

2014-15

ELEMENTARY AND PARKER NUTRITIONALS

NK Recipe	Recipe Description	Portion Size	Calories
or referen			
775	ANIMAL CRACKERS, KEEBLER W G	1 PKG	130
115	APPLE SLICES, PETERSON FARMS	1 EA	30
758	APPLESAUCE, CINNAMON, 4.5 OZ	1 EA	90
759	APPLESAUCE, STRAW BERRY, 4.5 OZ	1 EA	90
760	APPLESAUCE, GRAPE. 4.5 OZ	1 EA	90
610	APPLESAUCE, BLUE, 4.5 OZ	1 EA	90
589	BAGEL, LENDERS 2 OZ	1 EA	150
68	BANANAS	1 EA	101
68	BANANA (PARKER)	1/2 EA	50.5
785	BB Q RIB ON A BUN, Beef	1EA	350
386	BB Q RIB NUGGETS, ELEMENTARY	4 EA	160
386	BB Q RIB NUGGETS, PARKER	3 EA	120
277	BEANS, VEGETARIAN	1/2 CUP	119
726	BEANS, GARBANZO	1/2 CUP	120
787	BUG BITES, W HL. GRAIN COOKIES	1 PKG	120
687	CHILI MAC/ W HOLE GRAIN	1 CUP	252
GFS	DONUT HOLE, PKG	EA	100
fx385139	LOAF, BANANA BREAD	1 ea	180
784	BREADSTICK WHOLE GRAIN	1	90
786	BREAKFAST BAR, ICED	EA	170
1088	BROCCOLI & CHEESE	1/2 CUP	30
452	CARROTS, BABY, 2 OZ	1/2 CUP	20
267	CELERY STICKS	1/2 cup	12
	CEREAL, CINN TOASTERS, W H. GRN., 1 OZ	EA	130
	CEREAL, COCOA PUFFS, LOW SUG, W G	EA	110
	CEREAL, FRUIT LOOPS, LOW SUG, W G	EA	110
	CEREAL, APPLE JACKS, RED SUG, W G	EA	110
	CEREAL, DRY- W HOLE GRAIN	1 OZ	130
178	CHICKEN BREAST W ITH BUN (GOLDKIST)	1 EA	366
764	CHICKEN NUGGET, TYSON, ELEMENTARY	5 EA	262
764	CHICKEN NUGGET, TYSON, PARKER	4 EA	210
213	CHICKEN TENDER (GOLDKIST) ELEMENT	4 EA	288
213	CHICKEN TENDER (GOLDKIST) PARKER	3 ea	216
687	CHILI MAC	1 CUP	252
765	CORN DOG, W G (TURKEY)	1 EA	240

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1002	HAMBURGER ON A BUN	1 EA	240
87	HOT DOG ON A BUN (TURKEY)	1 EA	250
fx 657001	ICE CREAM CUP, VANILLA YOGURT	1 EA	90
	JUICE, APPLE/CHERRY 100%	1 EA	60
	JUICE, APPLE, 100%	1 EA	60
	JUICE, ORANGE, 100%	1 EA	60
	JUICE, GRAPE, 100%	1 EA	60
	JUICE, FRUIT PUNCH 100%	1 EA	60
	JUICE, VEGGIE/FRUITABLE	1 EA	60
129	MAC & CHEESE, ELEMENTARY	6 OZ	290
130	MAC & CHEESE, PARKER	4 OZ	193
791	MEATBALL PIZZA (BEEF,PORK & CHEESE)	1 EA	300
591	MILK 1% W HITE, PRAIRIE FARMS	EA	100
634	MILK CHOC SKIM, PRAIRIE FARMS	EA	110
590	MILK SKIM, PRAIRIE FARMS	EA80	80
586	NACHOS, TURKEY, W CHEESE SAUCE	SERVING	370
	NACHO CHIPS, 1.5 OZ ONLY	SERVING	200
625	PASTA,W G/ MEAT SAUCE, ELEMENTARY	1 CUP	378
625	PASTA,W G/ MEAT SAUCE,	1/2 CUP	189
459	PEACHES, DICED, CLOVERDALE	4 OZ	61
655	PEARSAUCE	4 OZ	70
670	PEPPER STRIPS	1/4 CUP	9
409	PIZZA PEPPERONI, (SMART)	1 EA	292
408	PIZZA, CHEESE (SMART)	1 EA	311
730	PIZZA, 3 CHEESE BOAT	1 EA	330
652	POTATO CUBES, SEASONED MCCAIN	1/2 CUP	147
495	POTATO MASHED (SIMPLLOT)	1/2 CUP	67
111	POTATO PUFF (LAMB W ESTON)	7 EA	161
	POTATO, SW EET, KRINKLES	1/2 CUP	130
714	RAISINS, RAISELS	1 EA	140
771	RAVIOLI,CHEESE W / SPAGHETTI SAUCE	SERVING	142
169	RICE CRISPY TREAT	EA	100
279	ROLL, DINNER, W HL GRAIN	1 EA	90
614	SALAD, CHICKEN FIESTA FAJITA/with roll	1 EA	330
719	SALAD, TURKEY & HAM W ITH PRETZEL	1 EA	279
719	PRETZEL W G Goldfish ONLY	1 EA	90

