

IUSD Elementary School Nutritional Information 2022-2023

7.12.22

	Calories	Fat (g)	% calories from fat	Saturated fat (g)	Carbohydrate (g)	Fiber (g)	Sodium mg	Allergens
BBQ Rib Sandwich	282	10	31.91	3	33	3	550	Wheat, soy
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 Dunkers Brown Rice 4 pc	334	9	24.25	3	46.5	2	765	Wheat, soy
Beef & Bean Crunchy 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 with tortilla chips	475	19	36.00	3.5	60	14.5	950	Milk
Tortilla Chips	270	15	50.00	1.5	31	3	220	
Burrito, Bean & Cheese Los Cabos 97576	291	8	24.74	3.6	41	8	478	Wheat, soy, milk
Burrito, Ultra Bean & Cheese Cabo Primo 71571	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 Nuggets 5 pieces Tyson 70364928	267	15	50.56	2.5	16.5	2.5	407	Wheat, soy
Orange Chicken and Brown Rice	267	5	16.85	1	40	1	615	Wheat, egg, soy
Chicken Patty on WG Bun	443	18	36.57	3	50	6.5	809	Wheat, soy
Chicken Tenders (3)	263	15	51.33	2.5	16	3	394	Wheat, soy
Chicken BBQ 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 Soy 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	260	12	41.54	3.5	30	1	470	Wheat, soy, eggs, gluten
Corn Dogs Mini Turkey 6 pieces	243	12	44.44	2.2	24	3	700	Wheat, soy, milk, egg
Crunchy Beef Tacos	257	9	31.52	2.6	27.8	2.5	85.6	
Double Dog, Chicken DD400	251	15	53.78	7	31.5	2	446	Wheat, soy
Fiestada Beef Stuffed Sandwich	320	14	39.38	7	31	3	590	Wheat, soy, egg, milk
French toast sticks, cinnamon w/ Cheese Stick Bakecrafters3	320	13	36.56	5	40	2	460	Wheat, egg, milk, soy
Yogurt Muffin and Cheese								Wheat, milk, egg, soy
Yogurt 4 oz Dannon Danimals	70	0	0.00	0	12	0	70	Milk
Muffin Blueberry Dave's	223	6	24.22	0.9	38.5	3.3	115	Wheat, milk, egg, soy
String Cheese	80	6	67.50	3.5	1	0	210	Milk

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Grilled Cheese Integrated	280	5.4	17.36	5.3	31.5	3	600	Wheat, milk, soy
Ham Triangle (Turkey) Cheese Sandwich Central Kitchen	303	14	41.58	5.7	28	2	963	Milk, soy, wheat
Ham Triangle (Turkey) Sandwich Central Kitchen	290	13	40.34	5.75	28	2	985	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	340	14	37.06	8	33	4	770	Eggs, milk, wheat
Nacho Cheesy Bean Dip and Tortilla Chips	475	19	36.00	3.5	60	14.5	950	Milk
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 ****
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, 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	420	20	42.86	9	41	5	770	Milk, wheat
Popcorn Chicken Bowl	328	15	41.16	2.5	29.5	4	733	Milk, wheat, soy
Quesadilla, Cheese Integrated	326	15	41.41	8.6	32	3	580	Wheat, milk
Raviolis, Cheese Jumbo 4 Cheese	333	9	24.32	3	44	3	1016	Wheat, milk, soy, egg
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
Spaghetti Rotini with beef Meat Sauce 1/2 C	345	12	31.30	4	44	3.4	794	Wheat, milk, soy
Sunbutter Triangle 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
Tacos (2) Crunchy Beef & Bean	257	9	31.52	2.6	27.8	2.5	85.6	
Texas Cheese Toast 6 inch	368	19	46.47	8	28	2	447	Wheat, milk, soy
Tostada, Bean and Cheese	245	11	40.41	4	21	3	303	Milk, soy, wheat
Tuna Triangle Sandwich Central Kitchen	267	7	23.60	1	29	2	698	Wheat, soy, fish, egg
Turkey and Cheese Triangle Sandwich Central Kitchen	290	11.7	36.31	5	28	2	922	Wheat, soy, milk
Turkey Triangle Sandwich Central Kitchen	220	3.5	14.32	0.5	26	2	675	Wheat, soy
Uncrustables Peanut Butter & Jelly 2.6 oz	300	16	48.00	3.5	32	3	280	Wheat, soy, Peanut

