

IUSD Elementary School Nutritional Information 20-21

09/22/2020

	Calories	Fat (g)	% calories from fat	Saturated fat (g)	Carbohydrate (g)	Fiber (g)	Sodium mg	Allergens
Beef Dunker and Rice	349	9	23.21	3	49	2	718	Wheat, soy
Beef Pepperoni stuffed pizza pocket	300	11	33.00	5	32	3	680	Wheat, milk, egg, soy
Beef Teriyaki Dipper Brown Rice 4 pc	353	11	28.05	4	43	3.36	784	Wheat, soy
Bean Burrito Vegan	360	11	27.50	1.5	55	7	630	Wheat, soy
Bean Dip, 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	290	8	24.83	3.6	41	8	480	Wheat, soy, milk
Burritos, Ultra Bean & Cheese Burrito Cabo Primo Big Bad	298	10	30.20	4.5	39	7	410	Wheat, soy, milk
Cheeseburger Don Lee	279	10	32.26	4.2	30	2.7	409	Wheat, soy, milk
Cheeseburger Twin Minis, Advance Pierre	320	13	36.56	6	36	4	480	Wheat, milk, soy
Chicken Chow Mein	295	5	15.25	1	41	7	561	Wheat, soy, egg
Chicken drumstick and Fried Rice	380	11	26.05	2.5	43.5	3	570	Wheat, Soy
Chicken Drum stick BBQ Teriyaki and Fried Rice	380	11	26.05	2.5	43.5	3	570	Wheat, soy
Chicken Giggles 5914 2 pieces	290	17	52.76	4	18	2	410	Wheat, soy
Chicken Heart Nuggets 3 pieces	250	14	50.40	3.5	15	2	350	Wheat, soy
Chicken little 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	2.5	407	Wheat, soy
Chicken Patty on WG Bun	430	17	35.58	2.5	48	6	690	Wheat, soy
Chicken Salad Sandwich Triangle	283	9.5	30.21	2	27.8	2	448	Wheat, soy, egg
Chicken Tenders (3)	210	11	47.14	2	13	1	710	Wheat, soy, egg
Chicken Tenders and Mashed Potatoes	288	12	37.50	2	26.5	2	1074	Wheat, egg, soy, milk
Chicken Tenders (3) and Waffles (2) Krusteaz	325	14.5	40.15	2.5	31.5	3.5	875	Wheat, eggs, milk, soy
Chicken Tenders (3) and Waffle Fries (1/2 cup)	380	19	45.00	3	36	3	1211	Wheat, eggs, soy
Chicken Tenders (3) and Potato Emoji	330	15	40.91	2.5	31	3	790	Soy, Wheat
Chicken Tenders and Tater Tots	356	18	45.51	3	31	3	1058	Soy, wheat
Chicken Teriyaki and Rice 3/4 cup	334	7	18.86	1.5	45	1.3	749	Soy, wheat
Chicken Teriyaki Dippers & Rice 4 piece 3/4 C	320	6	16.88	1.5	46	2.3	896	Soy, wheat
Chicken, baked Drumstick Tyson Mashed Potatoes 1/2C	260	12	41.54	2.5	20	1.3	814	Wheat, milk
Chickenless Chicken Nuggets	237	10.75	40.82	1.6	2.4	5.2	754	Wheat, soy
Chili, White Bean and Chicken	475	11.5	21.79	4	58	13.5	1225	Milk, Soy
Hot Dog Beef Chili and Chicken Hot dog Bun	298	11	33.22	3.8	32.5	3	628	Wheat, Soy Beef
Corn Dog, Chicken 95150	240	8	30.00	2.5	30	5	390	Wheat, soy, eggs, gluten

