

St John's November

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
Baked Beans	1/2 cup	140	29 g	6 g	1 g	0 g	0 mg	550 mg	5 g	n/a	0	0	0 mg	0 mg									
BBQ Chicken Sandwich	1 sandwich	310	36 g	19 g	9.88 g	2.99 g	63 mg	462 mg	1 g	n/a	36	3.84	107 mg	2.57 mg	X		X						
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 Chili	1/2 cup	209	6 g	13 g	11.17 g	4.71 g	39 mg	302 mg	2 g	n/a	612	5.17	26 mg	1.9 mg									
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	431	39 g	16 g	23.83 g	8.13 g	45 mg	648 mg	5 g	n/a	508	12.97	211 mg	1.77 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									
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									
Broccoli Bites	4oz	220	19 g	14 g	10.22 g	4.11 g	174 mg	299 mg	4 g	n/a	1180	39.8	166 mg	1.33 mg	X	X			X				
Buffalo Chicken Wrap	1 wrap	373	32 g	17 g	19.06 g	6.41 g	54 mg	758 mg	4 g	n/a	299	0.75	126 mg	2.25 mg	X	X	X		X				
Caesar Side Salad	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			
Canned Fruit Bar	1/2 cup	65	17 g	0 g	0.07 g	0.01 g	0 mg	4 mg	2 g	n/a	27	3.7	8 mg	0.36 mg									
Cheese Pizza	1 slice	331	30 g	15 g	15.98 g	6.14 g	23 mg	572 mg	4 g	n/a	243	0.55	317 mg	0.82 mg	X	X	X		X				
Cheeseburger on a Bun	1 each	300	25 g	20 g	13 g	6 g	48 mg	765 mg	2 g	n/a	150	0	195 mg	2.52 mg	X		X		X				
Chef Salad	each	209	7 g	13 g	14.54 g	4.61 g	86 mg	917 mg	1 g	n/a	499	12.08	40 mg	0.79 mg	X	X	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 Breakfast Biscuit	1 sandwich	396	53 g	11 g	15.32 g	10 g	33 mg	719 mg	3 g	n/a	77	0	163 mg	2.28 mg	X	X	X		X				
Chicken Waldorf Salad	salad	268	25 g	22 g	9.04 g	0.86 g	54 mg	198 mg	4 g	n/a	296	5.92	7 mg	0.77 mg		X	X						
Chili Dog	each	330	28 g	13 g	18.67 g	7.01 g	40 mg	777 mg	4 g	n/a	263	14.1	161 mg	2.71 mg	X		X						
Cilantro Lime Rice	1/2 cup	123	26 g	3 g	1.07 g	0 g	0 mg	96 mg	1 g	n/a	111	3.05	3 mg	25.57 mg									
Cinnamon Roll	1 roll	270	43 g	7 g	8 g	3 g	15 mg	330 mg	4 g	n/a	100	1.2	60 mg	1.81 mg	X	X	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				
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						
Fortune Cookie	each	35	7 g	1 g	0 g	0 g	0 mg	0 mg	0 g	n/a	0	0	0 mg	0 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				
French Toast Sticks	3 each	210	32 g	10 g	5 g	1 g	140 mg	370 mg	3 g	n/a	160	0	23 mg	1.83 mg	X	X	X		X				
Fresh or Canned Fruit	1/2 cup	45	11 g	0 g	0.11 g	0.02 g	0 mg	5 mg	2 g	n/a	649	16.1	12 mg	0.12 mg									
Fresh or Canned Fruit	1/2 cup	65	17 g	0 g	0.07 g	0.01 g	0 mg	4 mg	2 g	n/a	27	3.7	8 mg	0.36 mg									
Fried Rice	50 3/4 cup	186	30 g	7 g	3.83 g	0.8 g	112 mg	472 mg	2 g	n/a	419	0.9	3 mg	27.99 mg		X	X						
Garlic Breadstick	each	150	22 g	4 g	5 g	1 g	0 mg	240 mg	1 g	n/a	0	0	0 mg	0.72 mg	X		X						
Glazed Carrots	1/2 cup	75	17 g	1 g	0.67 g	0.14 g	0 mg	55 mg	3 g	n/a	15460	13.69	35 mg	0.51 mg									
Golden Crinkle Cut French Fries	1/2 cup	108	15 g	2 g	4 g	1 g	0 mg	21 mg	2 g	1	83 iu	1 mg	84 mg	0.6 mg									
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									
Grilled Cheese Sandwich	sandwich	373	34 g	16 g	20.95 g	9.69 g	38 mg	660 mg	4 g	n/a	571	0	524 mg	1.71 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						
Homemade Tomato Soup	1/2 cup	49	7 g	2 g	2 g	0.13 g	0 mg	196 mg	2 g	n/a	541	6.36	19 mg	0.46 mg					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				
Italian Meatball Sub	1 sandwich	357	27 g	17 g	19.95 g	7.77 g	48 mg	608 mg	3 g	n/a	342	5.2	277 mg	2.72 mg	X		X		X				
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				
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									
Mashed Potatoes	1/2 cup	67	14 g	2 g	0.84 g	0 g	0 mg	263 mg	1 g	n/a	0	25.13	19 mg	0.31 mg					X				
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				
Orange Chicken	1 serving	341	39 g	16 g	12.98 g	2 g	25 mg	924 mg	2 g	n/a	11	2.88	2 mg	0.02 mg	X		X						
Oriental Chicken Wrap	1 each	355	33 g	20 g	15.89 g	6.29 g	54 mg	646 mg	6 g	n/a	252	0.75	181 mg	1.5 mg	X		X		X				
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				
Pasta with Meatballs & Sauce	1 serving	453	48 g	20 g	18.63 g	7.67 g	50 mg	344 mg	7 g	n/a	314	4.78	28 mg	1.65 mg	X	X	X			X			
Pineapple Radish Pico	1/4 cup	30	8 g	0 g	0.08 g	0.01 g	0 mg	109 mg	1 g	n/a	114	28.93	10 mg	0.2 mg									
Pork Street 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				
Pretzel Bites Yogurt Pak Munchable	1 serving	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a									
Pumpkin Bar	1 muffin	203	35 g	4 g	5.86 g	1 g	44 mg	274 mg	3 g	n/a	3128	0.29	50 mg	1.01 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						
Roast Turkey & Gravy	1 serving	126	4 g	18 g	3.92 g	1.17 g	43 mg	803 mg	0 g	n/a	0	0.04	8 mg	0.09 mg	X		X		X				
Roasted Broccoli	1/2 cup	8	1 g	0 g	0 g	0 g	0 mg	51 mg	1 g	n/a	125	36.05	0 mg	0.18 mg									
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									
Sloppy Joe on a Bun	1 sandwich	301	32 g	20 g	9.97 g	3.71 g	49 mg	433 mg	2 g	n/a	528	3.89	117 mg	3.2 mg	X		X						
Spiced Pinto Beans	1/4 cup	65	12 g	4 g	0 g	0 g	0 mg	343 mg	4 g	n/a	33	0.83	55 mg	0.75 mg									
Spicy Bacon Cheeseburger	1 each	300	25 g	20 g	13 g	6 g	48 mg	765 mg	2 g	n/a	150	0	195 mg	2.52 mg	X		X		X				

