


Lunch Nutrition Information

Elementary Schools

Table Legend Kcal = Calories Fat = Total Fat Sat. Fat = Saturated Fat Chol = Cholesterol Na = Sodium Carb = Carbohydrates Fiber = Total Fiber Pro = Protein Vit. A = Vitamin A Vit. C = Vitamin C Ca = Calcium Fe = Iron													
The information contained in this list is reported by each of the manufacturers. Variations may occur due to the differences in suppliers, ingredient substitutions, recipe revisions, product assembly at the school level, and/or season of the year. Nutrients for fresh fruit are based on seasonal averages. This information is effective as of March 28, 2024.													
Seminole County Public Schools and employees do not assume responsibility for a particular sensitivity or allergy to any food product provided in our schools. If your child has a special diet need due to a medical condition, please contact Kymberli Dawson, MHA, RDN at dawsonkd@scps.k12.fl.us for more information. If you have specific questions or concerns with any of the products listed, please feel free to call or write:													
 Seminole County Public Schools Red Apple Dining 400 East Lake Mary Blvd. Sanford, FL 32773 407-320-0226													
For nutrients specific to our Early Learning Center menus, please contact Kymberli Dawson, MHA, RDN at dawsonkd@scps.k12.fl.us for more information.													
When searching for a specific item, use the CTRL + F keys on your keyboard and enter the item to expedite your search.													
Food/Beverage Items	Serving Size	Kcal	Fat (g)	Sat. Fat (g)	Chol (mg)	Na (mg)	Carb (g)	Fiber (g)	Pro (g)	Vit. A (IU)	Vit. C (mg)	Ca (mg)	Fe (mg)
Apple, Fresh, Small	1 each	77	0	0	0	1	21	4	0	80	7	9	0
Apple, Slices	1 packet	30	0	0	0	0	7	1	0	0	39	0	0
Apple, Warm Topping, for Waffles	1 serving	46	0	0	0	5	12	1	0	0	-	0	0
Applesauce, Unsweetened	1/2 cup	50	0	0	0	10	13	2	0	0	0	0	0
Applesauce Cup, Unsweetened	1 each	50	0	0	0	0	14	1	0	-	9	0	0
Apricot Cup	1 each	125	0	0	0	0	32	2	1	-	-	-	-
Banana, Fresh	1 each	105	0	0	0	1	27	3	1	76	10	6	0
Beans, Baked	1/2 cup	148	0	0	0	183	30	5	8	-	-	52	2
Beans, Black, Seasoned	1/2 cup	121	1	0	0	136	20	5	7	19	3	27	2
Beans, Green, Fresh Cooked	1/2 cup	40	2	1	4	119	6	2	1	479	7	33	0
Beans, Pinto	1/2 cup	124	3	0	0	143	19	4	5	365	15	52	2
Beans, Pinto, for Heathrow and Goldsboro Schools only	1/2 cup	123	3	0	0	248	19	4	5	365	15	52	2
Beef Seasoned, for Nachos	1 serving	86	5	2	27	238	3	1	7	0	0	0	0
Biscuit	1 each	110	5	3	0	250	15	2	3	-	-	20	1
Blueberries, Fresh	1/2 cup	42	0	0	0	1	11	2	1	40	7	4	0
Blueberries, Frozen	1 serving	42	1	0	0	1	10	2	0	0	2	7	0
Bread, Flat Rounds	1 each	75	2	0	0	150	13	1	3	2	0	20	1
Bread, Hamburger Bun Brioche	1 each	160	3	1	0	270	30	3	6	-	-	48	1
Bread, Hot Dog Bun	1 each	110	2	0	0	75	21	2	4	-	-	26	1
Bread, Sliced, Sandwich	1 slice	80	1	0	0	120	15	1	3	-	-	0	1
Breadstick, Garlic	1 each	100	3	1	0	95	15	1	1	-	-	0	1
Broccoli, Fresh Cooked	1/2 cup	24	0	0	0	23	5	2	2	435	62	33	1
Burger, Beef Patty (w/o bun)	1 patty	180	13	5	55	115	0	0	16	0	0	0	2
Burger, Cheeseburger (w/o ketchup, mayo, mustard, or lettuce/tomato)	1 sandwich	382	19	7	63	530	31	3	26	0	0	153	3
Burger, Hamburger (w/o ketchup, mayo, mustard, or lettuce/tomato)	1 sandwich	342	16	6	55	388	30	3	22	0	0	49	3
Cantaloupe, Fresh	1/2 cup	27	0	0	0	13	7	1	1	2706	29	7	0
Cauliflower, Fresh	1/2 cup	13	0	0	0	16	3	1	1	0	26	12	0
Carrots, Baby, Raw	1/2 cup	26	0	0	0	58	6	2	0	10342	2	24	1
Carrots, Fresh, Cooked	1/2 cup	54	0	0	0	84	14	2	1	11170	2	26	1
Celery Sticks	1/2 cup	8	0	0	0	40	2	1	0	227	2	20	0
Cheese, American, Sliced	1 slice	50	5	3	13	130	1	0	3	-	-	81	0
Cheese, Cheddar, Shredded, Red Fat	1 oz	90	6	4	20	210	1	0	8	-	-	200	0
Cheese, Mozzarella, Shredded, Part Skim	1 oz	80	5	3	15	180	2	0	6	-	-	195	0
Cheese, Parmesan	1 tsp	7	1	0	2	23	0	0	1	33	0	20	0