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Corn Dogs Mini Turkey 6 pieces	274	13	42.70	2.4	29	1.6	709	Wheat, soy, milk, egg
CP30 Protein Pack Lunch, Turkey, Cheese, Egg and goldfish	290	15.5	48.10	6	16	1	635	Wheat, 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	260	8	27.69	2	31.5	2	459	Wheat, soy
Egg Salad Sandwich	336.7	18	48.11	4	29	2	762	Wheat, soy, egg
Fajita Chicken and Mexican Rice Gluten Free	325	8	22.15	2	43.5	1	662	Soy
French toast, cinnamon with Cheese Stick	283	12.8	40.71	5.4	28	2	520	Wheat, milk, soy, egg, gluten
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 C13400	284	10.15	32.17	5.67	30.54	2.27	580	Wheat, milk, soy
Grilled Cheese on Ciabata	260	10	34.62	5	28	2	670	Milk, soy, wheat
Ham (Turkey) Cheese Sandwich CK	290	13	40.34	5.75	28	2	985	Wheat, soy, milk
Ham (Turkey) Triangle Sandwich	240	6.5	24.38	1.5	27	2	800	Wheat, soy
Hamburger Don Lee	276	10.4	33.91	3.7	29	2.8	260	Wheat, soy
Hot Dog Beef and Bun (Ronto Beef Dog)	339	18	47.79	6.5	34	3	837	Wheat, Soy
Hot Dog Beef Chili and Chicken Hot dog Bun	298	11	33.22	3.8	32.5	3	628	Wheat, Soy Beef
Hummus 2 oz, Pita Pocket and Cheese Stick	360	19	47.50	5	37	9	730	Wheat, soy, sesame, milk
Hummus 2 oz.	150	11	66.00	1.5	9	1	260	Sesame, soy oil
Hummus, String Cheese and Tortilla Chips								
Hummus	150	11	66.00	1.5	9	1	260	Sesame, soy oil
String Cheese	80	6	67.50	3.5	1	0	210	Milk
Tortilla Chips	270	15	50	1.5	31	3	220	
Korean Beef and Rice	370	5.6	13.62	1.7	55	1	745	Eggs, soy, wheat
Lasagna Cheese Roll Up	275	9.6	31.42	4	33	6.5	760	Eggs, Milk, Wheat
Mac N Cheese Rose & Shore 850	381	16	37.80	7	37	5	620	Wheat, Milk, Egg
Max Stick (2 each) 77387 12722	310	13	37.74	4.5	34	3	750	Wheat, milk, soy
Meat (beef) and Potato Smiles/Emojis	271	13	43.17	3	24	3	807	
Meatball Sandwich (Beef) Michael B's	294	11.4	34.90	4	32	4	479	Wheat, Soy, Milk
Nacho Cheesy Bites 8 each	270	10	33.33	4	32	3	440	Wheat, milk, soy
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	280	8	25.71	1	44	4	390	Wheat, soy, ****
Pita Bread 1 pocket	130	2	13.85	0	27	6	260	Wheat

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Pizza Papa John Cheese Whole grain	330	10	27.27	4	40	3	670	Wheat, milk
Pizza Papa John Pepperoni Pork Whole grain	355	11	27.89	4	42	3	845	Wheat, milk
Pizza, Galaxy	300	12	36.00	6	32	3	510	Wheat, milk, soy
Pizza, Wild Mikes	370	17	41.35	9	35	3	520	Milk, Soy, Wheat
Pizza Crunchers	418	20	43.06	9	41	6	670	Milk, wheat
Popcorn Chicken Bowl	328	15	41.16	2.6	30	4.3	744	Wheat, soy, milk
Potato tots and Beef Picadillo	268	15	50.37	4.5	20	3	939	
Quesadilla, Cheese Integrated	290	10	31.03	6.5	30	3	364	Wheat, milk soy
Raviolis, Cheese Jumbo 3 Cheese	240	6.5	24.38	2	31	7	950	Wheat, milk, egg
Ravioli, Cheese Mini 14	320	8	22.50	2	42	2	950	Wheat, milk, egg
Rotini Pasta and Marinara Sauce	300	10.625	31.88	4	40	10.5	697	Wheat, milk
Salad Elementary Specialty 5" Chicken	300	12.6	37.80	2.6	33	4	543	Crackers: Wheat, Milk, Soy Dressing: Milk, Soy
Salad Elementary Specialty 5" Vegetarian	311	16	46.30	4	34	4	693	Milk Soy Wheat
Spaghetti Nest beef Meat Sauce 1/2 C	275	9	29.45	3	25	5.6	404	Wheat, Soy, (Egg shared equipment)
Spaghetti Rotini with beef Meat Sauce 1/2 C	265	3	10.19	3	35	7	350	Wheat
Sunbutter Sandwich	523	29	49.90	3	50	8.7	474	Wheat, sunflower seeds
Taco Beef Roll Up Stick Integrated	345	13	33.91	8.35	32	3.85	630	Wheat, milk, soy
Beef Taco Hard Shell (2)	257	9	31.52	2.6	28	2.5	86	Wheat, soy
Texas Cheese Toast 6 inch	356	17	42.98	8	31	2	447	Wheat, milk, soy
Tostada, Bean and Cheese	245	11	40.41	4	21	3	303	Milk, soy
Tuna Sandwich Central Kitchen Triangle	267	7	23.60	1	29	2	700	Wheat, soy, milk, egg
Turkey and Cheese Triangle Sandwich	250	7	25.20	3	28	2	770	Milk, Soy, Wheat
Turkey Triangle Sandwich Central Kitchen	220	3.5	14.32	0.7	26	2	648	Wheat, soy
Uncrustables 2.6 oz	320	17	47.81	3.5	32	3	320	Wheat, soy, peanuts
Vegetarian -Veggie Mini Twin Burgers	310	12	34.84	3.5	40	6	460	Wheat, soy, milk
Waffles(2) Krusteaz and Turkey Sausage(2)	235	11.5	44.04	2.5	18.5	2.5	365	Wheat, milk, soy, egg
Yogurt Parfait	255	6	21.18	1.3	46	3.5	171	Wheat, soy, milk
	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	

