

Watertown Breakfast Menu Nutrition

March 31- May 2										
Date	Breakfast Items Served Daily	Servings	Calories	Protein	Sat. Fat	Carbs	Sodium	Gluten		
	100% juice cup *	4oz	63			15	3			
	fresh fruit *									
	milk *	1pt	106	8	0.5	15	146			
	variety cereal bowl *									
	Nutrigrain bar *	1each	120	2	0.5	24	115	Y		
	cereal bar (rix & cinn toast) *	1 each	150	1.5	0.5	30	112	Y		
	yogurt/yogurt *	1each	55	2.5		10.5	40			
	string cheese	1oz	80	7	3	1	190			
	w/g poptart	1each	180	2	1	38	180	Y		
	blueberry muffin	2oz	200	2	1.5	32	140	Y		
	cinnamon tasty	2.54oz	240	5	4	37	360	Y		
	Breakfast Special for the Week									
	3/31/2014									
	assorted breads *									
	4/1/2014	breakfast sliders	2pcs	160	8	1.5	22	290	Y	
	4/2/2014	breakfast bites	3pcs	190	8	3	19	480	Y	
	4/3/2014	breakfast wraps	3.1oz	180	9	4	14	500	Y	
	4/4/2014	breakfast sandwich	1 each	333	15	11.5	31.5	899	Y	
	4/7/2014	assorted breads *								
	4/8/2014	sausage pizza	3.31oz	220	10	2	27	480	Y	
	4/9/2014	breakfast express cereal	1 each	392	11	3.1	72	382	Y	
	4/10/2014	breakfast sticks	2.5oz	220	6	3.5	22	460	Y	
	4/11/2014	breakfast omelet	2.2oz	100	8	3	2	320	Y	
	4/14/2014	assorted breads *								
	4/15/2014	breakfast wraps	3.1oz	180	9	4	14	500	Y	
	4/16/2014	breakfast sandwich	1 each	333	15	11.5	31.5	899	Y	
	4/17/2014	breakfast egg pizza	2.95oz	210	10	3.5	23	330	Y	
	4/18/2014	No School Good Friday								
	4/21/2014	No School Easter Monday								
	4/22/2014	assorted breads *								
	4/23/2014	breakfast frittata	2.2oz	100	8	3	2	320		
	4/24/2014	sausage pizza	3.31oz	220	10	2	27	480	Y	
	4/25/2014	breakfast express cereal	1 each	392	11	3.1	72	382	Y	
	4/28/2014	assorted breads *								
	4/29/2014	breakfast sliders	2pcs	160	8	1.5	22	290	Y	
	4/30/2014	breakfast bites	3pcs	190	8	3	19	480	Y	
	5/1/2014	breakfast wraps	3.1oz	180	9	4	14	500		
	5/2/2014	breakfast wraps	1 each	333	15	11.5	31.5	899	Y	

