	0.44	0.32	8.87	133	94.19	7.54	0.44	7.54	0.00	0.00
Orange Smiles	SERVING 4.75	40	0	1	2.00	*N/A*	*N/A*	*N/A*	*N/A*	7.00	1.00	10.00	0.00	0.00

Sliced Red Apples	EACH	34	0	0	2.00	0.18	10.00	50	123.60	6.00	0.00	8.00	0.00	0.00
Red Apples	EACH	76	0	2	2.37	0.00	0.00	0	0.00	14.23	0.00	18.97	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
1% Milk	1 EACH	120	10	150	0.00	0.00	350.00	500	2.40	14.00	10.00	14.00	2.50	1.50
Milk, Chocolate FF	1 EACH	110	5	135	0.00	0.72	250.00	500	0.00	18.00	8.00	20.00	0.00	0.00
Milk,FF,Carton,8 oz.	1 EACH	90	5	120	0.00	0.00	300.00	500	2.40	12.00	9.00	12.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Honey Mustard Dressing	SERVING 1 OZ	36	0	178	0.00	0.00	0.00	45	0.00	9.00	0.00	9.00	0.00	0.00
Ranch Dressing	Svg 2 Tbsp	151	9	227	0.00	0.00	0.00	0	0.00	0.94	0.00	0.94	16.06	2.83
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00

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Elementary Lunch K-5

Wednesday, Feb 6, 2019

Recipes	Portion Size	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Pizza,Nardone Bros.	1 EACH	350	40	580	3.00	2.70	350.00	500	12.00	7.00	22.00	30.00	16.00	7.00
3 Bean Chili w/ Soy Chorizo	8 oz svg.	378	0	577	10.54	3.14*	87.04*	260*	6.16*	4.37*	13.19	50.39	11.90	0.82
PB & J Sandwich	1 EACH	550	0	480	7.00	2.70	60.00	100	1.20	18.00	20.00	52.00	33.00	7.00
String Cheese Crackers	SVG	340	40	770	2.00	8.10	416.00	0*	0.00*	6.00	15.00	34.00	18.00	9.00
Yogurt & Pretzels	SERVING	302	9	308	1.20	1.12	646.00	1362	3.34	33.80*	8.60	56.60	3.52	1.20
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Cheese Pizza, PZA Guy	SLICE	347	36	384	4.16	2.43	411.30	825	5.08	2.17	20.40	38.98	12.69	6.48
Pepperoni Pizza	1 EACH	340	35	580	3.00	1.80	400.00	500	9.00	4.00	20.00	34.00	18.00	9.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Catsup	TBS.	20	0	160	0.00	0.00	0.00	100	1.20	4.00	0.00	5.00	0.00	0.00
Jalapenos	1.35 OZ. SVG.	7	0	697	1.37	0.98	27.34	410	3.28	0.00	0.00	1.37	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Garden Fresh Salad	1 CUP	13	0	15	1.42	2.15	31.39	4289	9.87	0.38*	1.05	2.47	0.11	0.00
Caesar Salad	5 oz. svg.	378	9	588	9.23	0.51	35.90	4930*	13.60*	0.57	1.51	34.10	24.87	1.42
Baby Carrots	SERVING, 2.5 OZ	25	0	56	2.53	7.59	0.63	9773	1.90	3.80	0.00	6.33	0.00	0.00
Cucumber	SVG.	10	0	2	0.60	0.19	11.91	202	2.72	1.17	0.50	1.84	0.14	0.00
Grape Tomatoes	SVG. 2.66 OZ.	13	0	3	0.88	0.26	4.89	611	9.09	1.92	0.64	2.85	0.15	0.03
Bell Peppers 4 Colors	SERVING, 2.75oz	22	0	2	1.41	0.24	4.76	1312	66.64	2.06	0.79	4.64	0.16	0.02
Harvest of the Month	EACH	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Garbanzo Beans	1/2 CUP	131	0	504	9.08	1.36	32.27	24	3.83	*N/A*	6.05	22.19	2.02	0.50
Broccoli florets	SERVING, 1.1 oz	18	0	4	0.00	0.00	12.59	0	24.55	0.00	2.52	2.52	0.00	0.00
Diced Eggs	1 OZ. SVG	46	122	74	0.00	0.41	11.39	171	0.00	0.57	3.42	0.57	2.85	0.85
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Pineapple, Can,Lt Syrup	SERVING, 4.0 oz	94	0	0	1.34	0.48	26.82	0	12.07	18.78	1.01	22.80	0.00	0.00
Banana	EACH	89	0	1	2.60	0.26	5.00	64	8.70	12.20	1.10	22.80	0.30	0.10
Sliced Red Apples	EACH	34	0	0	2.00	0.18	10.00	50	123.60	6.00	0.00	8.00	0.00	0.00
Red Apples	EACH	76	0	2	2.37	0.00	0.00	0	0.00	14.23	0.00	18.97	0.00	0.00

.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
1% Milk	1 EACH	120	10	150	0.00	0.00	350.00	500	2.40	14.00	10.00	14.00	2.50	1.50
Milk, Chocolate FF	1 EACH	110	5	135	0.00	0.72	250.00	500	0.00	18.00	8.00	20.00	0.00	0.00
Milk,FF,Carton,8 oz.	1 EACH	90	5	120	0.00	0.00	300.00	500	2.40	12.00	9.00	12.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Honey Mustard Dressing	SERVING 1 OZ	36	0	178	0.00	0.00	0.00	45	0.00	9.00	0.00	9.00	0.00	0.00
Ranch Dressing	Svg 2 Tbsp	151	9	227	0.00	0.00	0.00	0	0.00	0.94	0.00	0.94	16.06	2.83
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00

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Elementary Lunch K-5

Thursday, Feb 7, 2019

Recipes	Portion Size	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Teriyaki Chicken Bowl	7.0 oz.	300	126	459	2.58	2.14	43.39	243	72.70	2.40*	23.10	36.73	7.04	1.22
Corn Dog w/Tots	SVG	380	40	760	7.80	1.44	60.00	0	3.60	5.00	5.00	47.00	15.00	3.50
PB & J Sandwich	1 EACH	550	0	480	7.00	2.70	60.00	100	1.20	18.00	20.00	52.00	33.00	7.00
String Cheese Crackers	SVG	340	40	770	2.00	8.10	416.00	0*	0.00*	6.00	15.00	34.00	18.00	9.00
Yogurt & Pretzels	SERVING	302	9	308	1.20	1.12	646.00	1362	3.34	33.80*	8.60	56.60	3.52	1.20
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Catsup	TBS.	20	0	160	0.00	0.00	0.00	100	1.20	4.00	0.00	5.00	0.00	0.00
Mustard	1 OZ	0	0	60	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Pickles, Dill	.125 CUP	0	0	3	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0.00	0.00	0.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Garden Fresh Salad	1 CUP	13	0	15	1.42	2.15	31.39	4289	9.87	0.38*	1.05	2.47	0.11	0.00
Baby Carrots	SERVING, 2.5 OZ	25	0	56	2.53	7.59	0.63	9773	1.90	3.80	0.00	6.33	0.00	0.00
Cucumber	SVG.	10	0	2	0.60	0.19	11.91	202	2.72	1.17	0.50	1.84	0.14	0.00
Roasted Beets	2.78 oz.svg.	91	0	441	2.03	0.01	0.46	0	2.46	6.00*	1.06	11.25	5.04	0.63
Sugar Snap Peas	SVG	50	0	70	3.00	1.08	20.00	1500	12.00	3.00	3.00	9.00	0.00	0.00
Grape Tomatoes	SVG. 2.66 OZ.	13	0	3	0.88	0.26	4.89	611	9.09	1.92	0.64	2.85	0.15	0.03
Celery Sticks	SERVING- 2.5 oz	9	0	44	0.88	0.11	21.88	40	1.75	0.00	0.38	1.64	0.10	0.02
Peanut Butter Cup	SVG	180	0	160	2.00	0.72	20.00	0	0.00	3.00	7.00	8.00	15.00	2.00
Corn	SERVING, 3 oz	76	0	9	0.94	0.00	0.00	0	2.27	4.73	2.83	17.95	0.94	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Peaches, canned	SERVING, 4.5 oz	71	0	10	1.01	0.00	0.00	304	1.21	16.20	0.00	17.21	0.00	0.00
Kiwi, Wedges	4.90 OZ.	81	0	0	4.03	0.73	40.27	201	132.87	12.08	2.01	20.13	0.00	0.00
Sliced Red Apples	EACH	34	0	0	2.00	0.18	10.00	50	123.60	6.00	0.00	8.00	0.00	0.00
Red Apples	EACH	76	0	2	2.37	0.00	0.00	0	0.00	14.23	0.00	18.97	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
1% Milk	1 EACH	120	10	150	0.00	0.00	350.00	500	2.40	14.00	10.00	14.00	2.50	1.50
Milk, Chocolate FF	1 EACH	110	5	135	0.00	0.72	250.00	500	0.00	18.00	8.00	20.00	0.00	0.00

