



Stamford Elementary Schools Menu Nutrition Information



Menu Item	Serving Size	Calories	Protein (g)	Carbs (g)	Fat (g)	Sat Fat (g)	Fiber (g)	Iron (%DV)	Sodium (mg)
Apple Slices	1 Package	30	0.24	8.00	0.00	0.02	2.00	0	0
Apple, fresh, small	1 Each	72	0.36	19.06	0.00	0.03	3.00	0	0
Applesauce	1/2 cup	50	0.00	13.00	0.00	0.00	2.00	0	25
Baby Carrots	1/2 cup/ 1 package	30	1.00	7.00	0.50	0.00	2.00	4	66
Bagel w/ Yogurt Fun Lunch	1 Lunch	381	18.72	55.60	8.56	5.01	1.50	13	604
Bagel, 2.5 oz each	1 Bagel	168	6.22	34.19	0.93	0.00	1.50	5	230
Baked Ziti	1 Cup	448	19.15	56.81	16.58	5.81	7.54	15	1090
Banana, small	1 Each	90	1.10	23.07	0.33	0.11	3.00	1	1
Bosco Sticks	2 Sticks	360	24.00	56.00	4.00	4.00	4.00	16	320
Broccoli Salad	1/2 Cup	154	1.76	31.05	3.67	0.61	4.00	5	135
Broccoli, cooked (includes seasoned)	1/2 Cup	26	2.85	4.92	0.11	0.01	3.00	3	32
Brown Gravy (beef)	1/4 Cup	25	0.00	5.00	0.50	0.00	0.00	0	270
Carrot Coins/ Carrots, cooked	1/2 Cup	27	0.42	5.64	0.50	0.09	2.00	1	45
Cheeseburger	1 Each	373	19.08	37.00	22.73	9.87	1.67	20	699
Cheesy Rotini w/ Barilla Plus	1 Cup	373	18.74	50.87	11.68	3.60	8.49	21	971
Cheesy Toast	1 Piece	100	6.00	13.03	2.63	1.55	0.50	4	226
Chef Salad Platter (w/ roll)	1 Salad	372	24.11	27.86	18.37	6.97	24.11	17	957
Chicken & Cheese Quesadilla	1 Each	370	16.42	39.44	15.65	3.13	2.17	15	965
Chicken Caesar Wrap	1 Wrap	486	23.78	54.24	18.61	4.26	3.52	23	887
Chicken Enchilada Pie	1 Piece	454	31.26	43.10	16.37	5.95	2.40	13	927
Chicken Fajitas	1 Fajita	351	27.45	24.46	15.80	3.28	1.99	15	406
Chicken Nuggets, whole grain	5 Each	217	14.05	11.00	13.00	3.00	1.52	9	471
Chicken Salad Platter (w/ roll)	1 Salad	306	20.85	30.94	10.34	2.17	2.34	6	255
Chicken Salad Sandwich	1 Sandwich	290	21.90	28.29	15.86	3.52	4.20	14	550
Confetti Coleslaw	1/2 cup	87	1.04	8.87	5.54	0.71	2.11	2	197
Corn, cooked	1/2 cup	66	2.00	16.00	1.00	0.00	2.00	2	1
Crispy Seasoned Chicken Tenders	3 pieces	405	28.50	22.50	21.00	3.00	0.00	6	1020
Cucumber Salad	1/2 Cup	94	0.52	3.09	9.19	1.33	0.58	1	52
Egg Salad Platter (w/ roll)	1 Platter	226	18.48	19.51	8.55	0.59	3.43	10	227
Egg Salad Sandwich on Wheat	1 Sandwich	262	12.40	29.70	11.40	2.85	4.80	16	492
Fiesta Rice	1/2 Cup	114	1.76	23.22	1.44	0.23	0.37	8	43
Fish Sticks	3 Sticks	190	11.00	14.00	9.00	1.50	0.00	4	230
French Toast Sticks, whole grain	2 Sticks	250	11.00	43.00	5.00	1.50	4.00	15	420
Fruit Cocktail, canned	1/2 Cup	80	1.00	18.00	0.00	0.00	1.00	0	5
Garden Salad Platter w/ Egg	1 Platter	119	8.80	8.97	5.87	1.71	3.60	10	87
Garlic Bread	1 Piece	71	2.00	13.00	1.20	0.25	0.50	4	140
Glazed Carrots	1/2 Cup	89	0.66	12.63	4.29	1.28	1.46	4	225
Green Beans, cooked (includes seasoned)	1/2 Cup	19	1.00	4.50	0.00	0.00	2.00	3	1
Ham & Cheese on a Bagel	1 Bagel Sandwich	463	31.07	62.80	8.78	2.33	3.39	28	1060
Hamburger	1 Each	359	21.82	35.00	13.75	4.01	1.67	20	417
Hash Brown Patty	1 Patty	63	1.00	8.00	3.00	1.00	1.00	2	10
Hot Dog on a Whole Wheat Bun	1 Hotdog	251	11.75	22.47	12.23	3.85	1.16	13	1049
House-Made Fruit Topping (Strawberry)	1/2 Cup	94	0.14	21.24	1.23	0.21	0.62	2	10
Italian Hoagie	1 Sandwich	466	24.62	41.83	21.82	9.51	2.62	18	1630
Juice, assorted	4 oz.	60	0.47	14.63	0.00	0.00	0.00	0	5
Junior Ham & Cheese Sub w/ Lettuce & Tomato	1 Sandwich	257	14.07	24.64	11.05	4.77	1.51	10	1020
Ketchup	1 Tbsp	15	0.00	4.00	0.00	0.00	0.00	0	180



