

Valparaiso Community Schools 2016-2017 Lunch Nutrition- Elementary

Food and Nutrition Services

BLUE WEEK LUNCH

Food Items	Item Code	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Fiber (g)	Sodium (mg)	Common Allergens Present	Gluten Free?
MONDAY										
Popcorn Chicken	327120	11 each	230	12	2.5	14	2	350	Wheat, Soy	N
Mashed Potatoes	613738	1/2 cup	78	1	0	15	1	365	Milk,	Y
Corn	610782	1/4 cup	35	0.25	0	8	1	0	No known allergens	Y
Cheese Shred	150250	1/2 oz	55	4.5	3	0.5	0	105	Milk	Y
Apple Slices	742300	1/2 cup	36	0	0	9.5	1.6	0	No known allergens	Y
Tru-Moo Choc Fat-Free Milk		1 each	120	0		20	0	125	Milk	Y
1% Lowfat White- Dean's		1 each	110	2.5		13	0	130	Milk	Y
Fat-Free White- Dean's		1 each	90	0		13	0	130	Milk	Y

TUESDAY

Sliver Dollar Pancakes	669440	9 each	160	2	0	32	4	360	Egg, Milk, Soy, Wheat	N
Sausage Links- turkey	352740	2	120	8	2	0	0	200	No known allergens; GLUTEN FREE	Y
Hash Brown	141520	1 each	110	5.5	1	14.5	1.5	225	No known allergens	Y
Fruitable- Reg	272122	1 each	60	0	0	14	0	15	No Known allergens	Y
Grapes	280895	1/2 cup	56	0	0	15	0.6	1	No known allergens	Y
Syrup	160090	1 each	120	0	0	31	0	0	No known allergens	Y
Low-Sod Ketchup	634610	2 each	20	0	0	0	0	50	No known allergens	Y
Tru-Moo Choc Fat-Free Milk		1 each	120	0		20	0	125	Milk	Y
1% Lowfat White- Dean's		1 each	110	2.5		13	0	130	Milk	Y
Fat-Free White- Dean's		1 each	90	0		13	0	130	Milk	Y

WEDNESDAY

Chicken Sandwich	NK 79	1 each	343	11	1.5	33.3	5.4	458	Soy, Wheat	N
Sugar Snap Peas	778214	1/4 cup	6.3	0	0	1.3	0.5	0	No known allergens	Y
Celery	781592	1/2 cup	7.5	0	0	2	1	50	No known allergens	Y
Peaches	256760	1/2 cup	70	0	0	17	1	10	No known allergens	Y
Lite Ranch Dressing	499521	1 each	70	6	0	5	n/a	125	Milk, Eggs	Y

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BLUE WEEK LUNCH

Food Items	Item Code	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Fiber (g)	Sodium (mg)	Common Allergens Present	Gluten Free?
Tru-Moo Choc Fat-Free Milk		1 each	120	0		20	0	125	Milk	Y
1% Lowfat White- Dean's		1 each	110	2.5		13	0	130	Milk	Y
Fat-Free White- Dean's		1 each	90	0		13	0	130	Milk	Y

THURSDAY

Deli Turkey Sub	NK72	1 half	248	4.4	2.2	27.5	2	892	Milk, Egg, Wheat	N
Lettuce Shred	451730	1/4 cup	0	0	0	0	0	0	No known allergens	Y
Sliced Tomato	199036	1/4 cup	4	0	0	1	0	1	No known allergens	Y
Sun Chips	105260	1 each	140	6	1	18	2	210	Wheat, Milk	N
Sweet & Spicy Baked Beans	NK 37	1/2 cup	130	0	0	30.4	4.2	583	No known allergens, vegetarian	Y
Orange Smiles	198021	1/2 cup	80	0	0	21	7	0	No known allergens	Y
Mayo- Lite packet	188741	1 each	50	4.5	0.5	2	0	70	Egg	Y
Tru-Moo Choc Fat-Free Milk		1 each	120	0		20	0	125	Milk	Y
1% Lowfat White- Dean's		1 each	110	2.5		13	0	130	Milk	Y
Fat-Free White- Dean's		1 each	90	0		13	0	130	Milk	Y

