

Elementary Lunch

Public Name	Serving Size	Serving Type	Carbohydrate Grams
Beans Green	1.00	Serving (0.5 cup)	3.964
Bread Garlic	1.00	Each	22.000
Calzones Mini	1.00	Serving (3 each)	40.000
Cheeseburger	1.00	Each	34.148
Chicken Mandarin Orange	1.00	Serving	19.136
Cookie Carnival	1.00	Each	22.912
Dutch Waffle	1.00	Each	43.002
Fried French	1.00	Serving	22.013
Fries Emoji	1.00	Serving (4 each)	20.012
Frosted Cookie	1.00	Each	23.961
Fruit Apple Gala	1.00	Each	25.057
Fruit Apple Golden	1.00	Each	18.127
Fruit Grapes	1.00	0.5 Cup	14.082
Fruit Pear	1.00	Each	34.542
Gravy Turkey	1.00	Serving (0.25 cup)	3.002
Hamburger	1.00	Each	33.136
Pork Sausage Patty	1.00	Serving (2 each)	0.000
Pudding Chocolate	1.00	Each	21.000
Pudding Vanilla	1.00	Each	20.000
Ranch Dressing	1.00	Each	2.024
Rice Fried	1.00	Serving (2/3 cup)	31.862
Roll	1.00	Each	26.859
Salsa Cup	1.00	Serving (0.25 cup)	3.951
Spaghetti Meat Sauce	1.00	Serving (7 oz)	13.534
Spaghetti Noodles	1.00	Serving	20.500
Syrup Cup	1.00	Each	30.660
Teriyaki Dippers	1.00	Serving (4 each)	5.912
Turkey Roast	1.00	Serving	1.740
Turkey Wrap	1.00	Each	25.525
Veg Celery Sticks	1.00	Serving (0.5 cup)	1.925
Veg Grape Tomatoes	1.00	Serving (0.5 cup)	2.941
Veg Peas	1.00	Serving (0.5 cup)	11.448
Beans Baked	1.00	Serving (0.5 cup)	29.773

Elementary Lunch

Beans Fiesta	1.00	Serving (0.5 cup)	19.634
Beans Refried	1.00	Serving (0.5 cup)	30.600
Beef Country Fried Steak	1.00	Each	16.000
Bread Roll	1.00	Each	26.859
Breadstick	1.00	Each	13.000
Breadstick Cheese Stuffed	1.00	Serving	31.998
Burrito Bean and Cheese	1.00	Each	31.388
Chalupa Bean and Cheese	1.00	Each	21.140
Cheese Rippers	1.00	Each	32.115
Cheese Shredded	1.00	Tablespoon	0.253
Chicken Drumstick	1.00	Each	8.403
Chicken Fries	1.00	Serving	16.314
Chicken Popcorn	1.00	Serving	15.773
Chili	1.00	Cup	30.791
Cookie Chocolate Chip	1.00	Each	22.912
Corn Dog Mini	1.00	Serving	31.332
Dressing Ranch	1.00	Each	2.024
Fruit Apple Slices	1.00	Bag	7.961
Fruit Applesauce Cup	1.00	Each	14.645
Fruit Banana	1.00	Each	28.778
Fruit Fresh Pear	1.00	Each	34.542
Fruit Gala Apple	1.00	Each	25.057
Fruit Golden Apple	1.00	Each	18.127
Fruit Mixed	1.00	Serving (0.5 cup)	22.433
Fruit Orange Wedge	1.00	Serving (0.5 cup)	16.523
Fruit Peaches	1.00	Serving (0.5 cup)	14.006
Fruit Pears	1.00	Serving (0.5 cup)	18.995
Fruit Pineapple Orange Cup	1.00	Serving (0.5 cup)	22.243
Fruit Strawberries	1.00	Serving (0.5 cup)	21.080
Fruit Strawberry Applesauce	1.00	Each	13.994
Gravy Country	1.00	Serving	5.537
Hot Dog	1.00	Each	32.965
Jello	1.00	Serving (0.5 cup)	25.889
Ketchup	1.00	Each	0.000
Lasagna	1.00	Serving	30.321

Elementary Lunch

Mac and Cheese	1.00	Serving (1/3 cup)	15.920
Mayonnaise	1.00	Each	0.000
Meatball Pork	1.00	Serving	5.000
Milk 1%	1.00	Each	12.996
Milk Chocolate	1.00	Each	23.995
Milk Skim	1.00	Each	12.996
Mustard	1.00	Each	0.000
Nachos	1.00	Serving	38.289
Olives	1.00	TBSP**	0.526
Pepperoni Ripper	1.00	Each	27.091
Pickle Dill Chips	1.00	Serving	0.337
Pizza Cheese	1.00	Slice	33.930
Pizza Pepperoni	1.00	Slice	33.930
Potato Cheesey	1.00	Serving (0.5 cup)	20.122
Potato Mashed	1.00	Serving (0.5 cup)	17.860
Rice Brown	1.00	Serving (0.5 cup)	17.525
Salad Side	1.00	Serving	12.363
Salsa Cup	1.00	Serving (1/4 cup)	3.951
Sandwich Chicken	1.00	Each	47.498
Sandwich Fish	1.00	Sandwich	45.277
Sandwich Ham and Cheese	1.00	Sandwich	26.787
Sandwich Toasted Cheese	1.00	Sandwich	33.294
Sandwich Turkey and Cheese	1.00	Sandwich	26.028
Sauce BBQ	1.00	Each	9.999
Sauce Fry	1.00	Each	1.761
Sauce Marinara	1.00	Serving (1/4 cup)	7.211
Sauce Taco	1.00	Each	1.040
Sauce Tartar	1.00	Each	3.544
Soup Tomato	1.00	Serving (3/4 cup)	15.715
Sour Cream	1.00	Each	2.024
Taco Fixings	1.00	Serving	5.528
Taco Meat	1.00	Serving	3.292
Taco Soft	1.00	Serving	28.344
Tater Tots	1.00	Serving (0.5 cup)	16.140
Veg Baby Carrot	1.00	Bag	3.738

Elementary Lunch

Veg California Blend	1.00	Serving (0.5 cup)	3.498
Veg Corn	1.00	Serving (0.5 cup)	12.767
Veg Fresh Veggie Mix	1.00	Serving (0.5 cup)	3.710
Veg Green Beans	1.00	Serving (0.5 cup)	3.964
Veg Steamed Broccoli	1.00	Serving (0.5 cup)	5.065
Veg Tomato Slice	1.00	slice, medium **	0.778
Wrap Ham	1.00	Sandwich	26.157
Wrap Turkey	1.00	Sandwich	25.525