

**Sodexo School Services
Kyrene School District
Elementary School Menu Calorie & Carbohydrate Counts**

<u>Entrées/Meat/Fish</u>	<u>Portion</u>	<u>Cals</u>	<u>Carbs (g)</u>
Beef Teriyaki Dippers	4 ea	188	8.80
Breakfast on a Stick	1 ea	180	18.00
Breakfast Pizza	3.2 oz	230	26.00
Burrito, Breakfast, Turkey Sausage & Cheese	1ea	190	26.90
Burrito, Bean & Cheese	1 ea	390	53.69
Cheese Crisp/Quesadilla	1 ea	367	35.52
Cheeseburger	1 ea	369	31.35
Chicken Fajitas	4 oz	442	44.10
Chicken Nuggets	6 ea	160	9.00
Chicken, Oven Baked	serving	193	0.11
Chicken, BBQ, Oven Baked	serving	239	8.07
Chicken Parmesan Sandwich	1 ea	386	41.04
Chicken Patty Sandwich	1 ea	296	34.67
Chicken Patty	1 ea	140	9.00
Chicken Quesadilla	1 ea	421	35.97
Chicken, Orange w/ Rice	1 cup	435	59.89
Chicken, Sweet & Sour w/ Rice	1 cup	398	53.11
Chicken Salad	1/4 cup	83	3.76
Chili Frito Pie (scratch Chili)	serving	343	19.13
Corn Dog, Turkey	1 ea	270	22.00
Egg Muffin, Ham & Cheese	1ea	286	26.40
Egg, Scrambled	2 oz	125	1.10
Fish Nuggets	3 ea	210	21.00
Fish Sandwich	1 ea	330	42.95
Gravy, Beef	2 oz	25	1.60
Gravy, Chicken	2 oz	71	5.76
Ham Slice	1 oz	36	0.38
Ham, Diced	1 oz	36	0.38
Hamburger	1 ea	314	30.85
Hot Dog on Bun, Turkey	1 ea	200	21.00
Macaroni & Cheese	2/3 cup	368	57.50
Meatball Submarine	1 ea	262	24.89
Nachos, 1 oz chips, 2 oz chips/che	1 ea	309	28.21
Pizza, Breakfast	3.2 oz	227	22.50
Pizza, Cheese	1 slice	289	40.01
Pizza, Pepperoni	1 slice	313	40.01
Potato, Stuffed Baked	1 ea	367	47.52
Ravioli	3/4 cup	187	22.50
Salad, Chef	1 ea	186	7.71
Salad, Chicken Caesar	1 ea	182	8.84
Salad, Crispy Chicken	1 ea	227	10.72
Salad, Mandarin Chicken	1 ea	206	20.37
Salad, Peppi Pizza	1 ea	192	5.08
Sausage, Pork	1.20 oz	85	0.40
Sloppy Joe	1 each	320	35.92
Soup, Beef Vegetable	1/2 cup	51	5.02
Soup, Chicken Noodle	1/2 cup	79	8.81
Soup, Chicken Rice	1/2 cup	85	10.64

Soup, Cream of Chicken	1/2 cup	116	7.72
Soup, Minestrone	1/2 cup	56	9.67
Soup, Tomato Canned	1/2 cup	90	19.00
Spaghetti w/Meat Sauce	3/4 cup	276	29.98
Taco, Beef 80/20, Hard	1 ea	123	8.80
Taco, Beef 80/20, Soft Mix	1 ea	242	20.55
Taco, Chicken, Soft	1 ea	275	32.49
Tostada, Bean & Cheese	1 ea	153	15.85
Turkey Bologna	serving	227	1.11
Turkey Breast, Deli	1 oz	24	0.27
Turkey Breast, Diced	1 oz	22	0.49
Turkey Ham	1 oz	36	0.10
Turkey Roast, Sliced	1 oz	44	0.87
Turkey, Diced w/Gravy	serving	211	8.48