Milk,FF,Carton,8 oz.	1 EACH	90	5	120	0.00	0.00	300.00	500	2.40	12.00	9.00	12.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Honey Mustard Dressing	SERVING 1 OZ	36	0	178	0.00	0.00	0.00	45	0.00	9.00	0.00	9.00	0.00	0.00
Ranch Dressing	Svg 2 Tbsp	151	9	227	0.00	0.00	0.00	0	0.00	0.94	0.00	0.94	16.06	2.83
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00

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Elementary Lunch K-5

Friday, Feb 8, 2019

Recipes	Portion Size	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Tuna Sriracha Tostada - GF	5.50 oz.	360	42*	677	5.09	1.47	191.06	1589*	23.66*	2.69*	20.12	26.39	20.45	4.51*
Mini Cheeseburgers	1 EACH	272	45	355	2.60	2.80	82.00	100	0.00	3.50	19.70	31.30	7.80	2.90
PB & J Sandwich	1 EACH	550	0	480	7.00	2.70	60.00	100	1.20	18.00	20.00	52.00	33.00	7.00
String Cheese Crackers	SVG	340	40	770	2.00	8.10	416.00	0*	0.00*	6.00	15.00	34.00	18.00	9.00
Yogurt & Pretzels	SERVING	302	9	308	1.20	1.12	646.00	1362	3.34	33.80*	8.60	56.60	3.52	1.20
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
MEXICAN CONDIMENTS	1 EA	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Pico de Gallo	2 OZ. SVGS	15	0	81	0.63	0.21	4.31	386	9.27	0.49*	0.48	3.83	0.21	0.02
Lettuce, Shredded	SVG	3	0	3	0.40	0.14	5.39	94	1.11	*N/A*	0.29	0.59	0.05	0.01
CD, Shredded Cheese	SVG	111	30	192	0.00	0.00	202.50	304	0.00	0.00	7.09	1.01	9.11	6.08
Sour Cream Sauce	SVG	50	12	15	0.00	0.00	23.50	173	0.06	1.10	1.02	1.90	4.00	2.40
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Catsup	TBS.	20	0	160	0.00	0.00	0.00	100	1.20	4.00	0.00	5.00	0.00	0.00
Mayonnaise, Lite	1 OZ	51	6	98	0.00	0.22	18.96	492	0.33	1.16	0.00	2.32	4.63	0.58
Mustard	1 OZ	0	0	60	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Pickles, Dill	.125 CUP	0	0	3	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0.00	0.00	0.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Garden Fresh Salad	1 CUP	13	0	15	1.42	2.15	31.39	4289	9.87	0.38*	1.05	2.47	0.11	0.00
Baby Carrots	SERVING, 2.5 OZ	25	0	56	2.53	7.59	0.63	9773	1.90	3.80	0.00	6.33	0.00	0.00
Cucumber	SVG.	10	0	2	0.60	0.19	11.91	202	2.72	1.17	0.50	1.84	0.14	0.00
Grape Tomatoes	SVG. 2.66 OZ.	13	0	3	0.88	0.26	4.89	611	9.09	1.92	0.64	2.85	0.15	0.03
Zucchini	SERVING, 2.4 oz	12	0	5	0.68	0.25	10.89	136	12.18	1.70	0.82	2.12	0.22	0.06
Green Peas	SERVING, 3.5 oz	74	0	69	5.25	1.50	22.68	2005	882.01	4.44	4.92	13.62	0.26	0.05
Broccoli florets	SERVING, 1.1 oz	18	0	4	0.00	0.00	12.59	0	24.55	0.00	2.52	2.52	0.00	0.00
Garbanzo Beans	1/2 CUP	131	0	504	9.08	1.36	32.27	24	3.83	*N/A*	6.05	22.19	2.02	0.50
Diced Eggs	1 OZ.	46	122	74	0.00	0.41	11.39	171	0.00	0.57	3.42	0.57	2.85	0.85

	SVG													
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Pears, Can,Light Syrup	SERVING, 3.5 oz	74	0	12	2.46	0.00	0.00	74	0.00	14.78	0.00	17.24	0.00	0.00
Halo Mandarin Oranges	1 EACH	50	0	0	2.00	0.00	40.00	300	27.00	9.00	1.00	13.00	0.00	0.00
Sliced Red Apples	EACH	34	0	0	2.00	0.18	10.00	50	123.60	6.00	0.00	8.00	0.00	0.00
Red Apples	EACH	76	0	2	2.37	0.00	0.00	0	0.00	14.23	0.00	18.97	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
1% Milk	1 EACH	120	10	150	0.00	0.00	350.00	500	2.40	14.00	10.00	14.00	2.50	1.50
Milk, Chocolate FF	1 EACH	110	5	135	0.00	0.72	250.00	500	0.00	18.00	8.00	20.00	0.00	0.00
Milk,FF,Carton,8 oz.	1 EACH	90	5	120	0.00	0.00	300.00	500	2.40	12.00	9.00	12.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Honey Mustard Dressing	SERVING 1 OZ	36	0	178	0.00	0.00	0.00	45	0.00	9.00	0.00	9.00	0.00	0.00
Ranch Dressing	Svg 2 Tbsp	151	9	227	0.00	0.00	0.00	0	0.00	0.94	0.00	0.94	16.06	2.83
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00

