

IUSD Elementary School Nutritional Information 21-22

11.3.2021

	Calories	Fat (g)	% calories from fat	Saturated fat (g)	Carbohydrate (g)	Fiber (g)	Sodium mg	Allergens
Beef Dunkers and Rice	334	9	24.25	3	46	2	765	Wheat, soy
Beef Pepperoni stuffed pizza pocket	300	12	36.00	5	31	3	590	Wheat, milk, egg, soy
Beef Teriyaki Dipper Brown Rice 4 pc	353	11	28.05	4	43	3.36	784	Wheat, soy
Beef & Bean Taco (2 pack)	257	9	31.52	2.6	27.8	2.5	85.6	
Bean and Cheese Tostada	245	11	40.41	4	21	3	303	Wheat, soy, milk
Bean Burrito Vegan	360	11	27.50	1.5	55	7	630	Wheat, soy
Bean Dip, Nacho Cheesy	140	1.5	9.64	0.6	22.5	7.5	488	Milk
Tortilla Chips	270	10	33.33	2	38	4	110	
Burrito, Bean and Cheese Los Cabos	291	8	24.74	3.6	41	8	478	Wheat, soy, milk
Burritos, Ultra Bean & Cheese Burrito Cabo Primo Big Bad	331	10.7	29.09	4.3	42	7.5	438	Wheat, soy, milk
Cheeseburger Don Lee	279	10	32.26	4.2	30	2.7	409	Wheat, soy, milk
Cheeseburger Sliders	272	9	29.78	3	30	2	475	Wheat, milk, soy
Chicken Chow Mein	285	4.5	14.21	1	40	4	836	Wheat, soy, egg
Chicken lil' Sliders Breaded	315	11	31.43	2	39	4	588	Wheat, soy, egg
Chicken Noodle Soup 1 cup	128	3	21.09	0.56	16.9	2.3	906	Wheat, soy
Chicken Nuggets 5 pieces Tyson 70364928	267	15	50.56	2.5	16.5	2.5	407	Wheat, soy
Orange Chicken and Brown Rice	200	5	22.50	1	26	0.3	615	Wheat, egg, soy
Chicken Patty on WG Bun	443	18	36.57	3	50	6.5	809	Wheat, soy
Chicken Salad Sandwich Triangle	283	9.5	30.21	2	27.8	2	448	Wheat, soy, egg
Chicken Tenders (3)	263	15	51.33	2.5	16	3	394	Wheat, soy
Chicken Tenders and Mashed Potatoes	333	16	43.24	2.5	30	4	734	Wheat, soy, milk
Chicken Tenders (3) and Waffle Fries (1/2 cup)	344	18	47.09	3.5	28	1	902	Wheat, soy
Chicken Tenders and Tater Tots	409	22	48.41	3.65	34	5	743	Soy, wheat
Chicken Teriyaki and Rice 3/4 cup	260	6.5	22.50	1.5	30	1	747	Soy, wheat
Chicken Teriyaki Dippers & Rice 4 piece 3/4 C	246	6	21.95	1	30	1	895	Soy, wheat
Chickenless Chicken Nuggets	287	10	31.36	1.875	27.5	6.25	475	Wheat, soy
Corn Dog, Chicken	238	9	34.03	2.5	28	2	690	Wheat, soy, eggs, Milk, gluten
Corn Dogs Mini Chicken 6 pieces	270	12	40.00	3.5	30	5	410	Wheat, soy, eggs, gluten
Corn Dogs Mini Turkey 6 pieces	243	12	44.44	2.2	24	3	700	Wheat, soy, milk, egg
Crazy Chicken Tortilla Soup 1 cup	171	5	26.32	1	10	1	460	Soy, Wheat
Crazy Chicken Tortilla Soup 1 cup with Chips	448	15	30.13	3	49	6	555	Soy, Wheat
Double Dog, Chicken DD400	251	15	53.78	7	31.5	2	446	Wheat, soy
Egg Salad Sandwich	336.7	18	48.11	4	29	2	762	Wheat, soy, egg

