

# MS Feb Lunch 2025

## 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
100% Orange Juice	4 fl. oz	60	14 g	1 g	0 g	0 g	0 mg	10 mg	0 g	n/a	0	36	10 mg	0 mg										
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										
Applesauce	1/2 cup	61	15	0	0	0	0	5	1	12	0	0	0	0										
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										
Banana	each	105	26.951	1.286	0.389	0.132	0	1.18	3.068	14.431	75.52	10.266	5.9	0.307										
BBQ Meatball Sub	sandwich	429	45 g	17 g	20.63 g	9 g	55 mg	746 mg	2 g	n/a	284	2.24	265 mg	2.39 mg	X		X		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					
Breaded Fish Sandwich	each	520	52	36	20.5	4	70	1030	6	3	100	0.6	100	3.96	X		X							
Breakfast Potatoes	1/2 cup	122	22 g	3 g	2.8 g	0.2 g	0 mg	398 mg	3 g	n/a	0	8.4	1 mg	0.01 mg										
Breakfast Sandwich	sandwich	245	23 g	14 g	10.25 g	3.25 g	123 mg	527 mg	3 g	n/a	245	0	264 mg	1.89 mg	X	X	X		X					
Broccoli Florets	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										
Brown Rice	1/2 cup	118	25 g	4 g	1.03 g	0.09 g	0 mg	64 mg	2 g	n/a	2	0.01	5 mg	15.52 mg			X							
Buffalo Chicken Wrap	1 wrap	373	32 g	17 g	19.06 g	6.41 g	54 mg	758 mg	4 g	n/a	299	0.75	126 mg	2.25 mg	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										
Carrot Snax	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										
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										
Cauliflower Floret	1/2 cup	12	2 g	1 g	0 g	0 g	0 mg	15 mg	1 g	n/a	0	29.29	10 mg	0.18 mg										
Cauliflower Floret	3/4 cup	18	4 g	1 g	0 g	0 g	0 mg	22 mg	1 g	n/a	0	43.93	15 mg	0.26 mg										
Celery Sticks	1/2 cup	9	2 g	0 g	0.11 g	0.03 g	0 mg	52 mg	1 g	n/a	290	2	26 mg	0.13 mg										
Cheese Omelet	serving	213	4 g	21 g	12.51 g	4.57 g	420 mg	545 mg	0 g	n/a	163	0.2	164 mg	0.02 mg		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							
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 and Cheese Quesadilla	2 halves	335	28 g	22 g	16.72 g	8.24 g	74 mg	964 mg	4 g	n/a	1134	9.51	337 mg	0.86 mg	X		X		X					
Chicken Bacon Ranch Flatbread	1 each	450	41g	21g	21g	7.5g	41mg	1012mg	3g	3g	126	5	253mg	1mg	X				X					
Chicken Caesar Wrap	1 wrap	297	28 g	22 g	12.21 g	5.25 g	48 mg	506 mg	4 g	n/a	293	0	230 mg	0.44 mg	X	X	X		X					
Chicken Cordon Bleu Sandwich	each	447	44.218	24.313	18.857	3.4	28.75	731.543	5.632	5.615	25	0	135.632	3.239	X		X		X					
Chicken Fried Rice	2 cups	285	44 g	17 g	4.25 g	1.02 g	74 mg	420 mg	3 g	n/a	1385	1.17	21 mg	2.05 mg	X	X	X		X					
Chicken Potstickers	6 each	178	23g	12.6g	5.2g	.4g	25.9mg	407mg	1g	2.2g	0	0	10mg	1.98mg	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					
Corn Bread	1 each	190	33	3	9.5	0.500	25	160	1	17	0	0	57	1	X	X	X		X					
Crispy Chicken 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										
Deli Sub Sandwich	each	399	49 g	17 g	14.63 g	4.3 g	40 mg	1150 mg	4 g	n/a	1396	3.6	245 mg	4.92 mg	X	X	X		X					
Diced Peaches	1/2 cup	50	12	1	0	0	0	5	1	10	300	1.2	0	0										
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	6 sticks	420	52	16	18	4	210	580	4	22	0	0	80	2.2	X	X	X		X					
Fresh Blueberries	1/4 cup	21	5.361	0.274	0.122	0.01	0	0.37	0.888	3.685	19.98	3.589	2.22	0.104										
Fresh Cantaloupe	1/2 cup	30	7	1	0.2	0	0	14	1	6	3000	32.4	10	0.18										
Fresh Grapes	1/2 cup	68	15.187	0.606	0.135	0	0	1.68	0.757	13.017	55.462	2.687	8.4	0.303										
Fresh Pineapple	1/2 cup	41	10.824	0.446	0.099	0.007	0	0.825	1.155	8.126	47.85	39.435	10.725	0.239										
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							
Green Pepper Slices	1/4 cup	11	3 g	0 g	0 g	0 g	0 mg	2 mg	1 g	n/a	7	45.49	5 mg	0.17 mg										
Ham & Cheese on a Bagel	each	375	41 g	22 g	13.41 g	6.2 g	60 mg	1535 mg	1 g	n/a	253	6.08	0 mg	16.45 mg	X		X		X					
Honey Mustard Ham Wrap	2 each	282	29 g	17 g	13 g	5.13 g	42 mg	897 mg	4 g	n/a	168	0	187 mg	0.49 mg	X		X		X					
Hot Ham & Cheese Bagel	1 sandwich	375	41 g	22 g	13.41 g	6.2 g	60 mg	1535 mg	1 g	n/a	253	6.08	0 mg	16.45 mg	X	X	X		X					
Kettle Potato Chips	1 oz	150	17 g	2 g	8 g	1 g	0 mg	140 mg	1 g	n/a	0	6	0 mg	0.36 mg										
Kiwi Fruit	1 each	46	11 g	1 g	0.3 g	0 g	0 mg	4 mg	3 g	n/a	133	75	20 mg	0.31 mg										
Lettuce Salad	1/2 cup	5	0.5	0.5	0	0	0	0	0	n/a	750	6	10	0.36										
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					
Mandarin Oranges	1/2 cup	70	17	1	0	0	0	10	0.125	0	300	24	20	0.72										
Marinara Sauce	1/2 cup	60	10	2	1.5	0	0	135	2	5	0	0	20	1.08										
Max Stix	2 each	320	32 g	14 g	14 g	4 g	20 mg	780 mg	2 g	n/a	0	0	200 mg	1.44 mg	X		X		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							
Mixed Fruit	1/2 cup	70	17	0	0	0	0	10	0	11	200	1.2	6	0										
Orange	each	86	21.62	1.73	0.221	0.028	0	0	4.416	17.204	414	97.888	73.6	0.184										
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							

