

Stanwood Camano School District #401
Elementary Lunch Nutritional/Allergy Breakdown**

Nutrition Information for Elementary Lunch Items										Allergen Info for Elementary Lunch Items							
Lunch Items	Serving Size	Calories per Serv.	Protein (g)	Carbs (g)	Sugars (g)	Total Fat (g)	Saturated Fat (g)	Sodium (mg)	Fiber (g)	Peanuts	Tree Nuts	Milk	Eggs	Soy	Wheat	Fish	Shellfish
ENTREES & SIDES										ENTREES & SIDES							
Baked Beans	1/3 cup	76	3	17		<1	<1	272	3								
Breadstick - Cheese Stuffed	2 each	320	18	33	4	14	6	610	1			X	X	X	X		
Burrito - Bean and Cheese	1 each	310	16	40	4	9	4	580	9			X		X	X		
Cheese Omelet	1 each	130	7	2	1	11	3.5	260	0			X	X	X			
Cheese Quesadilla	1 each	331	21	29	1	15	8	500	3			X			X		
Chicken Burger on a WG Bun	1 each	326	24	47		26	5	738	1.83				X	X	X		
Chicken - Cherry Blossom	3.9 oz	160	15	18	13	3	3	100	0				x	x	x		
Chicken Drumstick	1 each	160	16	2	0	10	2.5	320	0								
Chicken Nuggets	5 each	180	15	13		10	2	533	2			X	X	X	X		
Chicken - Orange	3.6 oz	150	11	19	10	3	0.5	280	0				x	x	x		
Chicken Patty	1 each	180	14	9	0	12	2	250	1			x		x	x		
Chicken Sweet & Sour	3.6 oz	140	11	18	9	3	0.5	200	0				X	X	X		
Cheesy Cornbread Muffin	1 each	190	5	30	8	7	1.5	260	0			x	x		x		
Chili - Veggie	4 oz	158	9.6	27.7	3.2	1.5	0.3	544	8.6								
Chips - Tortilla	2 oz.	140	2	18	0	7	1	75	2								
Colby Jack Cheese Stick	1 each	110	7	0	0	9	6	200	0			x					
Corn Dog - Chicken	1 each	280	10	27	9	14	4	700	1				X	X	X		
Fish Nuggets	4 pieces	220	14	20	1	9	1.5	240	2					X	X	X	
Fishwich - Breaded (Fish Only)	1 each	180	14	14	0	8	1.5	280	2					x	x	x	
French Fries	3 oz.	120	2	19	0	4.5	1.5	30	2					x			
Fries - Wedge Cut	3 oz.	130	2	18	1	6	1.5	280	1						x		
Fruit Snacks	1 pkg	80	1	19	15	0	0	10	0								
Goldfish Snack Crackers	1 pkg	100	3	14	0	3.5	1	170	1			x	x	x	x		
Grilled Cheese Sandwich	1 each	280	19	31	6	10	6	581	3			X		X	X		
Hamburger Patty	1 each	130	12	1	0	8	3.5	85	0					X			
Hot Dog - Turkey	1 each	120	7	4	2	9	3	630	0								
Macaroni and Cheese	6 oz.	300	16	36	4	15	8.1	758	2			X		x	X		
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ENTREES & SIDES										ENTREES & SIDES							
Marinara Sauce	1/2 cup	110	2	14	11	4.5	0.5	700	0					X			
Mashed Potatoes	1/2 cup	60	1	13	0	0	0	20	1			X		X			
Macho Nachos (Cheese, Meat & Chips)	1 serv.	399	19	23.5	0	26	7.5	380	2			X		X			
Nacho Cheese Sauce	1/4 Cup	80	3	2		6	2.5	450	0			x					
Omelet	1 each	110	8	1	0	8	3	210	3			x	x	x			
Pizza Deep Dish (Cheese)	1 each	280	15	26	8	12	6	410	3			x		x	x		
Pizza WG Cheese	1 Slice	320	18.5	29.5		15	6.25	500	3			X		X	X		
Pizza WG Pepperoni	1 slice	320	18.5	29.5		15	3.25	550	3			X		X	X		
Pulled BBQ Pork w/Honey BBQ	3 oz.	140	14	14	12	2	0.2	660	0								
Ravioli Mini Cheese	2.17 oz	120	8	15	1	3	1.5	200	1			X		X	X		
Rice - Brown	1/2 cup	120	2	17.5	0	1.5	0	0	1								
Sloppy Joe (meat & sauce only)	1 each	145	13	10	8	6	2.2	417	2					X			
Smashed Meatball Sand (no bun)	1 serv.	158	12.5	7.5	3	9	3.8	260	0			x	x	x	x		
String Cheese - Mozerella	1 oz.	80	7	1	0	6	3.5	210	0			X					
Sunflower Seeds Honey Roasted	1 pkg	170	5	4	<1	14	1.5	110	2								
Taco Meat	3 oz.	179	14	3.5	0	13	4	285	0					x	x		
Tater Tots or Hash Brown Nuggets	3 oz.	170	2	19	0	10	2.5	340	2					x			
Teriyaki Beef Dippers	4 each	160	14	6	4	8	3.5	440	1					x	x		
Tomato Soup Healthy Request	1 cup	90	2	17	10	1.5	0.5	700	1					x			
Turkey Gravy	4 oz	120	16	2	0	6	2	450	0					x			
GRAINS AND BREADS										GRAINS & BREADS							
Bagel 51% WG	1	170	7	33	2	1.5	0	270	3						x		
Bread Stick 51% WG	1	90	3	14	1	2.5	0	120	1			x	x	x	x		
Brownie	1	160	2	32	18	3.5	1.5	180	2				x	x	x		
Cornbread WG	1	198	2.6	32	15	6.5	0.9	140	2.2			x	x	x	x		
Dinner Roll - Wheat 51% WG	1	150	4	28	6	3.5	0	220	3					x	X		
Hamburger Bun 51% WW	1	120	8	22	2	1	0	170	2						X		
Hoagie Roll 51% WG	1	160	7	29	3	1.5	0	210	3						x		
Hot Dog Bun 51% WW	1	140	7	27	2	1.5	0	190	3						x		