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French toast, cinnamon with Cheese Stick	283	12.8	40.71	5.4	28	2	520	Wheat, milk, soy, egg, gluten
French toast sticks , cinnamon w/ Cheese Stick Bakecrafters	320	13	36.56	5	40	2	460	Wheat, egg, milk, soy
Greek Yogurt Muffin and Cheese								
Greek Yogurt 4 oz	100	0	0.00	0	14	0	35	Milk
Muffin Chocolate Chip Buena Vista	320	10	28.13	2	52	4	380	Wheat, milk, egg, soy
String Cheese	80	6	67.50	3.5	1	0	210	Milk
Grilled Cheese Integrated Wheat	280	5.4	17.36	5.3	31.5	3	600	Wheat, milk, soy
Grilled Cheese on Ciabata	260	10	34.62	5	28	2	670	Wheat, milk, soy
Ham (Turkey) Cheese Sandwich CK	290	12	37.24	5	28	2	922	Milk, soy, wheat
Ham (Turkey) Triangle Sandwich	290	13	40.34	5.75	28	2	985	Wheat, soy, milk
Hamburger on WG Bun	299	12	36.12	4	33	4	568	Wheat, soy
Hamburger Don Lee	276	10.4	33.91	3.7	29	2.8	260	Wheat, soy
Hot Dog, Double Dog	251	15	53.78	7	31.5	2	446	Wheat, soy
Hot Dog on a bun Beef	320	17	47.81	7	32	3	540	Wheat
Lasagna Cheese Roll Up	310	10	29.03	4	39	2	999	Eggs, soy, wheat
Mac N Cheese Rose & Shore 850	380	15	35.53	8	43	5	590	Eggs, milk, wheat
Max Stick (2 each) 77387 12722	310	12	34.84	6	34	2	650	Wheat, Milk
Nacho Bean Dip and Tortilla Chips	460	16	31.30	5	61	11.5	686	Milk
Nacho Cheesy Bites 8 each	270	10	33.33	4	32	3	440	Wheat, milk, soy
Orange Chicken and Brown Rice	266	5	16.92	5	40	1	615	Wheat, milk, soy, eggs
Pick Up Stix House Chicken and Rice	350	10	25.71	2	46	3	370	Wheat, soy, egg, gluten ****
Pick Up Stix House Tofu and Rice	230	5	19.57	1	33	3	400	Wheat, soy, egg, gluten ****
Pita Bread 1 pocket	130	2	13.85	0	27	6	260	Wheat
Pizza Boli Tasty Brand	310	12	34.84	6	34	0	640	Wheat, Milk, Soy
Pizza Papa John Cheese Whole grain	310	10	29.03	4	37	3	650	Wheat, milk
Pizza Papa John Pepperoni Pork Whole grain	365	14	34.52	5	38.5	3	803	Wheat, milk
Pizza, Deep Dish Turkey Pepperoni	310	13	37.74	6	31	3	510	Wheat, milk, soy
Pizza, Galaxy Cheese	280	12	38.57	6	26	3	410	Wheat, milk, soy
Pizza, Wild Mikes	370	17	41.35	9	35	3	520	Wheat, milk, soy
Pizza Crunchers	418	20	43.06	9	41	6	667	Milk, wheat
Popcorn Chicken Bowl	328	15	41.16	2.5	29.5	4	733	Milk, wheat, soy, egg
Potato tots and Beef Picadillo	236	14	53.39	4	18	2	856	Soy
Quesadilla, Cheese Integrated	268	9.75	32.74	6.5	30	3	589	Wheat, milk
Quesadilla, Rose & Shore	330	18	49.09	11	25	2	530	What, milk, Soy
Ravolis, Cheese Jumbo 4 Cheese	347	9	23.34	3	44	3	1070	Wheat, milk, soy, egg

