

LOWER TOWNSHIP ELEMENTARY SCHOOLS

NUTRITIONAL CHART

	Calories	Protein	Carbo	Total Fat	Sat Fat	Vit A	Vit C	Calcium	Iron	Choles.	Sodium	Fiber	Serving Size
Proteins													
Chicken Patty	210	15g	14g	12g	2.5g	4%	0	2%	10%	40mg	510mg	0	96g
Chicken Nuggets	200	15g	14g	10g	2g	4%	0	2%	10%	40mg	520mg	1g	96g
Chicken Tenders	210	15g	14g	12g	2.5g	4%	0	2%	10%	40mg	510mg	0	102g
Chicken Popcorn	220	10g	15g	13g	3g	2%	0	2%	8%	30mg	240mg	1g	87g
Chicken Fryz	200	15g	10g	11g	2.5g	2%	0	2%	10%	70mg	400mg	0	87g
Chicken Spicy Patty	200	15g	12g	11g	2.5g	10%	0	2%	10%	55mg	460mg	1g	91g
Grilled Chix Patty (Caesar)	90	15g	1g	4g	1g	0%	0	0%	6%	40mg	310mg	0	71g
Turkey Deli	50	9g	2g	1g	0	0	0	0	0	20mg	470mg	0	56g
Turkey Ham	70	9g	1g	3g	1g	0	2%	0	4%	35mg	500mg	0	56g
Salami	130	7g	2g	10g	3g	0	0	6%	6%	45mg	600mg	0	56g
Bologna	140	7g	0	12g	4g	0	0	6%	4%	45mg	530mg	0	56g
Hot Dogs	150	7g	0	14g	5g	0	0	0	4%	35mg	480mg	0	56g
Sausage Breakfast	154	6g	1g	14g	4.5g	0	0	1%	2%	30mg	413mg	6g	56g
Hamburger	140	14g	2g	8g	3.5g	2%	0	2%	10%	35mg	320mg	1g	72.8g
Steak Sandwich Meat	140	11g	1g	10g	4g	2%	0	2%	10%	35mg	160mg	1g	61.6g
Ground Beef	110	11g	2g	7g	2.5g	2%	0	2%	10%	35mg	125mg	1g	61.6g
Meatballs	180	15g	8g	10g	4g	2%	0	2%	10%	40mg	670mg	1g	84g
Peanut Butter	200	7g	6g	16g	3g	0	0	0	4%	0	140mg	2g	32g
Tunafish	60	13g	0	0.5g	0	0	0	0	2%	30mg	250mg	0	56g
Entrees													
Double Cheese Pizza (K-2)	280	21g	23g	11g	7g	8%	10%	45%	10%	30mg	510mg	2g	128g
Double Cheese Pizza (3-6)	310	22g	28g	12g	7g	8%	15%	45%	10%	30mg	560mg	3g	142g
Stuffed Crust Pizza	380	22g	40g	13g	7g	8%	10%	45%	20%	30mg	630mg	3g	160g
Mexican Pizza	370	18g	27g	21g	10g	10%	10%	30%	15%	55mg	680mg	1g	147g
Pizza Crunchers	400	20g	41mg	19g	8g	8%	2%	42%	4%	30mg	820mg	5g	156.8g
Pizza Dippers	320	20g	30g	14g	7g	8%	0	40%	4%	15mg	700mg	0%	113.4g
Pizzeria Pizza	340	21g	33g	14g	8g	8%	10%	45%	15%	30mg	570mg	1g	149g

