Arlington School Lunch
Nutrition Information Week of
Nov 19-Nov 20, 2018 (Elementary)

Monday, Nov 19	Portion Size	Cals	Mg Sodium	G Fiber	G Carbs	G Trans Fat	G Sat Fat
WG Breaded Baked Chix	1	200	576	3	9	0	1.5
WG hamburger roll	1 roll	110	230	2	21	0	0
Lettuce and tomato cup	1/2 cup	5	2	0.75	1	0	0
Cucumber Slices	1/2 Cup	8	1	0	2	0	0
Baked Potato Wedges	1/2 Cup	100	35	2	16	0	0
Apple	1 Extra Small	53	1	0.5	14	0	0
WW Pita	1/2 pita 6"	75	110	1.5	15	0	0
Tossed romaine salad with hummus and pita chips (hummus has sesame)	I container, I bag pita chips	270	310	7	32	0	0.5
Toasted cheese	1 sandwich	310	580	4	28	0	10
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, Nov 20	**Portion Size**	**Cals**	**Mg Sodium**	**G Fiber**	**G Carbs**	**Fat**	**G Sat Fat**
Ham, egg & cheese WG flatbread	1 sandwich	310	782	2	30	0	4.5
Roasted cherry tomatoes	1/4 cup	18	32	0	1	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
WG White Bagel	2 oz Bagel	140	160	4	28	0	0
Light Cream cheese	1 oz pc	60	110	0	1	0	3
Yogurt cup	4 oz cup	90	50	0	17	0	0
Cheese stick	1 oz stick	80	200	0	2	0	4
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, Nov 14	**Portion Size**	**Cals**	**Mg Sodium**	**G Fiber**	**G Carbs**	**G Trans Fat**	**G Sat Fat**