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Ravioli, Cheese Mini 14	320	8	22.50	2	42	2	950	Wheat, milk, egg, soy
Rotini Pasta, cheese and Marinara Spaghetti Sauce	359	13	32.59	5	44	3	863	Wheat, milk
Salad Elementary Specialty 5" Chicken	296	12	36.49	1.7	33	4	543	Crackers: Wheat, Milk, Soy Dressing: Milk, Soy
Salad Elementary Specialty 5" Vegetarian	311	16	46.30	5	34	4	683	Crackers: Wheat, Milk, Soy Dressing: Milk, Soy
Spaghetti Rotini with beef Meat Sauce 1/2 C	360	12	30.00	4	44	3.4	794	Wheat, milk, soy
Sunbutter Sandwich Central Kitchen	523	29	49.90	3	50	8.667	474	Wheat, sunflower seeds
Sunbutter Sandwich Muffin Town 5.6oz large	610	34	50.16	4	56	7	590	Wheat, sunflower seeds, soy
Sunbutter Sandwich Muffin Town 2.8 oz small	310	15	43.55	2	33	4	300	Wheat, sunflower seeds, soy
Taco Beef Roll Up Stick Integrated	345	13	33.91	8.3	31	3.85	630	Wheat, soy, milk
Taco Beef & Bean Taco	257	9	31.52	2.6	27.8	2.5	85.6	
Texas Cheese Toast 6 inch	356	17	42.98	8.32	31	2	447	Wheat, milk, soy
Tostada, Bean and Cheese	245	11	40.41	4	21	3	303	Milk, soy, wheat
Tuna Sandwich Central Kitchen Triangle	267	7	23.60	1	29	2	698	Wheat, soy, fish, egg
Turkey and Cheese Triangle Sandwich	290	11.7	36.31	5	28	2	922	Wheat, soy, milk, egg
Turkey Triangle Sandwich Central Kitchen	220	3.5	14.32	0.5	26	2	675	Milk, soy, wheat
Uncrustables 2.6 oz	320	17	47.81	3.5	32	3	320	Wheat, soy
Yogurt Parfait	292	6.5	20.03	1	53	4	179	Wheat, milk, soy
	Calories	Fat	% calories	Saturated	Carbohydrate	Fiber	Sodium	Allergens
Fruit		(g)	from fat	fat (g)	(g)	(g)	mg	
Apple Sauce 4.5 oz unsweetened cup	51	0	0.00	0	14	1	2	
Apple Slices 2 oz 1/2 cup	30	0	0.00	0	8	1	1	
Apple small	50	0.1	0.00	0	14	2.5	1	
Banana Petite about 6 inches	90	0.3	0.00	0.1	23	2.6	1	
Canned Fruit	64	0	0.00	0	16	1	6	
Canned Pineapple 1/2 Cup	108	0.1	0.00	0	28	1	2	
Fresh Fruit general rule of thumb for small fruit	60	0	0.00	0	15	3	1	
Frozen Fruit Cup Peaches	80	0	0.00	0	19	1	0	
Frozen Fruit Cup Strawberry	80	0	0.00	0	19	2	0	
Frozen Fruit Cup Mixed Berries	90	0	0.00	0	20	2	0	
Juice 4 oz	60	0	0.00	0	15	0	10	
Lunch Bunch Grapes 2.25 oz	45	0	0.00	0	11	1	8	
Mixed Fruit 1/2 Cup	65	0	0.00	0	16	1	6	
Orange slices 160 gm	100	0.5	0.00	0	25	7	3	

