

Primary & Inter May 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										
Beefy Nachos with Homemade Cheese Sauce	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 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					
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 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										
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										
Chicken Alfredo w/Pasta	1/2 c pasta, 1/2 c meat sauce	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 Bacon Ranch Flatbread	1 each	450	41g	21g	21g	7.5g	41mg	1012mg	3g	3g	126	5	253mg	1mg	X				X					
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										
Crackers	1 pkt	60	11g	1g	1.5g	0g	0mg	64mg	1g	3g	300	0	900mg	.4mg	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 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					
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										
Grape Tomatoes	1/2 cup	23	4.607	0	0	0	0	0	n/a	4.607	0	0	13.82	0.392										
Ham and Swiss on a English Muffin	sandwich	249	24 g	16 g	9.29 g	2.96 g	127 mg	660 mg	3 g	n/a	245	0	264 mg	2.12 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										
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					
Mexican Brown Rice	1/2 cup	136	24 g	3 g	3.49 g	1.33 g	1 mg	296 mg	2 g	n/a	300	1.11	9 mg	21.55 mg	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										
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					
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										
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					
Pork Sausage Link	1 each	100	0 g	3 g	10 g	3.5 g	20 mg	160 mg	0 g	n/a	0	0	0 mg	0 mg										
Pretzel with Homemade Cheese Sauce	1 container	292	39 g	12 g	9.5 g	5 g	30 mg	310 mg	5 g	n/a	0	2.5	200 mg	1.99 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										
Red Pepper Slices	1/2 cup	23	5.363	0.766	0	0	0	0	1.532	3.065	0	0	0	0										
Roasted Beef Hot Dog on a Bun	each	310	28	12	17.5	7	35	860	3	3	0	0	60	3.42	X									
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							
Soft Beef Tacos	2 each	354	27 g	24 g	17.89 g	7.52 g	68 mg	365 mg	4 g	n/a	278	1.9	201 mg	1.85 mg	X		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										
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 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										
Treat	1 cookie	80	14 g	1 g	3 g	1 g	5 mg	85 mg	1 g	n/a	100	0	0 mg	0.36 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										
Veggie	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										
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							