

OBES 2023-24 Nutritional Information, **Lunch**

Entree Items		Calories	Carbohydrates	Sugar	Sodium	Allergens
Chicken Noodle Soup		140	32g	0g	640mg	Contains: Wheat, Egg, Milk
Breaded Chicken Sandwich		401	41g	4g	776mg	Contains: Wheat, Milk, Egg
Cheesy Pull-Aparts		300	32g	5g	520mg	Contains: Wheat, Milk
Chicken Bites		300	17g	0g	722mg	Contains: Wheat, Egg
Hamburger		276	28g	4g	419mg	Contains: Wheat (bun)
Chicken and Waffle		495	51g	20g	516mg	Contains: Wheat, Soy, Milk, Egg
Ham and Cheese Sandwich		267	32g	6g	1012mg	Contains: Wheat, Milk
BBQ Sandwich		393	38g	12g	1060mg	Contains: Wheat (bun)
Pancakes		160	30g	10g	220mg	Contains: Egg, Milk, Wheat, Soy
Pizza		330	35g	4g	820mg	Contains: Milk, Wheat, Soy
Breaded Cheese Sticks		300	34g	6g	740mg	Contains: Milk, Soy, Wheat
Crispitos		540	46g	2g	740mg	Contains: Wheat
Chili		213	18g	4g	351mg	Contains: N/A
Taco Soup		175	17g	1g	543mg	Contains: Milk, Wheat
Turkey Ham		60	1g	1g	620mg	Contains: N/A
Chicken Alfredo		373	25g	3g	677mg	Contains: Milk, Soy, Wheat
Hot Wings		160	1g	0g	410mg	Contains: Wheat
PB&J Sandwich, Peanut Free	"Albies" brand	280	28g	12g	200mg	Contains:Wheat, Milk, Soy
Beef A Roni		283	26g	0g	191mg	Contains: Milk, Wheat

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Side Items	Calories	Carbohydrates	Sugar	Sodium	Allergens
Baked Beans	210	44g	11g	373mg	Contains: N/A
Chips	130	18g	1g	195mg	Contains: Milk, Soy
Hummus	200	10g	0g	275mg	Contains: Sesame Seeds
Sausage Links	160	0g	0g	356mg	Contains: N/A
Scrambled Eggs	70	0g	0g	65mg	Contains: Milk, Egg
Marinara Dipping Cup	20	3g	2g	100mg	Contains: N/A
Roll	140	22g	4g	200mg	Contains: Wheat, Egg, Soy, Milk
Pickles	0	0g	0g	380mg	Contains: N/A
Pudding Cup	110	23g	16g	105mg	Contains: Milk
Raw Broccoli and Cauliflower	14	3g	1g	15mg	Contains: N/A
Kernel Corn	82	19g	2g	23mg	Contains: N/A
Mixed Raw Veggies	19	4g	2g	28mg	Contains: N/A
Green Beans	18	4g	0g	122mg	Contains: N/A
Garden Salad	14	3g	1g	7mg	Contains: N/A
Cookie	190	28g	14g	80mg	Contains: Milk, Soy, Wheat, Egg
Fruit Roll Up	50	11g	4g	55mg	Contains: N/A
French Fries	130	20g	0g	360mg	Contains: N/A
Frozen Sorbet Cup	70	19g	16g	6mg	Contains: N/A
Fruit	70	18g	7g	2mg	Contains: N/A
Oven Potatoes	113	16g	0g	200mg	Contains: N/A
Corn Cob	80	17g	4g	0mg	Contains: N/A
Brown Rice	102	21g	0g	162mg	Contains: N/A
Breadstick	140	28g	4g	230mg	Contains: Wheat, Soy, Milk
Broccoli	15	3g	1g	15mg	Contains: N/A
Sweet Potatoes	190	24g	13g	10mg	Contains: N/A

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Pinto Beans		96 17g	0g	146mg	Contains: N/A
Cooked Carrots		35 8g	4g	5mg	Contains: N/A
Rice Crispy Treat		160 30g	11g	140mg	Contains: Milk & Soy ingredients
Tortilla Chips		140 18g	1g	75mg	Contains: N/A
Hashbrown		240 30g	0g	540mg	Contains: N/A
Gravy (for mashed potatoes)		20 4g	0g	300mg	Contains: Wheat, Soy, Milk
Brownie (individually wrapped)		200 31g	17g	115mg	Contains: Wheat, Soy, Milk, Egg
Syrup		80 20g	11g	30mg	Contains: N/A
Ketchup (single serve)		10 2g	2g	85mg	Contains: N/A
Mustard (single serve)		0	0	0 80mg	Contains: N/A
BBQ Sauce (single serving)		40 9g	6g	520mg	Contains: N/A
Mayonnaise		30 1g	0g	161mg	Contains: Eggs
Cornbread Dressing		162 21g	0g	289mg	Contains: Wheat, Egg,
Mashed Potatoes		113 21g	0g	535mg	Contains: Milk
Macaroni & Cheese		175 16g	0g	524mg	Contains: Milk, Wheat
Milk, 1% white		100 12g	11g	130mg	Contains: Milk
Milk, Chocolate FF		120 22g	21g	240mg	Contains: Milk