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Elementary Lunch K-5

Monday, Feb 11, 2019

Recipes	Portion Size	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Soy Chorizo & Bean Burrito	1 EACH	233	0	536	8.20*	2.66	69.72	247	1.41	2.14*	12.50	23.79*	10.58	1.76
Taco Chalupa	1 EACH	244	44	404	0.32	0.84	347.13	296	0.24	0.56	16.28	11.18	13.94	5.92
PB & J Sandwich	1 EACH	550	0	480	7.00	2.70	60.00	100	1.20	18.00	20.00	52.00	33.00	7.00
String Cheese Crackers	SVG	340	40	770	2.00	8.10	416.00	0*	0.00*	6.00	15.00	34.00	18.00	9.00
Yogurt & Pretzels	SERVING	302	9	308	1.20	1.12	646.00	1362	3.34	33.80*	8.60	56.60	3.52	1.20
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
MEXICAN CONDIMENTS	1 EA	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Lettuce, Shredded	SVG	3	0	3	0.40	0.14	5.39	94	1.11	*N/A*	0.29	0.59	0.05	0.01
Jalapenos	1.35 OZ. SVG.	7	0	697	1.37	0.98	27.34	410	3.28	0.00	0.00	1.37	0.00	0.00
Sour Cream Sauce	SVG	50	12	15	0.00	0.00	23.50	173	0.06	1.10	1.02	1.90	4.00	2.40
Salsa	.125 CUP	2	0	12	0.11*	0.02	1.09	27	0.76	0.22*	0.05	0.35*	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Garden Fresh Salad	1 CUP	13	0	15	1.42	2.15	31.39	4289	9.87	0.38*	1.05	2.47	0.11	0.00
Baby Carrots	SERVING, 2.5 OZ	25	0	56	2.53	7.59	0.63	9773	1.90	3.80	0.00	6.33	0.00	0.00
Cucumber	SVG.	10	0	2	0.60	0.19	11.91	202	2.72	1.17	0.50	1.84	0.14	0.00
Grape Tomatoes	SVG. 2.66 OZ.	13	0	3	0.88	0.26	4.89	611	9.09	1.92	0.64	2.85	0.15	0.03
Bell Peppers 4 Colors	SERVING, 2.75oz	22	0	2	1.41	0.24	4.76	1312	66.64	2.06	0.79	4.64	0.16	0.02
Peas and Corn	.50 cup	76	0	31	2.47	0.53	7.96	704	310.97	4.71	3.62	16.75	0.72	0.02
Broccoli florets	SERVING, 1.1 oz	18	0	4	0.00	0.00	12.59	0	24.55	0.00	2.52	2.52	0.00	0.00
Diced Eggs	1 OZ. SVG	46	122	74	0.00	0.41	11.39	171	0.00	0.57	3.42	0.57	2.85	0.85
Kidney Beans	.5 CUP	61	0	243	4.56	0.90	17.25	0	0.78	*N/A*	3.74	11.10	0.24	0.04
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Cinnamon Applesauce	SERVING, 4.5 oz	87	0	3	1.54	0.16	4.09	8	2.17	18.72	0.21	22.33	0.22	0.04
Mangos	SERVING, 3 oz	65	0	0	1.80	0.00	0.00	765	27.70	14.80	0.27	17.00	0.00	0.00
Sliced Red Apples	EACH	34	0	0	2.00	0.18	10.00	50	123.60	6.00	0.00	8.00	0.00	0.00

Red Apples	EACH	76	0	2	2.37	0.00	0.00	0	0.00	14.23	0.00	18.97	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
1% Milk	1 EACH	120	10	150	0.00	0.00	350.00	500	2.40	14.00	10.00	14.00	2.50	1.50
Milk, Chocolate FF	1 EACH	110	5	135	0.00	0.72	250.00	500	0.00	18.00	8.00	20.00	0.00	0.00
Milk,FF,Carton,8 oz.	1 EACH	90	5	120	0.00	0.00	300.00	500	2.40	12.00	9.00	12.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Honey Mustard Dressing	SERVING 1 OZ	36	0	178	0.00	0.00	0.00	45	0.00	9.00	0.00	9.00	0.00	0.00
Ranch Dressing	Svg 2 Tbsp	151	9	227	0.00	0.00	0.00	0	0.00	0.94	0.00	0.94	16.06	2.83
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00

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Elementary Lunch K-5

Tuesday, Feb 12, 2019

Recipes	Portion Size	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Orange Chicken/Brown Rice	SERVING	235	40	280	1.00	1.08	0.00	0*	1.20	10.00	13.00	37.50	3.50	0.50
Cheese Ravioli	SERVING	347	60	712	4.17	3.59	294.69	263*	2.27*	4.09*	24.87	40.52	9.38	3.86
PB & J Sandwich	EACH	550	0	480	7.00	2.70	60.00	100	1.20	18.00	20.00	52.00	33.00	7.00
String Cheese Crackers	SVG	340	40	770	2.00	8.10	416.00	0*	0.00*	6.00	15.00	34.00	18.00	9.00
Yogurt & Pretzels	SERVING	302	9	308	1.20	1.12	646.00	1362	3.34	33.80*	8.60	56.60	3.52	1.20
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Goldfish Crackers	1 EACH	100	5	180	1.00	1.08	20.00	0	0.00	0.00	2.00	14.00	3.50	0.50
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Cheese Pizza, PZA Guy	SLICE	347	36	384	4.16	2.43	411.30	825	5.08	2.17	20.40	38.98	12.69	6.48
Pepperoni Pizza, PZA Guy LUNCH	SLICE	360	42	491	4.16	2.89	417.94	819	2.08	2.44	21.75	39.37	15.59	7.50
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Catsup	TBS.	20	0	160	0.00	0.00	0.00	100	1.20	4.00	0.00	5.00	0.00	0.00
Barbeque Sauce	1 OZ	32	0	274	0.00	0.00	0.00	0	0.00	3.66	0.00	7.32	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Garden Fresh Salad	1 CUP	13	0	15	1.42	2.15	31.39	4289	9.87	0.38*	1.05	2.47	0.11	0.00
Caesar Salad	5 oz. svg.	378	9	588	9.23	0.51	35.90	4930*	13.60*	0.57	1.51	34.10	24.87	1.42
Baby Carrots	SERVING, 2.5 OZ	25	0	56	2.53	7.59	0.63	9773	1.90	3.80	0.00	6.33	0.00	0.00
Cucumber	SVG.	10	0	2	0.60	0.19	11.91	202	2.72	1.17	0.50	1.84	0.14	0.00
Grape Tomatoes	SVG. 2.66 OZ.	13	0	3	0.88	0.26	4.89	611	9.09	1.92	0.64	2.85	0.15	0.03
Roasted Beets	2.78 oz.svg.	91	0	441	2.03	0.01	0.46	0	2.46	6.00*	1.06	11.25	5.04	0.63
Sugar Snap Peas	SVG	50	0	70	3.00	1.08	20.00	1500	12.00	3.00	3.00	9.00	0.00	0.00
Celery Sticks	SERVING-2.5 oz	9	0	44	0.88	0.11	21.88	40	1.75	0.00	0.38	1.64	0.10	0.02
Peanut Butter Cup	SVG	180	0	160	2.00	0.72	20.00	0	0.00	3.00	7.00	8.00	15.00	2.00
Peas and Corn	.50 cup	76	0	31	2.47	0.53	7.96	704	310.97	4.71	3.62	16.75	0.72	0.02
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Mandarin	SERVING	31	0	4	0.44	0.32	8.87	133	94.19	7.54	0.44	7.54	0.00	0.00

