K-8 NUTRIENT INFORMATION

Lunch K-8 Week of 8/14	Svg Size	Calories	Total Fat	Sat Fat	Sodium	Protein	Carbs
Monday							
Mini Corn Dogs	6 each	270	12	3.5	410	10	30
Turkey Bacon Wrap with Cheese	1 each	402	18	5	1101	27	33
Baked Fries	1/2 cup	170	5	1	200	3	28
Glazed Carrots	1/2 cup	60	0	0	61	1	11.5
Peach Cup	1 each	70	0	0	10	1	18
Mustard	1 packet	0	0	0	65	0	0
Ketchup	1 packet	10	0	0	25	0	2
Milk, 1% plain	8 oz	100	2.5	1.5	125	8	12
Milk, Skim plain	8 oz	80	0	0	125	8	12
Tuesday							
Soft Beef Taco	1 each	286	14	5.5	605	18	24
Tortilla Chips	1 bag	270	15	1.5	220	3	31
Salsa	1/2 cup	40	0	0	282	0	8
Flat Stacks	1 serving	402	19	5	1037	14	38
Flat Stacks: Cheese Slices	1 ounce						2
Flat Stacks: Turkey Ham Coins	1 ounce						1
Flat Stacks: Flatbread Squares	1 each						29
Flat Stacks: Ranch Dressing	1 ounce cup						2
Flat Stacks: Celery Sticks	1/4 cup	6	0	0	28	0	1
Flat Stacks: Carrot Sticks	1/4 cup	14.5	0	0	24	0	3
Romaine Side Salad	1/2 cup	13	0	0	6.6	1	2.6

K-8 NUTRIENT INFORMATION

Lunch K-8 Week of 8/14	Svg Size	Calories	Total Fat	Sat Fat	Sodium	Protein	Carbs
Ranchero Beans	1/2 cup	112	0.5	0	501	6	20
Ranch Dressing	1 ounce	71	6.8	1	263	0.6	2
Fresh Banana	1 each	121	0	0	2	1	31
Milk, 1% plain	8 oz	100	2.5	1.5	125	8	12
Milk, Skim plain	8 oz	80	0	0	125	8	12
Wednesday							
Turkey Bacon Cheeseburger	1 each	389	17	5.5	750	32	30
Hamburger	1 each	334	13.5	4.5	547	27	29
Fiesta Salad- chicken fajita meat, cheese, lettuce, salsa, tortilla chips, ranch dressing	1 salad	546	31	5.6	1672	23	43
Fiesta Salad-fajita meat							0.8
Fiesta Salad-cheese							2
Fiesta Salad- lettuce							2.5
Fiesta Salad- salsa							4
Fiesta Salad-tortilla chips							31
Fiesta Salad-Ranch dressing							3
Potato Rounds	1/2 cup	92	3.5	2	163	1	14
Lettuce/ Tomato/ Pickle Cup	1/2 cup	18	0.2	0.04	252	1.1	3.6
Applesauce Cup	1/2 cup	90	0	0	15	0	22
Mustard	1 packet	0	0	0	65	0	0
Ranch Dressing	1 ounce	71	6.8	1	263	0.6	2

K-8 NUTRIENT INFORMATION

Lunch K-8 Week of 8/14	Svg Size	Calories	Total Fat	Sat Fat	Sodium	Protein	Carbs
Mayonnaise	1 packet	40	3	0	105	0	3
Ketchup	1 packet	10	0	0	25	0	2
Milk, 1% plain	8 oz	100	2.5	1.5	125	8	12
Milk, Skim plain	8 oz	80	0	0	125	8	12
Thursday							
Cheese Stuffed Breadsticks	2 each	300	11	6	490	20	30
Marinara	1 ounce	15	0	0	120	1	3
Fruit and Veggie Plate	1 plate	541	20.5	6.5	849	15	77
Yoplait Yogurt	1 each						15
Honey Graham Crackers	2 pkg						42
Cheese Cubes	1 pkg						0
Orange Wedges	1/2 orange						6.6
Apple Slices	1 pkg						7
Ranch Dressing	1 oz cup						2
Celery Sticks	1/4 cup						1
Carrot Sticks	1/4 cup						3.3
Baby Carrots	1/2 cup	35	0	0	30	1	9
Green Beans	1/2 cup	34	0	0	0	1	5
Ranch Dressing	1 ounce	71	6.8	1	263	0.6	2
Fresh Orange	1 each	53	0	0	0	1	13
Milk, 1% plain	8 oz	100	2.5	1.5	125	8	12

