

**Nutrition Information for Elementary Menu Items** **Revised 9/25/09**

	Serving Size	Calories per Serving	Protein (g)	Carbs (g)	Total Fat (g)	Saturated Fat (g)	Sodium (mg)	Fiber (g)		Serving Size	Calories per Serving	Protein (g)	Carbs (g)	Total Fat (g)	Saturated Fat (g)	Sodium (mg)	Fiber (g)
<b>BEEF</b>									<b>FISH</b>								
BBQ Beef Tenders	3 each	168	10.2	6	11.4	4.8	440	1.1	Fish Nuggets	4 each	260	18.0	30	13	2.5	360	1.0
Burrito with Chili	1 serv.	462	21.4	59	16.9	4.2	1068	6.3	<b>PORK</b>								
Cheeseburger on Bun	1 each	330	20.2	31	14.36	6.7	854	4.0	Pepperoni Pizza	1 slice	430	21.0	56	13.5	6.0	910	5.0
Country Beef Steak Strips	4 each	324	19.6	15	19.6	5.6	528	0.4	<b>FRUITS &amp; VEGETABLES</b>								
Hamburger Gravy (no potato)	4 oz	162	12.7	6	9.1	3.3	497	0.3	Canned Fruit, average	1/2 cup	74	0.4	19.2	0	0	4	1.6
Macho Nachos	1 serv.	331	16.4	30	16.13	5.5	884	4.7	Fresh Salad, average	1/2 cup	14	0.8	2.8	2	0	8	1.2
Ravioli	8.5 oz	356	19.2	51	9.09	3.3	893	5.9	Fresh Fruit, average	1/2 cup	52	0.5	13.4	0	0	0	2
Spaghetti Casserole	1 cup	394	25.0	43	12.34	4.6	992	4.2	Fresh Vegetable, average	1/2 cup	16	0.7	4	0	0	32	1.1
Sweet and Sour Meatballs (no rice)	5 each	296	16.5	27	13.2	4.9	501	0.6	Raisins	each	300	3.3	79.2	0.4	0.2	12	5.3
<b>CHICKEN &amp; TURKEY</b>									<b>BREADS &amp; STARCHES</b>								
BBQ Chicken Fillet on Bun	1 each	284	23.1	31	7.8	2	568	3	Mashed Potatoes	3 oz	45	0.8	10	0	0.0	19	0.8
Chicken Burger on a Bun	1 each	343	20.0	43	13	3.0	821	4.0	Rice, Brown	1 cup	160	4.0	35	1.5	0.0	0	0.0
Chicken Nuggets	5 each	180	15.0	13	10	2.0	533	2.0	Roll, Wheat Dinner	1 each	100	5	20	1.5	0	210	3
Corn Dog	1 each	270	10.0	27	14	3.5	780	5.0	<b>MILK</b>								
Hot Dog on a Bun	1 each	270	11.1	28	11.65	0.5	807	2.0	1% White Milk	8 oz	110	9.0	13	2.5	1.5	130	0.0
Teriyaki Chicken Bites	4 each	145	18.9	8	4	1.1	263	1.1	Chocolate Fat Free Milk	8 oz	150	8.0	29	0	0.0	190	0.0
<b>MEATLESS</b>									<b>SALAD DRESSING</b>								
Bean and Cheese Burrito	1 each	460	20.0	65	15.5	6.3	1204	6.7	Ranch	1 oz	87	0.46	2.14	9.57	1.42	141	0.02
Cheese Pizza	1 slice	300	16.0	35	11	2.0	590	2.0	<b>CHIPS &amp; COOKIES</b>								
Cheese Quesadilla	1 each	320	18.0	35	13	5.0	490	4.0	Fritos	1 pkg.	120	1	12	8	1	120	1
Chili and Cheese Wrap	1 each	300	16.0	36	11	3.0	670	4.0	Baked Cheetos	1 pkg.	120	2	17	4.5	1	210	0
Macaroni and Cheese	6 oz	390	20.9	27	21.95	12.9	1143	0.8	Garden Salsa Sun Chips	1 each	140	2	19	8	1	160	2
Stuffed Bread Stick	2 each	320	17.0	32	14	7.0	590	1.0	Sun Chips	1 pkg.	140	2.67	19	6	0.67	113	2
Taco Hot Pocket	1 each	300	15.0	43	8	2.5	530	4.0	Chocolate Chip Cookie	1 each	130	1	19	6	3.5	60	0
Texas Cheese Toast	1 each	360	22.0	43	13	5.0	710	4.0	Ginger Snap Cookie	1 each	110	1	18	4.5	3	115	0
Toasted Cheese Sandwich	1 each	359	20.8	45	11.77	7.6	1064	4.1	Krackle Sugar Cookie	1 each	110	1	17	4	2.5	100	0
									Oatmeal Cookie	1 each	100	1	17	2.5	1.5	100	1

The nutritional 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.