

Foxborough Elementary Nutrition Facts

Entrée	Portion Size	Calories	Protein	Carbs	Total Fat	Sat Fat	Fiber	Sodium	Sugar
Chicken, Popcorn Chicken Bites	3oz chicken	320	13.3	28	16	3.3	1.3	680	1
Chicken, Nuggets & Nachos	3oz chicken, 10 chips, 2 oz cheese sauce	466	31.4	35.6	23	7	4	1297	1
Chicken, Roasted Chicken Drumbstick	1 each	160	16	2	10	2.5	0	320	0
Chicken, Chicken Fajita	1 each	286	17.8	32	9.6	4	2.5	557	2
Chicken, Chicken Tenders	4 each	254	18	15	14	3	3	321	0
Chicken, Chicken Alfredo & Pasta	1 Cup Pasta, 1oz Sauce, 1.25 oz Chix	322	20	41	10.5	6	9	20	8
Chicken, Oven Roasted Chicken	1 each	100	9.3	0	6.6	2	0	200	0
Chicken, Sweet & Sour Chicken	3oz chix, 2 oz sauce	290	15	46	3.5	1	2	680	24
Turkey, Sliced Turkey & Gravy	2oz turkey, 1 oz gravy	91	9	8	2.5	1	0	509	0
Beef, Mini Beef Soft Tacos	2 each	449	28	35	22	8.1	4.4	504	4.7
Beef, Hamburger Sundae	1.5oz ground beef, 2/3C potatoes, 1oz beef gravy	182	9	21	7	2	1	605	0
Beef, Beef Taco Boat	1 each	474	30	23	30	12	6	590	4
Fish, Potato Crunch Fish Sticks	3 each	160	16	4	9	2	0	170	0
Sandwich, Hot Diggety Dog	1 each	297	11	23	19	7	2	530	3
Sandwich, Hamburger	1 each	249	15	25	10.5	4	3	270	2
Sandwich, Cheeseburger	1 each	279	18.8	21.9	12.3	4.5	1	248	2
Sandwich, Shaved Steak Flatbread	1 each	350	16	26	11	3	2.53	330	2
Sandwich, Meatball Sub	1 each	290	12.6	7.2	24.1	9.5	1.5	697	0
Sandwich, BBQ Pulled Pork Sandwich	1 each	420	25	41	18	5.5	2.5	780	14
Sandwich, Chicken Patty Sandwich	1 each	328	4.8	35.1	15.6	3.1	1.8	660	0
Sandwich, Chicken Caesar Salad Wrap	1 each	666	46.3	37.2	26.6	11.9	2.1	1336	0
Sandwich, Chicken Parmesan Sandwich	1 each	465	35	43	19	5	9	900	6.5
Sandwich, Crispy Chicken Wrap	1 each	649	23.3	49	41	6.5	5.4	915	1.7
Sandwich, Tuna Salad Sub	1 each	255	17.3	22	10	2	1.4	325	3.7
Sandwich, Fish Patty Sandwich	1 each	280	10	42	7.5	1	5	420	3
Sandwich, Turkey & Cheese Sub	1 each	205	15.5	18	6	2.5	1	460	2.5
Sandwich, Turkey & Bacon Sub	1 each	370	33	17	16.5	5.5	1	900	3
Sandwich, Toasted Cheese Sandwich	1 each	345	14.8	27.22	19.4	11.2	1.3	1336	0
Sandwich, Cheesy Bacon Grilled Flatbread	1 each	720	50	30	44	17	2.5	1710	5