Oranges	4 oz														
Orange Smiles	SERVING 4.75	40	0	1	2.00	*N/A*	*N/A*	*N/A*	*N/A*	7.00	1.00	10.00	0.00	0.00	
Sliced Red Apples	EACH	34	0	0	2.00	0.18	10.00	50	123.60	6.00	0.00	8.00	0.00	0.00	
Red Apples	EACH	76	0	2	2.37	0.00	0.00	0	0.00	14.23	0.00	18.97	0.00	0.00	
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00	
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00	
1% Milk	1 EACH	120	10	150	0.00	0.00	350.00	500	2.40	14.00	10.00	14.00	2.50	1.50	
Milk, Chocolate FF	1 EACH	110	5	135	0.00	0.72	250.00	500	0.00	18.00	8.00	20.00	0.00	0.00	
Milk,FF,Carton,8 oz.	1 EACH	90	5	120	0.00	0.00	300.00	500	2.40	12.00	9.00	12.00	0.00	0.00	
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00	
Honey Mustard Dressing	SERVING 1 OZ	36	0	178	0.00	0.00	0.00	45	0.00	9.00	0.00	9.00	0.00	0.00	
Ranch Dressing	Svg 2 Tbsp	151	9	227	0.00	0.00	0.00	0	0.00	0.94	0.00	0.94	16.06	2.83	
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00	

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Elementary Lunch K-5

Wednesday, Feb 13, 2019

Recipes	Portion Size	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Beef Taco Dip w/ Chips	5.75 oz/serving	497	33	1060	9.93	5.04	80.48	482	7.00	1.62	16.63	47.90	23.25	6.32
Pepperoni Pizza	1 EACH	340	35	580	3.00	1.80	400.00	500	9.00	4.00	20.00	34.00	18.00	9.00
PB & J Sandwich	1 EACH	550	0	480	7.00	2.70	60.00	100	1.20	18.00	20.00	52.00	33.00	7.00
String Cheese Crackers	SVG	340	40	770	2.00	8.10	416.00	0*	0.00*	6.00	15.00	34.00	18.00	9.00
Yogurt & Pretzels	SERVING	302	9	308	1.20	1.12	646.00	1362	3.34	33.80*	8.60	56.60	3.52	1.20
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Cheese Pizza, PZA Guy	SLICE	347	36	384	4.16	2.43	411.30	825	5.08	2.17	20.40	38.98	12.69	6.48
Pepperoni Pizza, PZA Guy LUNCH	SLICE	360	42	491	4.16	2.89	417.94	819	2.08	2.44	21.75	39.37	15.59	7.50
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Jalapenos	1.35 OZ. SVG.	7	0	697	1.37	0.98	27.34	410	3.28	0.00	0.00	1.37	0.00	0.00
Salsa	.125 CUP	2	0	12	0.11*	0.02	1.09	27	0.76	0.22*	0.05	0.35*	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Garden Fresh Salad	1 CUP	13	0	15	1.42	2.15	31.39	4289	9.87	0.38*	1.05	2.47	0.11	0.00
Caesar Salad	5 oz. svg.	378	9	588	9.23	0.51	35.90	4930*	13.60*	0.57	1.51	34.10	24.87	1.42
Baby Carrots	SERVING, 2.5 OZ	25	0	56	2.53	7.59	0.63	9773	1.90	3.80	0.00	6.33	0.00	0.00
Cucumber	SVG.	10	0	2	0.60	0.19	11.91	202	2.72	1.17	0.50	1.84	0.14	0.00
Grape Tomatoes	SVG. 2.66 OZ.	13	0	3	0.88	0.26	4.89	611	9.09	1.92	0.64	2.85	0.15	0.03
Bell Peppers 4 Colors	SERVING, 2.75oz	22	0	2	1.41	0.24	4.76	1312	66.64	2.06	0.79	4.64	0.16	0.02
Harvest of the Month	EACH	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Garbanzo Beans	1/2 CUP	131	0	504	9.08	1.36	32.27	24	3.83	*N/A*	6.05	22.19	2.02	0.50
Broccoli florets	SERVING, 1.1 oz	18	0	4	0.00	0.00	12.59	0	24.55	0.00	2.52	2.52	0.00	0.00
Diced Eggs	1 OZ. SVG	46	122	74	0.00	0.41	11.39	171	0.00	0.57	3.42	0.57	2.85	0.85
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Pineapple, Can,Lt Syrup	SERVING, 4.0 oz	94	0	0	1.34	0.48	26.82	0	12.07	18.78	1.01	22.80	0.00	0.00
Banana	EACH	89	0	1	2.60	0.26	5.00	64	8.70	12.20	1.10	22.80	0.30	0.10
Sliced Red Apples	EACH	34	0	0	2.00	0.18	10.00	50	123.60	6.00	0.00	8.00	0.00	0.00
Red Apples	EACH	76	0	2	2.37	0.00	0.00	0	0.00	14.23	0.00	18.97	0.00	0.00

.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
1% Milk	1 EACH	120	10	150	0.00	0.00	350.00	500	2.40	14.00	10.00	14.00	2.50	1.50
Milk, Chocolate FF	1 EACH	110	5	135	0.00	0.72	250.00	500	0.00	18.00	8.00	20.00	0.00	0.00
Milk,FF,Carton,8 oz.	1 EACH	90	5	120	0.00	0.00	300.00	500	2.40	12.00	9.00	12.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Honey Mustard Dressing	SERVING 1 OZ	36	0	178	0.00	0.00	0.00	45	0.00	9.00	0.00	9.00	0.00	0.00
Ranch Dressing	Svg 2 Tbsp	151	9	227	0.00	0.00	0.00	0	0.00	0.94	0.00	0.94	16.06	2.83
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00

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Elementary Lunch K-5

Thursday, Feb 14, 2019

Recipes	Portion Size	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Heart Chicken Nuggets W/Pretzels	SERVING	310	45	550	3.00	1.80	20.00	0	0.00	1.00*	16.00	28.00	13.50	3.00
Hot Dog w/ Tots	SVG.	412	20	1077	5.80	2.53	80.00	101	3.60	4.01	16.09	47.01	19.15	5.05
PB & J Sandwich	1 EACH	550	0	480	7.00	2.70	60.00	100	1.20	18.00	20.00	52.00	33.00	7.00
String Cheese Crackers	SVG	340	40	770	2.00	8.10	416.00	0*	0.00*	6.00	15.00	34.00	18.00	9.00
Yogurt & Pretzels	SERVING	302	9	308	1.20	1.12	646.00	1362	3.34	33.80*	8.60	56.60	3.52	1.20
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Cinnamon Heart Cracker	1 EACH	130	0	120	1.00	1.08	100.00	0	0.00	8.00	2.00	21.00	4.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Jalapenos	1.35 OZ. SVG.	7	0	697	1.37	0.98	27.34	410	3.28	0.00	0.00	1.37	0.00	0.00
Catsup	TBS.	20	0	160	0.00	0.00	0.00	100	1.20	4.00	0.00	5.00	0.00	0.00
Mustard	1 OZ	0	0	60	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Pickles, Dill	.125 CUP	0	0	3	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0.00	0.00	0.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Garden Fresh Salad	1 CUP	13	0	15	1.42	2.15	31.39	4289	9.87	0.38*	1.05	2.47	0.11	0.00
Baby Carrots	SERVING, 2.5 OZ	25	0	56	2.53	7.59	0.63	9773	1.90	3.80	0.00	6.33	0.00	0.00
Cucumber	SVG.	10	0	2	0.60	0.19	11.91	202	2.72	1.17	0.50	1.84	0.14	0.00
Roasted Beets	2.78 oz.svg.	91	0	441	2.03	0.01	0.46	0	2.46	6.00*	1.06	11.25	5.04	0.63
Sugar Snap Peas	SVG	50	0	70	3.00	1.08	20.00	1500	12.00	3.00	3.00	9.00	0.00	0.00
Grape Tomatoes	SVG. 2.66 OZ.	13	0	3	0.88	0.26	4.89	611	9.09	1.92	0.64	2.85	0.15	0.03
Celery Sticks	SERVING-2.5 oz	9	0	44	0.88	0.11	21.88	40	1.75	0.00	0.38	1.64	0.10	0.02
Peanut Butter Cup	SVG	180	0	160	2.00	0.72	20.00	0	0.00	3.00	7.00	8.00	15.00	2.00
Corn	SERVING, 3 oz	76	0	9	0.94	0.00	0.00	0	2.27	4.73	2.83	17.95	0.94	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Peaches, canned	SERVING, 4.5 oz	71	0	10	1.01	0.00	0.00	304	1.21	16.20	0.00	17.21	0.00	0.00
Tropical Blend	SERVING	38	0	7	1.26	0.22	7.02	102	76.20	6.74	0.62	9.27	0.00	0.00
Sliced Red Apples	EACH	34	0	0	2.00	0.18	10.00	50	123.60	6.00	0.00	8.00	0.00	0.00

