

Prim & Inter Jan Lunch

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, Vegetarian	1/2 cup	115	23 g	5.5 g	0.5 g	0 g	0 mg	424 mg	3.7 g	9.3	0	0	0 mg	0 mg										
Baked Potato Bar	each	406	36 g	21 g	19.61 g	12.15 g	73 mg	562 mg	3 g	n/a	721	10.76	265 mg	3.97 mg			X		X					
Beefy Nachos with Homemade Cheese	2oz meat, 1.5oz meat	370	32.39	9.014	22.559	7.658	26.578	829.448	3.371	*1.079*	153.649	2.016	156.406	0.652			X		X					
Black Beans	1/2 cup	155	25.938	9.052	1.664	0	0	285.58	8.764	2.62	0	0	56.33	2.214										
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							
Broccoli	1/2 cup	24	5 g	2 g	0 g	0 g	0 mg	24 mg	2 g	n/a	0	106.92	32 mg	0.58 mg										
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										
Broccoli Salad	1/4 cup	50	5 g	0 g	2.9 g	0.3 g	1 mg	119 mg	1 g	n/a	60	17.48	1 mg	0.12 mg		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										
Carrot Sticks	1/2 cup	23	5 g	1 g	0 g	0 g	0 mg	45 mg	2 g	n/a	4158	4.54	15 mg	0.27 mg										
Carrots	1/4 cup	16	4 g	0 g	0.27 g	0 g	0 mg	27 mg	2 g	n/a	0	0	16 mg	0.27 mg										
Cheese Omlet	serving	109	2 g	11 g	6.39 g	2.37 g	210 mg	278 mg	0 g	n/a	86	0.1	89 mg	0.01 mg		X			X					
Cheese Pizza	slice	215	6.506	15.454	7.5	7.25	30	364.054	1.718	1.348	291.45	1.372	404.572	0.485	X				X					
Cheesebread Dunkers	each	372	34 g	17 g	17.74 g	7.76 g	23 mg	768 mg	3 g	n/a	771	6.07	475 mg	2.35 mg	X		X							
Chicken & Gravy	1/2 cup	105	4 g	18 g	2.4 g	0.68 g	53 mg	357 mg	0 g	n/a	0	0.97	6 mg	2.3 mg	X		X							
Chicken Tacos	2 each	286	26.018	18.659	12.036	5.715	49.277	679.151	4.65	2.52	0	0	80.853	0.422	X				X					
Classic Cheeseburger	each	310	29	20.5	15	6	37.5	735	3	3.5	100	0	130	2.52	X		X		X					
Creamy Coleslaw	1/4 cup	35	1.816	0.227	3.113	0.424	2.816	54.146	0.463	*0.41*	513.935	5.531	9.456	0.099		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 Patty Sandwich	each	520	52	36	20.5	4	70	1030	6	3	100	0.6	100	3.96	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							
Cucumber Slices	1/2 cup	7	2 g	0 g	0.12 g	0.06 g	0 mg	1 mg	1 g	n/a	53	2.34	10 mg	0.16 mg										
French Fries	1/2 cup	110	17 g	2 g	3.5 g	0.8 g	0 mg	236 mg	2 g	1g	0 iu	4 mg	0 mg	0.6 mg										
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	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										
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					
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					
Hot Ham & Cheese Flatbread	1 sandwich	357	31 g	20 g	16.96 g	7.24 g	53 mg	1390 mg	4 g	n/a	115	0	20 mg	1.05 mg	X		X		X					