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Sandwich, Grilled Cheese	1 each	345	14.8	27.2	19.4	11.2	1.3	1336	0
Sandwich, Cheese Quesadilla	1 each	310	20	33	11	4.5	2	500	0
Sandwich, Ham & Cheese Croissant	1 each	305	16.5	31	14.5	6.5	2	665	6
Sandwich, Sausage Egg & Cheese Croissant	1 each	525	20.5	30	35.5	13	2	925	5.5
Sandwich, Ham & Cheese Bagel Melt	1 each	255	17.5	34	7.5	3	4	575	8
Sandwich, Sausage Egg & Cheese Bagel	1 each	475	21.5	33	28.5	9.5	4	835	7
Pizza, Cheesy Bread	1/2 each	270	11	17	18	7.5	1	400	1
Pizza, Pizza for One	1 each	340	18	39	13	6	4	650	15
Pizza, Fresh Pepperoni Pizza	1 slice	460	18	41	26	10.5	7	1440	12
Pizza, Pizza Sticks w/ Sauce	2 sticks, 1/4C sauce	195	8	22	9	2.5	4	630	4.5
Pizza, Homemade Pizza	1 slice	275	14	35	10	0.5	11	670	7.5
Pizza, Stuffed Crust Pizza	1 slice	380	18	46	15	4.5	4	940	5
Pasta, Lightly Buttered Pasta	1 Cup Pasta, 1 Tbsp Smart balance	280	8	39	12.5	4	6	115	2
Pasta, Spaghetti & Meatballs	1 Cup Pasta, 2.5oz meatball	360	21	43	15.5	6	7	220	3
Pasta, Cheese Ravioli w/ Marinara	7 each, 4 oz marinara sauce	180	10	25	4	1.5	4	150	7
Pasta, Pasta w/ Marinara	1 Cup Pasta, 4oz marinara sauce	240	10	49	2.5	0	9	20	8
Pasta, Pasta w/ Meat Sauce	1 Cup Pasta, 2oz ground beef, 4 oz tomato sauce	424	24	49	17.5	4	8	440	10
Pasta, Creamy Mac & Cheese	1 Cup Pasta, 1/4Cup cheddar cheese sauce	280	13	42	8.5	4.5	6	400	2
Pasta, Pasta w/ Meatballs	1 Cup Pasta, 2.5oz meatball	260	21	43	15.5	6	7	220	3
Smoothie, Apple Cinnamon	16oz	416	15.1	83	1.5	1	3.4	265	64
Smoothie, Orange Dream	16oz	410	15	81	1.5	1	2	260	64
Smoothie, Peaches & Crème	16oz	260	7	53	1.5	1	1	110	40
Breakfast, Belgium Waffle Sticks & Ham	2 each, 2oz ham	200	13	31	4	0.5	2	510	8
Breakfast, Mini Pancakes & Scrambled Eggs	1 bag, 1 each	225	8	34	6	1	4	305	12
Breakfast, French Toast Sticks & Sausage	3 sticks, 2 sausage links	440	20	40	21	7	3	600	15
Breakfast, Mini Pancakes & Sausage	1 bag, 2 sausage links	280	12	35	10	3	4	440	12
Breakfast, Yogurt & Blueberry Muffin	1 each	270	8	45	7.5	1.5	2	185	29
Breakfast, Mini Bagel w/ CC	1 each	440	17	43	22	6	2	435	20
Breakfast, Yogurt Berry Parfait	1 each	389	14	77.2	4.1	1	6.2	8	44
Breakfast, Cinnamon Cereal Bar	1 each	150	3	30	3	0.5	3	115	8
Cold Choice, Soft Wheat Pretzel & Yogurt	1 each	250	10	49	2	1	3	230	18

Entrée	Portion Size	Calories	Protein	Carbs	Total Fat	Sat Fat	Fiber	Sodium	Sugar
Cold Choice, Wheat Thins Lunch	1 each	445	17.6	44.2	22.1	10	5.9	848	11.8
Cold Choice, Hummus Fun	1 each	520	17.7	54.3	27	5	10.2	628	3.5
Vegetable Side									
Mixed Veggies, Sweet Peas & Carrots	1Cup	89	4	17	1		6	101	7
Mixed Veggies, California Blend Veggies	1/2Cup	25	2	5	0	0	3	30	2
Spinach, Baby Spinach	1/2Cup	10	0.7	1.7	0	0	0.7	30	0
Carrots, Baby Carrots	1/2Cup	41	1.2	8.1	0	0	2.3	70	5.8
Carrots, Baby Carrots w/ Ranch Dip	1 Bag, 2oz ranch dip	171	1.2	9	14	2.5	2.3	280	5.8
Carrots, Crunchy Carrot Coins	1/2Cup	27	0	6	1	0	2	43	3
Carrots, Crunchy Carrot Sticks	1/2Cup	27	0	6	1	0	2	43	3
Corn, Golden Corn	1/2Cup	92	3	21.1	11	0.2	2.3	243	0
Corn, Fiesta Corn	1/2Cup	63	0	9	2	0	3	112	0
Tomaotes, Balsamic Tomatoes	1/2Cup	127	1.3	10.8	9.3	1.5	1.8	237	8.9
Tomatoes, Grape Tomatoes	1/2Cup	18	0.9	3.9	0	0	1	5	2.6
Cucumber, Cucumber Wheels w/ Ranch Dip	1/2 Cup, 2 oz ranch dip	142	0.6	3.2	14.2	2.5	0.7	212	1.4
Peppers, Red Pepper Strips w/ Ranch Dip	1/2 Cup, 2 oz ranch dip	161	1	7	14.3	2.5	2.1	214	4.2
Peppers, Red Pepper Strips	1/2 Cup	31	1	6	0.3	0	2.1	4	4.2
Celery, Crunchy Celery Sticks	1/2Cup	16	0.7	3	0	0	0.6	80	1.3
Side, Cowboy Salsa	1/2 Cup	40	0	8	0	0	4	140	4
Beans, Garlic Green Beans	1/2 Cup	148	1.5	6.3	14	1.9	2.3	3	1
Beans, Seasoned Green Beans	1/2 Cup	19	1	4	0	0	2	1	1
Beans, New England Baked Beans	1/2 Cup	170	8	33	1	0	5	500	14
Chickpeas, Marinated Chickpeas	1/2 Cup	120	5	19	3	0	5	700	4
Chickpeas, Honey Roasted Chickpeas	1/2 Cup	284	5	34	16	2	5	140	21
Chickpeas, Honey Cinnamon Chickpeas	1/2 Cup	171	5.1	36.1	2	0	6.4	140	21.1
Chickpeas, Ranch Up Hummus	2 oz	214	5.3	35	7	1	7.3	851	13.5
Salad, Caesar Salad	1 Cup, 1.5oz dressing	180	4.1	17.1	11.7	2.5	1.9	910	5.4
Salad, Honey Ginger Kale Salad	1 Cup	234	1.7	28.8	14.2	1.9	2.9	459	25.4
Broccoli, Broccoli & Cheese Sauce	1/2 Cup Broccoli, 1/4Cup Cheese Sauce	126	8	8	7	4.5	3	422	1
Broccoli, Steamed Broccoli	1/2 Cup	26	2.9	4.9	0	0	2.8	22	0
Broccoli, Lemon Zest Broccoli	1/2 Cup	60	4	6	3.5	0	3	160	0

