

St Francis August Lunch

Nutritional Information

| Name | Serving | Calories | Carbs | Protein | Total Fat | Saturated Fat | Cholesterol | Sodium | Dietary Fiber | Sugar | Vitamin A | Vitamin C | Calcium | Iron | Wheat | Egg | Soy | Peanut | Milk | Fish | Trans | Treenut | Shellfish | |
|---------------------------------|---------|----------|---------|---------|-----------|---------------|-------------|---------|---------------|-------|-----------|-----------|-----------|---------|-------|-----|-----|--------|------|------|-------|---------|-----------|--|
| Beef Hotdog on a Bun | each | 330 | 28 g | 12 g | 19 g | 7 g | 40 mg | 740 mg | 2 g | n/a | 5 | 12 | 150 mg | 2.52 mg | X | | X | | | | | | | |
| Beef Taco Salad | each | 442 | 38.96 g | 17.14 g | 24.7 g | 8.51 g | 48 mg | 650 mg | 5.14 g | n/a | 509 | 12.97 | 211.33 mg | 1.85 mg | X | X | X | | X | | | | | |
| Crispy Chicken Wrap | 1 each | 355 | 32.89 g | 20.12 g | 15.89 g | 6.29 g | 54 mg | 646 mg | 5.83 g | n/a | 252 | 0.75 | 181.08 mg | 1.5 mg | X | | X | | X | | | | | |
| Fresh or Canned Fruit | 1 each | 80 | 14 g | 4 g | 1 g | 0 g | 0 mg | 105 mg | 2 g | n/a | 5 | 0 | 20 mg | 0.72 mg | X | | X | | | | | | | |
| Fresh or Canned Fruit | 1/4 cup | 32 | 8.5 g | 0.18 g | 0.04 g | 0 g | 0 mg | 2 mg | 0.76 g | n/a | 13 | 1.85 | 4 mg | 0.18 mg | | | | | | | | | | |
| Golden Crinkle Cut French Fries | 1/2 cup | 108 | 15 g | 1.7 g | 4 g | 1 g | 0 mg | 21 mg | 1.7 g | .8 | 83 iu | 1 mg | 84 mg | 0.6 mg | | | | | | | | | | |
| Lettuce, Tomato and Cheese | each | 55 | 3.35 g | 4.34 g | 4.72 g | 2.05 g | 10 mg | 97 mg | 1.07 g | n/a | 805 | 9.21 | 112.44 mg | 0.28 mg | | | | | X | | | | | |
| Popcorn Chicken Bowl | 1 bowl | 455 | 49.54 g | 21.89 g | 18.72 g | 4.38 g | 30 mg | 1112 mg | 3.85 g | n/a | 194 | 9.95 | 107.18 mg | 2.52 mg | X | | X | | X | | | | | |
| Refried Beans | 1/2 cup | 118 | 19.57 g | 6.92 g | 1.6 g | 0.6 g | 10 mg | 140 mg | 6.7 g | n/a | 0 | 7.6 | 44 mg | 2.09 mg | | | X | | | | | | | |
| Soft Beef Tacos | 2 each | 354 | 27.45 g | 24.07 g | 17.89 g | 7.52 g | 68 mg | 365 mg | 4.3 g | n/a | 278 | 1.9 | 200.67 mg | 1.85 mg | X | | X | | X | | | | | |
| Turkey Deli Sub Sandwich | each | 381 | 48.73 g | 18.3 g | 12.1 g | 3.54 g | 33 mg | 1028 mg | 4.29 g | n/a | 1396 | 3.6 | 244.62 mg | 3.92 mg | X | X | X | | X | | | | | |