

# October Menu St Johns

## 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	
BBQ Pulled Pork Sandwich	each	323	38 g	15 g	12.76 g	3.75 g	54 mg	271 mg	3 g	n/a	716	0.81	167 mg	2.38 mg	X		X							
BBQ Rib Sandwich	1 sandwich	410	54 g	20 g	13.5 g	4 g	30 mg	700 mg	5 g	n/a	100	1.2	240 mg	3.78 mg	X		X							
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	39 g	17 g	24.7 g	8.51 g	48 mg	650 mg	5 g	n/a	509	12.97	211 mg	1.85 mg	X	X	X		X					
Black Beans	1/2 cup	109	20 g	7 g	0 g	0 g	0 mg	140 mg	8 g	n/a	5	3.2	42 mg	2.28 mg										
Bread Stick	each	90	14 g	2 g	2.5 g	0 g	0 mg	170 mg	1 g	n/a	0	0	20 mg	0.72 mg	X	X	X		X					
Breakfast Burrito	1 each	255	30 g	15 g	7.86 g	3.15 g	92 mg	658 mg	5 g	n/a	248	9.54	131 mg	1.04 mg	X	X	X		X					
Breakfast Potatoes	1/2 cup	122	22 g	3 g	2.8 g	0.2 g	0 mg	398 mg	3 g	n/a	0	8.4	1 mg	0.01 mg										
Brown Rice	1/2 cup	114	24 g	2 g	1	0	0 mg	3 mg	1 g	0	0	0	10 mg	0.41 mg										
Buffalo Chicken Fajita Wrap	1 each	394	31 g	29 g	18.43 g	6.42 g	74 mg	623 mg	4 g	n/a	477	41.86	283 mg	3.32 mg	X		X		X					
Chicken & Gravy	1/2 cup	105	4 g	18 g	2.4 g	0.68 g	53 mg	357 mg	0 g	n/a	0	0.97	6 mg	2.3 mg	X		X							
Chicken Alfredo w/Pasta	1/2 cup	221	26 g	23 g	4.35 g	1.99 g	55 mg	174 mg	3 g	n/a	0	0.01	14 mg	3.3 mg	X		X		X					
Chicken Fajitas	48 2 each	271	29 g	21 g	9.88 g	1.87 g	45 mg	293 mg	5 g	n/a	534	33.32	87 mg	0.69 mg	X		X							
Chicken Taco Salad	each	397	39 g	20 g	18.5 g	5.27 g	50 mg	665 mg	5 g	n/a	508	12.97	211 mg	1.46 mg	X	X	X		X					
Chicken Tacos	2 each	250	28 g	20 g	8.36 g	3.21 g	49 mg	492 mg	4 g	n/a	366	2.8	139 mg	0.6 mg	X					X				
Coleslaw	1/4 cup	21	4 g	0 g	0.58 g	0 g	0 mg	143 mg	1 g	n/a	421	10.82	18 mg	0.19 mg		X	X		X					
Corn Dog	each	290	30 g	10 g	15 g	3.5 g	50 mg	860 mg	1 g	n/a	0	25.2	10 mg	10.08 mg	X	X	X							
Cornbread	1 mini loaf	230	27 g	5 g	9 g	5 g	85 mg	230 mg	2 g	n/a	300	0	100 mg	1.08 mg	X	X	X		X					
Cowboy BBQ Crispy Chicken Munchable	24 serving	338	40 g	14 g	13.53 g	2.01 g	20 mg	621 mg	3 g	n/a	400	0	115 mg	2.08 mg	X		X		X					
Crispy Chicken Salad	each	406	20 g	23 g	23.79 g	8.53 g	80 mg	901 mg	4 g	n/a	701	12.72	266 mg	2.58 mg	X	X	X		X					
Crispy Chicken Sandwich	each	380	38 g	21 g	16.5 g	2.5 g	25 mg	550 mg	5 g	n/a	100	0	190 mg	3.24 mg	X		X							
Crispy Chicken Tenders	3 each	260	16 g	15 g	15 g	2.5 g	25 mg	390 mg	3 g	n/a	384	3	20 mg	3 mg	X		X							
French Bread Pizza	1 each	366	30 g	21 g	17.17 g	7.85 g	45 mg	558 mg	3 g	n/a	308	0.9	311 mg	1.99 mg	X		X		X					
Fresh or Canned Fruit	1/4 cup	32	9 g	0 g	0.04 g	0 g	0 mg	2 mg	1 g	n/a	13	1.85	4 mg	0.18 mg										
Garlic & Herb Broccoli	1/2 cup	15	2 g	1 g	0 g	0 g	0 mg	10 mg	1 g	n/a	0	0	0 mg	0 mg										
Garlic Mashed Potato	1/2 cup	64	17 g	2 g	0.8 g	0 g	0 mg	251 mg	1 g	n/a	0	24.04	19 mg	0.29 mg						X				
Golden French Fries	1/2 cup	110	17 g	2 g	3.5 g	0.8 g	0 mg	236 mg	2 g	1	0 iu	4 mg	0 mg	0.6 mg										