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Mac-n-Cheese	1 Cup	313	15.98	11.26	22.53	12.08	0.46	3	908
Marinara Sauce	1/2 Cup	50	2.00	10.00	1.00	0.00	2.00	6	480
Mashed Potatoes	1/2 Cup	80	2.00	17.00	1.00	0.00	1.00	2	310
Meatball Grinder	1 Sandwich	393	16.04	42.00	16.97	7.51	2.35	24	1149
Meatballs in Marinara Sauce	5 Meatballs	295	15.14	17.90	19.84	5.20	4.31	11	714
Mega Noodle Soup	8 oz.	90	3.00	15.00	2.00	0.50	1.00	4	480
Mexicali corn	1/2 Cup	46	1.35	7.91	1.59	0.16	1.26	2	8
Milk, 1%	8 oz.	102	8.00	13.00	2.00	2.00	0.00	0	107
Milk, Chocolate, 1/2%	8 oz.	190	8.00	34.00	1.50	1.00	0.00	0	230
Milk, skim	8 oz.	83	8.00	12.00	0.00	0.00	0.00	0	103
Orange, small, fresh	1 Orange	65	1.00	16.00	0.00	0.00	3.00	1	0
Oven Roasted Vegetables	1/2 Cup	28	0.81	3.90	0.60	0.55	1.46	2	29
Pancakes	3 Pancakes	230	5.00	40.00	6.00	1.00	3.00	8	380
Pasta (Barilla PLUS) w/ Marinara	1 Cup	260	12.00	48.00	3.00	0.00	6.00	21	543
Pasta (Barilla PLUS) w/ Meat Sauce	3/4 Cup	323	18.74	44.92	7.90	2.31	5.82	26	676
Peaches, canned, juice packed	1/2 Cup	70	0.00	17.00	0.00	0.00	1.00	0	10
Pear, small, fresh	1 Piece	86	1.00	23.00	0.00	0.00	5.00	1	1
Pears, canned, juice packed	1/2 Cup	62	0.50	16.00	0.00	0.00	2.00	2	5
Peas, cooked	1/2 Cup	62	4.00	11.00	0.00	0.00	4.00	7	58
Penne Alfredo w/ Chicken and Broccoli	2 Cups	467	30.85	55.19	13.20	4.27	4.47	21	709
Pineapple Chunks in Natural Juice	1/2 Cup	70	0.00	17.00	0.00	0.00	1.00	4	10
Pizza, Cheese	1 Slice	330	17.00	32.00	11.00	4.00	2.00	14	890
Pizza, pepperoni	1 Slice	330	18.00	34.00	13.00	4.50	2.00	15	780
Potato Gems, "tots"	1/2 Cup	150	2.00	22.00	7.00	1.00	2.00	3	379
Rib-a-que on a bun	1 Sandwich	339	20.62	48.25	8.97	2.26	3.41	4	1024
Rice, brown (includes seasoned)	1/2 Cup	108	2.50	22.50	1.00	0.00	2.00	3	5
Rice, white (includes seasoned)	1/2 Cup	92	1.69	20.24	0.15	0.04	3.40	8	3
Roasted Carrot "fries"	1/2 Cup	44	0.82	8.08	1.32	0.11	2.33	1	56
Roasted Potato Wedges	1/2 Cup	141	3.40	28.78	1.81	0.29	2.99	8	14
Roasted Turkey with gravy	3 oz w/ 1/4 c gravy	169	26.00	4.00	4.50	1.40	0.00	8	360
Salsa	1/2 Cup	20	0.00	4.00	0.00	0.00	0.00	0	150
Scrambled Eggs w/ Cheese	1/4 Cup	116	9.33	1.48	8.08	3.50	0.00	6	189
Seasoned Corn	1/2 Cup	91	2.67	15.78	3.16	0.31	2.28	3	12
Sloppy Joe on a bun	1 Sandwich	360	22.71	37.63	12.78	4.65	2.02	21	512
Soft Flour Tortilla, 8"	1 Tortilla	140	4.00	22.00	3.00	1.50	1.00	8	320
Spinach Salad	1 Cup	49	0.57	1.84	4.62	0.64	0.80	3	9
Tacos (8" soft flour tortilla)	1 Soft Shell Taco	378	29.51	29.27	15.02	0.87	2.28	28	1071
Tacos, twin, beef	2 Each	386	25.03	21.13	21.83	8.19	1.87	17	970
Three Cheese Platter	1 Platter	173	18.16	6.77	10.12	6.12	2.07	5	345
Toasted Cheese Sandwich on Wheat	1 Sandwich	381	16.92	27.43	23.46	12.17	3.92	11	1133
Toasted Ham & Mozzarella on Wheat	1 Sandwich	240	17.65	26.81	7.60	3.56	3.86	11	771
Tomato Soup	8 oz.	90	2.00	20.00	0.00	0.00	1.00	4	480
Tossed Salad	1/2 cup	10	0.51	2.08	0.12	0.02	0.72	2	6
Tuna Salad Platter (w/ crackers)	1 Platter	603	31.92	27.96	40.88	13.97	4.23	20	1499
Tuna Salad Sandwich on wheat	1 Sandwich	287	20.35	31.35	9.38	1.47	4.21	15	756
Turkey & Cheese on a small kaiser roll	1 Sandwich	280	16.92	35.71	6.75	3.39	2.42	16	992
Turkey Club Salad Platter w/ croutons	1 Platter	481	36.66	22.02	27.19	11.70	2.67	18	974