FRIDAY

Big Dadday Cheese Pizza	236581	1 slice	320	13	6	34	3	500	Milk, Wheat, Soy	N
Broccoli- Fresh	732451	1/2 cup	19	0	0	3.9	1.3	19.3	No known allergens	Y
Carrots- Fresh	510637	1/2 cup	52	0	0	12	4	88	No known allergens	Y
Fruit										
Lite Ranch Dressing	499521	1 each	70	6	0	5	n/a	125	Milk, Eggs	Y
Tru-Moo Choc Fat-Free Milk		1 each	120	0		20	0	125	Milk	Y
1% Lowfat White- Dean's		1 each	110	2.5		13	0	130	Milk	Y
Fat-Free White- Dean's		1 each	90	0		13	0	130	Milk	Y

Peanut Butter Jelly Uncrustable	516761	1 each	630	33	7	64	6	630	Peanuts, Wheat	N
Yogurt Combo	NK 89	1 bag	340	9.5	3.5	55	3	330	Milk, Wheat, Soy, Tree Nut	N

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Valparaiso Community Schools 2016-2017 Lunch Nutrition-Elementary

Food and Nutrition Services

GREEN WEEK LUNCH

Food Items	Item Code	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Fiber (g)	Sodium (mg)	Common Allergens Present	Gluten Free?
MONDAY										
Pork BBQ Sandwich	NK 150	1 each	420	18.6	6	38	2	374	Wheat	N
Crispy Cube Potatoes	504122	1/2 cup	130	6	2	18	2	270	Wheat	
Pickle Spear	107352	2	0	0	0	1	0	280	No known allergens	Y
Pears	610364	1/2 cup	60	0	0	14	2	5	No known allergens	Y
Mini Rice Krispie Treat	565002	1 each	50	1	0	9	0	45	Milk, Soy	Y
Low-Sod Ketchup	634610	2 each	20	0	0	0	0	50	No known allergens	Y
Tru-Moo Choc Fat-Free Milk		1 each	120	0		20	0	125	Milk	Y
1% Lowfat White- Dean's		1 each	110	2.5		13	0	130	Milk	Y
Fat-Free White- Dean's		1 each	90	0		13	0	130	Milk	Y

TUESDAY

Smackers	536620	5 each	135	6.5	1.5	10	1.5	295	Milk, Soy, Wheat	N
Belgian Waffle Sticks	152221	2 each	140	2	0	27	2	250	Milk, Soy, Eggs, Wheat	N
Fruitable- 6 oz	460612	1 each	90	0	0	22	n/a	20	No known allergens	
Apple Slices	742300	1/2 cup	36	0	0	9.5	1.6	0	No known allergens	Y
Low-Sod Ketchup	634610	2 each	20	0	0	0	0	50	No known allergens	Y
Syrup	160090	1 each	120	0	0	31	0	0	No known allergens	Y
Tru-Moo Choc Fat-Free Milk		1 each	120	0		20	0	125	Milk	Y
1% Lowfat White- Dean's		1 each	110	2.5		13	0	130	Milk	Y
Fat-Free White- Dean's		1 each	90	0		13	0	130	Milk	Y

WEDNESDAY

Taco Meat	722330	3.2 oz	111	5	1.8	5	2	292	Soy	Y
Cheese	135261	1.0 oz	43	3	2	1.3	0	183	Milk, Soy	Y
Refried Beans	183910	1/2 cup	144	1	1	25	8	525	No known allergens	Y
Chips	163020	1 oz	150	6	1	21	2	75	No known allergens	Y
Pineapple & Mango	NK 147	1/2 cup	70	0	0	19	1	1	No known allergens	Y
Salsa	452841	1/2 cup	40	0	0	8	4	280	No known allergens	Y

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GREEN WEEK LUNCH

Food Items	Item Code	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Fiber (g)	Sodium (mg)	Common Allergens Present	Gluten Free?
Tru-Moo Choc Fat-Free Milk		1 each	120	0		20	0	125	Milk	Y
1% Lowfat White- Dean's		1 each	110	2.5		13	0	130	Milk	Y
Fat-Free White- Dean's		1 each	90	0		13	0	130	Milk	Y

