

**Elementary School Nutrient Analysis and Carbohydrate Counts  
2020-2021 Menu**

Elementary Menu	Posted Menu Name	Portion Size	Calories	Protein	Carbohydrates (g)	Total Fat
<b>Breakfast Entrees</b>						
Bagel- Cheese Pizza	<i>Cheese Pizza Bagel</i>	1 Each	192	11.6	23.2	5.7
Bagel- Mini Bagels/Strawberry Cream Cheese	<i>Mini Bagels filled with Strawberry Cream Cheese</i>	1 Pack	230	6	41	6
Bagel- Wheat Bagel /Cream Cheese	<i>Warm Bagel with Cream Cheese</i>	1 Each	223	8	34.5	5.6
Bar- Oatmeal Chocolate Chip Bar	<i>Chocolate Chip Oatmeal Bar</i>	1 Bar	290	5	47	9
Bento- Parfait Kit	<i>Build Your Own Parfait</i>	1 Serving	346	8.2	67	7.2
Bread- Pan Dulce (Pink Concha)	<i>Pan Dulce</i>	1 Each	203	5	34.6	6.1
Burrito- Breakfast Burrito Egg/Cheese/Chorizo	<i>Egg, Cheese &amp; Chorizo Breakfast Burrito</i>	1 Each	210	10	22	9
Cereal- 25 % Reduced Sugar Cinnamon Toast Crunch/String Cheese	<i>Cereal &amp; String Cheese</i>	1 Each/ 1 Stick	190	7	23	9
Cereal- 25% Reduce Sugar Coco Puffs/ String Cheese	<i>Cereal &amp; String Cheese</i>	1 Each/ 1 Stick	190	8	26	7.5
Cereal- Multi-Grain Cheerios/String Cheese	<i>Cereal &amp; String Cheese</i>	1 Each/ 1 Stick	180	8	24	7
Cheese- String, Mozzarella	<i>String Cheese</i>	1 Stick	80	6	1	6
Cinnamon Roll	<i>Cinnamon Roll</i>	1 Each	280	6	43	9
Muffin- Blueberry	<i>Blueberry Muffin</i>	1 Each	230	4	39	7
Muffin- Double Chocolate Chip	<i>Chocolate Chip Muffin</i>	1 Each	280	5	44	10
Pancake- Turkey Sausage Wrap on Stick	<i>Pancake &amp; Turkey Sausage on a Stick</i>	1 Each	200	7	17	10
Panckes- Mini Banana Pancakes	<i>Mini Banana Pancakes</i>	1 Pack	200	5	37	4
Pancake- Mini Blueberry Pancakes	<i>Mini Blueberry Pancakes</i>	1 Pack	200	5	36	4.5
Pancake- Mini Chocolate Chip Pancakes	<i>Mini Pancakes</i>	1 Pack	220	5	37	5
Pancake- Mini Maple Pancakes	<i>Mini Pancakes</i>	1 Pack	200	5	36	4
Pastry- Apple Frudel	<i>Apple Frudel</i>	1 Each	210	4	36	6
Pastry- Mini Breakfast Bites	<i>Mini Breakfast Bites</i>	1 Pack	260	5	38	10
Pop-Tarts- Strawberry Frosted	<i>WG Strawberry Pop-Tart</i>	1 Pack (2 Pop-tarts)	362	4.3	75.4	5.5
Waffles- Mini Blueberry Waffles	<i>Mini Blueberry Waffles</i>	1 Pack	210	4	38	6
Waffles- Mini Maple Waffles	<i>Mini Maple Waffles</i>	1 Pack	210	4	38	6
Waffles- Vanilla	<i>Vanilla Belgian Waffles</i>	1 Each	240	5	38	9
Wrap- Egg/Cheese/Turkey Sausage	<i>Turkey Sausage, Egg &amp; Cheese Wrap</i>	1 Each	200	11	17	10
