

# Holy Spirit 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 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 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				
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				
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									
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				
Cheese Pizza	1 slice	414	41 g	22 g	17.71 g	7.32 g	30 mg	782 mg	2 g	n/a	294	0.55	410 mg	2.24 mg	X	X	X		X				
Cheese Quesadilla	1 serving (2 ea)	310	32 g	19 g	12 g	6 g	45 mg	560 mg	3 g	n/a	400	0	250 mg	2.7 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				
Cheesy Mashed Potatoes	1/2 cup	130	18 g	6 g	4.72 g	2.17 g	10 mg	446 mg	1 g	n/a	113	30.04	127 mg	0.38 mg					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									
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						
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						
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 Friut	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	1/2 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						
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				
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				
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									
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						
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						
Pasta with Meat Sauce	3/4 cup	318	32 g	22 g	11.09 g	4.18 g	58 mg	242 mg	3 g	n/a	559	15.86	54 mg	3.59 mg	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				
Pretzel Bites w/Cheese Cubes	4 bites & 2 oz cheese	363	35 g	18 g	18 g	18 g	60 mg	480 mg	5 g	n/a	582	1.2	404 mg	1.91 mg	X				X				
Salisbury Steak	1 each	140	4 g	16 g	7 g	3 g	40 mg	430 mg	1 g	n/a	0	1.2	40 mg	1.8 mg	X		X		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				
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									
Turkey BLT Wrap	1 wrap	376	28 g	24 g	19.41 g	5.58 g	54 mg	765 mg	4 g	n/a	130	4.82	63 mg	1.62 mg	X	X	X		X				
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									
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						