THURSDAY

Chicken Drumstick	603391	1 pcs	190	11	2.5	5	1	450	Wheat	N
Seasoned Wedges	574902	1/2 cup	110	5	1.5	14	2	260	Wheat	N
Peaches	256760	1/2 cup	50	0	0	14	1	5	No known allergens	Y
Fresh Broccoli	732451	1/2 cup	15	0.2	0	3	1.1	14.5	No known allergens	Y
WG Roll	AM 4372	1 each	100	1.5	0	19	2	125	Wheat	N
Lite Ranch Dressing	499521	1 each	70	6	0	5	n/a	125	Milk, Eggs	Y
Low-Sod Ketchup	634610	2 each	20	0	0	0	0	50	No known allergens	Y
Tru-Moo Choc Fat-Free Milk		1 each	120	0		20	0	125	Milk	Y
1% Lowfat White- Dean's		1 each	110	2.5		13	0	130	Milk	Y
Fat-Free White- Dean's		1 each	90	0		13	0	130	Milk	Y

FRIDAY

Pizza Crunchers	143271	4 each	420	20	9	41	5	790	Milk, Wheat	N
Garden Salad- (1/4c ro)	NK 1	1 cup	27	0	0	6	2	25	No known allergens	Y
Fruit										
Lite Ranch Dressing	499521	1 each	70	6	0	5	n/a	125	Milk, Eggs	Y
Tru-Moo Choc Fat-Free Milk		1 each	120	0		20	0	125	Milk	Y
1% Lowfat White- Dean's		1 each	110	2.5		13	0	130	Milk	Y
Fat-Free White- Dean's		1 each	90	0		13	0	130	Milk	Y

Peanut Butter Jelly Uncrustable	516761	1 each	630	33	7	64	6	630	Peanuts, Wheat	N
Yogurt Combo	NK 89	1 bag	340	9.5	3.5	55	3	330	Milk, Wheat, Soy, Tree Nut	N

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Valparaiso Community Schools 2016-2017 Lunch Nutrition- Elementary

Food and Nutrition Services

RED WEEK LUNCH

Food Items	Item Code	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Fiber (g)	Sodium (mg)	Common Allergens Present	Gluten Free?
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MONDAY

Tangerine Chicken	791710	1/2 cup 3.9oz	190	4	1	25	2	380	Egg, Soy, Wheat	N
Brown Rice Pilaf	NK 108	1/2 cup	131	0.6	0	27.8	1	281	No known allergens	Y
Broccoli- Steamed	610871	3/4 cup	22	0	0	4	2	22	Milk	Y
Mandarin Oranges	612448	1/2 cup	52	0	0	13	1	7	No known allergens	Y
Fortune Cookies	591173	1 each	37	0.3	0.2	8	0	0	please check box until further notice	
Tru-Moo Choc Fat-Free Milk		1 each	120	0		20	0	125	Milk	Y
1% Lowfat White- Dean's		1 each	110	2.5		13	0	130	Milk	Y
Fat-Free White- Dean's		1 each	90	0		13	0	130	Milk	Y

TUESDAY

French Toast	646222	3 each	151	3.7	1.1	22	2.4	265	Milk, Eggs, Soy, Wheat	N
Hash Brown	141520	1 each	110	5.5	0.75	14.5	1.5	225	No known allergens	Y
Fruitable- Reg	272122	1 each	60	0	0	14	0	15	No known allergens	Y
Frozen Strawberries	293393	1/2 cup	100	0	0	25	1.3	0	No known allergens	Y
Whip	330442	2 teas	8	0.7	0.7	0.7	0	0	No known allergens	Y
Syrup	160090	1 each	120	0	0	31	0	0	No known allergens	Y
Low-Sod Ketchup	634610	2 each	20	0	0	0	0	50	No known allergens	Y
Tru-Moo Choc Fat-Free Milk		1 each	120	0		20	0	125	Milk	Y
1% Lowfat White- Dean's		1 each	110	2.5		13	0	130	Milk	Y
Fat-Free White- Dean's		1 each	90	0		13	0	130	Milk	Y

WEDNESDAY

Chicken Tenders	533830	3 each	240	10.5	3	13.5	1.5	375	Soy, Wheat	N
Biscuit	504076	1 each	200	8	4.5	29	1	600	Wheat, Milk, Soy, Egg	N
Sweet & Spicy Baked Beans	NK 37	1/2 cup	130	0	0	30.4	4.2	583	No known allergens, vegetarian	Y
Cucumbers	198587	1/4 cup	2	0	0	0.5	0	0	No known allergens	Y