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Veggie Gardenburger Don Lee	349	12	30.95	3	43	5	494	Wheat, milk, egg, soy
Veggie Gardenburger Morning Star	240	5	18.75	0	37	6	690	Wheat, soy, milk
Veggie Chickenless Soy Nuggets Morning Star	287.5	10	31.30	1.875	27.5	6.25	475	Wheat, 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	60	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	
Craisin	110	0	0.00	0	27	2	0	
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	
Mandarin Oranges	70	0	0.00	0	17	1	10	
Melon	27	0	0.00	0	7	1	13	
Mixed Fruit 1/2 Cup	65	0	0.00	0	16	1	6	
Orange slices 1/2 cup 90 grams	42	0	0.00	0	11	2	0	
Peaches, canned diced or sliced 1/2 cup 124g	60	0	0.00	0	16	1	0	
Pears, canned diced 1/2 cup	60	0	0.00	0	16	2	2	
Pears, small	60	0.1	0.00	0	17	3.5	1	
Pineapple Fruti Fruit	35	0.1	0.00	0	9	1	1	
Pineapple Spear 2.7 oz	40	0	0.00	0	10	1	0	
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	% calories	Saturated	Carbohydrate	Fiber	Sodium	Allergens
Vegetables		(g)	from fat	fat (g)	(g)	(g)	mg	

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Baby Carrots	23	0	0.00	0	5.4	1.33	55	
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		
Edamame 1/2 cup	43	2	41.86	0	3	0.4	5	Soy
Green Beans 1/2 cup	20	0	0.00	0	4	1.9	6	
Side Salad Romaine 1 cup	4	0	0.00	0	0.71	0.4	4	
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	
	Calories	Fat (g)	% calories from fat	Saturated fat (g)	Carbohydrate (g)	Fiber (g)	Sodium mg	Allergens
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
others								
BBQ sauce	20	0.08	3.60	0	5	0.07	123	Soy
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
Goldfish Whole Grain snack crackers	100	3.5	31.50	1	14	1	150	Wheat, milk
Ranch Dressing	70	8	102.86	1	0	0	110	Milk, soy, egg
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
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 1.5 oz cups	120	0	0.00	0	31	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 (g)	% calories from fat	Saturated fat (g)	Carbohydrate (g)	Fiber (g)	Sodium mg	Allergens
Breakfast								
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	260	8	27.69	1.5	45	2	240	Wheat, egg, soy, milk
Breakfast bun	270	10	33.33	4.5	38	3	280	Wheat, milk, soy, egg

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Cheerios Cereal	100	2	18.00	0.5	21	3	140	
Cheerios Honey Nut Cereal Gluten Free	110	1.5	12.27	0	22	2	160	Almond
Cheezit	100	3.5	31.50	1	14	1	150	Wheat, milk, soy
Chex Cereal Gluten Free	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 Cereal	110	3	24.55	0.5	22	3	160	Wheat, soy
Cocoa Puffs 25% less sugar Cereal	110	0.5	4.09	0	20	1	120	
Crumb Cake	418	13	27.99	7.5	72	3	354	Wheat, eggs, milk
Froot loops Cereal	70	1	12.86	0	16	2	150	Wheat, soy
Frosted Flakes Reduced Sugar	100	0	0.00	0	24	1	160	Soy
Goldfish Whole Grain snack crackers	100	3.5	31.50	1	14	1	150	Wheat, milk
Graham Chocolate Bears	110	3	24.55	0.5	21	2	95	Wheat
Mozzarella string cheese	80	5	56.25	3.5	1	0	210	Milk
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
Nutrigrain Bar Strawberry	160	4	22.50	0.5	30	3	150	Wheat, milk, soy
Pancakes, Mini Eggo	200	6	27.00	1	36	4	320	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 Cereal	70	0	0.00	0	16	0	100	
String Cheese	80	6	67.50	3.5	1	0	210	Milk
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
Trix Cereal 25% less sugar Cereal	80	1	11.25	0	18	1	140	
Uncrustables Peanut Butter & Jelly 2.8 oz	320	17	47.81	3.5	32	3	320	Wheat, peanuts, soy
Waffle, vanilla	240	9	33.75	2.5	28	2	210	Wheat, milk, eggs
Yogurt Yami 8 oz	200	2.5	11.25	1.5	38	0	120	Milk
Yogurt, Dannon 4 oz	70	0	0.00	0	12	0	70	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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