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Cheese Sauce, for Nachos	1 serving	135	10	6	30	312	4	0	9	55	0	271	0
Cheese Stick, Colby Jack	1 stick	90	6	4	15	180	1	0	8	-	-	200	0
Cheese Stick, Mozzarella	1 stick	80	6	4	15	200	0	0	7	-	-	200	0
Chicken, Asian Glazed	1 serving	181	3	1	65	556	18	0	21	-	-	17	1
Chicken, Boneless Wings (4)	1 serving	215	8	2	53	445	15	2	20	-	-	13	1
Chicken, Citrus Honey	1 serving	152	4	1	33	290	20	1	9	-	-	0	0
Chicken, for Chicken Alfredo	1 serving	51	2	0	26	113	1	0	8	0	0	6	0
Chicken, Nuggets (5)	1 serving	180	9	2	20	421	12	3	12	-	-	32	2
Chicken, Orange	1 serving	145	3	0	39	271	18	0	11	-	2	-	1
Chicken, Patty Breaded (w/o bun)	1 each	170	7	1	32	290	10	1	15	0	0	52	2
Chicken Tenders (2)	1 serving	204	8	1	50	423	14	2	19	-	-	13	1
Chicken, Teriyaki	1 serving	160	5	1	97	458	8	0	21	-	-	-	1
Chips, Baked Cheetos Crunchy	1 bag	120	5	1	0	200	16	1	2	-	-	20	0
Chips, Baked Cheetos Puffs	1 bag	90	4	1	0	140	13	1	2	-	-	10	1
Chips, Baked Lay's BBQ Potato Crisps	1 bag	110	3	0	0	125	19	1	2	-	-	10	0
Chips, Baked Lay's Original Potato Crisps	1 bag	110	3	0	0	140	19	1	2	-	-	0	0
Chips, Doritos, Cool Ranch Tortilla Chips	1 bag	130	5	1	0	180	20	2	2	-	-	30	0
Chips, Doritos, Flamas Tortilla Chips	1 bag	130	5	1	0	200	20	2	2	-	-	30	0
Chips, Doritos, Nacho Cheese Tortilla Chips	1 bag	130	5	1	1	200	20	2	2	-	-	40	0
Chips, Doritos, Sweet Chili Tortilla Chips	1 bag	130	5	1	0	200	20	2	2	-	-	30	0
Chips, Tortilla, for Nachos	1 serving	213	11	2	0	152	27	3	3	-	-	79	2
Chips, Tortilla, for Tacos	1 serving	106	5	1	0	76	14	2	2	0	0	39	1
Cookies, Alphabet	1 package	130	4	0	0	95	24	1	2	-	-	4	0
Cookies, BelVita Snack Packs	1 package	130	4	0	0	60	21	2	2	-	-	10	1

