

ELEMENTARY ENTREES	Serving Size	Calories	Total Fat (g)	Sat Fat (g)	Tans Fat (g)	Protein (g)	Dietary Fiber (g)
Beef, BBQ	½ cup	230	10	4.5	0	15	2
• Bun, Hamburger	1 each	140	2	0	0	5	2
Beef, Chicken Fried Steak	1 each	307	20	6	0	16.6	1.08
Beef, Cheesy Burger Bake	¾ cup	356.8	16.25	5.94	0	20.32	4.05
Beef, Fiesta Salad	¾ cup	337.97	19	5.6	0	17.67	3.82
• Rice	½ cup	85	0	0	0	2	0
• Lettuce Salad	½ cup	11.52	.12	.016	0	.66	.88
Beef, Soft Tacos	2 each	445.4	18.97	7.2	0	30.83	4.16
Beef, Steak Fingers	4 each	324	22	5.3	0	16.8	1.48
Beef, Hamburger patty	1 each	155	9.0	3.7	0	16.6	.62
• Bun, Hamburger	1 each	140	2	0	0	5	2
Beef, Hot Dogs	1 each	180	16	6	1	6	0
• Bun, Hot Dog	1 each	110	1.0	0	0	4	< 1
Beef, Meatballs	5 each	175	11.3	3.9	0	12.3	.29
Burrito , Bean	1 each	410	10	3.5	0	16	10
Calzone, Pepperoni	1 each	300	9	4	1	15	4
Cheese, Grilled Sandwich	1 each	260	10	5	0	18	< 1
Cheese, Mozzarella String	1 each	80	6	4	0	7	0
Cheese, Stick Breaded	5 each	350	16.7	7.5	0	16.7	1.7
Chicken Alfredo							
• Bowtie Pasta	½ cup	92.7	.38	.07	0	3.26	.8
• Alfredo Sauce	½ cup	120	5.0	4.0	0	2.0	0
• Fajita Chicken	2.3 oz	99.7	5.37	1.5	0	12.27	0
Chicken Patty, Breaded	1 each	210	12	2.5	0	14	0
• Bun, Hamburger	1 each	140	2	0	0	5	2
Chicken, Nuggets	5 each	220	13	3.0	0	10	1
Chicken, Orange	¾ cup	333.8	13.39	3.09	0	10.3	1.03
Chicken, Popcorn	¾ cup	220	13	3	0	10	1
Chicken Rings	5 each	206	12	3	0	14	< 1
Chicken Tenders	3 each	220	12.0	2.5	0	14	1
Corn Dog (Turkey)	1 each	270	14	4	0	10	1
Fish Bites	4 each	214	12	1.34	0	16	0
Fish Patty	1 each	170	8	1	0	11	1
• Bun, Hamburger	1 each	140	2	0	0	5	2
Lasagna	4x6 piece	482.42	20.55	10.49	0	35.12	2.9
Macaroni & Cheese	¾ cup	390	24.75	14.25	.75	18	.75
Pizza, Wedge Cheese (Smart Pizza)	1 slice	310	11	4	NL	15	2
Pizza, Wedge Pepperoni (Smart Pizza)	1 slice	320	13	4.5	NL	16	2
Potato, Baked	1 each	171.1	.33	.1	0	3.75	5.1
• Margarine	1 tsp.	70	4.5	2.5	< 12	7	0
• Chili	2oz	97.5	6.5	2.75	.5	4.5	1.25
• Shredded Cheese	2 oz	70	4.5	2.5	0	7	0
Salad, Chef	1 each	62.7	1.18	1.39	0	0	1
Salad ,Chef w/Turkey Ham	1 each	119.25	3.46	2.13	0	14.47	.97

ELEMENTARY ENTREES	Serving Size	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Protein (g)	Dietary Fiber (g)
Shrimp Poppers	2/3 cup	220	12	2	0	10	2
Spaghetti w/	½ cup	79.5	.35	0	0	2.6	.3
• Sauce	½ cup	80	3	1	0	2	2
• Meatballs	5 each	175	11.3	3.9	0	12.3	.29
Turkey Breast Roasted	3.56 oz	92.7	.93	.3	.01	18.82	0
Turkey Breast, Smoked	3.5 oz	87	1.06	.33	.02	18.24	0
• Bun, Hamburger	1 each	140	2.0	0	0	5	2
Turkey, Smoked	2 oz	49.3	.595	.19	.01	10.25	0
• American Cheese	2 slices	70	4	2.5	0	7	0
• Croissant	1 each	230	10	4.5	0	5	< 1
Turkey Tetrazzini	¾ cup	365.79	10.5	4.22	0	25.13	2.46
Yogurt	6 oz	170	1.5	1	0	5	0
Revised August 26, 2009							