

**Elementary School Nutrient Analysis and Carbohydrate Counts  
2019-2020 Menu**

2019-2020 Menu Item	Posted Menu Name	Portion Size	Calories	Protein	Carbs (g)	Total Fat	Sat. Fat	Sodium
<b>Breakfast Entrees</b>								
Bagel- Wheat Bagel /Cream Cheese	<i>Warm Bagel with Cream Cheese</i>	1 Each	223	8	34.5	5.6	3.1	277
Bagel- Cheese Pizza	<i>Cheese Pizza Bagel</i>	1 Each	192	11.6	23.2	5.7	3	383
Bread- Pan Dulce (Pink Concha)	<i>Pan Dulce</i>	1 Each	203	5	34.6	6.1	1.5	91.7
Breadstick- Cheese Filled	<i>Soft Cheese Breadstick</i>	1 Each	190	9	25	6	2	220
Breakfast- Turkey Bacon/Eggs/Biscuit	<i>Bacon &amp; Eggs with Biscuit</i>	1 Plate	254.9	9	31	10.5	3	544
Burrito- Bean & Cheese	<i>Breakfast Bean &amp; Cheese Burrito</i>	1 Each	222	11.8	31.4	6.3	2.7	359
Cereal- 25 % Reduced Sugar Cinnamon Toast Crunch/String Cheese	<i>Cereal &amp; Cheese Stick</i>	1 Each/ 1 Stick	190	7	23	9	4.5	360
Cereal- 25% Reduce Sugar Coco Puffs/ String Cheese	<i>Cereal &amp; Cheese Stick</i>	1 Each/ 1 Stick	190	8	26	7.5	4	360
Cereal- Multi-Grain Cheerios/String Cheese	<i>Cereal &amp; Cheese Stick</i>	1 Each/ 1 Stick	180	8	24	7	4	310
Cheese- String, Mozzarella	<i>String Cheese</i>	1 Stick	80	6	1	6	4	200
Cinnamon Roll	<i>Cinnamon Roll</i>	1 Each	230	6	39	7	2	340
Crackers- Cinnamon Grahams	<i>Yogurt &amp; Cinnamon Grahams</i>	1 Pack	119.6	1	19	4	1	139.5
French Toast (sticks)	<i>French Toast Sticks</i>	1 Pack (2 Sticks)	240	6	38	7	1	260
Muffin- Blueberry	<i>PYLUUSD Scratch Blueberry Muffin</i>	1 Muffin	334	4.9	57.7	9.4	4.5	454
Muffin- Double Chocolate Chip	<i>Chocolate Chip Muffin</i>	1 Each	280	5	44	10	2	250
Pancake- Turkey Sausage Wrap on Stick	<i>Pancake &amp; Turkey Sausage on a Stick</i>	1 Each	200	7	17	10	2.5	310
Pancake- Mini Chocolate Chip Pancakes	<i>Mini Pancakes</i>	1 Pack	220	5	37	5	0	190
Pastry- Strawberry Bear paw	<i>Strawberry Breakfast Pastry</i>	1 Each	250	6	40	7	2	280
Pop-Tarts- Strawberry Frosted	<i>WG Strawberry Pop-Tart</i>	1 Pack (2 Pop-tarts)	362	4.3	75.4	5.5	1.8	359
Sandwich- Sunrise Sausage/Cheese	<i>Sausage &amp; Cheese Sunrise Sandwich</i>	1 Each	159	9.7	16	6.4	2.6	312
Yogurt- Fruit with Cinnamon Grahams	<i>Yogurt &amp; Cinnamon Grahams</i>	1 Serving	219	5	38.9	4.9	1.5	199
<b>Lunch Entrées</b>								
Bowl- Orange Chicken/Brown Rice/Peas	<i>Orange Chicken Rice Bowl with Peas</i>	1 Bowl	440	23.8	68.8	7.5	3	516