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RED WEEK LUNCH

Food Items	Item Code	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Fiber (g)	Sodium (mg)	Common Allergens Present	Gluten Free?
Peaches	256760	1/2 cup	50	0	0	14	1	5	No known allergens	Y
Tru-Moo Choc Fat-Free Milk		1 each	120	0		20	0	125	Milk	Y
1% Lowfat White- Dean's		1 each	110	2.5		13	0	130	Milk	Y
Fat-Free White- Dean's		1 each	90	0		13	0	130	Milk	Y

THURSDAY

Hot Dog- Beef	NK 81	1 each	280	17.7	6	21.6	2	692	Wheat	N
Potato Smiles	228818	1/2 cup	130	5	1	20	2	180	No known allergens	Y
Pickle Spear	107352	2	0	0	0	1	0	280	No known allergens	Y
Banana	197769	1 each	105	0.4	0.1	27	3.1	1.2	No known allergens	Y
Low-Sod Ketchup	634610	2 each	20	0	0	0	0	50	No known allergens	Y
Mustard	109908	1 each	0	0	0	0	0	65	No known allergens	Y
Tru-Moo Choc Fat-Free Milk		1 each	120	0		20	0	125	Milk	Y
1% Lowfat White- Dean's		1 each	110	2.5		13	0	130	Milk	Y
Fat-Free White- Dean's		1 each	90	0		13	0	130	Milk	Y

FRIDAY

Dominos- 8 cut		1 slice	260	7	3.5	29	3	540	Milk, Soy, Wheat	N
Veggie Cup	NK 111	3/4 cup	27	0	0	6	2	52.5	No known allergens	Y
Fruit										
Lite Ranch Dressing	499521	1 each	70	6	0	5	n/a	125	Milk, Eggs	Y
Tru-Moo Choc Fat-Free Milk		1 each	120	0		20	0	125	Milk	Y
1% Lowfat White- Dean's		1 each	110	2.5		13	0	130	Milk	Y
Fat-Free White- Dean's		1 each	90	0		13	0	130	Milk	Y

Peanut Butter Jelly Uncrustable	516761	1 each	630	33	7	64	6	630	Peanuts, Wheat	N
Yogurt Combo	NK 89	1 bag	340	9.5	3.5	55	3	330	Milk, Wheat, Soy, Tree Nut	N

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Valparaiso Community Schools 2016-2017 Breakfast Nutrition

Food and Nutrition Services

BREAKFAST										
Food Items	Item Code	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Fiber (g)	Sodium (mg)	Common Allergens Present	Gluten Free?
Cinnamon Roll	865440	1 each	230	7	2	37	2	250	Wheat, Eggs, Soy, Milk	N
UBR	129001	1 each	270	8	3	44	6.1	190	Wheat, Milk, Egg, Soy	N
Breakfast Pizza	160432	1 each	220	8	2	27	3	460	Milk, Wheat, Soy	N
Dutch Waffle w/ powdered sugar	607351	1 each	300	13	3	43	3	350	Wheat, Milk, Egg, Soy	N
Blueberry Muffin	262370	1 each	200	7	1.5	32	2	140	Wheat, Eggs, Soy	N
Cheese Stick	786801	1 pkg	80	6	2	1	0	210	Milk	Y
GM Lucky Charms	265811	1 bowl	100	1	0	23	2	180	No known allergens	Y
GM Honey Nut Cheerios	509396	1 bowl	110	1.5	0	22	2	160	Tree Nuts	Y
GM Golden Grahams	509434	1 bowl	100	1	0	24	1	220	Wheat	N
100% Apple Juice	118921	1 each	50	0	0	13	0	10	No known allergens	Y
100% Grape Juice	118940	1 each	80	0	0	19	0	20	No known allergens	Y
100% Orange Juice	118930	1 each	60	0	0	13	0	0	No known allergens	Y
Tru-Moo Choc Fat-Free Milk		1 each	120	0		20	0	125	Milk	Y
1% Lowfat White- Dean's		1 each	110	2.5		13	0	130	Milk	Y
Fat-Free White- Dean's (blue)		1 each	90	0		13	0	130	Milk	Y

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