

ELEMENTARY
CALORIE/CARB/FIBER LIST

ELEMENTARY LUNCH ENTREES ** SEE ENTRÉE ACCOMPANIMENTS LISTED BELOW	SERVING SIZE	CALORIES	CARB GRAMS
BEEF ENCHILADAS W/ SAUCE*	2 ENCHILADAS W/ SAUCE	235	30.76
BBQ RIBLETS *	3 EACH	142	6.39
BEEF TAQUITOS*	2 TAQUITOS	215	27.76
BFL (PANCAKES)*	1 POUCH	200	34
BFL (CHEESE OMELET)	1 OMELET	210	4
BURRITO, BEAN & CHEESE	EACH	290	36
CHEESE CRISP*	EACH	456	48.65
CHICKEN NUGGETS*	5 NUGGETS	180	13
CHICKEN TORTILLA SOUP*	1 CUP	145	23.01
CHICKEN TORTILLA SOUP* (W/7/8 OZ CORN CHIPS)	1 CUP SOUP / 1 PKG (7/8 OZ.) CHIPS	255	42.01
CHICKEN, POPCORN*	3 OZ.	231	15.69
CORN DOG *	EACH	240	33
HAMBURGER ON A BUN *	EACH	310	28
HOT DOG ON A BUN *	EACH	239	21.8
MACARONI & CHEESE, BAKED	1 CUP	412	45.72
MEATBALLS W/ MASHED POTATOES*	4 MEATBALLS / 1/2 CUP POTATOES	254	21.52
MOZZARELLA BREAD STICKS *	2 STICKS	330	32
MOZZARELLA BREAD STICKS W PIZZA SAUCE	2 STICKS 2 OZ. SAUCE	350	36.68
NACHOS CHIPS W/CHEESE	1 PKG CHIPS /2 OZ. CHEESE	270	23
PIZZA, CHEESE WEDGE *	EACH	330	46
PIZZA, PEPPERONI *	EACH	330	46
RICE BOWL, ORANGE	1/2 CUP RICE/ 3 OZ CHICKEN	354	59.1
RICE BOWL, SWEET AND SOUR	1/2 CUP RICE/ 3 OZ CHICKEN	303	47.88
RICE BOWL, TERIYAKI	1/2 CUP RICE/ 2.6 OZ. CHICKEN STRIPS	258	41.58
SANDWICH, BBQ	EACH	243	37.2
SANDWICH, BREADED CHICKEN *	EACH	340	40
SANDWICH, DELI	EACH	362	51.95
SANDWICH, PB&J UNCRUSTABLE *	EACH	320	33
SHRIMP POPPERS *	3 OZ.	180	18
SPAGHETTI W/ MEATBALLS AND SAUCE	8 OZ.	363	53.8
SPAGHETTI W/ SAUCE	8 OZ.	246	52.28
TACO SALAD	1 PK CHIPS/ 1/3 CUP MEAT	344	23.05
TACO, SOFT*	1 FLOUR TORTILLA (6IN) 1/3 CUP MEAT	315	18.36
TUNA SALAD W/CRACKERS *	1/3 CUP TUNA W/ 2 PK CRACKERS	232	21.79
TUNA SALAD W/DINNER ROLL *	1/3 CUP TUNA W/ 1 ROLL	279	31.41
ENTRÉE ACCOMPANIMENTS	SERVING SIZE	CALORIES	CARB GRAMS
CARROTEENIES	1 PKG/ 1.6 OZ.	16	3.74
CHEESE, SHREDDED	1 OZ.	80	0.57
CHIPS, TOSTITOS SCOOPS	1 PKG	110	19
CORN	1/2 CUP	66	15.42
GREEN BEANS	1/2 CUP	14	3.04
ITALIAN ICE. ANGELO'S	SVG.3 OZ.	50	12
MASHED POTATOES*	1/2 CUP	76	15
OVEN FRIES STRAIGHT CUT*	SVG.3OZ.	150	23
POTATO ROUNDS	SVG.3OZ.	162	23.6
POTATO WEDGES	SVG.3OZ.	130	22
RICE	1/2 CUP	90	19.72