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Cookie, Chocolate Brownie	1 each	190	7	2	10	170	31	2	3	-	-	18	1
Cookie, Chocolate Chip	1 each	200	7	2	15	160	33	2	3	-	-	16	1
Cookie, Fortune	1 each	12	0	0	0	0	3	0	0	-	-	1	0
Cookie, Red Velvet	1 each	190	6	2	10	150	32	2	3	-	-	15	2
Cookie, Sugar	1 each	200	7	2	10	160	33	1	3	-	-	8	1
Corn, Roasted	1/2 cup	65	1	0	0	101	13	1	2	0	-	0	0
Cracker, Blueberry Lemon Crispy Bites	1 package	120	4	1	0	60	21	2	2	-	-	0	1
Cracker, Cheez-it	1 package	100	4	1	4	150	14	1	2	0	-	20	1
Cracker, Educational Snack	1 package	120	4	0	0	65	22	2	2	-	-	4	1
Cracker, Goldfish Cheddar	1 package	100	4	1	0	170	14	1	2	0	0	26	1
Cracker, Goldfish Pretzels	1 package	90	2	0	0	200	16	1	2	0	0	10	1
Craisins (All Flavors)	1 package	110	0	0	0	0	27	2	0	-	0	-	-
Cucumbers, Fresh, Sliced	1/2 cup	8	0	0	0	1	2	0	0	17	2	8	0
Dressing, Light Italian Dip Cup	1 each	60	5	1	0	310	3	0	0	-	-	0	0
Dressing, Lite Ranch Dip Cup	1 each	70	7	1	5	230	1	0	1	-	-	-	-
Eggs, Scrambled	1 serving	70	8	4	196	122	2	0	9	1203	2	48	1
Fruit, Mixed	1/2 cup	60	0	0	0	5	15	1	0	100	4	0	0
Fruit Snack, Berries n Cherries	1 pouch	130	0	-	-	15	32	3	2	-	44	-	-
Granola Bar, Chewy Cookies & Cream	1 each	150	4	1	0	135	29	4	2	0	-	130	1
Grapes, Fresh	1/2 cup	60	0	0	0	5	16	-	1	-	3	8	0
Gravy, Brown	1 fl oz	10	0	0	0	70	2	0	0	0	0	5	0
Home Fries	1 serving	108	3	2	7	75	20	2	3	0	13	25	1
Honeydew, Fresh	1/2 cup	31	0	0	0	15	8	1	0	42	15	5	0
Hot Dog (w/o Bun)	1 each	170	15	6	35	360	2	0	7	0	0	0	1
Hot Dog with bun (w/o ketchup, mustard or mayo)	1 each	282	17	6	35	440	23	2	11	-	-	26	2
Hummus Box (w/o flat rounds, fresh fruit or fresh veggies)	1 each	251	16	2	0	189	20	4	7	0	1	7	1
Hummus Dip for Vegetables	1 each	125	8	1	0	95	10	2	3	0	0	4	1
Ice Cream Bar, Chocolate Scooter Crunch	1 bar	170	6	2	0	85	26	0	2	-	-	95	0
Ice Cream Bar, Low Fat Orange Blossom	1 bar	80	1	1	5	40	18	0	1	-	-	68	0
Ice Cream Bar, Polar Blast Fruit Punch Juice	1 bar	80	0	0	0	10	21	0	0	-	-	8	0
Ice Cream Bar, Sour Artic Apple Polar Blast Juice	1 bar	70	0	0	0	0	19	0	0	-	-	9	0
Ice Cream Bar, Strawberry Scooter Crunch	1 bar	160	6	2	0	75	25	0	2	-	-	94	0
Ice Cream Cone, Low Fat Chocolate and Vanilla Twist	1 cone	140	2	2	5	60	23	1	3	30	-	87	1
Ice Cream Cone, Low Fat Cookies & Cream	1 cone	140	3	2	5	80	24	0	3	-	-	104	0
Ice Cream Cone, Low Fat Crazy	1 cone	140	3	2	10	95	26	0	4	-	-	129	0
Ice Cream Cup, Low Fat Chocolate Sundae	1 cup	100	2	1	5	35	18	0	3	-	-	105	1
Ice Cream Cup, Low Fat Strawberry Sundae	1 cup	100	2	1	5	35	18	0	2	-	-	105	0
Ice Cream Cup, Low Fat Vanilla	1 cup	100	2	1	5	35	16	0	3	-	-	120	0
Ice Cream Cup, No Fat Cotton Candy Twister (Frozen Yogurt)	1 cup	90	0	0	0	40	19	0	2	-	-	86	0
Ice Cream Cup, Orange Sherbet	1 cup	140	2	1	5	35	30	0	1	-	-	56	0
Ice Cream Cup, Raspberry Sherbet	1 cup	140	2	1	5	30	32	0	1	-	-	52	0