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Bowl- Teriyaki Chicken/Brown Rice/Carrots	<i>Teriyaki Chicken &amp; Rice Bowl with Carrots</i>	1 Bowl	390	20	61	7	3	382
Brunch-a-Munch	<i>Brunch-a-Munch</i>	1 Each	280	12	37	10.5	5	370
Burrito- Bean & Cheese	<i>Bean &amp; Cheese Burrito</i>	1 Each	222	11.8	31.4	6.3	2.7	359
Burger- Cheeseburger	<i>Cheeseburger</i>	1 Each	279	17.7	30	10	4	409
Chalupa- Bean & Cheese	<i>Bean &amp; Cheese Chalupa</i>	1 Each	226.5	15	19.5	10.5	3.7	280
Cheese Bites/ Marinara Sauce	<i>Cheese Bites &amp; Marinara</i>	1 Serving (4 Bites)	310	17	33	12.7	4	735
Chicken Nuggets	<i>Chicken Nuggets</i>	1 Serving (5 Nuggets)	260	16	16	15	2.5	400
Chicken Enchilada Bake	<i>Enchilada Bake</i>	1 Cup	629.6	35.9	46	32	13	1593
Chicken Nuggets/Waffles	<i>Chicken &amp; Waffles</i>	1 Serving (5 Nuggets/ 2 Waffles)	460	18	61	17.5	2.5	495
Corndogs- Mini Corndogs	<i>Mini Corndogs</i>	1 Serving (6 Each)	270	10	30	12	3.5	410
French Toast Bites	<i>French Toast Bites</i>	1 Serving (6 Bites)	500	4	69	24	10	540
Nachos- Turkey Taco/ Refried Beans	<i>Turkey Taco Nachos with Refried Beans</i>	1 Serving	541	28.6	40	32	10	1062
Pasta- Rotini with Meatballs/Marinara	<i>Pasta/Marinara with Meatballs</i>	1 Serving	334	19.7	36.6	13	3.7	553
Pizza- Cheese Personal Round	<i>Personal Cheese Pizza</i>	1 Each	280	15	29	12	6	440
Pizza- Pepperoni Breadstick	<i>Pepperoni Pizza Stick</i>	1 Each	240	11	29	9	4.5	500
Sandwich- BBQ Rib	<i>BBQ Rib Sandwich</i>	1 Each	234	13.7	26.6	8.2	2.8	443
Sandwich- Crispy Chicken	<i>Crispy Chicken Patty Sandwich</i>	1 Each	350	20	42	13	2.5	950
Salad- Asian Chicken	<i>Asian Chicken Salad</i>	1 Each	433	20.9	30.2	25	5	1506
Salad- Chicken Caesar	<i>Chicken Caesar Salad</i>	1 Each	617	36.6	54	30	7	1747
Salad- Chicken Ranch	<i>Chicken &amp; Ranch Salad</i>	1 Each	548	33	38.5	28.8	9	1368
Sausage- Turkey Sausage Link	<i>Turkey Sausage Link</i>	1 Link	60	6	0	4	1	100
Toast- Garlic Cheese	<i>Texas Cheese Toast</i>	1 Each	368	20.5	28.3	19	7.9	447
<b>Fruits and Vegetables</b>								
Fruit- Apple Slices	<i>Sliced Apples</i>	1 Each	28.6	0.14	7.5	0	0	0.5
Fruit- Applesauce	<i>Applesauce Cup</i>	1 Pack	50	0	13	0	0	0
Fruit- Banana	<i>Banana</i>	1 Each	90	1.1	23	0.33	0.11	1
Fruit- Grapes, Red	<i>Grapes</i>	1 Pack	30.8	0.3	7.9	0.16	0.05	0.92
Fruit- Mandarin Oranges	<i>Mandarin Oranges</i>	1 Barrel	70	0	17	0	0	0

