

Nutrition Information for Elementary Lunch Menu Items - See nutrition and allergy statement on last page. 6/20/16

	Serving Size	Calories per Serv.	Protein (g)	Carbs (g)	Total Fat (g)	Saturated Fat (g)	Sodium (mg)	Fiber (g)	Peanuts	Tree Nuts	Milk	Eggs	Soy	Wheat	Fish	Shellfish
Nutrition Information									Allergens							
Bean and Cheese Burrito	1 each	270	13.8	44.2	5.7	2.0	305.7	8.0			X		X	X		
Beef Country Fried Steak	1 each	300	15.0	19	18	4.5	320	2.0					X	X		
Beef Soft Taco	1 each	332	21.6	23.8	16.6	6.2	717	3.0			X		X	X		
Beef Taco Salad	1 each	292	19.6	18.8	16.6	5.7	492	1.0			X		X	X		
Black Bean Burger on Bun	1 each	341	22.0	42.0	6.5	0.5	610	9.0				X	X	X		
Brown Gravy	2 oz	25	0.0	5.0	0.0	0.0	410	0.0			X		X	X		
Brown Rice	1/2 cup	160	4.0	34.0	1.5	0.0	0	1.0								
Brunch Lunch/Sausage & Pancakes	1 serv.	330	12.0	41.0	14.0	4.0	440	3.0			X	X		X		
Cheese Pizza	1 slice	300	16.0	35.0	11.0	5.0	580	4.0			X		X	X		
Cheese Quesadilla	1 each	320	18.0	32.0	13.0	6.0	600	3.0			X	X	X	X		
Cheese Sandwich-Complimentary	1 each	235	14.0	30.0	6.5	2.5	540	2.0			X		X	X		
Chicken Burger on a Bun	1 each	338	22.0	40.0	9.5	2.0	586	4.0					X	X		
Chicken Drumstick	1 each	130	13.0	2.0	8.0	2.0	330	0.0								
Chicken Nuggets	5 each	188	15.0	14.0	8.0	2.0	396	1.0					X	X		
Corn Dog	1 each	240	9.0	30.0	8.0	2.5	390	5.0				X	X	X		
EZ Jammer Wow Butter & Jelly Sandwich	1 each	570	19.0	55.0	32.0	6.0	440	8.0			X		X	X		
Fish Nuggets	1 Serv.	230	16.0	18.0	10.0	1.5	360	2.0			X		X	X	X	
Hamburger on a Bun	1 each	280	19.0	27.3	9.5	3.5	275	2.0					X	X		
Hamburger Gravy	1 Serv.	125	10.0	6.0	6.0	2.5	495	1.0			X		X	X		
Macaroni and Cheese	8 oz.	300	16.0	36.0	16.0	8.1	758	1.0			X	X	X	X		
Macho Nachos/Chili & Chips	1 serv.	292	15.6	24.1	14.6	6.0	371	3.3			X		X			
Mandarin Orange Chicken	1 serv.	150	11.0	19.0	3.0	0.5	280	0.0				X	X	X		
Mashed Potatoes	1/2 cup	60	2.0	13.0	0.0	0.0	15	1.0			X		X			
Mini Hot Dogs	1 pkg	260	15.0	31.5	8.0	2.0	449	2.0					X	X		
Pepperoni Pizza	1 slice	300	16.0	33.0	12.0	5.0	530	4.0			X		X	X		
Sloppy Joe on a Bun	1 each	270	18.0	31.0	7.5	2.5	705	4.0					X	X		
Spaghetti Casserole	1 cup	336	16.3	50.0	6.6	2.6	690	13.8					X	X		
Sports Bite Cookies	1 pkg	110	2.0	19.0	3.0	1.0	91	1.0					X	X		
String Cheese	1 oz.	80	7.0	1.0	6.0	3.5	210	0.0			X					
Stuffed Bread Sticks	2 each	310	18.0	31.0	13.0	7.0	590	3.0			X	X	X	X		
Sweet & Sour Chicken	1 serv.	140	11.0	18.0	3.0	0.5	200	0.0				X	X	X		
Sweet & Sour Meatballs	5 each	175	10.8	9.5	10.8	4.2	693	0.8			X	X	X	X		

**See Nutrition and Allergy Statement on Second Page.

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Nutrition Information									Allergens							
Taco Burrito	1 each	350	16.0	38	15	7.0	560	5.0			X		X	X		
Teriyaki Chicken Bites	4 each	140	15.0	8.0	4.5	1.5	360	1.0					X	X		
Texas Toast	1 each	290	18.0	30.0	12.0	5.0	550	3.0			X		X	X		
Toasted Cheese Sandwich	1 each	284	18.5	30.5	10.1	5.8	655	2.3			X		X	X		
Turkey Gravy over Mashed Potatoes	1 serv.	150	12.3	14.4	3.6	1.1	397	1.0			X		X	X		
Yogurt	4 oz.	100	4.0	19.0	1.5	1.0	50	0.0			X					
BREAD																
Hamburger Bun	1	150	7.0	26.0	1.5	0.0	180	2.0						X		
Whole Grain Roll	1	70	3.0	12.0	0.5	0.0	90	1.0						X		
Sandwich Bread	1 slice	80	4.0	14.0	1.0	0.0	125	1.0			X		X	X		
FRUIT/VEGETABLES																
Baked Beans	1/2 cup	200	8.0	41.0	1.5	0.0	490	9.0								
Canned Fruit, average	1/2 cup	74	0.4	19.2	0.0	0.0	4	1.6								
Canned Corn	1/2 cup	60	2.0	9.0	1.5	0.0	10	2.0								
Frozen Corn	3 oz.	100	3.0	21.0	0.7	0.0	0	1.0								
Fresh Salad, average	1/2 cup	14	0.8	2.8	2.0	0.0	8	1.2								
Fresh Fruit, average	1/2 cup	52	0.5	13.4	0.0	0.0	0	2.0								
Fruit Cup-Applesauce -Cinnamon	4.5 oz.	90	0.0	22.0	0.0	0.0	15	2.0								
Fruit Cup - Mixed Fruit	4 oz.	76.5	0.4	20.0	0.0	0.0	11	1.1								
Fruit Cup - Peaches	4.4 oz.	80	1.0	19.0	0.0	0.0	0	1.0								
Fruit Cup - Pears	4.5 oz.	60	0.3	15.6	0.0	0.0	0	2.0								
Fruit Cup - Strawberries	4.5 oz.	90	1.0	22.0	0.0	0.0	0	2.0								
Fresh Vegetable, average	1/2 cup	16	0.7	4.0	0.0	0.0	32	1.1								
Jicama	1/4 cup	12	0.2	2.9	0.0	0.0	1	1.6								
Raisins	each	120	1.0	29.0	0.0	0.0	5	2.0								
Milk																
1% White Milk	8 oz.	110	8.0	13.0	2.5	1.5	125	0.0			X					
Chocolate Nonfat Milk	8 oz.	130	8.0	23.0	0.0	0.0	230	0.0			X					
Dressing																
Ranch	1 oz.	87	0.5	2.1	9.6	1.4	141	0.0			X					
**The nutrition and allergy information is taken directly from manufacturers' labels and databases and is subject to change. Edmonds School district does not guarantee the accuracy of the information and provides it solely for your convenience. For additional information please contact Sara Conroy, Edmonds School District's Operations Manager of Food Services, at 425-431-7076																