Primary Lunch Feb 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
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										
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										
Bread Stuffing	1/2 cup	133	20 g	4 g	4.57 g	1.96 g	0 mg	240 mg	3 g	n/a	160	0.1	52 mg	1.17 mg	X		X		X					
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							
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										
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 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	120	26.037	2.815	0	0	0	66.8	0	0	0	0	1.2	0.513										
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	1/2 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	1/2 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										
Cauliflower Buds	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										
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 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					
Cherry Tomato	1/4cup	12	2.303	0	0	0	0	0	n/a	2.303	0	0	6.91	0.196										
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 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					
Chili Frito Pie	6.5oz	451	38 g	19 g	21.19 g	7.51 g	41 mg	797 mg	5 g	n/a	763	5.17	134 mg	4.09 mg			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	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							
Fluffy Pancakes	2 each	140	26.015	4.002	4.002	0.00	6.003	270.154	2.001	6.003	0	0	0	0	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					
Goldfish Crackers	package	93	12.963	1.852	3.241	0.463	0	157.41	0.926	0	0	0	0	0.667	X				X					
Gravy	1/4 cup	19	4 g	1 g	0 g	0 g	0 mg	120 mg	0 g	n/a	0	0	0 mg	0 mg	X	X	X		X					
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					
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					
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					
Meatball Sub	1 sandwich	357	27 g	17 g	19.95 g	7.77 g	48 mg	608 mg	3 g	n/a	342	5.2	277 mg	2.72 mg	X		X		X					X
Mixed Vegetables	1/2 cup	59	12 g	3 g	0 g	0 g	0 mg	32 mg	4 g	n/a	*n/a*	*n/a*	*n/a* mg	*n/a* mg										
Pepperoni Pizza	1 slice	350	29g	22g	17g	7g	40mg	580mg	3g	6g	400	9	350mg	2.7mg	X				X					
Pickle Spear	1 slice	0	0 g	0 g	0 g	0 g	0 mg	53 mg	0 g	n/a	0	0	0 mg	0 mg										
Pizza Bagel	2 each	437	39 g	26 g	19.65 g	10.09 g	48 mg	1089 mg	4 g	n/a	627	2.4	425 mg	1.98 mg	X				X					
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 Bites w/Cheese	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					
Ranch Dressing	2 tbsp or 1 packet	130	1	0	14	2	10	180	0	1	0	0	0	0		X			X					
Red Peppers	1/4 cup	12	2 g	0 g	0 g	0 g	0 mg	0 mg	0 g	n/a	120	27.9	4 mg	0.2 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							
Roasted Beef Hot Dog on a Bun	each	310	28	12	17.5	7	35	860	3	3	0	0	60	3.42	X									
Sausage Patty	each	230	1	7	22	8	45	370	0	0	19.9	0.2	22.9	0.8										
Sloppy Joe on a Bun	1 sandwich	301	32 g	20 g	9.97 g	3.71 g	49 mg	433 mg	2 g	n/a	528	3.89	117 mg	3.2 mg	X		X							
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										
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	1/2 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										
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 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										
Sweet Potato Fries	1/2 cup	152	23.287	2.025 g	6.075	0.506	0 mg	172.122	2 g	5.062	33	5.4	0 mg	2.025										
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 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							
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					
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					
Zucchini Slices	1/4 cup	6	1 g	0 g	0.06 g	0 g	0 mg	36 mg	0 g	n/a	76	6.4	6 mg	0.11 mg										