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BREAD PRODUCTS	SERVING SIZE	CALORIES	CARB GRAMS
BROWNIE*	EACH	181	33.4
COOKIE, CHOC. CHIP, (BONZER)*	EACH	150	23
COOKIE, CHOCOLATE GOLDFISH *	PKG.	120	19
COOKIE, FORTUNE	EACH	34	3.5
COOKIE, OATMEAL RAISIN (BONZER)* *	PKG.	150	24
CRACKERS, ALPHABET *	PKG.	132	22
GOLDFISH PRETZEL	PKG.	90	17
GRAHAM, BUG BITES *	PKG.	140	23
MUFFIN, BANANA-CHOCOLATE CHIP*	EACH	228	39.45
MUFFIN, CORN*	EACH	187	31.45
MUFFIN, HARVEST*	EACH	196	34.45
ROLL, WHEAT DINNER*	EACH	142	25.18
SWIRL ROLL (3 OZ)*	EACH	200	32.8
TOSTITO SCOOPS	PKG.	110	19
CANNED/FROZEN FRUITS	SERVING SIZE	CALORIES	CARB GRAMS
APPLESAUCE	1/2 CUP	52	13.77
APRICOTS	1/2 CUP	80	20.86
FRUIT COCKTAIL	1/2 CUP	69	18.07
PEACHES	1/2 CUP	68	18.26
PEARS	1/2 CUP	71	18.89
PINEAPPLE	1/2 CUP	66	16.95
APRICOTS, FROZEN	4.5 OZ. CUP	111	28.46
STRAWBERRIES, FROZEN	4.5 OZ. CUP	108	29.03
FRESH FRUITS	SERVING SIZE	CALORIES	CARB GRAMS
APPLE (6 WEDGES)	1 MEDIUM	81	21.04
BANANA (MED)	1 MEDIUM	105	26.71
FRUIT SNACK, (KETTLE VALLEY)	EACH	68	16
GRAPES (1/2 CUP)	1/2 CUP	76	19.45
NECTARINE (MED)	1 MEDIUM	67	16.02
ORANGE (6 WEDGES)	1 MEDIUM	62	15.39
PEACH (MED.)	1 MEDIUM	37	9.66
PLUM	1 MEDIUM	36	8.59
CANNED VEGETABLES	SERVING SIZE	CALORIES	CARB GRAMS
CORN	1/2 CUP	66	15.42
GREEN BEANS	1/2 CUP	14	3.04
FRESH VEGETABLES	SERVING SIZE	CALORIES	CARB GRAMS
BROCCOLI (1/2 CUP)	1/2 CUP	12	2.31
CARROT STICKS (1/2 CUP- approx. 5 sticks)	1/2 CUP (APPROX. 5 STICKS)	38	4
CAULIFLOWER (1/2 CUP)	1/2 CUP	13	2.6
CELERY STICKS (1/2 CUP approx. 5)	1/2 CUP (APPROX. 5 STICKS)	12	2.71
CUCUMBER (1/2 CUP)	1/2 CUP	8	1.66
LETTUCE MIX (1/2 CUP)	1/2 CUP	8	1.33
TOMATOES (1/2 CUP)	1/2 CUP	18	4.18