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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	
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	
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	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

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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 Roll 2 oz Sky Blue packaged	150	2.5	15.00	0.5	28	1	135	Wheat, milk, soy, Eggs
Dinner Roll 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 Giant grahams	120	4	30.00	1	19	1	135	Wheat, soy
Goldfish Whole Grain snack crackers	100	4	36.00	0.5	14	1	170	Wheat, milk
Heartzels	80	1.5	16.88	0	15	2	200	Wheat
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
Sprinkle Party Cookie	130	5	34.62	1	22	1	120	Wheat, Milk, Egg
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	260	10	34.62	4.5	39	3	230	Wheat, milk, egg, soy
Bagel 3 oz	217	0.8	3.32	0	44.6	4.36	230	Wheat
Benefit Bar Large	290	9	27.93	3	47	3	240	Wheat, Egg, Soy, milk
Breakfast Banana Bread	280	10	32.14	2	44	2	220	Wheat, egg, soy
Breakfast Beef Sausage Biscuit	220	10	40.91	4.5	26	2	530	Wheat, Milk,

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Breakfast bun	230	7	27.39	2	39	3	340	Wheat, milk, soy, egg
Breakfast Burrito Egg Cheese Turkey Sausage	226	9	35.84	3.7	26	4	267	Wheat, egg, milk, soy
Breakfast Pizza Bagel	192	6	28.13	3	23	1.8	363	Wheat, Milk
Cheerios	100	2	18.00	0.5	20	3	140	
Cheerios Honey Nut	110	1.5	12.27	0	22	2	160	Almond
CinnaBites - CK Bakery	380	4	9.47	4	69	4	194	Wheat, milk, soy
Cinnamon roll - CK Bakery	403	8	17.87	4	76	4	202	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	443	13	26.41	7.5	77	3	437	Wheat, Egg, 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
Kix	60	0.5	7.50	0	14	2	100	
Mozzarella string cheese	80	5	56.25	3.5	1	0	210	Milk
Muffin Chocolate	226	5	19.91	2	34	3	369	Wheat, egg, soy
Muffin, Blueberry 20th Century	239	9	33.89	2	36	3	338	Wheat, eggs, soy
Muffin, Blueberry Daves	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	180	2.5	12.50	1	37	3	190	Wheat, soy
Pop tart, Whole Grain Strawberry	180	2.5	12.50	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	16	45.00	3	33	3	320	Wheat, peanuts, soy
Waffle Stix, 2 whole grain Vans	140	2	12.86	0	27	2	250	Wheat, Milk, Soy, Eggs
Whole Grain French Toast Cinnamon	230	2	7.83	2	32	3	330	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 contain peanuts or sesame; cross contamination may occur with items such as peanuts and sesame seeds.

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