

Clovis Unified School District
ELEMENTARY MENU - Nutrition Facts - 10/31/2014

<u>Entrée Items</u>	<u>Serving Size</u>	<u>Calories</u>	<u>Protein (gm)</u>	<u>Carbohydrate (gm)</u>	<u>Total Fat (gm)</u>	<u>Saturated Fat (gm)</u>
Apple BOSCO Stick	Each	200	5	38	3	0.5
BBQ Chicken Flatbread	Each	336	20	36	13	6
Bean & Cheese Burrito - Fernandos (lunch)	Each	340	15	42	13	7
Bean & Cheese Burrito - Santa Fe (breakfast)	Each	310	12	48	8	3
Breakfast Pizza w/Turkey Sausage	Each	220	10	27	8	2
Cereal - average	Bowl	107	1	23	1	0
Cheeseburger on Bun	Each	374	21	32	16	6
Cheese-filled Breadsticks w/Pizza Sauce Cup	2 Each	320	21	43	7	3
Chicken Cool Ranch Wrap	1 Each	380	28	36	14	4
Chicken Patty Sandwich on Hamburger Bun	Each	390	19	46	15	2
Chicken Nuggets	5 Each	180	13	14	8	1.5
Chicken Quesadilla	Each	293	21	31	10	4
Cobb Salad w/Croutons & Dressing	Each	405	15	20	29	3
Corn Dog	Each	240	9	30	8	3
Crunchy Beef Taco	Each	330	20	15	20	7
Deli Sandwich	Each	468	26	46	20	6
Egg /Ham/Cheese Bar	Each	199	7	9	15	5
French Toast Sticks	3 Each	199	4	30	8	1.5
Frito Boat	Each	543	18	49	31	7
Ham & Cheese Melt	Each	283	18	32	10	3
Mini Cinnamon French Toast	Pkg	220	3	37	7	1
Mini Maple Pancakes	Pkg	230	5	40	7	1
Nachos with Taco Meat & Cheese Sauce	Each	338	17	24	19	9
Oatmeal Chocolate Chip Bar	Each	270	5	44	8	3
Orange Chicken Rice Bowl	Each	337	16	56	5	1
Pancake & Sausage on a Stick	Each	180	8	18	8	2.5
Pepperoni Pizza Pocket	Each	300	17	32	12	5
Roasted Chicken with Roll	Serving	191	12	16	9	2
Rotini with Meat Sauce	1 cup	200	17	28	3	1
Soft Pretzel w/Cheese Sauce	Each	270	13	34	10	6
Taco Boat	Each	290	13	17	19	7
Turkey Gravy	5.25 oz	151	20	3	7	2

Figures are based on current nutrition information and recipes. Substitutions may occur and like products may not contain the same amount of nutrients.

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<u>Side Items</u>	<u>Serving Size</u>	<u>Calories</u>	<u>Protein (gm)</u>	<u>Carbohydrate (gm)</u>	<u>Total Fat (gm)</u>	<u>Saturated Fat (gm)</u>
Apple, Fresh	Each	72	0	19	0	0
Applesauce Cup, unsweetened	4.5 oz	51	0	14	0	0
Apple Slices, 2oz	Indv. Bag	34	0	8	0	0
Apricot Fruit Cup	4.5oz	110	1	25	0	0
Baby Carrots	indv. bag	25	1	6	0	0
Banana, petite	Each	72	1	19	0	0
Baked Beans	1/2 cup	147	5	34	1	0
Biscuit	2oz	210	4	27	10	9
Chili Beans	1/2 cup	111	6	20	1	0
Cookie, Holiday various shapes	Each	160	2	21	8	1.5
Corn	1/2 cup	67	2	16	1	0
Dinner Roll	1.1 oz	91	2	16	2	0
Frozen Juice Cup - Straw/Pom & Lemon Berry	Each	70	0	19	0	0
Frozen Juice Cup - Cherry/Blue Raspberry	Each	70	0	18	0	0
Green Beans	1/2 cup	15	1	3	0	0
Green Salad	1 cup	35	1	1	3	0.5
Juice, Apple or Orange	4 oz	56 or 60	1	14	0	0
Mashed Potatoes	3/4 cup	123	1	26	2	0
Milk, Chocolate - Fat Free	8 oz	120	9	21	0	0
Milk, Strawberry - Fat Free	8 oz	150	9	27	0	0
Milk, White - 1%	8 oz	130	11	16	3	1.5
Peach Fruit Cup	4.4 oz	80	1	19	0	0
Potato Stix	4 oz	200	2	33	7	1
Raisins. 1.5oz	Indv. Box	113	1	30	0	0
Salsa	1/4 cup	21	1	4	0	0
SMART Cookies - various themes	1 pkg	100	2	18	3	1
Smile Potatoes	6 each	192	3	30	7	1
Strawberry Fruit Cup	4.5 oz	90	1	22	0	0
String Cheese	1 oz	86	7	1	6	4
Sunrise Bites	1 pkg	114	2	20	4	1
Tangerine	Each	35	1	9	0	0
Yogurt, Strawberry	4oz	80	4	16	0	0

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