

Arlington School Lunch

Nutrition Information Week of Feb 12-Feb 16, 2018 (Elementary)

| Monday, Feb 12 | Portion Size | Cals | Mg Sodium | G Fiber | G Carbs | G Trans | |
|---------------------------------|---------------------|-------------|------------------|----------------|----------------|----------------|------------------|
| | | | | | | Fat | G Sat Fat |
| Chicken tenders | 3 Strips | 254 | 321 | 3 | 15 | 0 | 3 |
| Buttered noodles (contains EGG) | 1/2 cup | 140 | 65 | 2 | 20 | 0 | 1.5 |
| Roasted Butternut Squash | 1/2 Cup | 56 | 95 | 3.5 | 12 | 0 | 0 |
| Cinnamon Applesauce Cup | 1/2 Cup | 51 | 2 | 1 | 14 | 0 | 0 |
| Chefs salad | 1 container | 273 | 660 | 3 | 8 | 0 | 9 |
| WW Pita | 1/2 pita 6" | 75 | 110 | 1.5 | 15 | 0 | 0 |
| French bread pizza | 1 Pizza | 290 | 600 | 3 | 33 | 0 | 4.5 |
| Sunbutter and jelly on WG | 1 sandwich | 438 | 365 | 8 | 59 | 0 | 2 |
| Milk, 1% | 8 oz | 110 | 130 | 0 | 13 | 0 | 1.5 |
| Milk, Fat Free Chocolate | 8 oz | 120 | 180 | 0 | 20 | 0 | 0 |
| Milk, Fat Free Skim | 8 oz | 90 | 130 | 0 | 13 | 0 | 0 |

| Tuesday, Feb 13 | Portion Size | Cals | Mg Sodium | G Fiber | G Carbs | G Trans | |
|-------------------------------------|---------------------|-------------|------------------|----------------|----------------|----------------|------------------|
| | | | | | | Fat | G Sat Fat |
| Strawberry & vanilla yogurt parfait | 1 cup | 215 | 73 | 1.6 | 46 | 0 | 0 |
| WG chocolate chip muffin | 2 oz muffin | 170 | 180 | 2 | 29 | 0 | 1 |
| Celery Sticks | About 4 Sticks | 25 | 125 | 2 | 5 | 0 | 0 |
| Baby Carrots | 1/2 Cup | 25 | 0 | 2 | 6 | 0 | 0 |
| Red pepper sticks | 1/2 cup | 40 | 0 | 1.5 | 4.5 | 0 | 0 |
| RF ranch dip | 1 pc | 100 | 460 | 0 | 3 | 0 | 1.5 |
| Whole grain soft pretzel | 1 pretzel | 140 | 150 | 3 | 30 | 0 | 0 |
| Yogurt cup | 4 oz cup | 90 | 50 | 0 | 17 | 0 | 0 |
| Sunbutter and jelly on WG | 1 sandwich | 438 | 365 | 8 | 59 | 0 | 2 |
| Milk, 1% | 8 oz | 110 | 130 | 0 | 13 | 0 | 1.5 |
| Milk, Fat Free Chocolate | 8 oz | 120 | 180 | 0 | 20 | 0 | 0 |
| Milk, Fat Free Skim | 8 oz | 90 | 130 | 0 | 13 | 0 | 0 |

| Wednesday, Feb 14 | Portion Size | Cals | Mg Sodium | G Fiber | G Carbs | G Trans | |
|-------------------------------|---------------------|-------------|------------------|----------------|----------------|----------------|------------------|
| | | | | | | Fat | G Sat Fat |
| Heart shaped Chicken Nuggets | 4 Nuggets | 140 | 330 | 1 | 8 | 0 | 1.5 |
| Corn (with red peppers) | 1/2 Cup | 67 | 1 | 2 | 16 | 0 | 0 |
| Strawberry Slices (sweetened) | 1/2 Cup | 80 | 0 | 2 | 19 | 0 | 0 |
| WG Heart cookie | 1 cookie | 84 | 59 | 0.17 | 13 | 0 | 0.82 |
| French bread pizza | 1 Pizza | 290 | 600 | 3 | 33 | 0 | 4.5 |
| Sunbutter and jelly on WG | 1 sandwich | 438 | 365 | 8 | 59 | 0 | 2 |
| Milk, 1% | 8 oz | 110 | 130 | 0 | 13 | 0 | 1.5 |
| Milk, Fat Free Chocolate | 8 oz | 120 | 180 | 0 | 20 | 0 | 0 |
| Milk, Fat Free Skim | 8 oz | 90 | 130 | 0 | 13 | 0 | 0 |

| Thursday, Feb 15 | Portion Size | Cals | Mg Sodium | G Fiber | G Carbs | G Trans | |
|-------------------------|---------------------|-------------|------------------|----------------|----------------|----------------|------------------|
| | | | | | | Fat | G Sat Fat |

| | | | | | | | |
|----------------------------|------------|-----|-----|-----|------|---|-----|
| Homemade macaroni & cheese | 1 Cup | 435 | 580 | 3 | 45 | 0 | 2 |
| Fresh seasoned Green Beans | 1/2 Cup | 14 | 140 | 1.7 | 2.89 | 0 | 0 |
| Orange slices | 1/2 Cup | 24 | 0 | 1.2 | 6 | 0 | 0 |
| Pudding cup | 1/2 cup | 130 | 200 | 0 | 24 | 0 | 0.5 |
| Topping | 2 Tbs | 25 | 0 | 0 | 2 | 0 | 2 |
| Whole grain soft pretzel | 1 pretzel | 140 | 150 | 3 | 30 | 0 | 0 |
| Yogurt cup | 4 oz cup | 90 | 50 | 0 | 17 | 0 | 0 |
| Sunbutter and jelly on WG | 1 sandwich | 438 | 365 | 8 | 59 | 0 | 2 |
| Milk, 1% | 8 oz | 110 | 130 | 0 | 13 | 0 | 1.5 |
| Milk, Fat Free Chocolate | 8 oz | 120 | 180 | 0 | 20 | 0 | 0 |
| Milk, Fat Free Skim | 8 oz | 90 | 130 | 0 | 13 | 0 | 0 |

| Friday, Feb 16 | Portion Size | Cals | Mg Sodium | G Fiber | G Carbs | G Trans | |
|------------------------------------|--------------|------|-----------|---------|---------|---------|-----------|
| | | | | | | Fat | G Sat Fat |
| Sal's pizza 51 % whole grain 8 cut | 1 Slice | 270 | 710 | 3 | 34 | 0 | 4.5 |
| Broccoli and Parmesan | 1/2 Cup | 44 | 88 | 2 | 6 | 0 | 0.5 |
| Peach Cup | 1/2 Cup | 58 | 2 | 2 | 15 | 0 | 0 |
| Sunbutter and jelly on WG | 1 sandwich | 438 | 365 | 8 | 59 | 0 | 2 |
| Milk, 1% | 8 oz | 110 | 130 | 0 | 13 | 0 | 1.5 |
| Milk, Fat Free Chocolate | 8 oz | 120 | 180 | 0 | 20 | 0 | 0 |
| Milk, Fat Free Skim | 8 oz | 90 | 130 | 0 | 13 | 0 | 0 |

This information is provided as a service and reflects the best information/averages that we have or is available to us at the time of print. Manufacturers may change product ingredients without prior notice.