

Pre School Feb Lunch 24

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
Baby Carrots	1/4 cup	12	3 g	0 g	0.05 g	0.01 g	0 mg	27 mg	1 g	n/a	4848	0.91	11 mg	0.31 mg										
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							
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					
Buttered Noodles	1/2 cup	160	24 g	6 g	4.5 g	2.23 g	3 mg	82 mg	1 g	n/a	207	0.57	12 mg	1.14 mg	X		X		X					
Caesar Side Salad	1 cup	70	6 g	2 g	4.37 g	1.27 g	11 mg	283 mg	1 g	n/a	80	2.93	65 mg	0.44 mg	X	X	X		X	X				
California Blend Vegetable	1/2 cup	37	6 g	1 g	0 g	0 g	0 mg	37 mg	3 g	n/a	938	26.25	25 mg	0 mg										
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										
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					
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	376	30 g	19 g	19.02 g	7.92 g	30 mg	658 mg	4 g	n/a	294	0.55	418 mg	0.82 mg	X	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					
Cherry Tomato	1/2 cup	23	5 g	0 g	0 g	0 g	0 mg	0 mg	*n/a* g	n/a	0	0	14 mg	0.39 mg										
Cherry Tomato	1/4 cup	12	2 g	0 g	0 g	0 g	0 mg	0 mg	*n/a* g	n/a	0	0	7 mg	0.2 mg										
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					
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							
Crispy Chicken Tenders	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							
Dinner Roll	1 roll	150	27g	5g	2g	0g	0mg	230mg	3g	4g	0	0	2mg	8mg	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 Italian Dunkers	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					
Fruit Selectioin	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 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	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 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 Crinkle Cut French Fries	1/2 cup	108	15 g	2 g	4 g	1 g	0 mg	21 mg	2 g	1g	83 iu	1 mg	84 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										
Kale Salad	2/3 cup	96	10 g	1 g	6.61 g	0.47 g	0 mg	31 mg	1 g	n/a	2521	30.33	38 mg	0.37 mg										
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					
Pasta with Meat Sauce	3 oz scea/.5 c	325	34.94g	22.253g	9.478g	3.473g	51.2mg	285.895mg	3.298g	9.069g	480	5.76	36.847mg	3.696mg	X									
Potato Wedges	1/2 cup	94	19 g	2 g	1.68 g	0.42 g	0 mg	38 mg	2 g	n/a	0	8.6	12 mg	54 mg										
Roasted Corn	1/2 cup	66	15 g	2 g	0.82 g	0.12 g	0 mg	265 mg	2 g	n/a	128	6.64	4 mg	0.71 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										
Soft Shell Pork 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					
Soft Shell Taco	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					
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 Broccoli	1/2 cup	29	5 g	2 g	0 g	0 g	0 mg	10 mg	2 g	n/a	96	28.74	0 mg	0 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							