Red Apples	EACH	76	0	2	2.37	0.00	0.00	0	0.00	14.23	0.00	18.97	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
1% Milk	1 EACH	120	10	150	0.00	0.00	350.00	500	2.40	14.00	10.00	14.00	2.50	1.50
Strawberry Milk	EACH	110	5	100	0.00	0.36	250.00	500	0.00	20.00	7.00	21.00	0.00	0.00
Milk,FF,Carton,8 oz.	1 EACH	90	5	120	0.00	0.00	300.00	500	2.40	12.00	9.00	12.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Honey Mustard Dressing	SERVING 1 OZ	36	0	178	0.00	0.00	0.00	45	0.00	9.00	0.00	9.00	0.00	0.00
Ranch Dressing	Svg 2 Tbsp	151	9	227	0.00	0.00	0.00	0	0.00	0.94	0.00	0.94	16.06	2.83
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00

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Elementary Lunch K-5

Friday, Feb 15, 2019

Recipes	Portion Size	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
RECESS	1 EACH	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*

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Elementary Lunch K-5

Monday, Feb 18, 2019

Recipes	Portion Size	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
RECESS	1 EACH	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*

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Elementary Lunch K-5

Tuesday, Feb 19, 2019

Recipes	Portion Size	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Teriyaki Beef & Rice	SERVING	284	40	1132	2.17	2.11	33.10	30	0.00	9.95	17.10	33.12	8.51	3.50
Hot Ham & Cheese Sand	1 EACH	450	98	1050	0.00	1.08	98.50	250	0.00*	4.00	30.50	34.00	20.00	7.75
PB & J Sandwich	EACH	550	0	480	7.00	2.70	60.00	100	1.20	18.00	20.00	52.00	33.00	7.00
String Cheese Crackers	SVG	340	40	770	2.00	8.10	416.00	0*	0.00*	6.00	15.00	34.00	18.00	9.00
Yogurt & Pretzels	SERVING	302	9	308	1.20	1.12	646.00	1362	3.34	33.80*	8.60	56.60	3.52	1.20
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
President Cracker	1 EACH	130	0	95	1.00	1.80	0.00	0	0.00	8.00	2.00	22.00	4.00	1.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Cheese Pizza, PZA Guy	SLICE	347	36	384	4.16	2.43	411.30	825	5.08	2.17	20.40	38.98	12.69	6.48
Pepperoni Pizza, PZA Guy LUNCH	SLICE	360	42	491	4.16	2.89	417.94	819	2.08	2.44	21.75	39.37	15.59	7.50
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Garden Fresh Salad	1 CUP	13	0	15	1.42	2.15	31.39	4289	9.87	0.38*	1.05	2.47	0.11	0.00
Caesar Salad	5 oz. svg.	378	9	588	9.23	0.51	35.90	4930*	13.60*	0.57	1.51	34.10	24.87	1.42
Baby Carrots	SERVING, 2.5 OZ	25	0	56	2.53	7.59	0.63	9773	1.90	3.80	0.00	6.33	0.00	0.00
Cucumber	SVG.	10	0	2	0.60	0.19	11.91	202	2.72	1.17	0.50	1.84	0.14	0.00
Grape Tomatoes	SVG. 2.66 OZ.	13	0	3	0.88	0.26	4.89	611	9.09	1.92	0.64	2.85	0.15	0.03
Roasted Beets	2.78 oz.svg.	91	0	441	2.03	0.01	0.46	0	2.46	6.00*	1.06	11.25	5.04	0.63
Sugar Snap Peas	SVG	50	0	70	3.00	1.08	20.00	1500	12.00	3.00	3.00	9.00	0.00	0.00
Celery Sticks	SERVING- 2.5 oz	9	0	44	0.88	0.11	21.88	40	1.75	0.00	0.38	1.64	0.10	0.02
Peanut Butter Cup	SVG	180	0	160	2.00	0.72	20.00	0	0.00	3.00	7.00	8.00	15.00	2.00
Peas and Corn	.50 cup	76	0	31	2.47	0.53	7.96	704	310.97	4.71	3.62	16.75	0.72	0.02
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Mandarin Oranges	SERVING 4 oz	31	0	4	0.44	0.32	8.87	133	94.19	7.54	0.44	7.54	0.00	0.00
Orange Smiles	SERVING 4.75	40	0	1	2.00	*N/A*	*N/A*	*N/A*	*N/A*	7.00	1.00	10.00	0.00	0.00
Sliced Red	EACH	34	0	0	2.00	0.18	10.00	50	123.60	6.00	0.00	8.00	0.00	0.00

Apples														
Red Apples	EACH	76	0	2	2.37	0.00	0.00	0	0.00	14.23	0.00	18.97	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
1% Milk	1 EACH	120	10	150	0.00	0.00	350.00	500	2.40	14.00	10.00	14.00	2.50	1.50
Milk, Chocolate FF	1 EACH	110	5	135	0.00	0.72	250.00	500	0.00	18.00	8.00	20.00	0.00	0.00
Milk,FF,Carton,8 oz.	1 EACH	90	5	120	0.00	0.00	300.00	500	2.40	12.00	9.00	12.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Honey Mustard Dressing	SERVING 1 OZ	36	0	178	0.00	0.00	0.00	45	0.00	9.00	0.00	9.00	0.00	0.00
Ranch Dressing	Svg 2 Tbsp	151	9	227	0.00	0.00	0.00	0	0.00	0.94	0.00	0.94	16.06	2.83
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00

