



# NUTRIFAX

## 2011-2012 Elementary School

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

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						
Baked Chicken Tenders (3)	200	13	10	0	1.5	0
Baked Potato	142	3.7	32	0.17	0	0
w/Chili (1/4 c)	85	6.5	4	5	2	0
& Cheese Sauce (1/4 c) ESE Brand	95	6.2	2.9	7.1	4	0
Bean & Cheese Burrito	400	14	51	16	4.5	0
Beef & Bean Burrito	370	14	41	16	4.5	0
Whole Grain Maple Mini Pancakes	200	4	34	5	1	0
Turkey Sausage	154	16	0	10	2	0
Cheese Quesadilla	360	18	42	14	4	0
Cheese Sticks Ultragrain (2)	320	16	32	14	2.5	0
w/ Marinara Sauce	35	1	6	1	0	0
Hummus Biteable	280	10	22	16.5	6	0
Macaroni & Cheese	276	16	29	11	6.4	0
Pork Egg Roll	300	15	27	15	5	0
Ravioli	251	16	30	8	3.5	0
Spaghetti w/ Marinara Sauce	245	8	48	2	0	0
Spaghetti w/Meat Sauce	332	15	51	7	2.3	0
Taco, Fish	340	20	38	12	2.5	0
Taco, Soft Beef w/Cheese	284	18	24	13	6.6	0.2
Turkey Sausage Patties (2)	154	8	0	10	2	0
Whole Grain Maple Mini Pancakes	200	4	34	5	1	0
w/Turkey Sausage Patties (2)	154	16	0	10	2	0
Yogurt Biteable	328	12	42	12	6	0
PIZZA						
Cheese Pizza, WG	310	22	28	12	7	0
Pepperoni Pizza, WG	355	23.0	28	16	8.8	0
Stuffed Crust Pizza, WG	360	21	43	12	6	0
Stuffed Crust Pepperoni Pizza, WG	405	22.2	44	16	7.8	0
French Bread Pizza, WG	370	22	29	20	8	0
Supreme Pizza	345	23.2	28	15	7.8	0
Veggie Pizza	300	22.0	27	11	6	0
SANDWICHES ON ROLL						
Cheeseburger, WG	306	21	27.2	14	6	0
Chicken Fillet, WG	350	18	36	17	4.5	0
Fish Fillet, WG	342	20	38	12	2.5	0
Fish Taco	332	18	35	11.6	2	0
Grilled Cheese, Café Favorites	301	20	27	12.5	7	0
Hamburger, WG	271	18	25.7	12.5	4.9	0
Hot Dog, WG	260	14	25	13	3	0
Peanut Butter & Jelly Sandwich	290	10	33	15	2.5	0
Spicy Chicken, WG	356	33.7	37.7	14.8	2.5	0
Turkey Ham & Cheese on Croissant	320	18	30.5	4.5	6.7	0
PREPACKAGED SALAD W/O DRESSING						
Cheese Salad - Thursday	425	21.8	32.3	24	14.8	0
Chef Salad w/Tuna	195	30	12.5	1.4	0	0
Chicken Caesar Salad	250	24.8	17	9	3.2	0
Cheese & Egg Chef Salad - Monday	394	25.5	8	28.8	16.3	0
Fruit Salad w/String Cheese - Friday	248	11.3	39.3	5.4	3.06	0
Fruit Salad w/Sun Butter - Wednesday	502	14.0	56.5	25	3.8	0
Oriental Chicken Salad	248	22.0	25	6.5	1.86	0.75
Southwestern Spicy Chicken Chef Salad	308	21.5	27	13	2	0
Taco Salad	492	32.6	16.3	34	18.7	0
SALAD DRESSING						
Asian Sesame , 1.5 oz.	180	0	8	16	2.5	0
Caesar's, 1.5 oz.	210	1	2	21	3.5	0
Ranch Dressing (dip, small salads)	60	0	1	6	1	0
Ranch, Lite, 1 oz.	80	0	4	7	1	0