Jicama Sticks	1/2 cup	25	5 g	0 g	0 g	0 g	0 mg	0 mg	3 g	n/a	*n/a*	12	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	1/2 cup	240	21 g	10 g	13.11 g	7.21 g	27 mg	515 mg	1 g	n/a	525	5.1	112 mg	0.77 mg	X		X		X					
Marinara Sauce	1/2 cup	60	10	2	1.5	0	0	135	2	5	0	0	20	1.08										
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					
Mini Corn Dogs	6 each	320	35 g	12 g	15 g	3 g	55 mg	630 mg	1 g	7g	201	18	60 mg	2.7 mg	X	X	X							
Parsley 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					
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										
Popcorn Chicken	12 pieces	251	15 g	15 g	14.19 g	2.73 g	22 mg	371 mg	2 g	n/a	109	0	44 mg	1.96 mg	X	X	X		X					
Pretzel w/ Cheese Sauce	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					
Radish	1/4 cup	19	0 g	0 g	0 g	0 g	0 mg	6 mg	0 g	n/a	0	1.8	3 mg	0.06 mg										
Refried Beans	1/2 cup	118	20 g	7 g	1.6 g	0.6 g	10 mg	140 mg	7 g	n/a	0	7.6	44 mg	2.09 mg			X							
Romaine Lettuce Salad	1 cup	10	1 g	1 g	0 g	0 g	0 mg	0 mg	0 g	n/a	1500	12	20 mg	0.72 mg										
Sausage Pizza	slice	240	6.683	16.529	9.626	8.022	34.493	420.639	1.807	1.361	291.45	1.524	407.104	0.621	X				X					
Seasoned Brown Rice	1/2 cup	120	26.037	2.815	0	0	0	66.8	0	0	0	0	1.2	0.513										
Shredded Pork Sandwich	sandwich	691	68 g	23 g	35.77 g	4.86 g	36 mg	1210 mg	5 g	n/a	2541	34.58	166 mg	5.11 mg	X	X	X		X					
Smiley Fries	1/2 cup	110	17 g	2 g	3.5 g	0.8 g	0 mg	236 mg	2 g	1g	0 iu	4 mg	0 mg	0.6 mg										
Snow Peas	1/2 cup	42	7 g	3 g	0.3 g	0.06 g	0 mg	4 mg	2 g	n/a	1049	17.6	47 mg	1.92 mg										
Spaghetti w/ 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							
Spiced Pinto Beans	1/2 cup	161	29.674	6.536	1.296	0	0	370.627	11.777	*1.296*	65	1.555	103.77	1.401										
Steamed Carrots	1/4 cup	16	4 g	0 g	0.27 g	0 g	0 mg	27 mg	2 g	n/a	0	0	16 mg	0.27 mg										
Steamed Corn	1/2 cup	92	19 g	3 g	0.92 g	0 g	0 mg	0 mg	1 g	n/a	0	3.31	0 mg	0 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										
Syrup	each	120	31 g	0 g	0 g	0 g	0 mg	25 mg	0 g	n/a	0	0	0 mg	0 mg										
Tater Tot Casserole	1 serving	392	34 g	15 g	21.42 g	6.01 g	43 mg	880 mg	4 g	n/a	43	3.39	44 mg	1.73 mg	X		X		X					
Tater Tots	1/2 cup	107	18 g	2 g	3.12 g	0.89 g	0 mg	58 mg	2 g	n/a	38	5.33	0 mg	0.34 mg			X							
Tomato Soup	1 cup	80	19 g	2 g	0 g	0 g	0 mg	594 mg	2 g	n/a	300	21	24 mg	0.72 mg										
Treat	cookie	101	17 g	2 g	3.28 g	0.86 g	14 mg	118 mg	1 g	n/a	130	0	7 mg	0.47 mg	X	X	X		X					
Tri Tater	each	110	13 g	1 g	6 g	1 g	0 mg	140 mg	2 g	n/a	0	2.4	0 mg	0 mg										
Walking Taco	1 serving	364	31 g	15 g	20.52 g	7.45 g	44 mg	286 mg	3 g	n/a	168	0.01	102 mg	1.77 mg					X					
Whole Grain Dinner Roll	2 each	160	28g	8g	2g	0g	0mg	210mg	4g	2g	10	0	40mg	1.4mg	X		X							