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Peaches, canned diced or sliced 1/2 cup 124g	76	0.2	0.00	0	19	1	5	
Pears, canned diced 1/2 cup	60	0	0.00	0	15	2	2	
Pears, small	60	0.1	0.00	0	17	3.5	1	
Pineapple Snopal								
Raisins 1 box 37.7 grams	110	0	0.00	0	30	1	4	
SideKicks 100% Fruit Juice 4.4 oz	80	0	0.00	0	22	0	45	
Tangerine small	40	0.2	0.00	0	10	1	1.5	
	Calories	Fat (g)	% calories from fat	Saturated fat (g)	Carbohydrate (g)	Fiber (g)	Sodium mg	Allergens
Vegetables								
Edamame 1/2 cup	43	2	41.86	0	3	0.4	5	Soy
Baby Carrots	23	0	0.00	0	5.4	1.33	55	
Side Salad Romaine	4	0	0.00	0	0.71	0.4	4	
Corn Cup 1/2 Cup	67	0.55	7.39	0	16	2	73	
Cucumber 1/2 cup	9	0	0.00	0.001	1.59	0.52		
Sugar Snap Peas 1/2 Cup	15	0	0.00	0	2	1		
Tomatoes 1/2 Cup	15	0	0.00	0	3	0.9	4	
Broccoli 1/2 cup with butter buds	40	0	0.00	0	7	2	94	Milk
	Calories	Fat (g)	% calories from fat	Saturated fat (g)	Carbohydrate (g)	Fiber (g)	Sodium mg	Allergens
Milk								
Non-Fat White	90	0	0.00	0	12	0	130	milk
Non-Fat Chocolate	130	0	0.00	0	26	0	130	milk
1% White	120	2.5	18.75	1.5	13	0	130	milk
	Calories	Fat (g)	% calories from fat	Saturated fat (g)	Carbohydrate (g)	Fiber (g)	Sodium mg	Allergens
Extras								
BBQ sauce	20	0.08	3.60	0	5	0.07	123	Soy
Brownie Bite	100	3	27.00	1	18	1	105	Wheat, Soy, Milk, Eggs
Candy Cookie	110	5	40.91	1	17	0	100	Wheat, Egg, Milk, Soy
Chocolate Chip Cookie Linda's Reduced Fat 1 oz	120	4.5	33.75	1	19	1	105	Wheat, milk, soy, egg
Cornbread superstar	148	5	30.41	1	23	1.5	91	Eggs, milk, soy, wheat
Crackers Back To Basic 2 oz	170	5	26.47	0.5	28	3	350	Milk, soy, wheat
Dinner Artisan Roll 2 oz	160	2	11.25	0	34	5	270	Wheat
Garlic Toast	90	2.5	25	0.5	15	2	190	Wheat, Soy, Milk
Goldfish Whole Grain snack crackers	100	4	36.00	0.5	14	1	170	Wheat, milk