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Elementary Lunch K-5

Wednesday, Feb 20, 2019

Recipes	Portion Size	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Pasta w/Meat Sauce and Garlic Bread	2/3 Cup	379	27	994	5.23	4.47	116.68	1298*	6.68*	6.51*	18.54	48.07	11.36	4.14
Pasta w/Meatless Sauce	SVG	419	0	1194	9.76	6.69	187.29	1694*	8.84*	8.67*	19.78	62.02	9.55	0.99
Spicy Chicken Sandwich	SANDWICH	392	32	811	6.00	2.80	115.00	174	0.00	3.00*	25.00	52.00	11.20	1.00
PB & J Sandwich	1 EACH	550	0	480	7.00	2.70	60.00	100	1.20	18.00	20.00	52.00	33.00	7.00
String Cheese Crackers	SVG	340	40	770	2.00	8.10	416.00	0*	0.00*	6.00	15.00	34.00	18.00	9.00
Yogurt & Pretzels	SERVING	302	9	308	1.20	1.12	646.00	1362	3.34	33.80*	8.60	56.60	3.52	1.20
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Cheese Pizza, PZA Guy	SLICE	347	36	384	4.16	2.43	411.30	825	5.08	2.17	20.40	38.98	12.69	6.48
Pepperoni Pizza, PZA Guy LUNCH	SLICE	360	42	491	4.16	2.89	417.94	819	2.08	2.44	21.75	39.37	15.59	7.50
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Mayonnaise, Lite	1 OZ	51	6	98	0.00	0.22	18.96	492	0.33	1.16	0.00	2.32	4.63	0.58
Tomato, Slices	SLICE	13	0	33	0.70	0.37	4.00	184	12.60	*N/A*	0.92	2.51	0.15	0.02
Pickles, Dill	.125 CUP	0	0	3	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0.00	0.00	0.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Garden Fresh Salad	1 CUP	13	0	15	1.42	2.15	31.39	4289	9.87	0.38*	1.05	2.47	0.11	0.00
Caesar Salad	5 oz. svg.	378	9	588	9.23	0.51	35.90	4930*	13.60*	0.57	1.51	34.10	24.87	1.42
Baby Carrots	SERVING, 2.5 OZ	25	0	56	2.53	7.59	0.63	9773	1.90	3.80	0.00	6.33	0.00	0.00
Cucumber	SVG.	10	0	2	0.60	0.19	11.91	202	2.72	1.17	0.50	1.84	0.14	0.00
Grape Tomatoes	SVG. 2.66 OZ.	13	0	3	0.88	0.26	4.89	611	9.09	1.92	0.64	2.85	0.15	0.03
Bell Peppers 4 Colors	SERVING, 2.75oz	22	0	2	1.41	0.24	4.76	1312	66.64	2.06	0.79	4.64	0.16	0.02
Harvest of the Month	EACH	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Garbanzo Beans	1/2 CUP	131	0	504	9.08	1.36	32.27	24	3.83	*N/A*	6.05	22.19	2.02	0.50
Broccoli florets	SERVING, 1.1 oz	18	0	4	0.00	0.00	12.59	0	24.55	0.00	2.52	2.52	0.00	0.00
Diced Eggs	1 OZ. SVG	46	122	74	0.00	0.41	11.39	171	0.00	0.57	3.42	0.57	2.85	0.85
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Pineapple, Can,Lt Syrup	SERVING, 4.0 oz	94	0	0	1.34	0.48	26.82	0	12.07	18.78	1.01	22.80	0.00	0.00

Banana	EACH	89	0	1	2.60	0.26	5.00	64	8.70	12.20	1.10	22.80	0.30	0.10
Sliced Red Apples	EACH	34	0	0	2.00	0.18	10.00	50	123.60	6.00	0.00	8.00	0.00	0.00
Red Apples	EACH	76	0	2	2.37	0.00	0.00	0	0.00	14.23	0.00	18.97	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
1% Milk	1 EACH	120	10	150	0.00	0.00	350.00	500	2.40	14.00	10.00	14.00	2.50	1.50
Milk, Chocolate FF	1 EACH	110	5	135	0.00	0.72	250.00	500	0.00	18.00	8.00	20.00	0.00	0.00
Milk,FF,Carton,8 oz.	1 EACH	90	5	120	0.00	0.00	300.00	500	2.40	12.00	9.00	12.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Honey Mustard Dressing	SERVING 1 OZ	36	0	178	0.00	0.00	0.00	45	0.00	9.00	0.00	9.00	0.00	0.00
Ranch Dressing	Svg 2 Tbsp	151	9	227	0.00	0.00	0.00	0	0.00	0.94	0.00	0.94	16.06	2.83
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00

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Elementary Lunch K-5

Thursday, Feb 21, 2019

Recipes	Portion Size	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Cheesy Nachos	5 OZ.SVG.	467	46	905	6.22	3.67	504.56	1034	1.25*	2.02*	18.43	41.58	25.86	10.70
Bean & Cheese Burrito	1 EACH	350	15	480	6.00	5.40	150.00	100	0.00	4.00	14.00	45.00	11.00	0.00
PB & J Sandwich	1 EACH	550	0	480	7.00	2.70	60.00	100	1.20	18.00	20.00	52.00	33.00	7.00
String Cheese Crackers	SVG	340	40	770	2.00	8.10	416.00	0*	0.00*	6.00	15.00	34.00	18.00	9.00
Yogurt & Pretzels	SERVING	302	9	308	1.20	1.12	646.00	1362	3.34	33.80*	8.60	56.60	3.52	1.20
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Jalapenos	1.35 OZ. SVG.	7	0	697	1.37	0.98	27.34	410	3.28	0.00	0.00	1.37	0.00	0.00
Salsa	.125 CUP	2	0	12	0.11*	0.02	1.09	27	0.76	0.22*	0.05	0.35*	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Garden Fresh Salad	1 CUP	13	0	15	1.42	2.15	31.39	4289	9.87	0.38*	1.05	2.47	0.11	0.00
Baby Carrots	SERVING, 2.5 OZ	25	0	56	2.53	7.59	0.63	9773	1.90	3.80	0.00	6.33	0.00	0.00
Cucumber	SVG.	10	0	2	0.60	0.19	11.91	202	2.72	1.17	0.50	1.84	0.14	0.00
Roasted Beets	2.78 oz.svg.	91	0	441	2.03	0.01	0.46	0	2.46	6.00*	1.06	11.25	5.04	0.63
Sugar Snap Peas	SVG	50	0	70	3.00	1.08	20.00	1500	12.00	3.00	3.00	9.00	0.00	0.00
Grape Tomatoes	SVG. 2.66 OZ.	13	0	3	0.88	0.26	4.89	611	9.09	1.92	0.64	2.85	0.15	0.03
Celery Sticks	SERVING- 2.5 oz	9	0	44	0.88	0.11	21.88	40	1.75	0.00	0.38	1.64	0.10	0.02
Peanut Butter Cup	SVG	180	0	160	2.00	0.72	20.00	0	0.00	3.00	7.00	8.00	15.00	2.00
Corn	SERVING, 3 oz	76	0	9	0.94	0.00	0.00	0	2.27	4.73	2.83	17.95	0.94	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Peaches, canned	SERVING, 4.5 oz	71	0	10	1.01	0.00	0.00	304	1.21	16.20	0.00	17.21	0.00	0.00
Tropical Blend	SERVING	38	0	7	1.26	0.22	7.02	102	76.20	6.74	0.62	9.27	0.00	0.00
Sliced Red Apples	EACH	34	0	0	2.00	0.18	10.00	50	123.60	6.00	0.00	8.00	0.00	0.00
Red Apples	EACH	76	0	2	2.37	0.00	0.00	0	0.00	14.23	0.00	18.97	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
1% Milk	1 EACH	120	10	150	0.00	0.00	350.00	500	2.40	14.00	10.00	14.00	2.50	1.50
Milk, Chocolate FF	1 EACH	110	5	135	0.00	0.72	250.00	500	0.00	18.00	8.00	20.00	0.00	0.00

Milk,FF,Carton,8 oz.	1 EACH	90	5	120	0.00	0.00	300.00	500	2.40	12.00	9.00	12.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Honey Mustard Dressing	SERVING 1 OZ	36	0	178	0.00	0.00	0.00	45	0.00	9.00	0.00	9.00	0.00	0.00
Ranch Dressing	Svg 2 Tbsp	151	9	227	0.00	0.00	0.00	0	0.00	0.94	0.00	0.94	16.06	2.83
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00