K-8 NUTRIENT INFORMATION

Lunch K-8 Week of 8/14	Svg Size	Calories	Total Fat	Sat Fat	Sodium	Protein	Carbs
Milk, Skim plain	8 oz	80	0	0	125	8	12
Friday							
Chicken Smackers	10 each	293	17	3	599	18	17
Wheat Roll	1 each	170	2	0.5	150	5	32
Grilled Cheese Sandwich	1 each	280	10	5.5	580	18.5	30.6
Green Peas	1/2 cup	71	0	0	101	5	12
Mashed Potatoes and Gravy	1/2 cup	98	1	0	606	1.1	21
Apple Slices	1 pkg	30	0	0	0	0	7
Ketchup	1 packet	10	0	0	25	0	2
Milk, 1% plain	8 oz	100	2.5	1.5	125	8	12
Milk, Skim plain	8 oz	80	0	0	125	8	12

K-8 NUTRIENT INFORMATION

Lunch K-8 Week of 8/19	Svg Size	Calories	Total Fat	Sat Fat	Sodium	Protein	Carbs
Monday							
BBQ Rib Sub	1 each	330	13	4	550	13	36
Turkey Bacon Wrap	1 each	402	18	5	1101	27	33
Baked Fries	1/2 cup	170	5	1	200	3	28
Green Beans	1/2 cup	34	0	0	0	1	5
Mandarin Oranges	1/2 cup	64	0	0	7	0	20
Mayonnaise	1 packet	40	3	0	105	0	3
Ketchup	1 packet	10	0	0	25	0	2
Milk, 1% plain	8 oz	100	2.5	1.5	125	8	12
Milk, Skim plain	8 oz	80	0	0	125	8	12
Tuesday							
Teriyaki Chicken Bowl with Egg Roll	1 each	429	9	3	1073	27.5	58
Flat Stacks	1 serving	402	19	5	1037	14	38
Flat Stacks: Cheese Slices	1 ounce						2
Flat Stacks: Turkey Ham Coins	1 ounce						1
Flat Stacks: Flatbread Squares	1 each						29
Flat Stacks: Ranch Dressing	1 ounce cup						2
Flat Stacks: Celery Sticks	1/4 cup	6	0	0	28	0	1
Flat Stacks: Carrot Sticks	1/4 cup	14.5	0	0	24	0	3
Roasted Broccoli	1/2 cup	25	0	0	25	3	5
Baby Carrots	1/2 cup	35	0	0	30	1	9

K-8 NUTRIENT INFORMATION

Lunch K-8 Week of 8/19	Svg Size	Calories	Total Fat	Sat Fat	Sodium	Protein	Carbs
Ranch Dressing	1 oz	71	6.8	1	263	0.6	2
Fresh Banana	1 each	121	0	0	2	1	31
Sweet and Sour Sauce	1 packet	15	0	0	70	0	4
Milk, 1% plain	8 oz	100	2.5	1.5	125	8	12
Milk, Skim plain	8 oz	80	0	0	125	8	12
Wednesday							
Taco Tators	1 serving	315	15	5	864	21	26
Tortilla Chips	1 bag	270	15	1.5	220	3	31
BBQ Chicken Salad	1 salad	668	34	7	1430	28	64
BBQ Chicken Salad-shredded chicken							9
BBQ Chicken Salad-cheese							2
BBQ Chicken Salad- lettuce							3
BBQ Chicken Salad- corn							9
BBQ Chicken Salad- tomatoes							2
BBQ Chicken Salad- black beans							6
BBQ Chicken Salad-tortilla chips							31
BBQ Chicken Salad-Ranch dressing							2
Romaine Side Salad	1/2 cup	13	0	0	6.6	1	2.6
Ranchero Beans	1/2 cup	112	0.5	0	501	6	20
Pear Cup	1/2 cup	70	0	0	5	0	19
Ranch Dressing	1 oz	71	6.8	1	263	0.6	2
Milk, 1% plain	8 oz	100	2.5	1.5	125	8	12