Vegetables

	<u>Portion</u>	<u>Cals</u>	<u>Carbs (g)</u>
Beans, Baked, No Ham	1/4 cup	89	19.94
Beans, Green Canned	1/4 cup	7	1.52
Beans, Green Froz	1/4 cup	9	2.18
Beans, Kidney Canned	1/4 cup	54	9.98
Beans, Pinto Canned	1/4 cup	58	10.88
Beans, Refried Vegetarian	1/4 cup	45	8.50
Broccoli, Fresh	1/4 cup	6	1.15
Carrot & Celery Sticks	serve 6/4	25	5.81
Carrots, Canned	1/4 cup	9	2.02
Carrots, Baby	1.6 oz bag	16	3.74
Carrots, Froz	1/4 cup	13	3.01
Cauliflower, Fresh	1/4 cup	6	1.30
Celery Sticks	1/4 cup	6	1.36
Cole Slaw	1/4 cup	70	8.00
Corn Cobbettes	1 ea	59	14.07
Corn, Mexicali	1/4 cup	42	8.16
Corn, Sweet Yellow Canned	1/4 cup	33	7.63
Corn, Sweet Yellow Froz	1/4 cup	33	8.02
Cucumbers, Sliced	1/2 oz	2	0.39
Olives, Black	1 oz	33	1.77
Onions, Sliced	1 slice	7	1.55
Peanuts	1/2 oz	82	2.68
Peas, Green Canned	1/4 cup	29	5.36
Peas, Green Froz	1/4 cup	31	5.70
Peppers, Bell	1 Tbsp	2	0.43
Peppers, Jalapeno Sliced	1/2 oz	5	1.06
Potato Salad	1/4 cup	88	9.32
Potato, Baked	1 ea	188	42.72
Potato, French Fries Oven	2.5 oz	142	22.11
Potato, Mashed Granules	1/3 cup	59	11.02
Potato, Tater Tots	6 ea	75	10.10
Potato, Wedges Baked	2 oz	93	11.43
Salad Mix, Tossed	1 oz	5	0.94
Tomatoes, Sliced	1 slice	3	0.57
Vegetables, Mixed Froz	1/2 cup	54	11.91

Breads/Sandwiches/Starch

	<u>Portion</u>	<u>Cals</u>	<u>Carbs (g)</u>
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Bagel, 3 oz	1 ea	255	57.00
Breakfast on a Stick	1 ea	180	18.00
Bread, Wheat	1 ea	70	14.00
Bun Hamburger Wheat	1ea	160	29.00
Cereal, Cheerios	1 bowl	70	14.00
Cereal, Honey Nut	1 bowl	110	22.00
Cereal, Corn Flakes	1 bowl	80	18.00
Cereal, Rice Krispies	1 bowl	160	33.30
Cereal, Mini Wheat	1 bowl	100	23.80
Cereal, Raisin Bran	1 bowl	110	27.00
Chips, Potato, Plain Salted	.5 oz	76	7.50
Crackers, Saltine	2 ct pkg	26	4.29
Croutons, Seasoned	1 oz	132	18.03
French Toast Stick	1 ea	78	11.25
Muffin, Blueberry 1.5 oz	1ea	150	19.00
Muffin, Low Fat, 1.8 oz	1 ea	170	28.00
Muffin, English	1 ea	120	24.00
Macaroni Salad	1/4 cup	163	11.46
Pancake, Froz	1 ea	70	12.65
Pretzel, Soft	2.5 oz	190	40.92
Rice, Cooked White	1/2 cup	101	21.91
Rice, Spanish	1/2 cup	70	13.51
Roll, Dinner	1 ea	80	14.00
Sandwich, Cold Cut Trio	1 ea	256	29.74
Sandwich, Deli Cold Cheese	1 ea	250	29.00
Sandwich, Deli Ham & Cheese	1 ea	230	29.01
Sandwich, Deli Turkey & Cheese	1 ea	226	29.46
Sandwich, Grilled Cheese	1 ea	250	29.00
Sandwich, Ham & Cheese Hot	1 ea	254	30.02
Sandwich, PBJ	1 ea	358	43.18
Sandwich, BBQ Beef Rib	1 ea	372	40.45
Sandwich, Sub w/Turkey Ham	1 ea	251	27.60
Sandwich, Tuna on Wheat	1 ea	316	35.57
Waffle, Froz	1 ea	90	16.00
Wrap, Buffalo Chicken	1 ea	416	47.20
Wrap, Italian	1 ea	363	39.34

