

Elementary Cycle Nutrition 18-19

<p>Blueberry Pancakes 210 cal, 6 g fat, <u>35 g carb</u>, 4 g pro Syrup 0 cal, 0 g fat, <u>0 g carb</u>, 0g g pro Pizza, Cheese 320 cal, 13 g fat, <u>34 g carb</u>, 15 g pro Pizza, Pepp. 330 cal, 14 g fat, <u>34 g carb</u>, 16 g pro Side Salad 20 cal, 0.5 g fat, <u>2.5 g carb</u>, 1.5 g pro Roasted Cauliflower 40 cal, 4 g fat, <u>5 g carb</u>, 2 g pro Ranch 45 cal, 4 g fat, <u>3.5 g carb</u>, 0 g pro</p>	<p>Mini Chocolate Donuts 300 cal, 13 g fat, <u>39 g carb</u>, 5 g pro Mini Powdered Donuts 280 cal, 10 g fat, <u>42 g carb</u>, 5 g pro Eggs 140 cal, 9 g fat, <u>2 g carb</u>, 12 g pro Toast 95 cal, 4.5 g fat, <u>12 g carb</u>, 4 g pro Bacon 20 cal, 1 g fat, <u>0 g carb</u>, 2 g pro Breakfast Potatoes 100 cal, 2 g fat, <u>19 g carb</u>, 3 g pro Salsa 20 cal, 0 g fat, <u>4.5 g carb</u>, 0 g pro</p>	<p>Pancake on a Stick 200 cal, 10 g fat, <u>17 g carb</u>, 7 g pro Syrup 0 cal, 0 g fat, <u>0 g carb</u>, 0g g pro Mac & Cheese 295 cal, 12 g fat, <u>27 g carb</u>, 20 g pro Steamed Broccoli 35 cal, 0 g fat, <u>6.5 g carb</u>, 3 g pro Hot Roll 175 cal, 4 g fat, <u>30 g carb</u>, 4.5 g pro Veggie Cup 15 cal, 0 g fat, <u>3 g carb</u>, 0.5 g pro Ranch 45 cal, 4 g fat, <u>3.5 g carb</u>, 0 g pro</p>	<p>Biscuit & Gravy*** 225 cal, 10 g fat, <u>29 g carb</u>, 4 g pro (biscuit-16 g carb, gravy 6 g carb) ***this biscuit is being phased out; please watch for new information when product changes BBQ Sandwich 430 cal, 7.5 g fat, <u>50 g carb</u>, 28.5 g pro Baby Carrots 35 cal, 0 g fat, <u>8 g carb</u>, 0.5 g pro Baked Beans 140 cal, 0 g fat, <u>29 g carb</u>, 6 g pro Ranch</p>	<p>Breakfast Pizza 210 cal, 7 g fat, <u>26 g carb</u>, 9 g pro Chicken Nuggets (5) 260 cal, 15 g fat, <u>15 g carb</u> 16 g pro Mashed Potatoes & Gravy (white) 135 cal, 3 g fat, <u>23 g carb</u>, 2 g pro Mash. Potatoes (no gravy) 90 cal, 1 g fat, <u>18 g carb</u>, 2 g pro Roasted Veggies 60 cal, 2.5 g fat, <u>9 g carb</u>, 1.5 g pro</p>
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<p>Pop-Tart Cinn. 360 cal, 4.5 g fat, <u>75 g carb</u>, 4 g pro</p> <p>Pop-Tarts Strawb. 370 cal, 5 g fat, <u>75 g carb</u>, 5 g pro</p> <p>Corn Dog 240 cal, 8 g fat, <u>30 g carb</u>, 9 g pro</p> <p>French Fries 130 cal, 4.5 g fat, <u>21 g carb</u>, 2 g pro</p> <p>Veggie Cup 15 cal, 0 g fat, <u>3 g carb</u>, 0.5 g pro</p> <p>Ranch 45 cal, 4 g fat, <u>3.5 g carb</u>, 0 g pro</p> <p>Mustard 5 cal, 0 g fat, <u>0 g carb</u>, 0 g pro</p>	<p>Yogurt Parfait 245 cal, 4.5 g fat, <u>45 g carb</u>, 6.5 g pro</p> <p>Sloppy Joe 485 cal, 15 g fat, <u>65 g carb</u>, 26 g pro</p> <p>Peas & Carrots 40 cal, 0.5 g fat, <u>8 g carb</u>, 2.5 g pro</p> <p>Sliced Cucumbers 10 cal, .5 g fat, <u>2 g carb</u>, 0 g pro</p> <p>Ranch 45 cal, 4 g fat, <u>3.5 g carb</u>, 0 g pro</p>	<p>Eggs 140 cal, 9 g fat, <u>2 g carb</u>, 12 