

CALORIES, CARBOHYDRATE COUNT, FIBER AND SODIUM FOR ELEMENTARY LUNCH MENUS

For more information, please contact Mark Bindus, RDN,LD directly at 216-214-2745

Menu Items	Calories	Carbohydrate Counts (grams)	Fiber (Grams)	Sodium (mg)
ENTREES				
Breaded Chicken Sandwich, on a Whole Grain Bun	296	29	4	567
Breakfast Bagel Sandwich (Whole Grain Bagel)	255	31.16	4	674
Breakfast Croissant Sandwich	330	32.6	3	761.09
Cheesy Breadsticks, Whole Grain (10 cut) with Italian Dunking Sauce	309	35.6	3.64	669
Chicken Quesidilla	318	22.78	2.38	939
Chicken Tenders, Whole Grain Breading (4 each)	154	6.4	0	
Corn Dog, Whole Grain	240	30	5	390
Corn Dogs, Mini, Whole Grain, 5 each	237.5	26.25	1.25	600
French Toast with Syrup and Sliced Ham	327	51.22	2	882.22
Hamburger or Cheeseburger on a Whole Grain Bun	327	24.3	3.64	590
Hot Dog (turkey) on a Whole Grain Bun	250	24	3	890
Hot Soft Pretzel, Whole Grain 2 oz with Real Cheese Sauce	301.3	44.16	2.05	419.3
Macaroni and Cheese, Whole Grain, Homemade	405	35.89	3.21	548
Meatballs, BBQ (5 each)	192	11.76	0.13	696.7
Mini Pancakes, Whole Grain, Pillsbury, (Syrup built in) with sliced Ham	289	40	3	756
Nachos with Real Cheese Sauce (12 chips + 3oz)	396	32.17	3.05	549
Pizza, Whole Grain, Cheese (10 cut)	277	28.47	3.07	510.25
Pizza, Whole Grain, Pepperoni (10 cut)	291	28.59	3.07	540.25
Popcorn Chicken* serving size	163	10	2	371
Sloppy Joe Sandwich on a Whole Grain Bun	354	30.05	4.47	389
Taco, Soft or Crunchy	286	25.5	2.99	1185
Taco, Walking	355	27.88	4.56	1199
Toasted Cheese Sandwich on Whole Grain Bread	207	24.89	4	992
Turkey & Gravy	119	5.25	0.02	454.04

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Yogurt and 2oz Whole Grain Hot Soft Pretzel	270	57	2	225
VEGETABLES				
Baby Carrots, No Dressing, 1/2 cup	13	3	1.07	29
BBQ Baked Beans, 1/2 cup	180	33.57	5.13	506
Broccoli, Fresh Steamed, 1/2 cup	19	3.91	1.8	22
Broccoli with Cheese Sauce, 1/2 cup	75	14.2	5.16	218.96
Buttered Corn, 1/2 cup	106	21.23	2.64	29
California Vegetable Mix, 1/2 cup	17	3.33	1.33	
Cinnamon Sugar Chickpea Snack	174	30.85	7.31	
Coleslaw, Low Fat, 1/2 cup	103	11.27	0.76	332
Cucumbers, Sliced, No Dressing, 1/2 cup	9	2.19	0.3	1
Fries, Seasoned, Curly, Oven Baked, 1/2 cup	125	16.67	1.67	275
Fries, Seasoned, Wedge Cut, 1/2 cup	183	41.03	2.83	59
Garden Salad, No Dressing, 1 cup	8	1.62	0.89	6
Green Beans, Canned, Low Sodium, 1/2 cup	14	3.06	1.29	169.5
Mashed Potatoes with Gravy, 1/2 cup	115	22.4	1.14	413.47
Oriental Vegetables, 1/2 cup	20	2.5	1	
Peppers and Onions, 1/2 cup	33	5.33	2	
Potato Rounds, 1/2 cup	161	23.44	2.11	406
Potato Smiles, 4 each, 1/2 cup	224	32.53	2.8	524
Potato Triangles, 2 each, 2/3 cup	204	24	2.2	386
Refried Beans, Crunch, Cheesy, 1/2 cup	151	20.69	6.07	803.55
Sugar Snap Pea Pods, 1/2 cup	30	5.22	1.49	2
Sweet Potato Fries with Cinnamon Topping, 1/2 cup	160	23	3	140
Sweet Potatoes, Mashed, 1/2 cup	178	35.45	3.05	81
VEGETABLE TOPPINGS				

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Ranch Dressing, Low Fat, Homemade, 1 oz Portion	40	3.33	0	181.66
Italian Dressing, Low Fat, 1 oz Portion	20	2	0	570
Cheese Sauce, 3 oz	167	4.74	0	389
FRUITS				
Apples, Fresh Sliced, with 3/4 oz Caramel	129	32.61	2.07	51
Applesauce, Unsweetened, 1/2 cup	52	13.77	1.46	2
Applesauce, Unsweetened, Flavored, 1/2 cup	70	18.03	1.53	21
Banana, Mini, Whole	90	23.07	2.63	1
Banana, Sliced, with Drizzled Chocolate Syrup	105	26.57	2.79	4
Cantaloupe, Fresh, 1/8th wedge, 1/2 cup	24	6	1	6
Fruit Punch Jello, 100% juice, 1/2 cup	111	26.73	0.13	
Grapes, Red Seedless, Fresh, 1/2 cup	31	7.89	0.41	1
Juice, All Varieties, 100%, 4 oz	60	15	0	5
Orange Wedges, 4 wedges, 1/2 cup	34	8.46	1.73	0
Oranges, Mandarin, Canned, 1/2 cup	71	18.21	1.36	7
Peaches, Canned, 1/2 cup	68	18.26	1.63	6.5
Pears, Canned, 1/2 cup	65	17.2	1.81	6
Pineapple Chunks, Canned in Juice, 1/2 cup	68	17.64	1.47	1.33
Sliced Apples, Warm, with Cinnamon Sugar Topping	127	32.9	3.44	1
Sorbet, 100% Juice, 1/2 Cup	100	24	0	
Strawberries, Frozen, with 1/2 oz dollop of whipped topping	51	8.8	1.56	1
Strawberries, Diced in a cup, 1/2 cup in light syrup	90	22	2	0
Watermelon, Wedge, 1/2 cup	21	5.36	0.28	1

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MILK				
Milk, Chocolate, Fat Free, 8oz	120	23	0	240
Milk, Fat Free, Unflavored, 8 oz	83	12.15	0	103
Milk, 1%, Unflavored, 8 oz	102	12.18	0	107
WHOLE GRAINS				
Doritos, Fun Size, 1/2 cup	79	9.53	0.56	112
Roll, Whole Grain, 1.1 oz	80	15	0.72	140
Pretzel, Hot Soft, Mini, Whole Grain, 1 oz	80	17	1.84	65
Gripz, Chocolate Chip Grahams, 3/4 oz	110	19	3	70
DESSERTS				
Fortune Cookie	16	2	0	0
Carnival Cookie, Whole Grain, 1 oz	100	17	1	
Mini Ice Cream Sandwich	120	20.75	0	