

Elementary Lunch April 2026

Nutritional Information

Name	Serving	Calories	Carbs	Protein	Total Fat	Saturated Fat	Cholesterol	Sodium	Dietary Fiber	Sugar	Vitamin A	Vitamin C	Calcium	Iron	Wheat	Egg	Soy	Peanut	Milk	Fish	Trans	Treenut	Shellfish	Seaan		
Bacon Cheeseburger on a Bun	each	403	25 g	24 g	23 g	10 g	48 mg	937 mg	2 g	0 g	134	0	288 mg	5 mg	X		X								X	
Baked Beans, Vegetarian	1/2 cup	115	23 g	6 g	1 g	0 g	0 mg	424 mg	4 g	9 g	0	0	0 mg	0 mg												
BBQ Chicken Sandwich	1 sandwich	310	36 g	19 g	10 g	3 g	63 mg	462 mg	1 g	n/a	36	4	107 mg	3 mg	X											
Beefy Nachos w/Cheese Sauce	serving	431	33 g	15 g	25 g	7 g	42 mg	545 mg	3 g	4 g	101	2	66 mg	2 mg			X			X						
Buffalo Chicken Wrap	1 each	395	34 g	20 g	20 g	6 g	47 mg	760 mg	6 g	2 g	126	0	35 mg	2 mg	X	X	X			X						
Chef Salad	each	209	7 g	13 g	15 g	5 g	86 mg	917 mg	1 g	2 g	499	12	40 mg	1 mg	X	X	X			X					X	
Chicken & Gravy	1/2 cup	105	4 g	14 g	2 g	1 g	53 mg	357 mg	0 g	n/a	0	1	6 mg	2 mg	X		X									
Chicken Caesar Salad	salad	330	8	18	23	5	58	710	1	1	287	3	184	1	X	X	X			X			X			
Chicken Tacos	2 each	286	26 g	19 g	12 g	6 g	49 mg	679 mg	5 g	3 g	0	0	81 mg	0 mg	X					X						
Chin Dog	each	240	30 g	9 g	9 g	3 g	40 mg	470 mg	2 g	8 g	0	0	60 mg	2 mg	X	X	X									
Creamy Chicken Spaghetti	1 cup	343	32 g	26 g	12 g	4 g	83 mg	789 mg	4 g	0 g	751	26	156 mg	2 mg	X		X								X	
Crispy Chicken Patty	1 each	340	41 g	21 g	11 g	2 g	35 mg	650 mg	4 g	4 g	100	1	69 mg	3 mg	X		X									
Crispy Chicken Tenders	3 each	260	16 g	15 g	15 g	3 g	25 mg	390 mg	3 g	n/a	384	3	20 mg	3 mg	X		X									
Crispy Chicken Wrap	1 each	355	33 g	20 g	16 g	6 g	54 mg	646 mg	6 g	n/a	252	1	181 mg	2 mg	X		X			X					X	
Cucumber Ranch Salad	1/2 cup	23	1 g	0 g	2 g	0 g	2 mg	43 mg	0 g	1 g	81	2	8 mg	0 mg		X				X						
Dinner Roll	1 each	80	14 g	4 g	1 g	0 g	0 mg	109 mg	2 g	2	0	0	10 mg	0.6 mg	X	X	X			X					X	
French Fries	1/2 cup	110	17 g	2 g	4 g	1 g	0 mg	236 mg	2 g	1 g	0	4	0 mg	1 mg												
Fresh Blueberries	1/2 cup	42	11 g	1 g	0 g	0 g	0 mg	1 mg	2 g	n/a	40	2	4 mg	0 mg												
Fresh Fruit Bar	1/2 cup	95	11 g	0 g	0 g	0 g	0 mg	5 mg	2 g	n/a	699	16	12 mg	0 mg												
Garden Salad	3/4 cup	57	3 g	1 g	5 g	1 g	0 mg	134 mg	1 g	n/a	747	22	11 mg	0 mg			X			X						
Garlic Breadstick	each	150	22 g	4 g	5 g	1 g	0 mg	240 mg	1 g	n/a	0	0	0 mg	1 mg	X		X			X						
Garlic Toast	each	113	14 g	3 g	5 g	2 g	8 mg	183 mg	1 g	n/a	93	0	26 mg	1 mg	X	X	X			X						