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Fruit- Mixed Berry, Frozen Cup	<i>Mixed Berry Cup</i>	1 Each	35	1	9	0	0	0
Fruit- Mixed, Canned	<i>Mixed Fruit</i>	1 Each	64.6	0.5	16.7	0.113	0	6.8
Fruit- Mixed, Dried	<i>Dried Fruit Mix</i>	1 Each	88	0.7	23	0.1	0	1.4
Fruit- Peaches	<i>Diced Peaches</i>	1 Each	54	0.92	12.8	0	0	9.1
Fruit- Pears	<i>Diced Pears</i>	1 Each	56.7	0.46	14	0.1	0	4.5
Fruit- Pineapple, Barrels	<i>Pineapple</i>	1 Barrel	80	0	18	0	0	0
Fruit- Raisins	<i>Raisins</i>	1 Box	120	1	29	0	0	5
Fruit- Strawberry, Frozen Cup	<i>Strawberry Cup</i>	1 Each	81	0.5	20.8	0	0	8.9
Vegetable- Beans, Cowboy	<i>Cowboy Beans</i>	1/2 Cup	109	6.8	20	0.98	0	161
Vegetable- Broccoli	<i>Broccoli Florets</i>	1 Pack	15.5	1.2	3	0.2	0	15
Vegetable- Carrots	<i>Caroteenies</i>	1 Pack	25	0.5	5.8	0.1	0	42
Vegetable- Corn	<i>Hot Golden Corn</i>	1/2 Cup	54	1.8	11.7	1	0.2	168
Vegetable- Cucumber	<i>Cucumbers</i>	1 Pack	7.8	0.3	1.9	0	0	1.04
Vegetable- Fries, Smiley Potato	<i>Smiley Fries</i>	4 Each	130	2	20	4.5	0.5	180
Vegetable- Go'Bonzos (garbanzo beans)	<i>GoBonzos</i>	1 Pack	160	8	24	4	0	340
Vegetable- Jicama	<i>Jicama Sticks</i>	1 Pack	24.7	0.5	5.7	0	0	2.6
Vegetable- Side Salad	<i>Side Salad</i>	1 Each	10	0	2	0	0	0
<b>Drinks</b>								
Milk- 1% Low Fat Milk	<i>1% White Milk</i>	1 Carton (8 Oz)	120	11	16	2.5	1.5	160
Milk- Lactose Free Milk	<i>Lactose Free Milk</i>	1 Carton (8 Oz)	90	8	13	0	0	125
Milk- Non Fat Chocolate	<i>NF Chocolate Milk</i>	1 Carton (8 Oz)	120	7	23	0	0	200
Milk- Soymilk	<i>Soymilk</i>	1 Carton (8 Oz)	130	8	15	4.5	0.5	110
Juice- Apple	<i>Apple Juice</i>	1 Each (4 Oz)	55	0	15	0	0	15
Juice- Orange	<i>Orange Juice</i>	1 Each (4 Oz)	60	0	13	0	0	10
Juice- Wild Berry	<i>Wild Berry Juice</i>	1 Each (4 Oz)	60	0	15	0	0	15
<b>Misc.</b>								
Chips- Lays Baked Original	<i>Baked Chips</i>	1 Bag (1 Oz)	110	2	19	3	0	140
Chips- RF Doritos Nacho Cheese	<i>RF Doritos</i>	1 Bag (1 Oz)	131	2	20	5	1	200
Condiment- BBQ Sauce	<i>BBQ Sauce</i>	1 Packet	15	0	4	0	0	85
Condiment- Ketchup	<i>Ketchup</i>	1 Packet	10	0	2	0	0	85
Condiment- Maple Breakfast Syrup	<i>Breakfast Syrup</i>	1 Packet	80	0	20	0	0	20
Condiment- Mayonnaise	<i>Mayo</i>	1 Packet	5	0	0	0	0	85
Condiment- Mustard	<i>Mustard</i>	1 Packet	60	0	1	6	1	60

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Condiment- Ranch	<i>Ranch</i>	1 Packet	24	0	2	2	0	110
Condiment- Salsa Picante	<i>Salsa Picanta</i>	1 Packet	10	0	2	0	0	180
Condiment- Soy Sauce	<i>Soy Sauce</i>	1 Packet	0	0	0	0	0	430
Condiment- Taco Sauce	<i>Taco Sauce</i>	1 Packet	5	0	1	0	0	75
Condiment- Tajin	<i>Tajin</i>	1 Packet	2	0	0	0	0	127
Cookie- Chocolate Chip WG	<i>Choc Chip Cookie</i>	1 Each	110	2	18	4	1	60
Cookie- Fortune	<i>Fortune Cookie</i>	1 Each	35	0	7	0	0	10
Cookie- Happy Birthday	<i>Happy Birthday Treat</i>	1 Each	111	1.8	16	4.3	0.83	76
Dressing- Asian Sesame	<i>Asian Sesame Dressing</i>	1 Packet	180	0	8	16	2.5	580
Dressing- Light Ranch	<i>Light Ranch Dressing</i>	1 Packet	60	1	9	2.5	0	220
Dressing- Royal Caesar	<i>Caesar Dressing</i>	1 Packet	180	1	2	18	3	400
Rice Krispie Treat	<i>Rice Krispie Treat</i>	1 Each	50	0	9	1	0	45