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139	SALAD, SIDE, W ITH LF RANCH DRSG	1 CUP	71
566	SNOW MAN 100% FRZ JUICE CUP	4 OZ	70
616	STRAW BERRY CUP	1/2 CUP	122
779	STRAW BERRY SMILE (BREAKFAST)	EA	160
220	SUB SANDW ICH, TURKEY	1 EA	345
579	TACO, MAX SNAX, ELEMENTARY	3 EA	249
659	TACO, TURKEY SLOPPY TACO, W ITH BUN	SERVING	277
	TURKEY AND GRAVY	4oz	120
675	VEGETABLE, CORN & BEAN MEDLEY	1/2 CUP	85
271	VEGETABLE, CORN, HOT	1/2 CUP	67
426	VEGETABLE, GREEN BEANS, FRZ	1/2 CUP	19
	VEGETABLE, CARROTS, FRZ	1/2 CUP	27
611	VEGETABLES, MIXED W / RANCH DIP	3/4 CUP	84
788	W RAP, TURKEY& CHEESE W HOLE GRAIN	0.50	240
414	YOGURT, TRIX FRUIT FLAVORS	4 OZ	100

Protein(g)	Carb (g)	Total Fat (g)	Sat Fat (g)
2	21.0	4	1
0	7.0	0	0
0	22.0	0	0
0	22.0	0	0
0	22.0	0	0
0	22.0	0	0
5	28.0	1	0
1.24	26.0	0.38	0.13
0.62	13.0	0.19	0.06
20	42.0	12	4
14	6.0	8	3.5
14	6.0	8	2.6
6.03	26.9	0.47	0.09
5.54	20.3	1.85	0.46
2	21.0	3.5	1
15.3	35.8	6.2	2
3	17.0	2.5	0.5
3.0	30.0	6.0	1.0
3.0	17.0	0	0
2	31.0	5	2
1.65	4.6	0.9	0.02
0	5.0	0	0
0.51	2.2	0.125	0.03
1	24.0	3.5	0.5
2	25.0	1.5	0
2	24.0	1	0.5
2	24.0	1	0.5
1	24.0	3.5	0.5
19	42.0	14.5	2.5
16.2	16.2	15	2.5
13	13.0	12	2
18.6	17.0	16	2.66
14	13.0	12	2
15.3	35.8	6.2	2
11	33.0	7	1.5

Protein(g)	Carb (g)	Total Fat (g)	Sat Fat (g)
18	29.0	6.5	2.5
10	24.0	13	3.5
3	18.0	1.5	1
0	15.0	0	0
0	14.0	0	0
1	13.0	0	0
0	16.0	0	0
0	16.0	0	0
0	14.0	0	0
16	32.0	11	6
10.6	21.0	7.3	5.77
18	32.0	11	4.5
8	11.0	2.5	1.5
8	20.0	0	0
8	11.0	0	0
19	39.5	18.69	3.31
3	29.0	11	1
16.98	41.8	17.3	5.7
8.49	20.9	8.65	2.85
0.5	16.4	0	0
N/A	16.0	0	0
0.47	1.9	0	0
16.98	32.0	10.98	3.9
18.04	34.1	12.03	4.01
19	27.0	16	8
2.67	22.7	5.33	1.33
1.49	12.7	0.75	0
2.01	19.1	8.03	0
1	22.0	4	0.5
1	36.0	0	0
8.73	20.5	2.89	1.47
0.5	19.0	2.5	1.5
4	18.0	1	0.5
27.09	30.9	12.5	4.9
21.47	28.7	9.33	1.66
2	28.6	1.5	0
Protein(g)	Carb (g)	Total Fat (g)	Sat Fat (g)

1.7	9.0	3.67	0.52
0	18.0	0	0
0.68	33.0	0.17	0.01
2	27.0	5	1.5
21.71	36.0	12.71	5.9
14.96	27.9	8.98	2.49
22.11	34.1	7.17	2.77
	2.0	6.00	2.00
4.48	17.4	0.56	0.07
2.1	15.9	0.55	0.08
1	4.3	0.11	0.03
0.42	5.6	0.5	0.09
2.3	12.8	3.61	0.53
17.7	14.0	11.9	6.2
3	20.0	1	1