<b>Lunch Entrées</b>						
Bento Box- Chicken Soft Taco Kit	<i>Chicken Soft Taco Kit</i>	1 Serving	482	31	34	25
Bento Box- Nacho Kit	<i>Nacho Lunch Kit</i>	1 Serving	553	26	47	27
Bento Box- Pizza Kit	<i>Pizza Lunch Kit</i>	1 Serving	429	23	31	21
Bento Box- Snack Attack Pack	<i>Snack Attack Pack</i>	1 Box	359	13	46	16
Brunch-a-Munch	<i>Brunch-a-Munch</i>	1 Each	280	12	37	10.5

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Burrito- Bean & Cheese	<i>Bean &amp; Cheese Burrito</i>	1 Each	222	11.8	31.4	6.3
Burger- Cheeseburger	<i>Cheeseburger</i>	1 Each	279	17.7	30	10
Burger- Cheeseburger Sliders	<i>Cheeseburger Sliders</i>	1 Serving	272	19.7	31.3	7.8
Burger- Hamburger	<i>Classic Hamburger</i>	1 Each	276	17.7	28.8	10
BBQ Chicken/Mashed Potato Plate	<i>Backyard BBQ</i>	1 Serving	323	11	33	19
BBQ Pulled Pork/Corn Plate	<i>BBQ Pulled Pork</i>	1 Serving	267	18	26	9.5
Chalupa- Bean & Cheese	<i>Bean &amp; Cheese Chalupa</i>	1 Each	226.5	15	19.5	10.5
Cheese Bites/ Marinara Sauce	<i>Cheese Bites &amp; Marinara</i>	1 Serving (4 Bites)	310	17	33	12.7
Chicken- Drumstick Breaded	<i>Crispy Chicken Drumstick</i>	1 Each	220	19	6	13
Chicken Fajitas/Cilantro Lime Rice/Tortillas	<i>Chicken Fajitas with Cilantro Lime Rice &amp; Tortillas</i>	1 Serving	380	8	49	853
Chicken Nuggets	<i>Chicken Nuggets</i>	1 Serving (5 Nuggets)	260	16	16	15
Chicken Nuggets/Waffles	<i>Chicken &amp; Waffles</i>	1 Serving (5 Nuggets/ 3 Waffles)	460	18	61	17.5
Corn Dog	<i>Corn Dog</i>	1 Each	240	9	30	8
Corn Dogs- Mini Corndogs	<i>Mini Corn Dogs</i>	1 Serving (6 Each)	270	10	30	12
Mac & Cheese	<i>Mac &amp; Cheese</i>	1 Serving	283	16.2	31	10.8
Nachos- Beef Taco Meat/ Refried Beans	<i>Taco Nachos with Refried Beans</i>	1 Serving	494	25.9	35.6	27
Orange Chicken/Brown Rice/Peas	<i>Orange Chicken Rice Bowl with Peas</i>	1 Bowl	440	23.8	68.8	7.5
Pasta- Rotini with Meat Sauce	<i>Pasta with Meat sauce</i>	1 Serving	307	11	33	20
Pizza- Cheese Personal Round	<i>Personal Cheese Pizza</i>	1 Each	280	15	29	12
Pizza- Pepperoni Personal Round	<i>Personal Pepperoni Pizza</i>	1 Each	290	16	29	12
Pizza- Pepperoni Breadstick	<i>Pepperoni Pizza Stick</i>	1 Each	240	11	29	9
Sandwich- BBQ Rib	<i>BBQ Rib Sandwich</i>	1 Each	234	13.7	26.6	8.2
Sandwich- Crispy Chicken	<i>Crispy Chicken Patty Sandwich</i>	1 Each	350	20	42	13