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Ice Cream Push-Up Tube, Wild Monster Watermelon Fruit Juice	1 push-up tube	60	0	0	0	0	16	0	0	-	-	7	0
Ice Cream Sandwich, Low Fat Cookies & Cream	1 sandwich	140	3	2	5	150	27	1	3	-	-	101	0
Ice Cream Sandwich, Low Fat Vanilla	1 sandwich	140	3	2	5	140	27	1	3	-	-	100	0
JUICY JUICE:													
Juice, Apple - 4.23 fl oz	1 carton	60	0	0	0	10	15	-	0	-	54	-	-
Juice, Berry - 4.23 fl oz	1 carton	60	0	0	0	10	15	-	0	-	54	-	-
Juice, Fruit Punch - 4.23 fl oz	1 carton	60	0	0	0	10	15	-	0	-	54	-	-
Juice, Grape - 4.23 fl oz	1 carton	60	0	10	0	10	15	-	0	-	54	-	-
Juice, Orange Tangerine - 4.23 fl oz	1 carton	60	0	0	0	10	15	-	0	-	54	-	-
Ketchup	1 tbsp	20	0	0	0	45	5	0	0	-	-	0	0
Ketchup, Packet (Red Gold)	1 each	10	0	0	0	25	2	0	0	-	-	0	0
Kiwi, Fresh	1/2 cup	68	1	0	0	0	16	3	2	75	104	46	0
Lettuce and Cheese Cup	1 each	94	6	4	20	215	2	0	8	120	1	207	0
Lettuce Cup	1 each	3	0	0	0	2	1	0	0	121	1	4	0
Lettuce and Tomato Cup, for Chicken Sandwich and Burger	1 each	7	0	0	0	3	1	1	0	287	3	6	0
Lunchedible, Pizza	1 each	341	16	7	41	851	36	3	21	0	0	434	2
Mashed Potatoes (w/o gravy)	1/2 cup	78	1	0	0	177	15	1	2	0	0	12	0
Mayonnaise	1 tbsp	100	11	2	5	85	0	0	0	0	0	0	0
Mayonnaise, packet	1 each	60	6	1	4	60	1	0	0	-	-	1	0
Milk, Chocolate, (Fat Free)	1 each	110	0	0	5	210	19	0	8	750	2	325	0
Milk, White 1%	1 each	110	3	2	10	130	13	0	8	500	-	300	0
Mustard	1 tsp	0	0	0	0	60	0	0	0	0	0	0	0
Mustard, Packet (Heinz)	1 each	4	0	0	0	66	0	0	0	0	0	4	0
Mustard, Packet (Monarch)	1 each	5	0	0	0	65	0	0	0	0	0	0	0
Nectarine, Fresh	1 each	57	0	0	0	0	14	2	1	428	7	8	0
Noodles, Lo Mein Spicy	1 serving	163	3	0	0	202	32	5	6	0	0	0	1
Orange, Fresh	1 each	69	0	0	0	0	17	4	1	340	68	65	0
Pasta, Penne, for Chicken Alfredo	1 serving	92	0	0	0	0	20	2	3	0	0	0	1

