

Arlington School Lunch

Nutrition Information Week of June 18-June 22, 2018 (Elementary)

Monday, June 18						G Trans	
	Portion Size	Cals	Mg Sodium	G Fiber	G Carbs	Fat	G Sat Fat
Breaded pollock fish sticks(fish,wheat)	4 Pieces	200	310	1	17	0	1.5
WG Breadstick	1 Breadstick	110	220	3	21	0	0
Seasoned Green Beans	1/2 Cup	14	140	1.7	2.89	0	0
Melon	1 Slice	20	9	0.5	5	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
The Max Stuffed Crust Cheese Pizza	1 Slice	330	850	3	36	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, June 19						G Trans	
	Portion Size	Cals	Mg Sodium	G Fiber	G Carbs	Fat	G Sat Fat
1 wrap about 1/2 cup egg and 2 cheese	1 wrap	380	360	2	30	0	2
Hash Brown Patty	1 Patty	130	230	2	14	0	1
Blueberry Cup	1/2 Cup	40	1	2.2	9.4	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, June 20						G Trans	G Sat Fat
	Portion Size	Cals	Mg Sodium	G Fiber	G Carbs		
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
Cape cod RF Chips	.5 oz bag	65	55	0.5	9	3	0.5
Applesauce Cup	1/2 Cup	51	2	1	14	0	0
Melon	1 Slice	20	9	0.5	5	0	0
The Max Stuffed Crust Cheese Pizza	1 Slice	330	850	3	36	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, June 21						G Trans	G Sat Fat
	Portion Size	Cals	Mg Sodium	G Fiber	G Carbs		

Hamburger	1 patty	215	32	0	0	0	7.8
WG hamburger roll (wheat,soy)	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	150	125	3	19	0	2
Mixed Veggies	1/2 Cup	55	120	4	12	0	0
Dried cranberries - Craisins	1.16 oz bag	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
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, June 22	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
The Max Stuffed Crust Cheese Pizza	1 Slice	330	850	3	36	0	4.5
Whole grain round personal pizza	1 Pizza	320	610	5	43	0	3.5
Broccoli and Parmesan	1/2 Cup	44	88	2	6	0	0.5
Raisins	1.33 oz Box	120	5	2	29	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.