

Stanwood Camano School District #401
Elementary Lunch Nutritional Allergy Breakdown

Nutrition Information for Lunch Items										Allergen Information for Lunch Menu Items								
Lunch Items	Serving Size	Calories per Serving	Protein (g)	Carbs (g)	Sugars (g)	Total Fat (g)	Saturated Fat (g)	Sodium (mg)	Fiber (g)	Milk	Egg	Peanut	Tree Nut	Fish	Shellfish	Soy	Wheat	Gluten Free
Entrée																		
Chicken Nuggets w/WG Breading	5 ea	260	17	15	0	14	2.5	540	2							X	X	
Cheese Burger on WW Bun	1 ea	340	19.5	24.5	2	18.5	7.5	645	3	X						X	X	
Pepperoni Pizza Rippers	1 stick	290	16	27	3	13	5	550	3	X						X	X	
Wild Mikes Cheese Pizza	1 slice	360	20	34	4	17	8	510	3	X							X	
Big Daddy's Pizza - Pepperoni	1 slice	320	18	33	5	13	5	610	4	X						X	X	
Big Daddy's Pizza - Cheese	1 slice	310	17	33	5	12	5	560	4	X						X	X	
Bella Rose Pizza - Cheese	1 slice	330	18	31	4		8	490	4									
Bella Rose Pizza - Pepperoni	1 slice	350	18	35	4		8	590	4									
French Bread Pepperoni Pizza (Tony's)	1 ea	350	18	35	5	16	8	910	4	X						X	X	
French Bread Cheese Pizza	1 ea	310	23	33	4	11	6	380	3	X							X	
WG Chicken Corn Dogs	1 ea	240	9	33	9	8	2	590	5		X					X	X	
Sloppy Joe	1 ea	255	15	31	8	7	2.5	565	4							X	X	
Macho Nacho	1 serv	399	19	23.5	0	26	7.5	380	2	X						X		
Orange Chicken over Brown Rice	1	300	14	51	10	4	0.5	280	1		X					X	X	
Chicken Burger on WG Bun	1 ea	360	21	37	2	14	2.5	690	4							X	X	
Fruit & Yogurt Parfait w/granola	1 ea	478	43	106	61.5	3.5	0	247	8	X						X	X	
Bean Burrito	1 ea	310	16	40	4	9	4	580	9	X						X	X	
Bean & Cheese Burrito	1 ea	291	16	41	1	8	4	479	8	X						X	X	
Beef & Cheese Taco Snack	1 ea	326	17	33	2	14	6	555	5	X						X	X	
Turkey Ham & Cheese on Hawaiian Bun	1 ea	186	11	27	5	4	1	392	2	X						X	X	
Pasta in Meat Sauce	8 oz	339	19	29	6	16	7	392	4		X						X	
Cheese Ravioli in Marinara	1 ea	290	18	49	10	4	1.5	255	7	X	X						X	
Cheese Ravioli in Alfredo	1 ea	320	22	43	6	8	4.6	604	4	X	X						X	
Mac & Cheese Bowl	6 oz	288	15	30	8	16	7	758	2	X	X						X	
Garlic Cheese Bread	4.5 oz	368	20	28	0	19	8	447	2	X						X	X	