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Pasta, Spaghetti (w/o meat or marinara sauce)	1 serving	96	1	0	0	0	21	2	4	0	0	0	1
Peach Cup	1 each	90	0	0	0	0	21	2	1	-	-	-	-
Peaches, Canned, diced in extra light syrup	1/2 cup	60	0	0	0	0	16	1	1	27	5	1	0
Peach, Fresh	1 each	51	0	0	0	0	12	2	1	424	9	8	3
Pear, Canned, in juice	1/2 cup	60	0	0	0	0	15	2	0	0	2	0	0
Pear, Fresh, Medium	1 each	101	0	0	0	2	27	6	1	44	8	16	0
Peppers, Bell, Fresh	1/2 cup	11	0	0	0	1	3	1	0	-	40	5	0
Pineapple, Fresh	1/2 cup	41	0	0	0	1	11	1	0	48	39	11	0
Pineapple, Tidbits	1/2 cup	80	0	0	0	10	20	1	0	0	12	0	0
Pineberries, Fresh	1/2 cup	24	0	0	0	1	6	2	1	9	44	12	0
Pizza, Oven Fresh Cheese (w/o parmesan cheese)	1 slice	278	10	4	25	556	34	4	17	-	-	276	2
Pizza, Oven Fresh Chicken Alfredo (w/o parmesan cheese)	1 slice	329	13	6	45	600	34	3	21	33	0	310	2
Pizza, Oven Fresh Italian Beef (w/o parmesan cheese)	1 slice	307	11	5	35	604	35	4	20	-	-	277	2
Pizza, Oven Fresh Pepperoni (w/o parmesan cheese)	1 slice	304	12	5	31	656	34	4	18	-	-	276	2
Plum, Fresh	1 each	35	0	0	0	0	9	1	1	266	7	5	0
Potato Wedges	1 serving	108	3	2	7	75	20	2	3	0	13	25	1
Quesadilla, Cheese (w/o salsa)	1 each	325	18	9	51	597	23	2	22	0	0	536	1
Quesadilla, Chicken (w/o salsa)	1 each	300	13	5	75	439	22	3	24	0	0	229	1
Raisins	1 package	120	0	0	0	10	30	2	1	-	-	26	1
Rice, Brown	2/3 cup	160	2	0	0	2	34	1	4	0	0	2	0
Rice Krispies Treat, Mini (non WG)	1 each	45	1	0	0	50	8	0	0	0	-	0	0
Roll, Dinner	1 each	90	1	0	0	65	16	1	3	-	-	26	1

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Salad, Chef, Egg and Cheese (w/o Dressing, Cracker or Fruit)	1 each	162	10	4	185	236	7	2	13	6325	6	204	1
Salad, Chef, Turkey and Cheese (w/o Dressing, Cracker or Fruit)	1 each	151	7	4	40	462	5	1	18	4162	6	227	1
Salad, Chef, Turkey Ham and Cheese (w/o Dressing, Cracker or Fruit)	1 each	176	10	5	48	412	7	1	15	4156	6	226	1
Salsa	1 serving	11	0	0	0	100	3	1	1	58	2	5	0
Sandwich, Chicken (w/o mayo, ketchup, mustard or lettuce/tomato)	1 sandwich	336	10	2	33	571	41	4	21	-	-	90	3
Sandwich, Grilled Cheese	1 sandwich	287	12	5	23	668	33	2	17	-	-	314	2
Sandwich, Grilled Turkey Ham & Cheese	1 sandwich	308	13	6	32	728	34	2	19	0	0	314	2
Sandwich, Turkey & Cheese (w/o mayo or mustard packet), for charter schools	1 sandwich	264	7	3	39	678	31	2	21	0	0	82	2
Sandwich, Turkey Ham & Cheese (w/o mayo or mustard packet), for charter schools	1 sandwich	297	11	4	49	612	33	2	17	0	0	82	2
Sandwich, Vegetarian Chick'n (w/o mayo, ketchup, mustard or lettuce/tomato)	1 sandwich	388	16	3	0	642	45	6	19	0	0	110	3
Sauce, BBQ Dip Cup	1 each	41	0	0	0	236	9	0	0	-	-	3	0
Sauce, Alfredo, for Chicken Alfredo	1 serving	130	11	7	30	319	4	0	4	356	0	118	0
Sauce, Honey Mustard Dip Cup (Heinz)	1 each	40	1	0	0	160	8	0	0	0	0	0	0
Sauce, Honey Mustard Dip Cup (Monarch)	1 each	140	13	2	10	200	7	0	0	0	0	0	0
Sauce, Marinara for Spaghetti	1 serving	35	0	0	0	264	9	2	2	-	-	13	0
Sauce, Meat for Spaghetti	1 serving	113	4	2	24	385	13	3	9	0	0	14	0
Sausage Patty	1 patty	70	5	2	20	240	1	0	6	0	0	0	0
Soup, Tomato	1 serving	69	0	0	0	369	15	1	2	0	4	18	0
Starfruit, Fresh	1/2 cup	17	0	0	0	1	4	2	1	33	19	2	0
Strawberries, Fresh	1/2 cup	24	0	0	0	1	6	2	1	9	44	12	0
Strawberries & Blueberries Cup	1 each	90	0	0	0	0	20	2	0	-	-	-	-
Strawberry Cup	1 each	90	0	0	0	0	22	2	1	0	66	20	0