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Holiday Cookies: Heart, Egg, Star, Tree, Shamrock, Turkey, Pumpkin	160	8	45.00	2	21	0.3	95	Wheat, milk, soy, egg
Kids Mix Snack Mix	110	4	32.73	1	18	1	200	Wheat, milk, soy
Marinara Sauce	15	0	0.00	0	4	1	140	soy
Ranch Dressing	70	8	102.86	1	0	0	110	Milk, soy, egg
Rice Krispie Treat Small	50	1	18	0	9	0	45	Milk, Soy
Scooby Doo Graham Crackers	120	3.5	26.25	1	21	1	110	Wheat, soy
String Cheese	80	6	67.50	3.5	1	0	210	Milk
Sun Chips Cheddar 1oz	140	6	38.57	1	18	2	120	Wheat Milk
Sunflower Seeds Azar Power Honey Roasted	170	14	74.12	2	8	2		Roasted in Peanut oil
Sunflower Seeds Azar Power Roasted Salted	170	14.5	76.76	2	6	3		Roasted in Peanut oil
Sunflower Seeds Azar Power Spicy Lime	170	15	79.41	1.5	6	2	260	Roasted in Peanut oil
Sunflower Seeds Sun Rich Naturals NonGMO Honey Roasted	190	15	71.05	2	11	3	65	Honey Roasted No allergens
Sunflower Seeds Sun Rich Naturals NonGMO Roasted Salted	170	14	74.12	2	6	3	110	Salted No allergens
Syrup 1 oz portions	80	0	0.00	0	21	0	0	
Tortilla Corn Chips 2 oz La Tapatia	280	16	51.428571	2.3	31	3	300	soy
Tortilla Corn Chips Snak King	270	15	50	1.5	31	3	220	
	Calories	Fat	% calories	Saturated	Carbohydrate	Fiber	Sodium	Allergens
Breakfast		(g)	from fat	fat (g)	(g)	(g)	mg	
Apple-Bites	270	10	33.33	4.5	41	3	160	Wheat, milk, egg, soy
Bagel 3 oz	217	0.8	3.32	0	44.6	4.36	230	Wheat
Benefit Bar Large	285	8.5	26.84	3	47	3	230	Wheat, Egg, Soy, milk
Breakfast Banana Bread	280	10	32.14	2	44	2	220	Wheat, egg, soy
Breakfast bun	230	7	27.39	2	39	3	340	Wheat, milk, soy, egg
Breakfast Burrito Egg Cheese Turkey Sausage	236	10	38.14	3.7	27	4	318	Wheat, egg, milk, soy
Cheerios	100	2	18.00	0.5	21	3	140	
Cheerios Honey Nut	110	1.5	12.27	0	22	2	160	Almond
Chex	100	0.5	4.50	0	24	1	250	
Cinnamon roll - CK Bakery	379	8	19.00	4	70	4.6	193	Wheat, milk, soy
Cinnamon Toast Crunch	110	3	24.55	0.5	22	3	160	Wheat, soy
Cocoa Puffs 25% less sugar	110	0.5	4.09	0	20	1	120	
Crumb Cake	418	13	27.99	7.5	72	3	354	Wheat, eggs, milk
Egg, Hard Boiled Large	77.5	5	58.06	1.6	0.56	0	62	Egg
Froot loops	70	1	12.86	0	16	2	150	Wheat, soy
Frosted Flakes Reduced Sugar	100	0	0.00	0	24	1	160	Soy
Frosted Mini Wheat	100	0	0.00	0	24	3	0	Wheat

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Mozzarella string cheese	80	5	56.25	3.5	1	0	210	Milk
Muffin Chocolate	280	10	32.14	2	44	0	250	Wheat, milk, egg, soy
Muffin, Blueberry 20th Century	239	9	33.89	2	36	3	338	Wheat, eggs, soy
Muffin, Blueberry Dave's	223	6	24.22	0.9	38.5	3.3	115	Wheat, egg, soy, milk
Pancake Sausage on a stick	160	6	33.75	1.5	19	2	400	Wheat, egg, soy, milk
Pancakes, Mini	250	8	28.80	2.5	43	4	150	Wheat, milk, soy, eggs
Pop tart, Whole Grain Brown Sugar Cinnamon	170	3	15.88	1	38	3	190	Wheat, soy
Pop tart, Whole Grain Strawberry	170	2.5	13.24	1	38	3	180	Wheat, soy
Rice Krispies	70	0	0.00	0	16	0	100	
Trix	80	1	11.25	0	18	1	140	
Uncrustables 2.8 oz	320	17	47.81	3.5	32	3	320	Wheat, peanuts, soy
Whole Grain French Toast Cinnamon	290	13	40.34	6.5	31	2	510	Wheat, eggs, soy
Yogurt Upstate Greek 4 oz	100	0	0.00	0	14	0	35	Milk
Yogurt Yami 4 oz	100	1.25	11.25	0.75	19	0	60	Milk
Yogurt Yami 8 oz	200	2.5	11.25	1.5	38	0	120	Milk
Yogurt Trix 4 oz	80	0.5	5.63	0	15	0	65	Milk

Although this information is deemed reliable, it may not be accurate. We cannot guarantee cross contamination from different allergens.

****** - Pick Up Stix - The recipe and ingredients do not contain peanuts or sesame; cross contamination may occur with items such as peanuts and sesame seeds.**

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