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CHILLED ITEMS										CHILLED ITEMS							
Potato Salad	1/2 cup	220	2	27	7	12	2	550	3				x	x			
Yami Yogurt Kool Key lime	4 oz.	130	3	18	15	5	3.5	50	0			x					
Yami Yogurt Peaches n Cream	4oz	130	4	18	15	5	3	45	0			x					
Yami Yogurt Vanilla Cream	4 oz.	140	3	19	16	5	3	50	0			x					
Yami Yogurt Orange Cream	4 oz.	130	3	18	14	5	3.5	50	0			x					
Yami Yogurt Raspberries n Cream	4 oz.	130	4	18	15	5	3	45	0			x					
Yami Yogurt Strawberry	4 oz.	100	4	19	15	1.5	1	50	0			x					
Yami Yogurt Strawberries n Cream	4 oz	130	4	18	14	5	3.5	45	0			x					
Yami Yogurt Strawberry Banana	4 oz	160	6	29	22	2	1	90	0			x					
1% White Milk	8 oz.	110	9	13	12	2.5	1.5	130	0			X					
Chocolate Nonfat Milk	8 oz.	130	8	24	22	0	0	210	0			X					
CONDIMENTS										CONDIMENTS							
BBQ Sauce	2 Tbs	60	0	14	12	0	0	490	0								
Ketchup	1 Tbs	20	0	4	4	0	0	50	0								
Marinara Sauce	1/2 cup	60	3	7	4	2	0	370	0								
Mayonaise	1 Tbs	80	0	0	0	9	0	65	0				x	x			
Ranch	1 oz.	87	0.46	2.14		9.57	1.42	141	0.02			X					
<p>**The nutrition and allergy information is taken directly from manufacturer's labels and databases and is subject to change. Stanwood Camano School district does not guarantee the accuracy of the information and provides it solely for your convenience. For more information please contact Kjersti Sundberg, Food Services Secretary, at 360-629-1411 or by email at ksundberg@stanwood.wednet.edu</p>																	