g pro</p> <p>Toast 95 cal, 4.5 g fat, <u>12 g carb</u>, 4 g pro</p> <p>Bacon 20 cal, 1 g fat, <u>0 g carb</u>, 2 g pro</p> <p>Queso Blanco Nachos 330 cal, 23 g fat, <u>21 g carb</u>, 14 g pro</p> <p>Fiesta Beans 110 cal, 1 g fat, <u>20 g carb</u>, 5 g pro</p> <p>Veggie Cup 15 cal, 0 g fat, <u>3 g carb</u>, 0.5 g pro</p> <p>Ranch 45 cal, 4 g fat, <u>3.5 g carb</u>, 0 g pro</p> <p>Salsa 20 cal, 0 g fat, <u>4.5 g carb</u>, 0 g pro</p>	<p>Sausage Biscuit w/Cheese 275 cal, 14 g fat, <u>24 g carb</u>, 13.5 g pro</p> <p>Sausage Biscuit 240 cal, 12 g fat, <u>23 g carb</u>, 10 g pro</p> <p>Spaghetti w/Meatsauce 250 cal, 5.5 g fat, <u>27.5 g carb</u>, 25 g pro</p> <p>Green Beans 45 cal, 3 g fat, <u>3.5 g carb</u>, 1 g pro</p> <p>Garlic Bread 80 cal, 3.5 g fat, <u>11 g carb</u>, 2 g pro</p> <p>Side Salad 20 cal, 0.5 g fat, <u>2.5 g carb</u>, 1.5 g pro</p> <p>Ranch 45 cal, 4 g fat, <u>3.5 g carb</u>, 0 g pro</p>	<p>Breakfast Pizza 210 cal, 7 g fat, <u>26 g carb</u>, 9 g pro</p> <p>Popcorn Chicken 230 cal, 13 g fat, <u>14 g carb</u>, 14 g pro</p> <p>Mash. Potatoes (no gravy) 90 cal, 1 g fat, <u>18 g carb</u>, 2 g pro</p> <p>White Gravy 20 cal, 1 g fat, <u>3 g carb</u>, 0 g pro</p> <p>Roasted Zucchini 35 cal, 2.5 g fat, <u>2.5 g carb</u>, 1 g pro</p>
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<p>Biscuit & Gravy 225 cal, 10 g fat, <u>29 g carb</u>, 4 g pro</p> <p>Hot Dog 220 cal, <u>10.5 g fat</u>, 22 g carb, 12 g pro</p> <p>Chili 65 cal, 2 g fat, <u>8.5 g carb</u>, 4 g pro</p> <p>Cheese 20 cal, 1 g fat, <u>0.5 g carb</u>, 2 g pro</p> <p>Side Salad 20 cal, 0.5 g fat, <u>2.5 g carb</u>, 1.5 g pro</p> <p>Ranch 45 cal, 4 g fat, <u>3.5 g carb</u>, 0 g pro</p> <p>Corn 55 cal, 1 g fat, <u>12 g carb</u>, 2 g pro</p>	<p>Mini Chocolate Donuts 300 cal, 13 g fat, <u>39 g carb</u>, 5 g pro</p> <p>Mini Powdered Donuts 280 cal, 10 g fat, <u>42 g carb</u>, 5 g pro</p> <p>Crispy Taco 210 cal, 18 g fat, <u>7.5 g carb</u>, 10.5 g pro</p> <p>Cilantro Lime Rice 110 cal, 1 g fat, <u>22 g carb</u>, 2.5 g pro</p> <p>Pinto Beans 160 cal, 1 g fat, <u>28 g carb</u>, 9.5 g pro</p> <p>Salsa 20 cal, 0 g fat, <u>4.5 g carb</u>, 0 g pro</p> <p>Lettuce, Tomato, Cheese 35 cal, 2 g fat, <u>1 g carb</u> 3.5 g pro</p>	<p>Cinnamon Roll 230 cal, 4 g fat, <u>44 g carb</u>, 5 g fat</p> <p>Mazzio's Cheese 325 cal, 14 g fat, <u>35 g carb</u>, 15.5 g pro</p> <p>Mazzio's Pepperoni 340 cal, 15 g fat, <u>35 g carb</u>, 16.5 g pro</p> <p>Mazzio's Sausage 365 cal, 17.5 g fat, <u>35 g carb</u>, 16.5 g pro</p> <p>Green Beans 45 cal, 3 g fat, <u>3.5 g carb</u>, 1 g pro</p> <p>Side Salad 20 cal, 0.5 g fat, <u>2.5 g carb</u>, 1.5 g pro</p> <p>Ranch 45 cal, 4 g fat, <u>3.5 g carb</u>, 0 g pro</p>	<p>Waffles 140 cal, 5 g fat, <u>22 g carb</u>, 4 g pro</p> <p>Syrup 0 cal, 0 g fat, <u>0 g carb</u>, 0g g pro</p> <p>Turkey 95 cal, 3.5 g