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Cheese Bread Sticks w/Marinara	1 serv	320	20	34	8	11.5	6	760	3	X	X					X	X	
Mandarin Orange Chicken Rice Bowl	9 oz	380	16	68	1	3.5	0.7	280	1		X					X	X	
General Tso's Chicken Rice Bowl	9 oz	400	16	72	13	3.5	0.7	360	1		X					X	X	
Grilled Cheese	1 ea	310	16	29	3	15	8	670	2	X						X	X	
Side																		
Egg Roll	3 oz	180	9	20	3	7	2	370	3	X	X			X		X	X	
Baked Hash Brown Nuggets	3 oz	170	2	19	0	9	1.5	230	1							X		
Pillsbury Baked Biscuits	2 oz	170	4	22	2	8	5	330	2	X							X	
Cheddar Cheese Stick	1 oz	110	6	1	0	9	6	200	0	X								X
Mozzarella String Cheese	1 oz	80	7	1	0	6	3.5	210	0	X								X
Colby Jack Cheese Stick	1 oz	110	7	0	0	9	6	200	0	X								X
Goldfish Whole Grain Snack Crackers	1 oz	130	3	18	0	5	1	220	2	X							X	
Baked Beans (Vegetarian)	4.5 oz	150	7	30	12	0	0	550	5									X
Fruit Snacks	1.6 oz	130	0	38	15	0	0	65	9									X
WG Haburger Bun	1 ea	120	5	22	2	1	0	170	2								X	
Brown Rice	1/3 cup	150	3	32	0	1	0	0	1									X
Cheese slice	1/2 slice	50	2.5	0.5	0	4.5	2.5	255	0	X						X		
YOGURT																		
Fruit & Yogurt Parfait w/granola	16 oz	478	43	106	61.5	3.5	0	247	8	X						X	X	
Yoplait Strawberry	4 oz	100	3	21	14	0.5	0	50	0	X								X
Yoplait Strawberry & Banana	4 oz	100	3	21	14	0.5	0	50	0	X								X
Yoplait Red Raspberry	4 oz	100	3	21	14	0.5	0	50	0	X								X
Yoplait Harvest Peach	4 oz	100	3	21	14	0.5	0	50	0	X								X
Yoplait Mountain Blueberry	6 oz	150	6	28	20	2	1	85	0	X								X
Yoplait Harvest Peach	6 oz	150	6	28	20	2	1.5	90	0	X								X
Yoplait Strawberry	6 oz	150	6	27	19	2	1.5	90	0	X								X
Yoplait Chrry Orchard	6 oz	150	6	27	19	2	1.5	90	0	X								X
Yoplait French Vanilla	6 oz	150	6	27	20	2	1.5	90	0	X								X
Yoplait Lemon Burst	6 oz	150	6	27	19	2	1.5	115	0	X								X

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Yami Yogurt Kool Key lime	4 oz.	130	3	18	15	5	3.5	50	0	X									X
Yami Yogurt Peaches n Cream	4 oz.	130	4	18	15	5	3	45	0	X									X
Yami Yogurt Vanilla Cream	4 oz.	140	3	19	16	5	3	50	0	X									X
Yami Yogurt Orange Cream	4 oz.	130	3	18	14	5	3.5	50	0	X									X
Yami Yogurt Raspberries n Cream	4 oz.	130	4	18	15	5	3	45	0	X									X
Yami Yogurt Strawberry	4 oz.	100	4	19	15	1.5	1	50	0	X									X
Yami Yogurt Strawberries n Cream	4 oz.	130	4	18	14	5	3.5	45	0	X									X
Yami Yogurt Strawberry Banana	4 oz.	160	6	29	22	2	1	90	0	X									X
Vegetables																			
Carrots	2.8 oz	30	1	7	5	0	0	60	2										X
Cauliflower	3.5 oz	25	2	5	2	0	0	30	2										X
Celery	3.9 oz	15	0	4	2	0	0	115	2										X
Cucumber	3.5 oz	10	1	2	1	0	0	0	1										
Iceberg Lettuce	3.2 oz	10	1	2	2	0	0	10	1										
Tomato	5.3 oz	25	1	5	3	0	0	20	1										
																			X
FRUIT																			
Raisins	1/4 c	114	1	30	23	0	0	4	1										X
Cherry Craisins	1/4 c	130	0	33	29	0	0	0	3										X
Orange Craisins	1/4 c	110	0	28	24	0	0	0	3										X
Apple	8 oz	130	1	34	25	0	0	0	5										
Orange	5.5 oz	80	1	19	14	0	0	0	3										
Canned Peaches	1/2 c	70	<1	17	13	0	0	10	<1										X
Canned Pears	1/2 c	80	<1	20	14	0	0	85	2										X
Mandarin Oranges	1/2 c	80	0	19	18	0	0	10	0										X
Pineapple Chunks	1/2 c	70	0	18	17	0	0	0	1										X
Applesauce	1/2 c	90	0	13	9	0	0	10	2										X
Fruit Cocktail	1/2 c	80	1	18	15	0	0	5	1										X
JUICE																			
Apple	4 oz	60	0	14	13	0	0	10	0										X
Grape	4 oz	80	0	20	19	0	0	10	0										X
Orange	4 oz	50	0	13	12	0	0	0	0										X
MILK																			
1% White Milk	8 oz	110	9	13	12	2.5	1.5	125	0	X									X
Darigold Chocolate Fat Free Milk	8 oz	150	8	29	28	0	0	190	0	X									X

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This nutritional information is taken directly from manufacturers' labels and databases and is subject to change. Stanwood Camano School District does not guarantee the accuracy and provides it solely for your convenience. For additional information, please contact Jennifer Dahl, Stanwood Camano School District, Food Service Secretary at 360-629-1411.