

Clovis Unified School District
ELEMENTARY MENU - Nutrition Facts - 2/1/2016

| <u>Entrée Items</u> | <u>Serving Size</u> | <u>Calories</u> | <u>Protein (gm)</u> | <u>Carbohydrate (gm)</u> | <u>Total Fat (gm)</u> | <u>Saturated Fat (gm)</u> |
|--|---------------------|-----------------|---------------------|--------------------------|-----------------------|---------------------------|
| Bean & Cheese Breakfast Burrito - Santa Fe | Each | 410 | 18 | 59 | 12 | 6 |
| Bean & Cheese Burrito - Senior Felix (lunch) | Each | 350 | 16 | 47 | 12 | 5 |
| Beef & Bean Burrito - El Monterey | Each | 310 | 16 | 37 | 12 | 4 |
| Breakfast Pizza w/Turkey Sausage | Each | 220 | 10 | 27 | 8 | 2 |
| Calzonettes - Pepperoni | 3 each | 340 | 24 | 34 | 13 | 6 |
| Caesar Salad w/Croutons & Dressing | Each | 311 | 18 | 19 | 18 | 4 |
| Cereal - average | Bowl | 107 | 1 | 23 | 1 | 0 |
| Cheeseburger on Bun | Each | 374 | 21 | 32 | 16 | 6 |
| Cheeseburger Sliders | 2 each | 310 | 16 | 33 | 12 | 6 |
| Cheese-filled Breadsticks w/Pizza Sauce Cup | 2 Each | 320 | 21 | 43 | 7 | 3 |
| Chicken Cool Ranch Wrap | 1 Each | 380 | 28 | 36 | 14 | 4 |
| Chicken Drumstick | Each | 190 | 16 | 5 | 11 | 3 |
| Chicken Nuggets | 5 Each | 180 | 13 | 14 | 8 | 1.5 |
| Chicken Alfredo w/Breadstick | Each | 442 | 30 | 43 | 17 | 9 |
| Chicken Patty Sandwich on Hamburger Bun | Each | 390 | 19 | 46 | 15 | 2 |
| Chicken Taquitos | 2 each | 210 | 9 | 27 | 8 | 1.5 |
| Cobb Salad w/Croutons & Dressing | Each | 364 | 21 | 19 | 23 | 5 |
| Corn Dog | Each | 240 | 9 | 30 | 8 | 3 |
| Deli Sandwich | Each | 468 | 26 | 46 | 20 | 6 |
| Egg /Ham/Cheese Bar | Each | 199 | 7 | 9 | 15 | 5 |
| French Toast Sticks | 4 Each | 307 | 6 | 45 | 13 | 3 |
| Honey Fire Chicken Rice Bowl | Each | 368 | 24 | 51 | 8 | 3 |
| Mini Maple Pancakes | Pkg | 230 | 5 | 40 | 7 | 1 |
| Nachos with Taco Meat & Cheese Sauce | Each | 469 | 22 | 46 | 22 | 9 |
| Orange Chicken Rice Bowl | Each | 337 | 16 | 56 | 5 | 1 |
| Pancake & Sausage on a Stick | Each | 180 | 8 | 18 | 8 | 2.5 |
| Pepperoni Pizza Pocket | Each | 300 | 17 | 32 | 12 | 5 |
| Rojo Bean & Cheese Flatbread | Each | 330 | 23 | 36 | 11 | 6 |
| Soft Pretzel w/Cheese Sauce | Each | 270 | 13 | 34 | 10 | 6 |
| Taco Boat | Each | 290 | 13 | 17 | 19 | 7 |
| Teriyaki Chicken Rice Bowl | Each | 329 | 24 | 41 | 8 | 3 |
| Turkey Gravy | 4 oz | 113 | 15 | 2 | 5 | 1 |

Figures are based on current nutrition information and recipes. Substitutions may occur and like products may not contain the same amount of nutrients.

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| <u>Side Items</u> | <u>Serving Size</u> | <u>Calories</u> | <u>Protein (gm)</u> | <u>Carbohydrate (gm)</u> | <u>Total Fat (gm)</u> | <u>Saturated Fat (gm)</u> |
|--|---------------------|-----------------|---------------------|--------------------------|-----------------------|---------------------------|
| Apple, Fresh | Each | 72 | 0 | 19 | 0 | 0 |
| Applesauce Cup | Each | 53 | 0 | 15 | 0 | 0 |
| Apricot Fruit Cup | 4.5oz | 110 | 1 | 25 | 0 | 0 |
| Baby Carrots | indv. bag | 25 | 1 | 6 | 0 | 0 |
| Banana, petite | Each | 72 | 1 | 19 | 0 | 0 |
| Baked Beans | 1/2 cup | 147 | 5 | 34 | 1 | 0 |
| Biscuit | 2oz | 210 | 4 | 27 | 10 | 9 |
| Cheese Sauce | 3 oz | 130 | 8 | 4 | 9 | 6 |
| Cookie, Holiday various shapes | Each | 160 | 2 | 21 | 8 | 1.5 |
| Corn | 1/2 cup | 67 | 2 | 16 | 1 | 0 |
| Corn & Black Beans | 1/2 cup | 102 | 6 | 20 | 1 | 0 |
| Dinner Roll | 1.1 oz | 91 | 2 | 16 | 2 | 0 |
| Green Beans | 1/2 cup | 15 | 1 | 3 | 0 | 0 |
| Green Salad | 1 cup | 35 | 1 | 1 | 3 | 0.5 |
| Hasbrowm - triangle potato | 2 Each | 196 | 2 | 24 | 10 | 1 |
| Juice, Apple, Mixed Berry or Orange | 4 oz | 56 or 60 | 1 | 14 | 0 | 0 |
| Frozen Juice Cup - Straw/Pom & Lemon Berry | Each | 70 | 0 | 19 | 0 | 0 |
| Mandarin | Each | 45 | 1 | 11 | 0 | 0 |
| Mashed Potatoes | 1/2 cup | 82 | 1 | 18 | 1 | 0 |
| Milk, Chocolate - Fat Free | 8 oz | 120 | 9 | 21 | 0 | 0 |
| Milk, White - 1% | 8 oz | 130 | 11 | 16 | 3 | 1.5 |
| Peach Fruit Cup | 4.4 oz | 80 | 1 | 19 | 0 | 0 |
| Potato Stix | 4 oz | 200 | 2 | 33 | 7 | 1 |
| Raisels - Sour Lemon or Watermelon | 1.5 oz | 130 or 140 | 1 | 35 | 0 | 0 |
| Raisins | 1.3oz | 113 | 1 | 30 | 0.17 | 0.02 |
| Rice Krispies Treat - Mini | Each | 50 | 0 | 9 | 1 | 0 |
| SMART Snacks - various themes | 1 pkg | 100 | 2 | 18 | 3 | 1 |
| Soy Milk | 8oz | 100 | 5 | 13 | 2 | 0 |
| Strawberry Fruit Cup | 4.5 oz | 90 | 1 | 22 | 0 | 0 |
| String Cheese | 1 oz | 86 | 7 | 1 | 6 | 4 |
| Sunrise Bites | 1 pkg | 114 | 2 | 20 | 4 | 1 |
| Yogurt, Strawberry | 4oz | 80 | 4 | 16 | 0 | 0 |

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