K-8 NUTRIENT INFORMATION

Lunch K-8 Week of 8/19	Svg Size	Calories	Total Fat	Sat Fat	Sodium	Protein	Carbs
Milk, Skim plain	8 oz	80	0	0	125	8	12
Thursday							
Big Daddy Cheese Pizza	1 slice	360	16	7	470	21	36
Big Daddy Turkey Pepperoni Pizza	1 slice	370	17	7	550	21	35
Fruit and Veggie Plate	1 plate	541	20.5	6.5	849	15	77
Yoplait Yogurt	1 each						15
Honey Graham Crackers	2 pkg						42
Cheese Cubes	1 pkg						0
Orange Wedges	1/2 orange						6.6
Apple Slices	1 pkg						7
Ranch Dressing	1 oz cup						2
Celery Sticks	1/4 cup						1
Carrot Sticks	1/4 cup						3.3
Corn	1/2 cup	74	0	0	0	2.5	17
Celery Sticks	1/2 cup	11	0	0	56	0.5	2
Ranch Dressing	1 oz	71	6.8	1	263	0.6	2
Fresh Grapes	1/2 cup	57	0	0	0	0.5	15
Milk, 1% plain	8 oz	100	2.5	1.5	125	8	12
Milk, Skim plain	8 oz	80	0	0	125	8	12
Friday							
Chicken Drumstick	1 each	290	17	4	550	22	11
Macaroni and Cheese	1/2 cup	206	9	1.5	486	11.3	23
Wheat Roll	1 each	170	2	0.5	150	5	32
Grilled Cheese Sandwich	1 each	280	10	5.5	580	18.5	30.6

K-8 NUTRIENT INFORMATION

Lunch K-8 Week of 8/19	Svg Size	Calories	Total Fat	Sat Fat	Sodium	Protein	Carbs
Romaine Garden Salad	1/2 cup	13	0	0	6.6	1	2.6
Glazed Carrots	1/2 cup	60	0	0	61	1	11.5
Ranch Dressing	1 ounce	71	6.8	1	263	0.6	2
Peach Cup	1/2 cup	70	0	0	10	1	18
Milk, 1% plain	8 oz	100	2.5	1.5	125	8	12
Milk, Skim plain	8 oz	80	0	0	125	8	12

K-8 NUTRIENT INFORMATION

Lunch K-8 Week of 8/26	Svg Size	Calories	Total Fat	Sat Fat	Sodium	Protein	Carbs
Monday							
Crispy Chicken Sandwich	1 each	353	10	1	856	26	26
Turkey Bacon Wrap	1 each	402	18	5	1101	27	33
Potato Rounds	1/2 cup	92	3.5	2	163	1	14
Mixed Vegetables	1/2 cup	88	0	0	31.5	2.5	15
Mayonnaise	1 packet	40	3	0	105	0	3
Ketchup	1 packet	10	0	0	25	0	2
Strawberry Cup	1/2 cup	122	0	0	4	1	33
Milk, 1% plain	8 oz	100	2.5	1.5	125	8	12
Milk, Skim plain	8 oz	80	0	0	125	8	12
Tuesday							
Smothered Burrito- chili and cheese	1 each	497	24	11	944	26	45
Flat Stacks	1 serving	402	19	5	1037	14	38
Flat Stacks: Cheese Slices	1 ounce						2
Flat Stacks: Turkey Ham Coins	1 ounce						1
Flat Stacks: Flatbread Squares	1 each						29
Flat Stacks: Ranch Dressing	1 ounce cup						2
Flat Stacks: Celery Sticks	1/4 cup	6	0	0	28	0	1
Flat Stacks: Carrot Sticks	1/4 cup	14.5	0	0	24	0	3
Ranchero Beans	1/2 cup	112	0.5	0	501	6	20