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MILK /JUICE AND ITALIAN ICE	SERVING SIZE	CALORIES	CARB GRAMS
MILK, SKIM	8 oz.	83	12
MILK, 1% CHOCOLATE	8 oz.	170	29
MILK, 1% STRAWBERRY	8 oz.	170	28
MILK, 1% WHITE	8 oz.	100	12
MILK, 2% WHITE	8 oz.	120	12
JUICE	4 oz.	56	14.18
ITALIAN ICE, ANGELO'S	3 OZ.	50	12
BREAKFAST ITEMS	SERVING SIZE	CALORIES	CARB GRAMS
BAGELER	EACH	190	31
BLUEBERRY MUFFIN	EACH	160	27
BREAKFAST BURRITO	EACH	250	33
CINNAMON ROLL	EACH	390	66.28
CINNAMON TOAST	EACH	230	31
FRENCH TOAST STICKS	EACH	180	28
HONEY BREAKFAST BAR	EACH	265	41
PANCAKE SAUSAGE ON A STICK	EACH	170	21
BREAKFASTSAUSAGE SANDWICH	EACH	257	22.9
SUPER DONUT/ REDUCED FAT	EACH	200	31
YOGURT, FRUITED	4OZ. EACH	110	21
CEREALS			
CHEERIOS BOWL PK	1.4 OZ.	70	14
FROSTED FLAKES BOWL PK	28 GRAMS.	100	25
FRUIT LOOPS BOWL PK	21 GRAMS	80	18
CRISPIX, BOWL PK	18 GRAMS	80	18
RICE KRISPIES, BOWL PK	18 GRAMS	70	16
MUFFINS * SEE BREAD ITEMS			
CONDIMENTS	SERVING SIZE	CALORIES	CARB GRAMS
DRESSING, RANCH	1 OZ.	40	3.76
B.B.Q.	INDIVIDUAL PC	20	4.82
COCKTAIL SAUCE	2 OZ.	36	9.24
DRESSING, ITALIAN	1 OZ.	70	2
KETCHUP	INDIVIDUAL PC	6	1.64
MARINARA SAUCE	2 OZ.	44	8.74
MAYO	INDIVIDUAL PC	36	3.03
MUSTARD	INDIVIDUAL PC	3	0.29
SALSA	1 OZ.	14	3
SOUR CREAM & YOGURT MIX	1 OZ.	41	2.24
SUGAR	INDIVIDUAL PC	23	5.99
SYRUP, MAPLE	2 OZ.	133	34.85
TACO SAUCE	INDIVIDUAL PC	9	1.79
DIABETIC SNACKS	SERVING SIZE	CALORIES	CARB GRAMS
SALTINES	EACH	50	8
NUT TRAIL MIX	4 OZ.	270	46
JUICE BLEND	4 OZ.	58	14.5
JUICE, APPLE (SHELF STABLE	4.23 OZ.	60	15
STRING CHEESE	EACH	60	0
BLOCK CHEESE	EACH	100	0

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SNACK MENU	SERVING SIZE	CALORIES	CARB GRAMS
STRING CHEESE	EACH	60	0
BUG BITES	PKG	140	23
JUICE	6 OZ.	85	21
MILK, WHITE	EACH	100	12
CARROTS, BABY W/RANCH	EACH	78	7.76
GRAHAM CRACKERS	PKG	90	17
ANIMAL CRACKERS	PKG	132	22
COOKIE, CHOCOLATE	EACH	150	23
BANANA	EACH	105	26.71
GRAHAMS, GOLDFISH CHOCOLATE	PKG	120	19
PRETZELS, GOLDFISH	PKG	90	17
ORANGE WEDGES	1 EACH	62	15.39
SWIRL ROLLS	1 EACH	200	32.8
ALPHA BLOCK CRACKERS	PKG	132	22
HARVEST MUFFIN	1 EACH	196	34.45

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FIBER GRAMS
2.48
1.2
2.48
2
0
4
1
1
3.59
5.59
0.83
5
2.5
2.01
3.92
1.19
1
2.2
2
2
2
0
0
0
3.35
3.05
3.79
3
1
4.03
3.58
2.54
1.14
0.19
1.74
FIBER GRAMS
1.32
0
2
1.56
1.28
1
1.3
1
2.13
2
0

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FIBER GRAMS
0
1
1
0
1
1
1
1
2.1
1.29
1.8
1.9
2.37
2
FIBER GRAMS
1.47
2.02
1.21
1.63
1.99
1.01
2.49
2.13
FIBER GRAMS
3.73
2.74
1.5
1.13
2.18
3.14
1.74
1
FIBER GRAMS
1.56
1.28
FIBER GRAMS
1.32
2.64
1.25
1.26
0.47
0.95
0.98

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FIBER GRAMS
0
0
0
0
0
0.05
1
FIBER GRAMS
3
1
8
3.76
0
0
1
3
0.73
1
0
2
0
0
0
0
FIBER GRAMS
0
0
0
0
0
0
0
0
0.65
0
0
0
0
FIBER GRAMS
0
6
0
0
0
0

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FIBER GRAMS
0
1
0
0
2.64
1
1
1
2.74
1
1
3.14
2.37
1
1.8