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 Tots	1/2 cup	84	14 g	1 g	2.5 g	.5 g	0 mg	14 mg	1 g	n/a	0	4.2	0 mg	0.25 mg										
The "Mac" Flatbread	1 each	532	35 g	26 g	31.06 g	11.48 g	69 mg	834 mg	3 g	n/a	264	0	380 mg	1.91 mg	X		X		X					
Turkey Taco	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					
Vegetable Bar	1/2 cup	13	3 g	0 g	0.1 g	0.02 g	0 mg	18 mg	1 g	n/a	1844	23.05	10 mg	0.18 mg										
Vegetable Selection	1/2 cup	13	3 g	0 g	0.1 g	0.02 g	0 mg	18 mg	1 g	n/a	1844	23.05	10 mg	0.18 mg										
Vegetable Selection	1/2 cup	59	12 g	3 g	0 g	0 g	0 mg	32 mg	4 g	n/a	*n/a*	*n/a*	*n/a* mg	*n/a* mg										
Walking Taco	1 serving	364	31 g	15 g	20.52 g	7.45 g	44 mg	286 mg	3 g	n/a	168	0.01	102 mg	1.77 mg					X					
Warm Cinnamon Apples	1/2 cup	81	21 g	0 g	0 g	0 g	0 mg	7 mg	1 g	n/a	0	1.36	5 mg	1.66 mg										
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							