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.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
1% Milk	1 EACH	120	10	150	0.00	0.00	350.00	500	2.40	14.00	10.00	14.00	2.50	1.50
Milk, Chocolate FF	1 EACH	110	5	135	0.00	0.72	250.00	500	0.00	18.00	8.00	20.00	0.00	0.00
Milk,FF,Carton,8 oz.	1 EACH	90	5	120	0.00	0.00	300.00	500	2.40	12.00	9.00	12.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Honey Mustard Dressing	SERVING 1 OZ	36	0	178	0.00	0.00	0.00	45	0.00	9.00	0.00	9.00	0.00	0.00
Ranch Dressing	Svg 2 Tbsp	151	9	227	0.00	0.00	0.00	0	0.00	0.94	0.00	0.94	16.06	2.83
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00

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Elementary Lunch K-5

Monday, Feb 25, 2019

Recipes	Portion Size	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Street Tacos	1 EACH	140	39	45	2.20*	0.72	90.46	3*	0.65*	0.23*	13.79	12.46*	2.90	1.04
Chicken Quesadilla	SERVING	303	45	570	3.00	2.70	200.00	300	0.00	3.00	19.00	32.00	11.00	5.00
PB & J Sandwich	1 EACH	550	0	480	7.00	2.70	60.00	100	1.20	18.00	20.00	52.00	33.00	7.00
String Cheese Crackers	SVG	340	40	770	2.00	8.10	416.00	0*	0.00*	6.00	15.00	34.00	18.00	9.00
Yogurt & Pretzels	SERVING	302	9	308	1.20	1.12	646.00	1362	3.34	33.80*	8.60	56.60	3.52	1.20
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
MEXICAN CONDIMENTS	1 EA	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
CD: Lime Wedge	1 Each	11	0	1	1.04	0.22	12.21	19	10.77	*N/A*	0.26	3.90	0.07	0.01
Garnish for Street Tacos and Carnitas Nachos	1 OZ. SERVINGS	7	0	134	0.67	0.38	13.48	741	3.85	0.35	0.28	1.24	0.04	0.00
Sour Cream Sauce	1 OZ. SVG	50	12	15	0.00	0.00	23.50	173	0.06	1.10	1.02	1.90	4.00	2.40
Jalapenos	1.35 OZ. SVG.	7	0	697	1.37	0.98	27.34	410	3.28	0.00	0.00	1.37	0.00	0.00
Salsa	.125 CUP	2	0	12	0.11*	0.02	1.09	27	0.76	0.22*	0.05	0.35*	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Garden Fresh Salad	1 CUP	13	0	15	1.42	2.15	31.39	4289	9.87	0.38*	1.05	2.47	0.11	0.00
Baby Carrots	SERVING, 2.5 OZ	25	0	56	2.53	7.59	0.63	9773	1.90	3.80	0.00	6.33	0.00	0.00
Cucumber	SVG.	10	0	2	0.60	0.19	11.91	202	2.72	1.17	0.50	1.84	0.14	0.00
Grape Tomatoes	SVG. 2.66 OZ.	13	0	3	0.88	0.26	4.89	611	9.09	1.92	0.64	2.85	0.15	0.03
Bell Peppers 4 Colors	SERVING, 2.75oz	22	0	2	1.41	0.24	4.76	1312	66.64	2.06	0.79	4.64	0.16	0.02
Peas and Corn	.50 cup	76	0	31	2.47	0.53	7.96	704	310.97	4.71	3.62	16.75	0.72	0.02
Broccoli florets	SERVING, 1.1 oz	18	0	4	0.00	0.00	12.59	0	24.55	0.00	2.52	2.52	0.00	0.00
Diced Eggs	1 OZ. SVG	46	122	74	0.00	0.41	11.39	171	0.00	0.57	3.42	0.57	2.85	0.85
Kidney Beans	.5 CUP	61	0	243	4.56	0.90	17.25	0	0.78	*N/A*	3.74	11.10	0.24	0.04
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Cinnamon Applesauce	SERVING, 4.5 oz	87	0	3	1.54	0.16	4.09	8	2.17	18.72	0.21	22.33	0.22	0.04
Mangos	SERVING, 3 oz	65	0	0	1.80	0.00	0.00	765	27.70	14.80	0.27	17.00	0.00	0.00
Sliced Red	EACH	34	0	0	2.00	0.18	10.00	50	123.60	6.00	0.00	8.00	0.00	0.00

Apples														
Red Apples	EACH	76	0	2	2.37	0.00	0.00	0	0.00	14.23	0.00	18.97	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
1% Milk	1 EACH	120	10	150	0.00	0.00	350.00	500	2.40	14.00	10.00	14.00	2.50	1.50
Milk, Chocolate FF	1 EACH	110	5	135	0.00	0.72	250.00	500	0.00	18.00	8.00	20.00	0.00	0.00
Milk,FF,Carton,8 oz.	1 EACH	90	5	120	0.00	0.00	300.00	500	2.40	12.00	9.00	12.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Honey Mustard Dressing	SERVING 1 OZ	36	0	178	0.00	0.00	0.00	45	0.00	9.00	0.00	9.00	0.00	0.00
Ranch Dressing	Svg 2 Tbsp	151	9	227	0.00	0.00	0.00	0	0.00	0.94	0.00	0.94	16.06	2.83
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00

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Elementary Lunch K-5

Tuesday, Feb 26, 2019

Recipes	Portion Size	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Chicken & Waffles	SVG	292	71	646	3.01	2.89	80.25	300	0.00	1.00	18.20	22.07	14.14	3.03
Cheesy Bread	1 EACH	399	30	501	3.00	2.80	424.00	108	4.50	3.00	22.85	37.96	17.26	6.81
PB & J Sandwich	1 EACH	550	0	480	7.00	2.70	60.00	100	1.20	18.00	20.00	52.00	33.00	7.00
String Cheese Crackers	SVG	340	40	770	2.00	8.10	416.00	0*	0.00*	6.00	15.00	34.00	18.00	9.00
Yogurt & Pretzels	SERVING	302	9	308	1.20	1.12	646.00	1362	3.34	33.80*	8.60	56.60	3.52	1.20
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Marinara Dipping Sauce Cup	1 EACH	45	0	230	2.00	0.36	20.00	500	66.00	4.00	1.00	7.00	1.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Cheese Pizza, PZA Guy	SLICE	347	36	384	4.16	2.43	411.30	825	5.08	2.17	20.40	38.98	12.69	6.48
Pepperoni Pizza, PZA Guy LUNCH	SLICE	360	42	491	4.16	2.89	417.94	819	2.08	2.44	21.75	39.37	15.59	7.50
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Garden Fresh Salad	1 CUP	13	0	15	1.42	2.15	31.39	4289	9.87	0.38*	1.05	2.47	0.11	0.00
Caesar Salad	5 oz. svg.	378	9	588	9.23	0.51	35.90	4930*	13.60*	0.57	1.51	34.10	24.87	1.42
Baby Carrots	SERVING, 2.5 OZ	25	0	56	2.53	7.59	0.63	9773	1.90	3.80	0.00	6.33	0.00	0.00
Cucumber	SVG.	10	0	2	0.60	0.19	11.91	202	2.72	1.17	0.50	1.84	0.14	0.00
Grape Tomatoes	SVG. 2.66 OZ.	13	0	3	0.88	0.26	4.89	611	9.09	1.92	0.64	2.85	0.15	0.03
Roasted Beets	2.78 oz.svg.	91	0	441	2.03	0.01	0.46	0	2.46	6.00*	1.06	11.25	5.04	0.63
Sugar Snap Peas	SVG	50	0	70	3.00	1.08	20.00	1500	12.00	3.00	3.00	9.00	0.00	0.00
Celery Sticks	SERVING- 2.5 oz	9	0	44	0.88	0.11	21.88	40	1.75	0.00	0.38	1.64	0.10	0.02
Peanut Butter Cup	SVG	180	0	160	2.00	0.72	20.00	0	0.00	3.00	7.00	8.00	15.00	2.00
Peas and Corn	.50 cup	76	0	31	2.47	0.53	7.96	704	310.97	4.71	3.62	16.75	0.72	0.02
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Mandarin Oranges	SERVING 4 oz	31	0	4	0.44	0.32	8.87	133	94.19	7.54	0.44	7.54	0.00	0.00
Orange Smiles	SERVING 4.75	40	0	1	2.00	*N/A*	*N/A*	*N/A*	*N/A*	7.00	1.00	10.00	0.00	0.00
Sliced Red	EACH	34	0	0	2.00	0.18	10.00	50	123.60	6.00	0.00	8.00	0.00	0.00