WG: Whole Grain

Calories	Protein (Grams)	Carbohydrates (Grams)	Fat (Grams)	Saturated Fat (Grams)	Trans Fats (Grams)
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POTATOES/VEGETABLES						
Beans, Chili Beans	140	8	25	0.5	0	0
Beans, Refried	100	6	18	2	0	0
Beans, Seasoned Black	110	7	21	0.5	0	0
Corn	90	2	19	0.5	0	0
Mixed Vegetables	77	4	16	0.7	0	0
Peas	93	5	16	0.7	0	0
Potato, Baked	128	3.45	29.2	0.2	0.05	0
Potatoes, Smiley (4)	128	1.6	19.2	4.8	0.8	0
Potatoes, Whipped	100	2	20	1.5	0	0
w/Gravy	24	0.5	1.9	1.4	0.2	0
Soup, Minestrone	80	3	14	1	0.5	0
Soup, Tomato	90	2	19	1	0.5	0
Succotash	75	3	16	1	0	0
Sweet Potato, Mashed	110	1	18	4	0.5	0
Vegetables (Variety)	51	2.75	10.2	<1	0	0
FRUIT						
Applesauce Cinnamon	110	0	27	0	0	0
Applesauce	50	0	14	0	0	0
Craisins	120	0	27.5	0	0	0
Fruit Crisp	169	2	33.7	3.9	2.4	0
Fruit Sherbet	120	0	27	1.5	1	0
Fruit, Assorted, Canned	60	0.2	16	0	0	0
Fruit, Assorted, Fresh	63	0.8	16.2	<1	0	0
BREAD/ROLLS/RICE						
Brown Rice	86	2	17.8	0.75	0	0
Croissant, WG	200	5	26	9	4	0
Flat Bread (1/2)	55	2	10.5	0.75	0	0
Fruit Bread	130	2	19	5.3	1.8	0
Pretzel, Whole Wheat, 2.5 oz.	170	6	36	1	0	0
Tostitos, Baked	110	2	19	2.5	0	0
Sun Chips, 1 oz.	140	2	18	6	1	0
MILK						
1% Unflavored	110	8	13	2.5	1.5	0
Skim	90	8	13	0	0	0
Skim Chocolate	130	8	24	0	0	0
Soy Milk, Pearl	150	9	18	5	1	0
BREAKFAST						
Cinnamon Roll, WG, 2.5 oz.	190	4	32	6	1	0
Fruit, Assorted Fresh	63	0.8	16.2	<1	0	0
Bagel, WG	130	4	27	0.5	0	0
w/ Cream Cheese Spread	61	1	1	6.1	4	0
w/Jelly	36	0	9.5	0	0	0
Cereals, Assorted	102	1.1	20.65	2.5	0	0
Honey Graham Crackers w/Fiber	90	1	17	3	0	0
Juices, Assorted Apple & Eve	65	0	15.8	0	0	0
Beef Sausage Breakfast Sandwich	249	14	30.8	7.4	2.5	0
Turkey Pancake on a Stick	170	9	21	6	1.5	0
Whole Grain Maple Mini Pancakes	200	4	34	5	1	0
Yogurt, Assorted, 4 oz.	96	3	21	0	0	0
A LA CARTE SNACKS						
Cookie, Chocolate Chip	150	2	24	5	1.6	0
Ice Cream, Chocolate Éclair	140	2	22	4.5	1.5	0
Ice Cream, Strawberry Éclair	130	2	26	2.5	1	0
Ice Cream, Blue Bunny Cup	70	2	13	1	0.5	0
Popcorn, Lowfat	80	1	13	2.5	0.5	0
Pretzel, Whole Wheat 2.5 oz.	170	6	36	1	0	0
Ice Cream, Low Fat Vanilla/Chocolate	80	2	15	1	0.5	0

Nutrient Source: NutriKIDS



# NUTRIFAX

2011-2012

## Middle and High School

FOOD NUTRITION SERVICES  
Fairfax County Public Schools  
www.fcps.edu

A Lunch Includes:

