



NUTRIFAX

2007-2008
Elementary School

A Lunch Includes:

Entrée

Two fruit and/
or vegetable

Bread

Milk



	Calories	Protein (Grams)	Carbohydrates (Grams)	Fat (Grams)	Saturated Fat (Grams)	Trans Fats (Grams)
ENTREES						
Beef Taco w/ Cheese	365	20.5	30	14	5.4	0
Burrito, Beef & Bean	368	14	40	16.5	4.5	0
Corn Dog Bites, WG (6)	255	11	31	9	1.3	0
Cheese Quesadilla	340	15	41	13	4	0
Cheese Sticks Ultragrain (2) w/ Marinara Sauce	300	16	30	14	5	0
Chicken Nuggets, WG (5)	200	17	15	8	1.5	0
Chicken, Oven Fried	220	19	8	13	3	0
Chicken Tenders (3)	179	17	12	6.5	1.5	0
Macaroni & Cheese	300	16	25.5	15	8.1	0
Pork Egg Roll (Minh)	300	15	27	15	5	0
Spaghetti w/Meat Sauce	232	12	30	6	2	0
Veggie Hot Pocket	340	15	43	12	4	0
Yogurt, Nonfat (8 oz.)	200	6	45	0	0	0
Chicken Drumettes, Asian (3)	154	18	9	5	1.5	0
Chicken Drumettes, Buffalo (3)	99	14	4	3	0.9	0
Chicken Drumettes, Barbecue (3)	144	18	7.8	4.5	1.2	0
Egg & Cheese Breakfast Sandwich	150	10	16	5	2.5	0
Belgian Waffle Sticks, WG w/ Turkey Sausage Patties (2)	140	3	29	2	0.5	0
Ravioli	250	16	30	8	3.5	0
Spaghetti w/ Marinara Sauce	175	10	30	1	0	0
PIZZA						
Cheese Pizza, WW	310	22	28	12	7	0
Pepperoni Pizza, WW	345	24	28	15	8.3	0
Stuffed Crust Pizza, WG	380	18	46	15	4.5	0
Stuffed Crust Pepperoni Pizza, WG	415	20	46	18	5.8	0
Southwest Pizza	280	16	33	10	3	0
SANDWICHES ON ROLL						
Cheeseburger, WW	336	22	27.3	17	6.5	0
Chicken Fillet, WW	310	23	37	9	1.5	0
Chicken Teriyaki, WW	326	29	30	10.8	2.5	0
Spicy Chicken, WW	300	24	37	7	1	0
Fish Fillet, WW	350	21	52	8	1	0
Grilled Cheese	170	11	26.5	5	2	0
Hamburger, WW	302	20	26.4	15	5	0
Ham & Cheese on Croissant	311	16	32	14	6	1
Hot Dog, WW	280	14	26	14	4	0
Peanut Butter & Jelly Sandwich	310	11	33	17	3.5	0
Tuna Salad Biteable	337	23	27	13.5	2.75	0
Veggie Burger, WW	310	22	42	8	1	0
Veggie Burger w/Cheese, WW	345	25	43.5	10	2.25	0
Cheese & Veggie on Loco Bread	393	17.5	30	18	6.5	0
Turkey / Cheese on Loco Bread	369	20.3	28	15	4	0
Mini Deli Biteable	264	23	29	7.8	3	0
Tuna Boat	348	31	28	6.5	3	0
BREAKFAST						
Cinnamon Roll, WG	200	5	34	4.5	1	0
Bagel	150	5	30	1	0	0
w/ Cream Cheese	70	1	1	7	4.5	0
Bagel-er, Assorted	187	6	34	3.7	2.2	0
Biscuit	80	2	12.5	3	1.5	0
Cereals, Assorted	92.5	1.3	19.8	1	0	0
Elf Grahams, Original	130	2	21	4	1	0
Muffin, Assorted	155	2.5	25	5.3	1	0
French Toast Sticks, (2) WG	210	4	33	7	1	0
Pancake & Sausage on a Stick	210	9	23	10	3.5	0
w/ Syrup	130	0	30	0	0	0
Yogurt, 4 oz.	100	3	22	0	0	0
Breakfast on the Go Box, Assorted	258	3.5	51	4.3	0.9	0
MILK						
1% Unflavored	110	8	13	2.5	1.5	0
1% Chocolate	150	8	24	2.5	1.5	0
Skim	90	9	13	0	0	0
Soy Milk	130	6	17	3.5	0.5	0