fat, <u>0 g carb</u>, 15.5 g pro</p> <p>Hot Roll 175 cal, 4 g fat, <u>30 g carb</u>, 4.5 g pro</p> <p>Candied Carrots 90 cal, 3.5 g fat, <u>14 g carb</u>, 1 g pro</p> <p>Mash. Potatoes (no gravy) 90 cal, 1 g fat, <u>18 g carb</u>, 2 g pro</p> <p>White Gravy 20 cal, 1 g fat, <u>3 g carb</u>, 0 g pro</p> <p>Brown Gravy 10 cal, 0 g fat, <u>1.5 g carb</u>, 0 g pro</p>	<p>Breakfast Pizza 210 cal, 7 g fat, <u>26 g carb</u>, 9 g pro</p> <p>Chicken & Waffles 330 cal, 17.5 g fat, <u>26 g carb</u>, 18 g pro</p> <p>Green Beans 45 cal, 3 g fat, <u>3.5 g carb</u>, 1 g pro</p> <p>Veggie Cup 15 cal, 0 g fat, <u>3 g carb</u>, 0.5 g pro</p> <p>Ranch 45 cal, 4 g fat, <u>3.5 g carb</u>, 0 g pro</p> <p>Syrup 0 cal, 0 g fat, <u>0 g carb</u>, 0g g pro</p>
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<p>Pop-Tart Cinn. 360 cal, 4.5 g fat, <u>75 g carb</u>, 4 g pro</p> <p>Pop-Tarts Strawb. 370 cal, 5 g fat, <u>75 g carb</u>, 5 g pro</p> <p>Chicken Alfredo 260 cal, 9 g fat, 15 g carb, 26 g pro</p> <p>Steamed Broccoli 35 cal, 0 g fat, <u>6.5 g carb</u>, 3 g pro</p> <p>Garlic Bread 80 cal, 3.5 g fat, <u>11 g carb</u>, 2 g pro</p> <p>Veggie Cup 15 cal, 0 g fat, <u>3 g carb</u>, 0.5 g pro</p> <p>Ranch 45 cal, 4 g fat, <u>3.5 g carb</u>, 0 g pro</p>	<p>Yogurt Parfait 245 cal, 4.5 g fat, <u>45 g carb</u>, 6.5 g pro</p> <p>Drumstick 190 cal, 11 g fat, <u>5 g carb</u>, 16 g pro</p> <p>Cornbread 107 cal, 3 g fat, <u>18 g carb</u>, 3 g pro</p> <p>Mash. Potatoes (no gravy) 90 cal, 1 g fat, <u>18 g carb</u>, 2 g pro</p> <p>White Gravy 20 cal, 1 g fat, <u>3 g carb</u>, 0 g pro</p> <p>Side Salad 20 cal, 0.5 g fat, <u>2.5 g carb</u>, 1.5 g pro</p> <p>Ranch 45 cal, 4 g fat, <u>3.5 g carb</u>, 0 g pro</p>	<p>Eggs 140 cal, 9 g fat, <u>2 g carb</u>, 12 g pro</p> <p>Toast 95 cal, 4.5 g fat, <u>12 g carb</u>, 4 g pro</p> <p>Bacon 20 cal, 1 g fat, <u>0 g carb</u>, 2 g pro</p> <p>Hamburger 380 cal, 19.5 g fat, <u>26 g carb</u>, 22 g pro</p> <p>French Fries 130 cal, 4.5 g fat, <u>21 g carb</u>, 2 g pro</p> <p>Lettuce & Pickles 15 cal, 0 g fat, <u>2 g carb</u>, 1 g pro</p> <p>Baked Beans 140 cal, 0 g fat, <u>29 g carb</u>, 6 g pro</p>	<p>Cinnamon Toast 110 cal 4.5 g fat, <u>16 g carb</u>, 4 g pro</p> <p>Sausage Patty 60 cal, 4 g fat, <u>0 g carb</u>, 6 g pro</p> <p>Grilled Cheese Sandwich 245 cal, 8 g fat, <u>31 g carb</u>, 16.5 g pro</p> <p>Tomato Soup 70 cal, 0 g fat, <u>15 g carb</u>, 1.5 g pro</p> <p>Green Peas 60 cal, 0 g fat, <u>11 g carb</u>, 4 g pro</p>	<p>Breakfast Pizza 210 cal, 7 g fat, <u>26 g carb</u>, 9 g pro</p> <p>Frito Chili Pie 365 cal, 20 g fat, <u>27.5 g carb</u>, 20 g pro</p> <p>Corn 55 cal, 1 g fat, <u>12 g carb</u>, 2 g pro</p> <p>Veggie Cup 15 cal, 0 g fat, <u>3 g carb</u>, 0.5 g pro</p> <p>Ranch 45 cal, 4 g fat, <u>3.5 g carb</u>, 0 g pro</p>
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