Grilled Ham & Cheese Sandwich	sandwich	350	31 g	15 g	21 g	8 g	43 mg	1188 mg	1 g	n/a	422	6	40 mg	2 mg	X		X			X						
Ham & Cheese Flatbread Munchable	each	304	29 g	16 g	15 g	6 g	41 mg	1101 mg	3 g	4 g	10	0	122 mg	1 mg	X		X			X						
Harvest Cheddar Sunchip	package	140	19 g	2 g	6 g	1 g	0 mg	170 mg	2 g	2 g	0	0	10 mg	1 mg	X											
Italian Toasted Cheese Sand with Marinara	each	444	35 g	20 g	18 g	10 g	30 mg	439 mg	4 g	9 g	205	0	463 mg	3 mg	X		X			X						
Lasagna Rollup with Sauce	1 serving	288	37 g	16 g	7 g	4 g	20 mg	482 mg	3 g	n/a	790	10	314 mg	2 mg	X					X						
Lettuce and Tomato	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a												
Lettuce, Tomato and Cheese	each	55	3 g	4 g	5 g	2 g	10 mg	97 mg	1 g	n/a	805	9	112 mg	0 mg						X						
Mashed Potatoes	1/2 cup	67	14 g	2 g	1 g	0 g	0 mg	263 mg	1 g	n/a	0	25	19 mg	0 mg						X						
Oven Fried Chicken Leg	each	220	6 g	19 g	13 g	3 g	60 mg	530 mg	1 g	0 g	100	0	14 mg	1 mg	X											
Oven Roasted Beef Hot dog	each	310	28 g	12 g	18 g	7 g	35 mg	860 mg	3 g	3 g	0	0	60 mg	3 mg	X											
Pasta w/ Hearty Meat Sauce	3 or sco/ 5 c	325	35 g	22 g	9 g	3 g	51 mg	286 mg	3 g	9 g	480	6	37 mg	4 mg	X											
Pizza Parlor	slice	410	37 g	23 g	12 g	9 g	37 mg	642 mg	5 g	5 g	291	1	405 mg	2 mg	X					X						
Refried Beans	1/2 cup	118	20 g	7 g	2 g	1 g	10 mg	140 mg	7 g	n/a	0	8	44 mg	2 mg			X									
Side Caesar Salad	1/2 cup	74	2 g	3 g	6 g	2 g	9 mg	168 mg	1 g	0 g	0	0	5 mg	0 mg		X	X		X				X			
Sloppy Joe	1 each	334	39 g	21 g	13 g	4 g	40 mg	481 mg	3 g	9 g	0	5	54 mg	2 mg	X											
Spiced Pinto Beans	1/2 cup	161	30 g	7 g	1 g	0 g	0 mg	371 mg	12 g	1 g	65	2	104 mg	1 mg												
Steamed Peas & Carrots	1/2 cup	48	9 g	2 g	0 g	0 g	0 mg	55 mg	4 g	n/a	7804	5	25 mg	1 mg												
Sweet and Savory Kale Salad	1/2 cup	147	12 g	4 g	9 g	1 g	0 mg	130 mg	2 g	9 g	19	8	23 mg	1 mg												
Tater Tots	1/2 cup	107	18 g	2 g	3 g	1 g	0 mg	58 mg	2 g	n/a	36	5	0 mg	0 mg			X									
Turkey and Cheese Sandwich	each	338	33 g	24 g	8 g	2 g	48 mg	710 mg	4 g	5 g	1418	7	136 mg	15 mg	X		X			X					X	
Turkey BLT Wrap	1 wrap	376	28 g	24 g	19 g	6 g	54 mg	765 mg	4 g	n/a	130	5	63 mg	2 mg	X	X	X			X					X	
Turkey Piegga LTD	each	556	n/a	32 g	20 g	4 g	55 mg	788 mg	7 g	6 g	1371	6	146 mg	4 mg	X	X	X			X					X	
Variety of Veggies	1/2 cup	13	3 g	0 g	0 g	0 g	0 mg	18 mg	1 g	n/a	1844	23	10 mg	0 mg												
Yogurt Pak with Bagel Munchable	each	430	59 g	17 g	12 g	9 g	35 mg	755 mg	1 g	n/a	300	1	520 mg	19 mg	X					X						