Sandwich- Deli Sandwich (turkey/cheese)	<i>Deli Sandwich on Artisan Roll</i>	1 Each	340	26	33	13
Sandwich- Grilled Cheese	<i>Grilled Cheese Sandwich</i>	1 Each	280	18.55	30.96	9.91
Sandwich- Stuffed Pepperoni Pizza	<i>Pepperoni &amp; Cheese Stuffed Sandwich</i>	1 Each	300	19	31	12
Salad- Asian Chicken	<i>Asian Chicken Salad</i>	1 Each	417	20	18	28
Salad- BBQ Chicken	<i>BBQ Chicken Salad</i>	1 Each	547	25	79	28
Salad- Chicken Caesar	<i>Chicken Caesar Salad</i>	1 Each	577	31	52	28
Salad- Chicken Ranch	<i>Chicken &amp; Ranch Salad</i>	1 Each	548	33	38.5	28.8
Salad- Taco	<i>Taco Salad</i>	1 Each	502	22	32	30

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Taco Nada (Turkey)	<i>Taco Nada</i>	1 Each	260	8	31	17
Taco Snack (Beef)	<i>Taco Snack with Beef &amp; Green Chile Sauce</i>	1 Each	350	16	38	15
Teriyaki Chicken/Brown Fried Rice Bowl	<i>Teriyaki Chicken with Brown Fried Rice</i>	1 Bowl	289	7	33	22
Toast- Garlic Cheese	<i>Texas Cheese Toast</i>	1 Each	368	20.5	28.3	19
<b>Fruits and Vegetables</b>						
Fruit- Apple Slices	<i>Sliced Apples</i>	1 Each	28.6	0.14	7.5	0
Fruit- Applesauce	<i>Applesauce Cup</i>	1 Pack	50	0	13	0
Fruit- Apples with Cinnamon	<i>Cinnamon Apples</i>	1/2 Cup	61.7	0.2	15.88	0.2
Fruit- Banana	<i>Banana</i>	1 Each	90	1.1	23	0.33
Fruit- Grapes, Red	<i>Grapes</i>	1 Pack	30.8	0.3	7.9	0.16
Fruit- Mandarin Oranges	<i>Mandarin Oranges</i>	1 Barrel	70	0	17	0
Fruit- Mixed Berry, Frozen Cup	<i>Mixed Berry Cup</i>	1 Each	35	1	9	0
Fruit- Mixed, Canned	<i>Mixed Fruit</i>	1 Each	64.6	0.5	16.7	0.11
Fruit- Mixed, Dried	<i>Dried Fruit Mix</i>	1 Each	88	0.7	23	0.1
Fruit- Peaches	<i>Diced Peaches</i>	1 Each	54	0.92	12.8	0
Fruit- Peaches Frozen	<i>Frozen Peach Cup</i>	1 Each	80	1	19	0
Fruit- Pears	<i>Diced Pears</i>	1 Each	56.7	0.46	14	0.1
Fruit- Pineapple, Barrels	<i>Pineapple</i>	1 Barrel	80	0	18	0
Fruit- Raisins	<i>Raisins</i>	1 Box	120	1	29	0
Fruit- Strawberry, Frozen Cup	<i>Strawberry Cup</i>	1 Each	81	0.5	20.8	0
Vegetable- Baked Beans	<i>Baked Beans</i>	1/2 Cup	109	6.8	20	0.98
Vegetable- Broccoli	<i>Broccoli Florets</i>	1 Pack	15.5	1.2	3	0.2
Vegetable- Carrots	<i>Caroteenies</i>	1 Pack	25	0.5	5.8	0.1
Vegetable- Corn	<i>Hot Golden Corn</i>	1/2 Cup	54	1.8	11.7	1
Vegetable- Cucumber	<i>Cucumbers</i>	1 Pack	7.8	0.3	1.9	0
Vegetable- Fries, Smiley Potato	<i>Smiley Fries</i>	4 Each	130	2	20	4.5
Vegetable- Go'Bonzos (garbanzo beans)	<i>GoBonzos</i>	1 Pack	160	8	24	4