Ham Deli Sandwich	each	303	35 g	19 g	12.35 g	3.77 g	41 mg	1127 mg	4 g	n/a	1414	3.6	129 mg	3.02 mg	X		X		X					
Ham Munchable	each	337	30 g	15 g	16.56 g	5.63 g	44 mg	1150 mg	4 g	n/a	2250	6	80 mg	1.44 mg	X		X		X					
Hamburger on a Bun	each	250	24 g	17 g	8.5 g	3.5 g	35 mg	510 mg	2 g	n/a	0	0	120 mg	2.52 mg	X		X							
Honey Mustard Ham Wrap	2 each	282	29 g	17 g	13 g	5.13 g	42 mg	897 mg	4 g	n/a	168	0	187 mg	0.49 mg	X		X		X					
Kettle Potato Chips	1 oz	150	17 g	2 g	8 g	1 g	0 mg	140 mg	1 g	n/a	0	6	0 mg	0.36 mg										
Lettuce, Tomato and Cheese	each	55	3 g	4 g	4.72 g	2.05 g	10 mg	97 mg	1 g	n/a	805	9.21	112 mg	0.28 mg						X				
Macaroni & Cheese	1 cup	501	46 g	21 g	25.73 g	12.59 g	55 mg	1043 mg	6 g	n/a	1303	10.71	305 mg	1.79 mg	X		X		X					
Marinara Sauce	1/2 cup	60	11 g	2 g	1.12 g	0.2 g	0 mg	140 mg	0 g	n/a	419	4.9	25 mg	1.12 mg										
Mexican Brown Rice	1/2 cup	136	24 g	3 g	3.49 g	1.33 g	1 mg	296 mg	2 g	n/a	300	1.11	9 mg	21.55 mg	X		X		X					
Mexican Corn	1/2 cup	61	15 g	2 g	0.52 g	0.08 g	0 mg	5 mg	2 g	n/a	338	14.47	5 mg	0.42 mg										
Pancakes	1 ea	70	14 g	2 g	1 g	0.17 g	3 mg	180 mg	2 g	n/a	0	0	7 mg	0.9 mg	X	X	X		X					
Pepperoni Pizza	1 slice	360	33 g	21 g	17 g	7 g	45 mg	580 mg	3 g	n/a	110	0	370 mg	2.2 mg	X		X		X					
Refried Beans	1/2 cup	118	20 g	7 g	1.6 g	0.6 g	10 mg	140 mg	7 g	n/a	0	7.6	44 mg	2.09 mg			X							
Roasted Peppers	1/2 cup	69	10 g	2 g	3.66 g	0.35 g	0 mg	161 mg	3 g	n/a	164	14.64	29 mg	0.48 mg										
Salisbury Steak Sandwich	1 sandwich	338	41 g	23 g	10.21 g	3.09 g	40 mg	1080 mg	6 g	n/a	5	1.5	69 mg	3.42 mg	X		X		X					
Salsa Chicken Bowl	50 each	498	63 g	27 g	15.81 g	5.15 g	55 mg	458 mg	9 g	n/a	10065	18.39	351 mg	13.29 mg					X					
Sausage Breakfast Biscuit	each	570	31 g	15 g	41 g	12.5 g	325 mg	1190 mg	2 g	n/a	20000	0	3150 mg	1.62 mg	X	X	X		X					
Sausage Patty	1 each	180	1 g	6 g	17 g	6 g	30 mg	280 mg	0 g	n/a	0	0	0 mg	0.36 mg										
Soft Beef Tacos	2 each	354	27 g	24 g	17.89 g	7.52 g	68 mg	365 mg	4 g	n/a	278	1.9	201 mg	1.85 mg	X		X		X					
Steamed Green Beans	1/4 cup	15	3 g	1 g	0 g	0 g	0 mg	0 mg	1 g	n/a	0	0	17 mg	0.31 mg										
Syrup	each	120	31 g	0 g	0 g	0 g	0 mg	25 mg	0 g	n/a	0	0	0 mg	0 mg										
Tater Tot Casserole	1 serving	392	34 g	15 g	21.42 g	6.01 g	43 mg	880 mg	4 g	n/a	43	3.39	44 mg	1.73 mg	X		X		X					
Tri Tater	each	110	13 g	1 g	6 g	1 g	0 mg	140 mg	2 g	n/a	0	2.4	0 mg	0 mg										
Turkey Deli Sandwich	each	335	34 g	24 g	14.1 g	4.2 g	58 mg	1129 mg	4 g	n/a	1418	7.39	136 mg	15.26 mg	X		X		X					
Turkey Taco	2 tacos	450	40 g	18 g	24.56 g	8.55 g	44 mg	1338 mg	2 g	n/a	318	19.6	91 mg	5.12 mg	X				X					
Vegetable Selection	1/2 cup	15	2 g	1 g	0 g	0 g	0 mg	10 mg	1 g	n/a	0	0	0 mg	0 mg										
Vegetable Selection	3/4 cup	52	4 g	2 g	3.25 g	0.94 g	8 mg	211 mg	1 g	n/a	59	2.18	49 mg	0.33 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							