K-8 NUTRIENT INFORMATION

Lunch K-8 Week of 8/26	Svg Size	Calories	Total Fat	Sat Fat	Sodium	Protein	Carbs
Garden Salad	1/2 cup	13	0	0	6.6	1	2.6
Ranch Dressing	1 ounce	71	6.8	1	263	0.6	2
Fresh Banana	1 each	121	0	0	2	1	31
Milk, 1% plain	8 oz	100	2.5	1.5	125	8	12
Milk, Skim plain	8 oz	80	0	0	125	8	12
Wednesday							
Chicken Tenders	3 each	220	7	1	450	22	18
Roasted Potatoes	1/2 cup	100	2	0	115	3	19
Wheat Roll	1 each	170	2	0.5	150	5	32
Fiesta Salad- chicken fajita meat, cheese, lettuce, salsa, tortilla chips, ranch dressing	1 salad	546	31	5.6	1672	23	43
Fiesta Salad-fajita meat							0.8
Fiesta Salad-cheese							2
Fiesta Salad- lettuce							2.5
Fiesta Salad- salsa							4
Fiesta Salad-tortilla chips							31
Fiesta Salad-Ranch dressing							3
Glazed Carrots	1/2 cup	60	0	0	61	1	11.5
Ketchup	1 packet	10	0	0	25	0	2
Pear Cup	1/2 cup	70	0	0	5	0	19
Milk, 1% plain	8 oz	100	2.5	1.5	125	8	12

K-8 NUTRIENT INFORMATION

Lunch K-8 Week of 8/26	Svg Size	Calories	Total Fat	Sat Fat	Sodium	Protein	Carbs
Milk, Skim plain	8 oz	80	0	0	125	8	12
Thursday							
Personal Pan Cheese Pizza	1 each	310	13	6	440	16	31
Personal Pan Pepperoni Pizza	1 each	310	13	6	510	17	31
Fruit and Veggie Plate	1 plate	541	20.5	6.5	849	15	77
Yoplait Yogurt	1 each						15
Honey Graham Crackers	2 pkg						42
Cheese Cubes	1 pkg						0
Orange Wedges	1/2 orange						6.6
Apple Slices	1 pkg						7
Ranch Dressing	1 oz cup						2
Celery Sticks	1/4 cup						1
Carrot Sticks	1/4 cup						3.3
Baby Carrots	1/2 cup	35	0	0	30	1	9
Corn	1/2 cup	74	0	0	0	2.5	17
Ranch Dressing	1 oz	71	6.8	1	263	0.6	2
Apple Slices	1 pkg	30	0	0	0	0	7
Milk, 1% plain	8 oz	100	2.5	1.5	125	8	12
Milk, Skim plain	8 oz	80	0	0	125	8	12
Friday							
Chicken Fried Steak Sandwich	1 each	442	21	4.5	595	21	48
Grilled Cheese Sandwich	1 each	280	10	5.5	580	18.5	30.6
Mashed Potatoes and Gravy	1/2 cup	98	1	0	606	1.1	21
Green Beans	1/2 cup	34	0	0	0	1	5
Fresh Orange	1 each	53	0	0	0	1	13

K-8 NUTRIENT INFORMATION

Lunch K-8 Week of 8/26	Svg Size	Calories	Total Fat	Sat Fat	Sodium	Protein	Carbs
Ketchup	1 packet	10	0	0	25	0	2
Mayonnaise	1 packet	40	3	0	105	0	3
Milk, 1% plain	8 oz	100	2.5	1.5	125	8	12
Milk, Skim plain	8 oz	80	0	0	125	8	12

Item	Calories	Carbs
Cry Baby	99	25
Slush	60	17
Chocolate Chip Cookie, 2 oz	200	36
Doritos, Ranch	130	20
Cheetos, Flamin Hot	120	17
Dominos Pizza, Cheese	220	28
Dominos, Pepperoni	210	28
Rosati Ice Cup	99	25
Carnival Cookie	191	34