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Broccoli, Roasted Broccoli	1/2 Cup	26	2.9	4.9	0	0	2.7	22	0
Soup, Chicken Noodle Soup	1 Cup	98	7.5	11.5	3	0	3	853	5
Soup, Campbell's Tomato Soup	1 Cup	90	2	20	0	0	1	480	12
Potatoes, Whipped Potatoes	1/2 Cup	80	2	17	1	0	1	310	0
Potatoes, Tater Tots	1/2 Cup	110	1	1	4	0.5	2	25	1
Potatoes, Potato Smiles	1/2 Cup	128	2	25	6	1	2	230	0
Potatoes, Oven Fries	1/2 Cup	87	1	15	3	1	1	20	0
Potatoes, Seasoned Potato Wedges	1/2 Cup	102	2	16	3	1	100	0	0
Grains									
Bread, Soft Dinner Roll	1 each	100	3	18	1.8	0	2	180	2
Bread, Soft Breadstick	1 each	110	4	21	1	0	3	210	4
Bread, Italian Bread	1 slice	102	4	20	0	0	0	193	1
Rice, Steamy Brown Rice	1/2 Cup	109	2	23	1	0	2	1	0
Snack, Whole Wheat Crackers	1 Package	32	0.5	5	1	0	0.5	59	0
Snack, Animal Crackers	1 Bag	130	2	21	4	1	2	110	8
Snack, Honey Graham	1 Bag	60	1	11	1.5	0	65	0	3
Snack, Tortilla Chips	10 each	140	2	20	6	0.5	2	115	0
Snack, Cape Cod Chips	1 Bag	60	1	9	3	0	0	55	0
Snack, Goldfish Pretzels	1 bag	90	2	16	1.5	0	1	200	0
Snack, Chocolate Chip Cookies	1 each	105	1.6	18.1	3.3	1.1	1.5	91.6	9.3
Snack, Snickerdoodle Cookie	1 each	100	1	20	2	0	0	135	10
Snack, Sugar Cookie	1 each	100	1	20	2	0	0	135	10
Snack, Chocolate Chip w/ M&M Cookie	1 each	110	2	19	3	1	1	115	8
Dessert									
Vanilla Pudding Cup	4oz Pudding, 1 oz topping	110	2	25	0	0	0	190	18
Chocolate Pudding Cup	4oz Pudding, 1 oz topping	100	2	23	0	0	1	160	16
Warm Apple Crisp	4oz serving	857	16.4	867	5	0.5	7.9	191	15
Blueberry Crisp	4oz serving	855	16.4	866	16	4.5	8.9	189	13
Jello w/ Topping	4oz jello, 1 oz topping	102	1.4	19.7	2	2	0	120	19.7
Fortune Cookie	1 each	110	2	25	0	0	0	10	9
Blueberry Crème	1/2 Cup blueberries, 1 oz topping	65	0	12	3	2	2	1	9