	Calories	Protein	Carbo	Total Fat	Sat Fat	Vit A	Vit C	Calcium	Iron	Choles.	Sodium	Fiber	Serving Size
<u>Peanut Butter & Jelly</u>													
Whole Wheat Bread	70	3g	12g	1.5g	0	0	0	4%	4%	0	120mg	2g	28g(1 slice)
Whole Wheat Bread	70	3g	12g	1.5g	0	0	0	4%	4%	0	120mg	2g	28g(1 slice)
Peanut Butter	200	7g	6g	16g	3g	0	0	0	4%	0	140mg	2g	32g
Jelly Grape	50	0	13g	0	0	0	0	0	0	0	15mg	0	20g
<u>PBJ Sandwich Total</u>	390	13g	43g	19g	3g	0	0	8%	12%	0	395mg	6g	108g
<u>Bologna & Cheese</u>													
Whole Wheat Bread	70	3g	12g	1.5g	0	0	0	4%	4%	0	120mg	2g	28g(1 slice)
Whole Wheat Bread	70	3g	12g	1.5g	0	0	0	4%	4%	0	120mg	2g	28g(1 slice)
Bologna	105	5.25g	0	9g	3g	0	0	5%	3%	33.75	397.5mg	0	42g
Low Fat American Cheese	45	3g	.5g	3g	2.25g	4%	0	8%	0	10mg	175mg	0	1slice 14g
<u>Bologna & Cheese Total</u>	290	14.25g	24.5g	15g	5.25g	4%	0	21%	11%	43.75mg	813mg	4g	112g
<u>Ham & Cheese</u>													
Whole Wheat Bread	70	3g	12g	1.5g	0	0	0	4%	4%	0	120mg	2g	28g(1 slice)
Whole Wheat Bread	70	3g	12g	1.5g	0	0	0	4%	4%	0	120mg	2g	28g(1 slice)
Turkey Ham	52.5	6.75g	.75g	2.25g	.75g	0	2%	0	3%	26.25mg	375mg	0	42g
Low Fat American Cheese	45	3g	.5g	3g	2.25g	4%	0	8%	0	10mg	175mg	0	1slice 14g
<u>Ham & Cheese Total</u>	237.5	15.75g	25.25g	8.25%	3g	4%	2%	16%	11%	36.25mg	790mg	4g	112g
<u>Turkey & Cheese</u>													
Whole Wheat Bread	70	3g	12g	1.5g	0	0	0	4%	4%	0	120mg	2g	28g(1 slice)
Whole Wheat Bread	70	3g	12g	1.5g	0	0	0	4%	4%	0	120mg	2g	28g(1 slice)
Turkey Deli	37.5	5.75g	1.5g	.75g	0	0	0	0	0	15mg	352.5mg	0	42g
Low Fat American Cheese	45	3g	.5g	3g	2.25g	4%	0	8%	0	10mg	175mg	0	1slice 14g
<u>Turkey & Cheese Total</u>	222.5	14.75g	26g	6.75g	2.25g	4%		16%	8%	25mg	767.5mg	4g	112g
<u>Cub Hoagie</u>													
Kaiser Roll Catering Size	150	5g	31g	1g	0	0	0	2%	10%	0	250mg	1g	51g
Bologna	70	3.5g	0	6g	2g	0	0	3%	2%	22.5mg	265mg	0	28g
Salami	32.5	1.75g	.5g	2.5g	.75g	0	0	2%	2%	11.25mg	150mg	0	14g
Low Fat American Cheese	45	3g	.5g	3g	2.25g	4%	0	8%	0	10mg	175mg	0	1slice 14g
Lettuce Iceburg	3.5	.25g	1g	0	0	3%	1%	1%	1%	0	2.5mg	.25g	25g
Onions	10	.25g	2.25g	0%	0%	0%	3%	1%	1%	0	1mg	.5g	25g
Tomatoes	6	.25g	1.25g	0	0	5%	10%	1%	1%	0	5mg	.25g	37g
<u>Cub Hoagie Total</u>	317	14g	36.5g	12.5g	5g	9%	14%	18%	17%	43.75mg	848.5mg	2g	194g