Fruit

	<u>Portion</u>	<u>Cals</u>	<u>Carbs (g)</u>
Apple Slices w/Cinn & Sugar	1/4 cup	34	8.64
Apple Slices, Canned	1/4 cup	23	5.81
Apples, Fresh w/Skin 198 ct	1 ea	48	12.70
Applesauce, Canned Unsweet	1/4 cup	48	12.69
Applesauce, Rosy	1/4 cup	52	13.60
Bananas, Petite	1 ea	90	23.10
Cantaloupe	1/4 cup	14	3.34
Grapes, Fresh	1/4 cup	15	3.94
Honeydew	1/4 cup	15	3.90
Juice, orange	4 oz	55	14.40
Juice, apple	4 oz	57	14.50
Orange Slices	1/2 cup	42	10.57
Mandarin Oranges	1/4 cup	39	10.00
Peaches, Canned	1/4 cup	34	9.13

Peaches, Froz	1/2 cup	118	29.98
Pears, Canned	1/4 cup	36	9.52
Pineapple, Canned	1/4 cup	33	8.47

Raisins, Seedless	1 box	120	29.00
Strawberries, Fresh	1/4 cup	11	2.53
Strawberries, Froz Swtnd	1/4 cup	61	16.52
Strawberries, Froz Swtnd Cups	1/2 cup	100	12.00
Watermelon, Fresh	1/4 cup	13	2.87

Dairy

	<u>Portion</u>	<u>Cals</u>	<u>Carbs (g)</u>
Cheese, Amer Sliced	1 slice	55	0.23
Cheese, Cheddar	1oz	110	0.00
Cheese, Mozz	1 oz	90	1.00
Cheese, Cottage 2%	1 oz	25	1.03
Cream Cheese, Light	3/4 oz	45	1.00
Milk, 1% Chocolate	Half Pint	170	29.00
Milk, 1% Low Fat	Half Pint	100	12.00
Milk, 1% Strawberry	Half Pint	170	28.00
Milk, Skim	Half Pint	86	11.88
Yogurt, Strawberry	4 oz	90	19.00

Condiments

	<u>Portion</u>	<u>Cals</u>	<u>Carbs (g)</u>
Dressing, Caesar	1 oz	60	4.00
Dressing, Honey Mustard	1 oz	160	5.00
Dressing, Italian FF	1 oz	15	3.00
Dressing, Ranch FF	1 oz	30	8.00
Dressing, Thousand Island	1 oz	140	5.00
Dressing, Asian	1 oz	130	7.00
Ketchup	1 oz	15	4.00
Margarine	1 oz	204	0.26
Mayo	1 Tbsp	100	0.00
Mustard	1 tsp	0	0.00
Pickle, Dill Spear	1 ea	5	1.24
Pickle, Hamburger	3 slices	4	0.87
Pickle, Relish Sweet	1 Tbsp	40	10.00
Salsa, Commodity	1 oz	9	1.90
Sauce, Teriyaki	1 oz	45	10.00
Sauce, BBQ	1 oz	35	9.00
Sour Cream	1 oz	61	1.21
Syrup, Pancake	1 oz	105	26.00

Desserts

	<u>Portion</u>	<u>Cals</u>	<u>Carbs (g)</u>
Cookie, Chocolate Chip 0.5 oz	1 ea	70	9.00
Cookie, Fortune	1 ea	34	3.50
Ice Cream Cup, Vanilla	3 oz	105	12.27
Marshmallow	100 grams	100	23.00
Pudding, Chocolate Canned	1/4 cup	60	12.00
Pudding, Chocolate Cup	1 ea	140	22.00
Pudding, Vanilla Canned	1/4 cup	60	11.00
Pudding, Vanilla Cup	1 ea	140	17.00
Rice Krispy Treat	1 ea	140	26.00