Vegetable- Jicama	<i>Jicama Sticks</i>	1 Pack	24.7	0.5	5.7	0
Vegetable- Peas	<i>Green Peas</i>	1/2 Cup	73.36	4.84	12.98	0.3
Vegetable- Potatoes, Deli Roasted	<i>Deli Roasted Potatoes</i>	1/2 Cup	100	3	19	2
Vegetable- Side Salad	<i>Side Salad</i>	1 Each	10	0	2	0
<b>Drinks</b>						
Milk- 1% Low Fat Milk	<i>1% White Milk</i>	1 Carton (8 Oz)	120	11	16	2.5
Milk- Lactose Free Milk	<i>Lactose Free Milk</i>	1 Carton (8 Oz)	90	8	13	0
Milk- Non Fat Chocolate	<i>NF Chocolate Milk</i>	1 Carton (8 Oz)	120	7	23	0

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Milk- Soy milk	<i>Soy milk</i>	1 Carton (8 Oz)	130	8	15	4.5
Juice- Apple	<i>Apple Juice</i>	1 Each (4 Oz)	55	0	15	0
Juice- Orange	<i>Orange Juice</i>	1 Each (4 Oz)	60	0	13	0
Juice- Wild Berry	<i>Wild Berry Juice</i>	1 Each (4 Oz)	60	0	15	0
Juice- Fruit Punch	<i>Fruit Punch Juice</i>	1 Each (6.75 Oz)	90	0	22	0
<b>Misc.</b>						
Bread- Artisan Dinner Roll	<i>Dinner Roll</i>	1 Each	160	5	34	2
Bread- Corn Muffin	<i>Corn Muffin</i>	1 Each	148	5	23	2.8
Bread- Whole Grain Biscuit	<i>Whole Grain Biscuit</i>	1 Each	100	2	13	5
Chips- Lays Baked Original	<i>Baked Chips</i>	1 Bag (1 Oz)	110	2	19	3
Chips- RF Doritos Nacho Cheese	<i>RF Doritos</i>	1 Bag (1 Oz)	131	2	20	5
Condiment- BBQ Sauce	<i>BBQ Sauce</i>	1 Packet	15	0	4	0
Condiment- Ketchup	<i>Ketchup</i>	1 Packet	10	0	2	0
Condiment- Maple Breakfast Syrup	<i>Breakfast Syrup</i>	1 Packet	80	0	20	0
Condiment- Mayonnaise	<i>Mayo</i>	1 Packet	5	0	0	0
Condiment- Mustard	<i>Mustard</i>	1 Packet	60	0	1	6
Condiment- Ranch	<i>Ranch</i>	1 Packet	24	0	2	2
Condiment- Salsa Picante	<i>Salsa Picanta</i>	1 Packet	10	0	2	0
Condiment- Soy Sauce	<i>Soy Sauce</i>	1 Packet	0	0	0	0
Condiment- Taco Sauce	<i>Taco Sauce</i>	1 Packet	5	0	1	0
Condiment- Tajin	<i>Tajin</i>	1 Packet	2	0	0	0
Cookie- Apple "Back to School"	<i>"Back to School" Cookie</i>	1 Each	84	1.37	12.48	3.25
Cookie- Chocolate Chip WG	<i>Choc Chip Cookie</i>	1 Each	110	2	18	4
Cookie- Fortune	<i>Fortune Cookie</i>	1 Each	35	0	7	0
Cookie- Happy Birthday	<i>Happy Birthday Treat</i>	1 Each	111	1.8	16	4.3
Dressing- Asian Sesame	<i>Asian Sesame Dressing</i>	1 Packet	180	0	8	16
Dressing- Light Ranch	<i>Light Ranch Dressing</i>	1 Packet	60	1	9	2.5
Dressing- Royal Caesar	<i>Caesar Dressing</i>	1 Packet	180	1	2	18
Rice Krispie Treat	<i>Rice Krispie Treat</i>	1 Each	50	0	9	1