

Arlington School Lunch

Nutrition Information Week of June 19-June 23, 2017 (Elementary)

Monday, June 19	Portion Size	Cals	Mg Sodium	G Fiber	G Carbs	G Trans	
						Fat	G Sat Fat
Baked Breaded Chicken Tenders	3 tenders	230	330	2	12	0	2
Baked Potato Wedges (sub for roasted potatoes)	1/2 Cup	100	35	2	16	0	0
Mandarin Oranges	1/2 Cup	60	10	1	14	0	0
Caesar salad with grilled chicken, .5 oz pack of croutons(no dressing)	1 Container	205	410	3	12	0	2
WW Pita	1/2 pita 6"	75	110	1.5	15	0	0
French bread pizza	1 pizza	300	460	3	34	0	4
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, June 20	Portion Size	Cals	Mg Sodium	G Fiber	G Carbs	G Trans	
						Fat	G Sat Fat
Hamburger	1 patty	215	32	0	0	0	7.8
Whole grain hamburger roll	1 roll	117	190	2	22	0	0
Cheese	1 Slice	55	128	0	0.5	0	2.5
Lettuce and tomato cup	1/2 cup	5	2	0.75	1	0	0
Baked sweet potato fries	1/2 cup	160	150	2	23	0	0
Mixed Veggies	1/2 Cup	55	120	4	12	0	0
Craisins	1.16 Package	110	0	3	28	0	0
Whole grain soft pretzel	1 pretzel	140	150	3	30	0	0
Yogurt cup	4 oz cup	90	50	0	17	0	0
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, June 21	Portion Size	Cals	Mg Sodium	G Fiber	G Carbs	G Trans	
						Fat	G Sat Fat
All Beef Hot Dog	1 Hot Dog	180	580	0	2	0	5
WG Roll	1 Roll	110	230	2	21	0	0
Vegetarian Baked Beans	1/2 Cup	119	140	5.2	26	0	0
Carrots	1/2 Cup	27	43	2	6	0	0
Corn	1/2 Cup	67	1	2	16	0	0
Orange slices	1/2 Cup	24	0	1.2	6	0	0
Raisins	1.33 oz Box	120	5	2	29	0	0
Applesauce Cup	1/2 Cup	51	2	1	14	0	0
French bread pizza	1 pizza	300	460	3	34	0	4
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, June 22		Portion Size	Cals	Mg Sodium	G Fiber	G Carbs	G Trans Fat	G Sat Fat
Assorted cheese pizza:								
Sal's pizza	1 Slice	330	720	2	43	0	5	
French bread pizza	1 pizza	300	460	3	34	0	4	
Stuffed Crust Cheese Pizza	1 Slice	310	760	3	32	0	6	
WG Cheese pizza sticks	2 sticks	300	390	4	32	0	5	
WG Round Personal Pizza	1 Pizza	340	700	3	43	0	3.5	
Sunbutter and jelly on WG	1 sandwich	390	365	8	46	0	2	
Orange slices	1/2 Cup	24	0	1.2	6	0	0	
Raisins	1.33 oz Box	120	5	2	29	0	0	
Applesauce Cup	1/2 Cup	51	2	1	14	0	0	
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, June 23		Portion Size	Cals	Mg Sodium	G Fiber	G Carbs	G Trans Fat	G Sat Fat
HAVE A WONDERFUL SUMMER!!								
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	

available to us at the time of print. Manufacturers may change product ingredients without our notice.***
on very short notice. The program does not have the ability to notify parents or provide updated ingredient information on