St John's Lunch December

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 Legs	each	133	6 g	16 g	6 g	1.5 g	85 mg	192 mg	0 g	n/a	0	1.54	0 mg	0.01 mg									
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 serving	425	34 g	22 g	19.72 g	8.24 g	69 mg	518 mg	5 g	n/a	788	7.57	127 mg	4.6 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						
Beefy Nachos w/Cheese Sauce	serving	431	33 g	15 g	25.05 g	6.92 g	42 mg	545 mg	3 g	n/a	101	1.96	66 mg	1.5 mg			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									
Buffalo Chicken Fajita Wrap	1 each	455	34 g	30 g	22.86 g	9.17 g	88 mg	589 mg	6 g	n/a	601	41.86	289 mg	2.38 mg	X		X		X				
Cheese Cubes	each	90	0 g	7 g	7 g	5 g	20 mg	95 mg	0 g	n/a	400	0	250 mg	2.7 mg					X				
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				
Cheese Pizza	1 slice	343	35 g	17 g	15.92 g	6.05 g	23 mg	496 mg	6 g	n/a	248	0.55	328 mg	1.52 mg	X		X		X				
Chicken & Cheese Quesadilla	2 halves	303	26 g	21 g	14.71 g	7.67 g	60 mg	417 mg	4 g	n/a	333	0.32	292 mg	0.4 mg	X		X		X				
Chicken Alfredo Flatbread	slice	342	30 g	20 g	15.51 g	6.66 g	37 mg	585 mg	4 g	n/a	152	0.01	314 mg	0.94 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				
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				
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				
Dinner Roll	1 roll	150	27	5	2	0	0	230	3	4	0	0	2	8	X		X		X				
Fish Nuggets	5 each	240	20 g	14 g	11 g	2 g	45 mg	410 mg	2 g	n/a	0	0	0 mg	1.08 mg	X	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	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									
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									
Fresh or Canned Fruit Selection	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									
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									
Green Beans	1/2 cup	19	4 g	1 g	0.11 g	0.03 g	0 mg	6 mg	2 g	n/a	376	2.8	33 mg	0.59 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				
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						
Holiday Treat	1 cookie	80	14 g	1 g	3 g	1 g	5 mg	85 mg	1 g	n/a	100	0	0 mg	0.36 mg	X	X	X		X				
Homemade Chicken Noodle Soup	1/2 cup	52	7 g	4 g	1.17 g	0.34 g	15 mg	260 mg	0 g	n/a	323	1.44	17 mg	0.12 mg	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				
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				
Pancake on a Stick	1 each	210	23 g	9 g	10 g	3.5 g	15 mg	470 mg	1 g	n/a	0	0	0 mg	1.08 mg	X	X	X						
Pizza Munchable	serving	446	35 g	22 g	24.07 g	12.03 g	48 mg	914 mg	4 g	n/a	854	6	454 mg	1.76 mg	X		X		X				
Pizza Parlor	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				
Popcorn Chicken Bowl	1 bowl	455	50 g	22 g	18.72 g	4.38 g	30 mg	1112 mg	4 g	n/a	194	9.95	107 mg	2.52 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									
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						
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				
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 Chicken Patty on Bun	each	360	41 g	21 g	13 g	2.5 g	55 mg	660 mg	4 g	n/a	500	0	220 mg	3.6 mg	X		X						
Steamed Peas	1/2 cup	74	13 g	5 g	0 g	0 g	0 mg	106 mg	4 g	n/a	426	6.38	0 mg	1.15 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									
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									