Apples														
Red Apples	EACH	76	0	2	2.37	0.00	0.00	0	0.00	14.23	0.00	18.97	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
1% Milk	1 EACH	120	10	150	0.00	0.00	350.00	500	2.40	14.00	10.00	14.00	2.50	1.50
Milk, Chocolate FF	1 EACH	110	5	135	0.00	0.72	250.00	500	0.00	18.00	8.00	20.00	0.00	0.00
Milk,FF,Carton,8 oz.	1 EACH	90	5	120	0.00	0.00	300.00	500	2.40	12.00	9.00	12.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Honey Mustard Dressing	SERVING 1 OZ	36	0	178	0.00	0.00	0.00	45	0.00	9.00	0.00	9.00	0.00	0.00
Ranch Dressing	Svg 2 Tbsp	151	9	227	0.00	0.00	0.00	0	0.00	0.94	0.00	0.94	16.06	2.83
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00

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Elementary Lunch K-5

Wednesday, Feb 27, 2019

Recipes	Portion Size	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Beef Taco Dip w/ Chips	SERVING	497	33	1060	9.93	5.04	80.48	482	7.00	1.62	16.63	47.90	23.25	6.32
Popcorn Chicken	SERVING 4.3 oz	293	81	599	3.00	2.00	18.00	167	0.00	0.00	18.00	17.00	17.00	3.00
PB & J Sandwich	1 EACH	550	0	480	7.00	2.70	60.00	100	1.20	18.00	20.00	52.00	33.00	7.00
String Cheese Crackers	SVG	340	40	770	2.00	8.10	416.00	0*	0.00*	6.00	15.00	34.00	18.00	9.00
Yogurt & Pretzels	SERVING	302	9	308	1.20	1.12	646.00	1362	3.34	33.80*	8.60	56.60	3.52	1.20
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
WG Goldfish Pretzels	1 EACH	90	0	200	1.00	0.72	0.00	0	0.00	*N/A*	2.00	16.00	1.50	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Jalapenos	1.35 OZ. SVG.	7	0	697	1.37	0.98	27.34	410	3.28	0.00	0.00	1.37	0.00	0.00
Salsa	SVG	9	0	4	0.53*	0.00	10.07	108	5.05	0.82*	0.26	1.67*	0.01	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Cheese Pizza, PZA Guy	SLICE	347	36	384	4.16	2.43	411.30	825	5.08	2.17	20.40	38.98	12.69	6.48
Pepperoni Pizza, PZA Guy LUNCH	SLICE	360	42	491	4.16	2.89	417.94	819	2.08	2.44	21.75	39.37	15.59	7.50
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Catsup	TBS.	20	0	160	0.00	0.00	0.00	100	1.20	4.00	0.00	5.00	0.00	0.00
Barbeque Sauce	1 OZ	32	0	274	0.00	0.00	0.00	0	0.00	3.66	0.00	7.32	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Garden Fresh Salad	1 CUP	13	0	15	1.42	2.15	31.39	4289	9.87	0.38*	1.05	2.47	0.11	0.00
Caesar Salad	5 oz. svg.	378	9	588	9.23	0.51	35.90	4930*	13.60*	0.57	1.51	34.10	24.87	1.42
Baby Carrots	SERVING, 2.5 OZ	25	0	56	2.53	7.59	0.63	9773	1.90	3.80	0.00	6.33	0.00	0.00
Cucumber	SVG.	10	0	2	0.60	0.19	11.91	202	2.72	1.17	0.50	1.84	0.14	0.00
Grape Tomatoes	SVG. 2.66 OZ.	13	0	3	0.88	0.26	4.89	611	9.09	1.92	0.64	2.85	0.15	0.03
Bell Peppers 4 Colors	SERVING, 2.75oz	22	0	2	1.41	0.24	4.76	1312	66.64	2.06	0.79	4.64	0.16	0.02
Harvest of the Month	EACH	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Garbanzo Beans	1/2 CUP	131	0	504	9.08	1.36	32.27	24	3.83	*N/A*	6.05	22.19	2.02	0.50
Broccoli florets	SERVING, 1.1 oz	18	0	4	0.00	0.00	12.59	0	24.55	0.00	2.52	2.52	0.00	0.00
Diced Eggs	1 OZ. SVG	46	122	74	0.00	0.41	11.39	171	0.00	0.57	3.42	0.57	2.85	0.85

.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Pineapple, Can,Lt Syrup	SERVING, 4.0 oz	94	0	0	1.34	0.48	26.82	0	12.07	18.78	1.01	22.80	0.00	0.00
Banana	EACH	89	0	1	2.60	0.26	5.00	64	8.70	12.20	1.10	22.80	0.30	0.10
Sliced Red Apples	EACH	34	0	0	2.00	0.18	10.00	50	123.60	6.00	0.00	8.00	0.00	0.00
Red Apples	EACH	76	0	2	2.37	0.00	0.00	0	0.00	14.23	0.00	18.97	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
1% Milk	1 EACH	120	10	150	0.00	0.00	350.00	500	2.40	14.00	10.00	14.00	2.50	1.50
Milk, Chocolate FF	1 EACH	110	5	135	0.00	0.72	250.00	500	0.00	18.00	8.00	20.00	0.00	0.00
Milk,FF,Carton,8 oz.	1 EACH	90	5	120	0.00	0.00	300.00	500	2.40	12.00	9.00	12.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Honey Mustard Dressing	SERVING 1 OZ	36	0	178	0.00	0.00	0.00	45	0.00	9.00	0.00	9.00	0.00	0.00
Ranch Dressing	Svg 2 Tbsp	151	9	227	0.00	0.00	0.00	0	0.00	0.94	0.00	0.94	16.06	2.83
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00

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.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
1% Milk	1 EACH	120	10	150	0.00	0.00	350.00	500	2.40	14.00	10.00	14.00	2.50	1.50
Milk, Chocolate FF	1 EACH	110	5	135	0.00	0.72	250.00	500	0.00	18.00	8.00	20.00	0.00	0.00
Milk,FF,Carton,8 oz.	1 EACH	90	5	120	0.00	0.00	300.00	500	2.40	12.00	9.00	12.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Honey Mustard Dressing	SERVING 1 OZ	36	0	178	0.00	0.00	0.00	45	0.00	9.00	0.00	9.00	0.00	0.00
Ranch Dressing	Svg 2 Tbsp	151	9	227	0.00	0.00	0.00	0	0.00	0.94	0.00	0.94	16.06	2.83
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00

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