- Entrée
- Two Fruits and/or Vegetables
- Bread
- Milk

	Calories	Protein (Grams)	Carbohydrates (Grams)	Fat (Grams)	Saturated Fat (Grams)	Trans Fats (Grams)
<b>ENTREES</b>						
Baked Potato	142	3.7	32	0.17	0	0
w/Chili (1/4 c)	85	6.5	4	5	2	0
& Cheese Sauce (1/4 c) ESE Brand	95	6.2	2.9	7.1	4	0
Bean & Cheese Burrito	400	14	51	16	4.5	0
Beef & Bean Burrito	370	14	41	16	4.5	0
Cheese Quesadilla	360	18	42	14	4	0
Cheese Sticks (6)	450	18	39	24	10.5	0
w/Marinara Sauce	35	1	6	1	0	0
Chicken Tenders (4)	267	17.3	13.3	16	4	0
Egg Roll . Pork	300	15	27	15	5	0
Hummus Biteable	280	10	22	16.5	6	0
Macaroni & Cheese	368	21.3	38.7	14.7	8.53	0
Nachos	213	3	29	9	1.5	0
w/Chili (1/4 c)	85	6.5	4	5	2	0
& Cheese Sauce (1/4 c) ESE Brand	95	6	3	7	4	0
Pork Egg Roll	300	15	27	15	5	0
Ravioli	251	16	30	8	3.5	0
Spaghetti w/ Marinara Sauce	245	8	48	2	0	0
Spaghetti w/Meat Sauce	332	15	51	7	2.3	0
Taco, Soft Beef w/Cheese	284	18	24	13	6.6	0.2
Taco, Fish	340	20	38	12	2.5	0
Yogurt Biteable	328	12	42	12	6	0
Yogurt, Assorted 4 oz.	96	3	21	0	0	0
<b>SANDWICHES ON ROLL</b>						
Barbecue Rib, WG	371	18.5	33.6	19.5	6	0
Cheeseburger, WG	296	21	27.7	13	5	0
Chicken Fillet, WG	350	18	36	17	4.5	0
Fish Fillet, WG	340	20	38	12	2.5	0
Grilled Cheese (Café Favorites)	301	20	27	12.5	7	0
Hamburger, WG	271	18	25.7	12.5	4.9	0
Hot Dog, WG	260	14	25	13	3	0
Meatball Sub	460	26.1	55.4	16	5.35	0.6
Peanut Butter & Jelly Sandwich	290	10	33	15	2.5	0
Spicy Chicken, WG	360	24	38	15	2.5	0
Steak and Cheese Sub	404	23.3	47.8	14.2	6	0
Turkey Ham & Cheese on Croissant	317	17.6	30	14.3	6.8	0
<b>DELI LINE</b>						
Bologna, Turkey (1 Slice)	35	1.5	0.5	3	1	0
Cheese, American (1 Slice)	35	3	1.5	2	1.25	0
Flat Bread	110	4	21	1.5	0	0
Ham, Turkey (1 Slice)	23	3.3	0.7	0.7	0.2	0
Hamburger Roll, WG	120	6	24	2	0.5	0
Steak Roll, Whole Grain	170	6	36	1	0	0
Turkey (1 Slice)	12.5	2.5	0.5	0	0	0
Wraps, Assorted	126	3.4	21	3.3	1	0
Chicken Caesar Wrap	498	20.5	37.8	28.8	7	0
Flat Bread w/Chicken Tenders	323	17.7	33.8	13.6	3	0
Flat Bread w/Spicy Chicken	211	12.5	17	10	3.75	0.1
Flat Bread w/Teriyaki Chicken	268	23.6	32	5.6	1.1	0
Hummus Veggie Wrap	338	13.7	35	16	6.6	0.3
Spicy Chicken Wrap	368	18	33.3	17.8	8	0.3
<b>PIZZA</b>						
Cheese Pizza, WG	310	22	28	12	7	0
Pepperoni Pizza, WG	355	23.0	28	16.3	8.8	0
Big Daddy Cheese Pizza, 1/10 slice	330	19	37	12	4.5	0
Big Daddy Pepperoni Pizza, 1/10 slice	375	20.2	37.6	16.2	6.3	0
French Bread Pizza WG	370	22	29	20	8	0
Pan Pizza, Round	390	20	47	14	6	0.5
Pan Pizza w/Pepperoni	435	21	47.6	18.2	7.8	0.5
Stuffed Crust Pizza, WG	360	21	43	12	6	0
Stuffed Crust Pepperoni Pizza, WG	405	22.2	43.6	16.2	7.8	0
Supreme Pizza	345	23.2	27.6	15.2	7.8	0
Veggie Pizza	300	22.0	27	11	6	0
<b>BREAD, ROLLS &amp; RICE</b>						
Brown Rice	86	2	17.8	0.75	0	0
Croissant, WG	200	5	26	9	4	0
Flat Bread (1/2)	55	2	10.5	0.75	0	0
Fruit Bread	130	2	19	5.25	1.75	0
Pretzel, Whole Wheat (2.5)	170	6	36	1	0	0
Tostitos, Baked	110	2	19	2.5	0	0
Sun Chips (1 oz)	140	2	18	6	1	0