	Calories	Protein	Carbo	Total Fat	Sat Fat	Vit A	Vit C	Calcium	Iron	Choles.	Sodium	Fiber	Serving Size
Grilled Cheese													
Whole Wheat Bread	70	3g	12g	1.5g	0	0	0	4%	4%	0	120mg	2g	28g(1 slice)
Whole Wheat Bread	70	3g	12g	1.5g	0	0	0	4%	4%	0	120mg	2g	28g(1 slice)
Low Fat American Cheese	180	12g	2g	12g	9g	16%	0	30%	0	40mg	700mg	0	56g
Butter	100	0	0	11g	7g	8%	0	0%	0	30mg	90mg	0	15g
Grilled Cheese Total	420	18g	26g	26g	16g	24%		38%	8%	70mg	1030	4g	127g
Chicken Caesar													
Grilled Chix Patty (Caesar)	90	15g	1g	4g	1g	0%	0	0%	6%	40mg	310mg	0	71g
Lettuce Romaine	17	1.2g	3.25g	.3g	0	174%	40%	3%	5%		8mg	2g	100g
Parmesan Grated	20	2g	0	1.5g	1g	0%	0	6%	0	5mg	90mg	0	5g
Croutons	30	1g	5g	1	0	0	0	0	2%	0	100mg	0	7g
Chicken Caesar Total	157	19.2	9.25g	9.5g	2g	174%	40%	9%	13%	45mg	508mg	2g	183g
Cheeseburger													
Whole Wheat Burger Bun	140	6g	27g	2g	0.5g	0	0	6%	8%	0	290mg	2g	53g
Hamburger	140	14g	2g	8g	3.5g	2%	0	2%	10%	35mg	320mg	1g	72.8g
Low Fat American Cheese	45	3g	.5g	3g	2.25g	4%	0	8%	0	10mg	175mg	0	1slice 14g
Cheeseburger Total	325	23g	29.5g	13g	6.25g	6%		16%	18%	45mg	785mg	3g	139.8g
Hamburger													
Whole Wheat Burger Bun	140	6g	27g	2g	0.5g	0	0	6%	8%	0	290mg	2g	53g
Hamburger	140	14g	2g	8g	3.5g	2%	0	2%	10%	35mg	320mg	1g	72.8g
Hamburger Total	280	20g	29g	10g	4g	2%	0%	8%	18%	35mg	610mg	3g	125.8g
Hot Dog													
Hot Dogs	150	7g	0	14g	5g	0	0	0	4%	35mg	480mg	0	56g
Whole Wheat Hot Dog Bun	130	5g	25g	2g	0	0	0	6%	8%	0	270mg	2g	50g
Hot Dog Total	280	12g	25g	16g	5g	0	0	6%	12%	35mg	750mg	2g	106g
Steak Sandwich													
Steak Roll Catering Size	150	5g	31g	1g	0	0	0	2%	10%	0	250mg	1g	51g
Steak Sandwich Meat	140	11g	1g	10g	4g	2%	0	2%	10%	35mg	160mg	1g	61.6g
Steak Sandwich Total	290	16g	32g	11g	4g	2%	0	4%	20%	35mg	410mg	2g	112.6g