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PREPACKAGED SALAD W/O DRESSING						
Southwestern Chef Salad	208	17	25	5	0	0
Cheese Chef Salad - Monday	238	16	25.3	9.2	5	0
Taco Salad	415	25	40.9	20	6.7	0
Tuna Chef Salad	112	16	9.5	0.7	0.04	0
Chicken Caesar Salad	247	24	15	10	3.35	0
Fruit Salad - Wednesday	407	11.7	53.7	19	3.8	0
Oriental Chicken Salad	315	28	36	6.7	1.8	0.5
Cheese Salad - Thursday	229	16	25	9	5	0
Fruit Salad - Friday	307	11.7	46.7	9	3.8	0
SALAD DRESSING						
Caesar's, 1.5 oz	230	1	1	25	4	0
Italian, Lite, 1 oz	8	0	2	0	0	0
Ranch, Lite, 1 oz	80	0	4	7	1	0
Asian Sesame, 1.5 oz.	180	0	8	16	2.5	0
Ranch Dressing (dip, small salads)	60	0	0.4	6.4	1	0
POTATOES/VEGETABLES						
Beans, Vegetarian	110	7	21	0	0	0
Corn Cobbette	80	3	18	1	0	0
Potatoes						
Smiley Potatoes (4)	107	1.3	16	4	0.7	0
Whipped Potatoes w/ Gravy	70	2	16	0	0	0
Tater Tots	133	1.6	17.5	5.8	0.83	0
Potatoes, Hash Brown (2)	200	2	26	9	1	0
Potato, Baked w/ Cheese	142	3.7	32	0.2	0	0
Sweet Potato Sticks	110	0	20	3	0.5	0
Refried Beans	150	7	24	2.5	1	0
Soup, Minestrone	80	3	14	1	0.5	0
Vegetables (Variety)	20	1	4	<1	0	0
A LA CARTE SNACKS						
Ice Cream,						
•Vanilla / Chocolate Cup	100	2	15	3.5	2	0
•Chocolate Éclair	140	2	22	4.5	1.5	0
•Strawberry Éclair	130	1	23	3.5	1	0
Quaker Snack Mix	110	2	18	3.5	1	0
Popcorn, Lowfat	80	1	13	2.5	0.5	0
Cookie, Chocolate Chip, WG	150	2	25	5	1.5	0
Fruit Juice 100%, Capri Sun	100	0	23	0	0	0
Pretzel (2.5 oz)	180	6	38	1	0	0
RICE						
Chicken Rice	75	2	16.5	0.25	0	0
Oriental Rice	100	3	21	0.5	0	0
Southwestern Rice	99	3.5	20.5	0	0	0
Steamed Rice	85	2	18.5	0	0	0
Brown Rice	86	2	17.5	0.5	0	0
Couscous	85	3	17	0.5	0	0
FRUIT						
Natural Frozen Fruit Bar	60	0	15	0	0	0
Fruit Sherbet	110	1.4	25	<1	<1	0
Frozen Fruit Push-Up	90	1	19	1	0.5	0
Fruit, Assorted, Fresh	69	<1	17.5	<1	0	0
Fruit, Assorted, Canned	68	<1	17.8	0	0	0
Fruit Crisp	184	2.4	35	5.5	2.8	0
Cherries, Dried	149	1.26	36.1	0	0	0
BREAD/ROLLS						
Bread Stick, WW	98	4	19.4	1.2	0.2	0
Loco Bread (1/2)	93	2.6	11	1.75	0.3	0
Croissant	220	5	29	10	4	1
Pretzel (2.5 oz)	180	6	38	1	0	0
Stuffing	90	3	17	1.75	0	0
Wheat Roll	80	3	16	1	0	0

WW - Whole Wheat
WG - Whole Grain

Food and Nutrition Services
Fairfax County Public Schools
www.fcps.edu

Nutrient Source:
NutriKIDS