



NUTRIFAX

2009-2010

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)
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ENTREES						
Taco w/ Cheese	334	21.4	28	15.5	7.7	0
Corn Dog Bites, WG (6)	255	11	31	9	1.3	0
Cheese Quesadilla	320	14	43	10	2.5	0
Cheese Sticks Ultragrain (2)	300	16	30	14	5	0
w/ Marinara Sauce	35	1	6	1	0	0
Chicken Nuggets (5)	233	12.2	11.2	15.2	4	0
Chicken Tenders (3)	180	17	12	7	1.5	0
Macaroni & Cheese	304	15.3	31.8	13	7	0
Spaghetti w/Meat Sauce	236	12	31	6.3	2.3	0
Spaghetti w/ Marinara Sauce	150	5	28	1.3	0	0
Yogurt Biteable	322	12	44	10	3.8	0
Hummus Biteable	279	11.8	27.4	12.8	3.8	0
Maple Burstin' Mini Pancakes	200	4	34	6	1	0
w/Syrup	120	0	31	0	0	0
w/Turkey Sausage Patties (2)	154	16	0	10	2	0
Turkey Breast w/Gravy	140	23	4	3	0.5	0
Ravioli	251	16	30	8	3.5	0

PIZZA						
Cheese Pizza, WW	309	22	28	12	7	0
Turkey Pepperoni Pizza, WW	335	24.4	28.5	13.4	7.4	0
Stuffed Crust Pizza, WG	360	21	43	12	6	0
Stuffed Crust Turkey Pepperoni Pizza, WG	386	23.4	43.6	13.4	6.4	0

SANDWICHES ON ROLL						
Cheeseburger, WW	336	22	27.7	17	6.5	0
Chicken Fillet, WW	360	19	36	17	4	0
Spicy Chicken, WW	313	22.9	36.9	9.3	1	0
Fish Fillet, WW	352	21	38	12	1.7	0
Grilled Cheese Uncrustable	260	18	25	10	5	0
Hamburger, WW	301	19.2	26.2	15	5.2	0
Turkey Ham & Cheese on Croissant	347	19	33	16	8	0.0
Hot Dog, WW	260	15	26	12	3.5	0
Peanut Butter & Jelly Sandwich	306	8.9	36	16	2.7	0
Veggie Burger, WW	220	19	28	4.5	0	0
Veggie Burger w/Cheese, WW	255	22	29.5	6.5	1.3	0

BREAKFAST						
Cinnamon Roll, WG	180	4	31	5	1	0
Bagel	150	5	30	1	0	0
w/ Cream Cheese	61	1	1	6.1	4	0
Cinnamon Cream Cheese Breadstick	180	12	29	5	2	0
Cereals, Assorted	108	1	21	2	0	0
Elf Grahams, Original	130	2	21	4	1	0
Muffin, Assorted	163	2.7	26	5.7	1	0
Yogurt, Assorted 4 oz.	90	3	19	0	0	0
Breakfast on the Go Box, Assorted	335	3	70	5.3	1.5	0
Juices, Assorted	66	0	16	0	0	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, Pearl	110	7	11	3.5	0.5	0

PREPACKAGED SALAD W/O DRESSING						
Southwestern Chef Salad	228	18.0	27.6	5	<1	0
Cheese Chef Salad - Monday	218	16.8	10	12.3	8	0
Taco Salad	376	29.4	15	22.2	12	0
Chicken Caesar Salad	231	24.1	13.2	8.8	3.1	0
Fruit Salad w/Sun Butter - Wednesday	502	14.0	56	24.5	3.8	0
Oriental Chicken Salad	260	21.4	32.2	5.4	1.5	0.4
Cheese Salad - Thursday	263	16.7	22.6	12.2	8	0
Fruit Salad - Friday	316	12.0	48	8.4	3.8	0

SALAD DRESSING						
Caesar's, 1.5 oz	210	1	2	21	3.5	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)	54	0	<1	5.4	<1	0

POTATOES/VEGETABLES						
Beans, Vegetarian	110	7	21	0	0	0
Corn Cobbette	90	2	19	0.5	0	0
Potatoes						
Smiley Potatoes (4)	130	2	20	4.5	0.5	0
Whipped Potatoes w/	90	2	18	1	0	0
Gravy	24	0.5	1.9	1.4	0.2	0
Potato Rounds	170	2	19	10	2.5	0
Refried Beans	130	9	22	2	0	0
Soup, Minestrone	78	2.9	13.7	1	0.5	0
Vegetables (Variety)	20	1	4	<1	0	0

FRUIT						
Natural Frozen Fruit Bar	60	0	14.5	0	0	0
Fruit Sherbet	120	0	27	1.5	1	0
Tropical Fruit Salad	65	<1	15	0	0	0
Fruit, Assorted, Fresh	83	<1	21.5	<1	0	0
Fruit, Assorted, Canned	68	<1	17.5	0	0	0
Fruit Crisp	189	2.2	37	4.3	1.7	1
Raisins	129	1.3	34	0	0	0
Warm Cinnamon Apples	54	0.3	14	0	0	0

BREAD/ROLLS/RICE						
Loco Bread (1/2)	70	2.5	12.5	1.2	0.25	0
Croissant, WW	220	5	29	9	4.5	0
Pretzel (2.5 oz)	180	6	38	1	0	0
Stuffing	90	3	17	0.75	0	0
Tortilla Chips (1 oz)	138	2	22.7	4.4	0	0
Brown Rice	86	2	17.8	0.5	0	0
Southwestern Rice	108	3.1	20	1.8	0.4	0
Muffins, Assorted	163	2.7	26	5.7	1	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
Popcorn, Lowfat	80	1	13	2.5	0.5	0
Cookie, Chocolate Chip	160	2	23	8	4	0
Fruit Juice 100%, Capri Sun	100	0	25	0	0	0
Pretzel (2.5 oz)	180	6	38	1	0	0

WW - Whole Wheat
WG - Whole Grain

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

Nutrient Source:
NutriKIDS