

Arlington School Lunch

Nutrition Information Week of

April 23-April 27, 2018 (Elementary)

Monday, April 23						G Trans	
	Portion Size	Cals	Mg Sodium	G Fiber	G Carbs	Fat	G Sat Fat
Assorted chicken nuggets	4 Nuggets	140	330	1	8	0	1.5
Dinner roll	1	65	120	1	13	0	0
Sweet potato crinkle cut	1/2 cup	120	260	3	17	0	1
Seasoned Green Beans	1/2 Cup	14	140	1.7	2.89	0	0
Applesauce Cup	1/2 Cup	51	2	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
Whole grain round personal pizza	1 Pizza	320	610	5	43	0	3.5
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, April 24						G Trans	
	Portion Size	Cals	Mg Sodium	G Fiber	G Carbs	Fat	G Sat Fat
Fruit & vanilla yogurt parfait	1 cup	215	73	1.6	46	0	0
Blueberry muffin square	1 - 2 oz muffin	160	125	1	26	0	0.5
Baby Carrots	1/2 Cup	25	0	2	6	0	0
Apple Slices	1/2 Cup Slices	29	1	1.4	8	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
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, April 25						G Trans	
	Portion Size	Cals	Mg Sodium	G Fiber	G Carbs	Fat	G Sat Fat
Barilla pasta	1/2 cup	95	5	3	20	0	0
Meatballs and Sauce	Cup of Sauce	275	425	3	14	0	6
Garlic toast	1 Slice	100	130	2	15	0	0
Broccoli Salad	1/2 Cup	72	120	1	6	0	0.75
Blueberry Cup (sub for strawberries) poor quality and high price)	1/2 Cup	40	1	2.2	9.4	0	0
Whole grain round personal pizza	1 Pizza	320	610	5	43	0	3.5
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, April 26	Portion Size	Cals	Mg Sodium	G Fiber	G Carbs	G Trans	
						Fat	G Sat Fat
Bbq chicken leg	1 leg	180	350	0	4	0	2.5
Corn bread square	about 2x2	170	90	1	29	0	0.5
BBQ Baked Beans	1/2 cup	119	140	5.2	26	0	0
Onion rings	5 rings	140	221	2	19	0	1
Watermelon Slice	1 Slice	23	9	0.5	5	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
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, April 27	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
Roasted Garbanzo Beans	1/2 Cup	140	200	6	19	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.