Watertown School Lunch Menu Nutrition

April Week 1													
Date	Food Item	Serving size	Calories	protein	sat fat	carbs	sodium	Gluten	Condiments	Calories	Sodium	Sat. Fat	Carbs
3/31/2014	footlong	1 each	240	8.5	8.6	1.9	800		Ketchup = 1 tbsp	20	160		5
	baked beans	4oz	150	7	1	15	532		mustard = 1tsp	5	60		2
	kiwi	1 each	90			9			salsa = 2 tbsp	10	70		2
	100% juice cup *	4oz	63			15	3		sour cream = 1oz	60	50	3	2
4/1/2014	sunchips	1oz	140	2	1	19	115	Y	bbq = 2 tbsp	40	400		11
	w/g hotdog bun	1 each	140	5		27	170	Y	ranch = 2 tbsp	70	350	0.5	6
	milk *	1pt	108	8	0.5	15	148		french = 2 tbsp	50	250		9
	burger	2.5oz	170	40	5	2	220		parmesan = 1tbsp	20	60	1	
4/2/2014	swiss cheese	1each	40	3	2	0.5	195		sweet & sour = 2 tbsp	35	80		4
	baby carrots	8 each	4			1	8		tarter sauce = 2 tbsp	130	230	4	
	fruit cocktail	4oz	80			19	10		pickles = 2ps	3	97.5		3
	fresh vegetable choice *	2oz	6			1	11		salad dressing = 1tbsp	30	130		3
4/2/2014	w/g bun	1 each	150	6		29	200	Y	jelly = 2 tbsp	30	130		3
	chocolate chip cookie	1.33oz	180	2	4	24	125	Y	butter = 1tbsp	35	40	0.5	9
	milk *	1 pt	106	8	0.5	15	146			25			
	scalloped potatoes w/ ham	4oz	440	2		23	1840	Y					
4/3/2014	orange wedges	1 each	60			19							
	string cheese	1oz	80	7	3	1	180						
	fresh vegetable choice *	2oz	6	4		1	11	Y					
	w/g dinner roll	1.25oz	80	8	0.5	14	150						
4/3/2014	milk *	1pt	108	8		15	148						
	BLT salad	1each	128	8.5		1.5	613						
	diced pears	4oz	60			14	5						
	sunflower seeds	1oz	160	5	1	9	55						
4/4/2014	w/g breadstick	1oz	90	2		14	170	Y					
	marinara sauce	2oz	35		1.25	11	245						
	milk *	1pt	108	8	0.5	15	146						
	vegetable soup	4oz	90		0.5	31	860						
4/4/2014	grilled cheese	4.3oz	320	16	4	2	850						
	broccoli	2oz	11			2	11						
	applesauce cup	4oz	50			12	10						
	crackers	1pkg	25			5	80						
	milk *	1pt	106	8	0.5	15	148						

* Average Nutritional value of all varieties

Watertown School Lunch Menu Nutrition

April Week 2													
Date	Food Item	Serving size	Calories	protein	sat. fat	carbs	sodium	Gluten	Condiments	Calories	Sodium	Sat. Fat	Carbs
4/7/2014	meatball sub	1 each	287	3.6	9	6	421	Y	Ketchup = 1 tbsp	20	160		5
	sweet potato fries	4oz	160	1.3		26	440		mustard = 1tsp	5	60		
	tropical fruit	4oz	90			23	25		salsa = 2 tbsp	10	70		2
	cornuts	1oz	110	3		19	200		sour cream = 1oz	60	50		2
	w/g hotdog bun	1 each	140	5		27	170	Y	bbq = 2 tbsp	40	400		11
	fresh vegetable choice *	2oz	6			1	11		ranch = 2 tbsp	70	350	0.5	6
	milk *	1 pt	106	8	0.5	15	146		french = 2 tbsp	50	250		9
4/8/2014	laco salad	1 each	100	10	1.5	3	154		parmesan = 1tbsp	20	60		1
	torilla chips	1oz	150	2	1	18	105		sweet & sour = 2 tbsp	35	80		
	refried beans	4oz	158	7.5	1.5	24	505		tartar sauce = 2 tbsp	130	230		4
	fresh grapes	4oz	90			23	15		pickles = 2ps	3	97.5		4
	churro	1 each	160	2	1.5	23	125	Y	saiad dressing = 1tbsp	30	130		3
	milk *	1 pt	106	8	0.5	15	146		jelly = 2 tbsp	35			9
4/8/2014	chicken fries	8pcs	220	13	3	12	560	Y	butter = 1tbsp	25	40	0.5	
	mashed potatoes	4oz	360			5	100						
	gravy	2oz	20			28	140						
	strawberry cralains	1.16oz	110			14	330	Y					
	w/g biscuit	1.2oz	110	2	1	1	11						
	fresh vegetable choice *	2oz	6			1	11						
	milk *	1 pt	106	8	0.5	15	146						
4/10/2014	mac n' cheese	4oz	341	17		32	881	Y					
	green peas	4oz	70										
	sunbutter sandwich k-6	2.8oz	310	10	2	33	250	Y					
	pb&j sandwich 7-8	2.8oz	330	11	3.5	34	340	Y					
	fresh apple	1 each	80			25							
	carrots	4 carrots	2			0.5	4						
	milk *	1 pt	106	8	0.5	15	146						
4/11/2014	w/g cheese pizza	1 each	300	15	4	37	580	Y					
	celery sticks	3 sticks	3	15		1							
	romaine salad	1 each	5				3						
	sliced peaches	4oz	50	1		12	5						
	milk *	1 pt	106	8	0.5	15	146						

* Average Nutritional value of all varieties