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Sunflower Kernels, Honey Roasted	1 package	190	15	2	0	65	11	3	6	0	0	20	1
Syrup, Cup (KraftHeinz)	1 each	120	0	0	0	20	30	-	0	-	-	0	0
Syrup, Cup (Smucker's)	1 each	80	0	0	0	15	21	-	0	-	-	0	0
Taco, Beef Soft (w/o lettuce & cheese cup or salsa)	1 each	171	7	3	27	309	17	3	9	0	0	23	1
Tangerine, Fresh	1 each	47	0	0	0	2	12	2	1	599	24	33	0
Tomatoes, Grape	1/2 cup	7	0	0	0	2	1	0	0	317	5	4	0
Tortilla, Flour 6" for Soft Taco	1 each	70	2	1	0	120	12	0	2	-	-	20	1
Tortilla, Flour 8" for Chicken Quesadilla	1 each	100	3	2	0	180	17	0	2	-	-	50	1
Turkey Breast, Sliced	1 slice	15	0	0	7	77	0	0	3	0	0	0	0
Turkey Ham, Sliced	1 slice	22	1	0	9	60	1	0	2	0	0	3	0
Uncrustables (Grape or Strawberry)	1 each	300	17	3	0	280	32	4	9	-	-	26	1
Vegetables, Mixed	1/2 cup	64	1	0	0	34	11	4	3	3464	3	20	1
Waffles, Maple (2)	2 each	180	6	0	8	300	32	2	4	-	-	26	2
Watermelon, Fresh	1/2 cup	23	0	0	0	1	6	0	0	432	6	5	0
Zucchini, Fresh	1/2 cup	11	0	0	0	5	2	1	1	124	11	10	0

Table Legend
Kcal = Calories
Fat = Total Fat
Sat. Fat = Saturated Fat
Chol = Cholesterol
Na = Sodium
Carb = Carbohydrates
Fiber = Total Fiber
Pro = Protein
Vit. A = Vitamin A
Vit. C = Vitamin C
Ca = Calcium
Fe = Iron

The information contained in this list is reported by each of the manufacturers. Variations may occur due to the differences in suppliers, ingredient substitutions, recipe revisions, product assembly at the school level, and/or season of the year. Nutrients for fresh fruit are based on seasonal averages. This information is effective as of March 28, 2024.

Seminole County Public Schools and employees do not assume responsibility for a particular sensitivity or allergy to any food product provided in our schools. If your child has a special diet need due to a medical condition, please contact Kymberli Dawson, MHA, RDN at dawsonkd@scps.k12.fl.us for more information. If you have specific questions or concerns with any of the products listed, please feel free to call or write:



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