

St John's 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	1/4 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					
Whole Grain Dinner Roll	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							