

Holy Spirit 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	Sesame
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							
Beef Hot Dog 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/Homemade Cheese Sauce	serving	440	31 g	15 g	27.8 g	10.06 g	45 mg	751 mg	3 g	n/a	504	8.32	52 mg	1.11 mg			X		X					
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					
Broccoli Florets	1/4 cup	12	2 g	1 g	0 g	0 g	0 mg	12 mg	1 g	n/a	0	53.46	16 mg	0.29 mg										
Brown Rice	1/2 cup	101	34 g	2.5 g	1g	0g	0 mg	3 mg	1 g	0g	0	0	10 mg	0.41 mg										
Caesar Side Salad	1/2 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				
Cheese Bosco Stick	1 each	220	26 g	12 g	7 g	4 g	15 mg	300 mg	1 g	n/a	100	0	200 mg	1.8 mg	X		X		X					
Cheeseburger on a Bun	1 each	318	28 g	21 g	13.5 g	5.5 g	48 mg	765 mg	3 g	3	150	0	195 mg	2.52 mg	X		X		X					
Chef's Choice	1 each	318	28 g	21 g	13.5 g	5.5 g	48 mg	765 mg	3 g	3	150	0	195 mg	2.52 mg	X		X		X					
Chef's Choice	1 salad	515	55 g	27 g	21.74 g	1.84 g	53 mg	475 mg	8 g	n/a	3	12.68	314 mg	5.31 mg	X		X							
Chef's Choice	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					
Chef's Choice	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					
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 Fried Rice	1 cup	146	22.059g	9.112g	2.225g	0.539g	39.106mg	211.293mg	1.318g	0.508g	692.663	0.585	10.526mg	1.116mg	X	X	X							
Chicken Potstickers	3 each	89	11.5g	6.3g	2.6g	.2g	13mg	204mg	.5g	1.1g	0	0	5mg	1mg	X		X							
Coleslaw	1/2 cup	42	8 g	0 g	1 g	0 g	0 mg	286 mg	2 g	n/a	842	22 mg	36 mg	.4 mg		X	X		X					
Corn Dog	each	240	30g	9g	9g	2.5g	40mg	470mg	2g	8g	0	0	60mg	1.8mg	X	X	X							
Crispy Chicken Nuggets	5 nuggets	210	13 g	13 g	12 g	2 g	20 mg	320mg	2 g	n/a	135	1	2%mg	10%mg	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							
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					
Dunker	each	313	32 g	20 g	11.5 g	6.4 g	30 mg	712 mg	1 g	n/a	675	0.6	421 mg	1.9 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					
Fruit Selection	1 each	101	27 g	1 g	0.25 g	0.04 g	0 mg	2 mg	6 g	n/a	45	7.65	16 mg	0.32 mg										
Fruit Selection	1/2 cup	60	15 g	0 g	0 g	0 g	0 mg	10 mg	1 g	n/a	0	0.8	13 mg	0 mg										
Fruit Selection	1/2 cup	60	15 g	0 g	0 g	0 g	0 mg	15 mg	1 g	18 g	35	1.5	4 mg	0.15 mg										
Fruit Selection	1/2 cup	60	15 g	0 g	0 g	0 g	0 mg	5 mg	1 g	n/a	12	3.9	6 mg	0.36 mg										
Fruit Selection	1/2 cup	66	17 g	0 g	0.15 g	0.01 g	0 mg	1 mg	1 g	n/a	48	9.4	18 mg	0.49 mg										
Fruit Selection	1/2 cup	68	18 g	1 g	0.04 g	0 g	0 mg	6 mg	2 g	n/a	23	3	4 mg	0.45 mg										
Fruit Selection	1/2 cup	72	19 g	0 g	0.04 g	0 g	0 mg	6 mg	2 g	n/a	0	0.9	6 mg	0.35 mg										
Garlic Toast	each	113	14 g	3 g	5.1 g	2.1 g	8 mg	183 mg	1 g	n/a	93	0	26 mg	1.04 mg	X	X	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										
Gravy	1/4 cup	19	4 g	1 g	0 g	0 g	0 mg	120 mg	0 g	n/a	0	0	0 mg	0 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							
Kung Fu Carrots	1/2 cup	45	9g	.2g	0g	0g	0mg	203mg	2g	4g	3285	2	26mg	0mg	X		X							
Lasagna Rollup with Sauce	1 serving	288	37 g	16 g	7.02 g	3.5 g	20 mg	482 mg	3 g	n/a	740	10.08	314 mg	1.82 mg	X				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										
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					
Milk Choice	8 oz	110	11 g	8 g	2.5 g	1.5 g	10 mg	130 mg	0 g	11 g	500	2.4	300 mg	0 mg					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							
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					
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					
Red/Orange Bell Pepper	1/4 cup	6	1 g	0 g	0 g	0 g	0 mg	0 mg	0 g	n/a	84	23.8	4 mg	0.08 mg										
Sausage Patty	1 each	180	0.5 g	6 g	17 g	6 g	30 mg	280 mg	0 g	0	0	0	0 mg	0.36 mg										
Spiced Pinto Beans	1/2 cup	129	23 g	8 g	0 g	0 g	0 mg	687 mg	8 g	n/a	65	1.66	111 mg	1.5 mg										
Steamed Green Beans	1/2 cup	30	6 g	2 g	0 g	0 g	0 mg	0 mg	2 g	n/a	0	0	34 mg	0.61 mg										
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										
Toasted Italian Cheese Sandwich	sandwich	426	35 g	19 g	25.25 g	12.19 g	50 mg	806 mg	4 g	n/a	705	0	672 mg	1.8 mg	X		X		X					
Turkey Munchable	each	352	30 g	17 g	17.25 g	5.75 g	47 mg	923 mg	4 g	n/a	2250	6.9	80 mg	1.71 mg	X		X		X					
Turkey Tetrazzini	3/4 cup	273	24 g	24 g	8.78 g	2.54 g	49 mg	700 mg	1 g	n/a	242	0.64	31 mg	2.41 mg	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							