



<b>ELEMENTARY AND PARKER NUTRITIONALS</b>							
<b>NK Recipe</b>	<b>Recipe Description</b>	<b>Portion Size</b>	<b>Calories</b>	<b>Protein(g)</b>	<b>Carb (g)</b>	<b>Total Fat (g)</b>	<b>Sat Fat (g)</b>
	CEREAL, COCOA PUFFS, LOW SUG, W G	EA	110	2	25.0	1.5	0
	CEREAL, FRUIT LOOPS, LOW SUG, W G	EA	110	2	24.0	1	0.5
	CEREAL, APPLE JACKS, RED SUG, W G	EA	110	2	24.0	1	0.5
	CEREAL, DRY- W HOLE GRAIN	1 OZ	130	1	24.0	3.5	0.5
178	CHICKEN BREAST W ITH BUN (GOLDKIST)	1 EA	366	19	42.0	14.5	2.5
764	CHICKEN NUGGET, TYSON, <b>ELEMENTARY</b>	5 EA	262	16.2	16.2	15	2.5
764	CHICKEN NUGGET, TYSON, <b>PARKER</b>	4 EA	210	13	13.0	12	2
213	CHICKEN TENDER (GOLDKIST) <b>ELEMENT</b>	4 EA	288	18.6	17.0	16	2.66
213	CHICKEN TENDER (GOLDKIST) <b>PARKER</b>	3 ea	216	14	13.0	12	2
687	CHILI MAC	1 CUP	252	15.3	35.8	6.2	2
	Chocolate Chip Cookie .75 ounce	1 EA	90		14.0	4.0	0
765	CORN DOG, W G (TURKEY)	1 EA	240	11	33.0	7	1.5
1002	HAMBURGER ON A BUN	1 EA	240	18	29.0	6.5	2.5
87	HOT DOG ON A BUN (TURKEY)	1 EA	250	10	24.0	13	3.5
fx 657001	ICE CREAM CUP, VANILLA YOGURT	1 EA	90	3	18.0	1.5	1
	JUICE, APPLE/CHERRY 100%	1 EA	60	0	15.0	0	0
	JUICE, APPLE, 100%	1 EA	60	0	14.0	0	0
	JUICE, ORANGE, 100%	1 EA	60	1	13.0	0	0
	JUICE, GRAPE, 100%	1 EA	60	0	16.0	0	0
	JUICE, FRUIT PUNCH 100%	1 EA	60	0	16.0	0	0
	JUICE, VEGGIE/FRUITABLE	1 EA	60	0	14.0	0	0
129	MAC & CHEESE, <b>ELEMENTARY</b>	6 OZ	290	16	32.0	11	6
130	MAC & CHEESE, <b>PARKER</b>	4 OZ	193	10.6	21.0	7.3	5.77
	MAC & CHEES w/Chicken Nuggets	4 oz/ 3 each	258	17.0	24.4	10.3	4.20
791	MEATBALL PIZZA ( BEEF,PORK & CHEESE)	1 EA	300	18	32.0	11	4.5
591	MILK 1% W HITE, PRAIRIE FARMS	EA	100	8	11.0	2.5	1.5
634	MILK CHOC SKIM, PRAIRIE FARMS	EA	110	8	20.0	0	0

590	MILK SKIM, PRAIRIE FARMS	EA80	80	8	11.0	0	0
	MINI CHICKEN TACO	3 each	260	15	25.0	11	4
	MINI BURGERS	2 each	320	18	28.0	16	7
	MINI TURKEY CORN DOGS	4 each	170	6	18.0	0	2
586	NACHOS, TURKEY, W CHEESE SAUCE	SERVING	370	3	29.0	11	1
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	NACHO CHIPS, 1.5 OZ ONLY	SERVING	200	16.98	41.8	17.3	5.7
625	PASTA,W G/ MEAT SAUCE, <b>ELEMENTARY</b>	1 CUP	378	8.49	20.9	8.65	2.85
625	PASTA,W G/ MEAT SAUCE,	1/2 CUP	189	0.5	16.4	0	0
459	PEACHES, DICED, CLOVERDALE	4 OZ	61	N/A	16.0	0	0
655	PEARSAUCE	4 OZ	70	0.47	1.9	0	0
670	PEPPER STRIPS	1/4 CUP	9	16.98	32.0	10.98	3.9
409	PIZZA PEPPERONI, (SMART)	1 EA	292	18.04	34.1	12.03	4.01
408	PIZZA, CHEESE (SMART)	1 EA	311	19	27.0	16	8
	PIZZA BAGEL JUMBO	1 EA	300	14	33.0	10	5
730	PIZZA, 3 CHEESE BOAT	1 EA	330	2.67	22.7	5.33	1.33
652	POTATO CUBES, SEASONED MCCAIN	1/2 CUP	147	1.49	12.7	0.75	0
495	POTATO MASHED (SIMPLT)	1/2 CUP	67	2.01	19.1	8.03	0
111	POTATO PUFF (LAMB W ESTON)	7 EA	161	1	22.0	4	0.5
	POTATO, SW EET, KRINKLES	1/2 CUP	130	1	36.0	0	0
714	RAISINS, RAISELS	1 EA	140	8.73	20.5	2.89	1.47
771	RAVIOLI,CHEESE W / SPAGHETTI SAUCE	SERVING	142	0.5	19.0	2.5	1.5
169	RICE CRISPY TREAT	EA	100	4	18.0	1	0.5
279	ROLL, DINNER, W HL GRAIN	1 EA	90	27.09	30.9	12.5	4.9
614	SALAD, CHICKEN FIESTA FAJITA/with roll	1 EA	330	21.47	28.7	9.33	1.66
719	SALAD, TURKEY & HAM W ITH PRETZEL	1 EA	279	2	28.6	1.5	0
719	PRETZEL W G Goldfish ONLY	1 EA	90				
139	SALAD, SIDE, W ITH LF RANCH DRSG	1 CUP	71	1.7	9.0	3.67	0.52
	SIDEKICK CHERRY	1 each	100	0.0	4.0	0.00	0.00
	Smile Cookie (Apple delight)	1 EA	160	2.0	300 mg	5.00	1.50