	Calories	Protein	Carbo	Total Fat	Sat Fat	Vit A	Vit C	Calcium	Iron	Choles.	Sodium	Fiber	Serving Size
Sauces													
Gravy; Turkey	25	1g	4g	.5g	0	0	0	0	0	0	30mg	0	7g
Sauce; Pizza	45	1g	4g	2.5g	0	10%	20%	0	4%	0	230mg	1g	65g
Sauce; Spagetti	80	2g	8g	4g	.5g	30%	15%	2%	8%	0	530mg	3g	130g
Cheese/Dairy													
Low Fat American Cheese	90	6g	1g	6g	4.5g	8%	0	15%	0	20mg	350mg	0	2 slice 28g
Shredded Cheddar Cheese	110	7g	0	9g	6g	6%	0	20%	0	30mg	190mg	0	28g
Low Fat String Cheese	80	7g	1g	6g	3.5g	4%	0	20%	0	15mg	210mg	0	28g
Parmesan Grated	20	2g	0	1.5g	1g	0%	0	6%	0	5mg	90mg	0	5g
Butter	100	0	0	11g	7g	8%	0	0%	0	30mg	90mg	0	15g
Yogurt													
Yogurt Strawberry/Banana	100	4g	20g	0.5g	0.5g	10%	0	10%	0	5mg	50mg	0	112g
Yogurt Banana	100	4g	20g	0.5g	0.5g	10%	0	10%	0	5mg	50mg	0	112g
Yogurt Watermelon	100	4g	20g	0.5g	0.5g	10%	0	10%	0	5mg	50mg	0	112g
Go Gurt	70	2g	13g	.5g	0	8%	0	10%	0	5mg	30mg	0	64g
Milk													
Milk 1% White	110	8g	13g	2.5g	1.5g	10%	4%	30%	0%	10mg	130mg	0	1/2 Pint
Milk 1% Chocolate	170	8g	30g	2.5g	1.5g	10%	4%	30%	2%	10mg	210mg	0	1/2 Pint
Milk 1% Strawberry	180	7g	32g	2.5g	1.5g	10%	2%	30%	0	10mg	115mg	0	1/2 Pint
Juices 100% Fruit													
Apple Juice 4 oz Cup	60	0	14g	0	0	0	0	0	0	0	15mg	0	4 oz
Fruit Punch 4 oz Cup	60	0	14g	0	0	0	6%	0	0	0	10mg	0	4 oz
Grape Juice 4 oz Cup	80	1g	18g	0	0	0	0	0	0	0	15mg	0	4 oz
Orange Juice 4 oz Cup	60	1g	13g	0	0	0	50%	0	0	0	15mg	0	4 oz
Breads													
Whole Wheat Bread	70	3g	12g	1.5g	0	0	0	4%	4%	0	120mg	2g	28g(1 slice)
Whole Wheat Burger Bun	140	6g	27g	2g	0.5g	0	0	6%	8%	0	290mg	2g	53g
Whole Wheat Hot Dog Bun	130	5g	25g	2g	0	0	0	6%	8%	0	270mg	2g	50g
Kaiser Roll Catering Size	150	5g	31g	1g	0	0	0	2%	10%	0	250mg	1g	51g
Steak Roll	260	8g	50g	2g	0	0	0	4%	15%	0	290mg	2g	70g
Steak Roll Catering Size	150	5g	31g	1g	0	0	0	2%	10%	0	250mg	1g	51g
Flour Tortilla	90	2g	14g	2g	0.5g	0	0	4%	4%	0	210mg	1g	28g
French Toast Sticks	260	9g	32g	11g	2.5g	200iu	0	40mg	1.8mg	145mg	340mg	3g	81.2g
Rotini	210	7g	42g	1g	0	0	0	0	10%	0	0	2g	56g
Macaroni	200	7g	41g	1g	0	0	0	0	10%	0	0	2g	56g
Rice	170	4g	37g	0	0	0	0	0	0	0	0	0	47g
Stuffing Cornbread	130	4g	25g	1g	0	0	0	4%	4%	0	750mg	1g	56g

	Calories	Protein	Carbo	Total Fat	Sat Fat	Vit A	Vit C	Calcium	Iron	Choles.	Sodium	Fiber	Serving Size
Dressing													
Balsamic Vinaigrette	60	0	4g	5g	.5g	0	0	0	0	0	190mg	0	30g
Caesar	160	0	2g	16g	2.5g	0	0%	4%	0	0	200mg	0	30g
Caesar Lite	50	1	2g	4.5	1	0	0%	0%	0	0	390mg	0	30g
Italian Lite	30	0	2g	2.5g	0	0	0	0	0	0	370mg	0	30g
Ranch	180	0	1g	19g	3g	0	0	0	0	0	270mg	0	30g
Mayonnaise	100	0	0	11g	2g	0	0	0	0%	5mg	75mg	0	14g
Croutons	30	1g	5g	1	0	0	0	0	2%	0	100mg	0	7g