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Turkey Gravy	1/4 cup	25	1.00	4.00	0.50	0.00	0.00	0	300
Turkey Sausage Links	2 Links	184	18.72	0.48	13.50	3.30	3.30	8	366
Turkey Sausage Patties	1 Patty	49	4.99	0.13	13.50	0.80	0.00	4	98
Vegetable Pasta Salad	1/2 Cup	150	4.64	17.31	7.39	0.94	2.81	7	135
Vegetarian Tostado with Cheese	1 Tostado	283	14.26	37.67	9.27	4.96	9.95	20	619
Veggie Sticks (carrots & celery)	6-8 sticks	17	0.75	3.75	0.00	0.00	1.50	1	42
Waffle Sticks	4 Sticks	280	6.00	56.00	4.00	0.00	2.00	20	740
Whole Wheat Bagel Half	1/2 Bagel	155	5.50	31.50	0.50	0.00	2.00	10	370
Whole Wheat Cheese Dunkers	2 Sticks	411	20.87	52.89	12.21	6.49	4.01	20	1502
Whole Wheat Dinner Roll	1 Roll	90	4.00	17.00	1.50	0.00	2.00	10	220



Disclaimer: All Entrees are served with fruit, vegetable and a choice of milk. Nutrient values do not include these meal accompaniments. Nutrient values have been determined using approved software comprised of common foods found in the USDA database and standardized recipes. These results should be viewed and used only as a guide - a close approximation of the true nutrient content - since various factors influence the amounts of nutrients in foods. The reliability of data may fluctuate with changes in portion size, product specifications, recipe compliance and manufacturer's ingredients. In addition, the values for trans fats for most foods has still not been measured in the USDA database, unlike those provided by manufacturers for packaged foods. For that reason, this information is currently unavailable.