

Holy Spirit Lunch May 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	1/2 cup	25	6 g	0 g	0.09 g	0.02 g	0 mg	55 mg	2 g	n/a	9695	1.83	23 mg	0.63 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							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										
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					
Calico Bean Bake	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										
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										
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	368	41 g	18 g	14.67 g	5.55 g	23 mg	591 mg	3 g	n/a	243	0.55	308 mg	0.08 mg	X	X	X		X					
Cheese Pizza	1 slice	370	36 g	20 g	17 g	7 g	40 mg	650 mg	4 g	n/a	400	0	200 mg	2.7 mg	X		X		X					
Cheesebread Dunkers	each	417	35 g	20 g	20.76 g	9.52 g	30 mg	855 mg	3 g	n/a	823	6.11	575 mg	2.35 mg	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					
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					
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 Taquito	2 each	200	17 g	17 g	12.08 g	4.37 g	38 mg	310 mg	2 g	n/a	708	0.04	209 mg	0.73 mg					X					
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							
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 Salad	each	406	20 g	23 g	23.79 g	8.53 g	80 mg	901 mg	4 g	n/a	701	12.72	266 mg	2.58 mg	X	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							
Crispy Chicken Tenders	3 each	260	16 g	15 g	15 g	2.5 g	25 mg	390 mg	3 g	n/a	384	3	20 mg	3 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					
Dinner Roll	1 roll	150	27g	5g	2g	0g	0mg	230mg	3g	4g	0	0	2mg	8mg	X		X		X					
Fiesta Munchable	1 serving	546	40 g	18 g	26.12 g	4.45 g	61 mg	865 mg	6 g	n/a	907	4.83	485 mg	1.45 mg					X					
Fiesta Taco Mac	1 serving	513	37 g	25 g	29.36 g	14.73 g	75 mg	925 mg	5 g	n/a	1298	16.03	336 mg	4.12 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 Apple	1 each	72	19 g	0 g	0.23 g	0.04 g	0 mg	1 mg	3 g	n/a	75	6.35	8 mg	0.17 mg										
Fresh Vegetable Selection	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										
Fresh Vegetable Selection	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										
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										
Fruit Selection	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										
Fruit Selection	1/4 cup	43	8 g	1 g	1.22 g	0.12 g	0 mg	56 mg	1 g	n/a	790	25.3	19 mg	0.26 mg										
Garlic & Herb Broccoli	1/2 cup	15	2 g	1 g	0 g	0 g	0 mg	10 mg	1 g	n/a	0	0	0 mg	0 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							
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										
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										
Grilled Cheese Sandwich	sandwich	373	34 g	16 g	20.95 g	9.69 g	38 mg	660 mg	4 g	n/a	571	0	524 mg	1.71 mg	X		X		X					
Kung Fu Carrots	1/2 cup	45	9g	.2g	0g	0g	0mg	203mg	2g	4g	3285	2	26mg	0mg	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										
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					
Parsley Potato	3 oz	99	15 g	1 g	3.77 g	1.94 g	0 mg	145 mg	1 g	n/a	420	9.68	28 mg	0.66 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									
Popcorn Chicken Bowl	1 bowl	425	46 g	22 g	18 g	4 g	30 mg	995 mg	5 g	2 g	81 iu	26 mg	87 mg	2.5 mg	X		X		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 Asparagus	1/4 cup	14	2 g	2 g	0 g	0 g	0 mg	35 mg	1 g	n/a	379	10.93	8 mg	0.34 mg										
Roasted Broccoli	1/2 cup	8	1 g	0 g	0 g	0 g	0 mg	51 mg	1 g	n/a	125	36.05	0 mg	0.18 mg										
Salsa	2 oz	10	2 g	0 g	0 g	0 g	0 mg	70 mg	1 g	n/a	0	0	0 mg	0 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 Taco	2 each	250	28 g	20 g	8.36 g	3.21 g	49 mg	492 mg	4 g	n/a	366	2.8	139 mg	0.6 mg	X				X					
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										
Vegetable Selection	1/2 cup	33	8 g	0 g	0.54 g	0 g	0 mg	54 mg	3 g	n/a	0	0	33 mg	0.54 mg										
Vegetable Selection	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										
Vegetable Selection	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										
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							