	Calories	Protein (Grams)	Carbohydrates (Grams)	Fat (Grams)	Saturated Fat (Grams)	Trans Fats (Grams)
<b>PREPACKAGED SALAD W/O DRESSING</b>						
Cheese Salad - Thursday	425	21.8	32.3	24	14.8	0
Chef Salad w/Tuna	195	30	12.5	1.4	0	0
Chicken Caesar Salad	250	24.8	17	9	3.2	0
Cheese & Egg Chef Salad - Monday	394	25.5	8	28.8	16.3	0
Fruit Salad w/String Cheese - Friday	248	11.3	39.3	5.4	3.06	0
Fruit Salad w/Sun Butter - Wednesday	502	14.0	56.5	24.5	3.8	0
Oriental Chicken Salad	248	22.0	25	6.5	1.86	0.7
Southwestern Spicy Chicken Chef	308	21.5	27	13	2	0
Taco Salad	492	32.6	16.3	33.5	18.7	0
<b>SALAD DRESSING</b>						
Asian Sesame, 1.5 oz.	180	0	8	16	2.5	0
Caesar's, 1.5 oz.	210	1	2	21	3.5	0
Ranch, Lite, 1 oz.	60	0	1	6	1	0
Ranch Dressing (dip, small salads)	80	0	4	7	1	0
<b>FRUIT</b>						
Applesauce	110	0	27	0	0	0
Craisins	120	0	27.5	0	0	0
Fruit Crisp	169	2	33.7	3.9	2.4	0
Fruit Sherbet	120	0	27	1.5	1	0
Fruit, Assorted, Canned	60	0.2	16	0	0	0
Fruit, Assorted, Fresh	63	0.8	16.2	<1	0	0
<b>POTATOES &amp; VEGETABLES</b>						
Beans, Chili Beans	140	8	25	0.5	0	0
Beans, Refried	100	6	18	2	0	0
Beans, Seasoned Black	110	7	21	0.5	0	0
Corn	90	2	19	0.5	0	0
Mixed Vegetables	77	4	16	0.7	0	0
Peas	93	5	16	0.7	0	0
Potato Wedges, Seasoned	120	2	19	3.5	0.5	0
Potato, Baked	128	3.45	29.2	0.2	0.05	0
Potato, Baked Fries	170	2	25	7	1.5	0
Potato, Smiley (6)	160	2	24	6	1	0
Potato, Whipped	100	2	20	1.5	0	0
w/Gravy	24	0.5	1.9	1.4	0.2	0
Soup, Minestrone	80	3	14	1	0.5	0
Soup, Tomato	90	2	19	1	0.5	0
Succotash	75	3	16	1	0	0
Sweet Potato	110	1	18	4	0.5	0
Vegetables (Variety)	51	2.75	10.2	<1	0	0
<b>BREAKFAST</b>						
Bagel, WG	130	4	27	0.5	0	0
w/ Cream Cheese Spread	61	1	1	6.1	4	0
Breakfast Bars - Apple Cinnamon,	290	5	48	9.5	2.75	0
Beef Sausage Breakfast Sandwich	249	13.8	30.8	7.4	2.5	0
Cereals, Assorted	102	1.1	20.6	2.5	0	0
Cereal, Oatmeal	130	3.5	30	1.75	0	0
Cinnamon Roll, WG, 2.5 oz.	190	4	32	6	1	0
Egg-wich (Egg, Beef Sausage on WG)	265	17.6	20.9	12.7	4	0
Turkey Ham & Cheese Slider (1)	159	9.3	20	4.7	1.4	0
Honey Graham Crackers w/Fiber	90	1	17	3	0	0
Juices, Assorted	65	0	15.8	0	0	0
Fruit, Assorted Fresh	63	0.8	16.2	<1	0	0
Turkey Pancake & Sausage on a Stick	170	9	21	6	1.5	0
Whole Grain Maple Mini Pancakes	200	4	34	5	1	0
Yogurt, Assorted 4 oz.	96	3	21	0	0	0
<b>MILK</b>						
1% Unflavored	110	8	13	2.5	1.5	0
Skim	90	8	13	0	0	0
Chocolate Skim	130	8	24	0	0	0
Soy Milk, Pearl	150	9	18	5	1	0
<b>A LA CARTE SNACKS</b>						
Cookie, Chocolate Chip	150	2	24	5	1.6	0
Ice Cream, Chocolate Éclair	140	2	22	4.5	1.5	0
Ice Cream, Strawberry Éclair	130	2	26	2.5	1	0
Ice Cream, Crumbled Cookie Cone	170	3	31	3.5	1.5	0
Ice Cream Sandwich	160	3	30	3	1	0
Ice Cream, Snickers Bar	180	3	18	11	6	0
Ice Cream, Blue Bunny Cup	70	2	13	1	0.5	0
Ice Cream, Low Fat Vanilla/Chocolate	80	2	15	1	0.5	0
Popcorn, Lowfat	80	1	13	2.5	0.5	0

WG: Whole Grain

Nutrient Source: NutriKIDS