Memorial Lunch April 2026

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
4 Meat Pizza	1 slice	370	36 g	20 g	17 g	7 g	40 mg	650 mg	4 g	n/a	400	0	200 mg	3 mg	X		X		X					
All Amerian Hamburger on WG Bun	1 each	270	30 g	18 g	10 g	4 g	25 mg	520 mg	3 g	3 g	0	0	69 mg	3 mg	X		X							
Apple	each	72	19 g	0 g	0 g	0 g	0 mg	1 mg	3 g	14 g	4	6	8 mg	0 mg										
Applesauce	1/2 cup	61	15 g	0 g	0 g	0 g	0 mg	5 mg	1 g	12 g	0	0	0 mg	0 mg										
Baby Carrots	1/2 cup	25	6 g	0 g	0 g	0 g	0 mg	55 mg	2 g	n/a	9695	2	23 mg	1 mg										
Baked Beans, Vegetarian	1/2 cup	115	23 g	6 g	1 g	0 g	0 mg	424 mg	4 g	9 g	0	0	0 mg	0 mg										
Baked Potato Halves	1/2 potato	134	27 g	3 g	2 g	0 g	0 mg	61 mg	2 g	n/a	102	8	18 mg	1 mg										
Banana	each	105	27 g	1 g	0 g	0 g	0 mg	1 mg	3 g	14 g	4	10	6 mg	0 mg										
BBQ Beef Riblet	1 sandwich	320	38 g	19 g	12 g	4 g	30 mg	630 mg	7 g	9 g	100	1	60 mg	4 mg	X		X							
BBQ Chicken Sandwich	1 sandwich	310	36 g	19 g	10 g	3 g	63 mg	462 mg	1 g	n/a	36	4	107 mg	3 mg	X		X							
BBQ Rib Sandwich	1 sandwich	320	38 g	19 g	12 g	4 g	30 mg	630 mg	7 g	9 g	100	1	60 mg	4 mg	X		X							
Beefy Nachos w/Cheese Sauce	serving	431	33 g	15 g	25 g	7 g	42 mg	545 mg	3 g	4 g	101	2	66 mg	2 mg			X		X					
Black Beans	1/2 cup	155	26 g	9 g	2 g	0 g	0 mg	286 mg	9 g	3 g	0	0	56 mg	2 mg										
Broccoli Florets	1/2 cup	24	5 g	2 g	0 g	0 g	0 mg	24 mg	2 g	n/a	0	107	32 mg	1 mg										
Brown Rice, WG	1/2 cup	118	26 g	3 g	0 g	0 g	0 mg	2 mg	0 g	0 g	n/a	0	2 mg	1 mg										
Caesar Side Salad	1 cup	70	6 g	2 g	4 g	1 g	11 mg	283 mg	1 g	n/a	80	3	65 mg	0 mg	X	X	X		X	X				
Carrots	1/2cup	40	10 g	0 g	0 g	0 g	0 mg	140 mg	2 g	4 g	n/a	n/a	n/a	n/a										
Cauliflower Floret	1/2 cup	12	2 g	1 g	0 g	0 g	0 mg	15 mg	1 g	n/a	0	29	10 mg	0 mg										
Celery Sticks	1/2 cup	9	2 g	0 g	0 g	0 g	0 mg	52 mg	1 g	n/a	290	2	26 mg	0 mg										
Cheese Bosco Sticks	1 each	220	26 g	12 g	7 g	4 g	15 mg	300 mg	1 g	n/a	100	0	200 mg	2 mg	X		X		X					
Cheese Pizza	1 slice	360	35 g	21 g	16 g	7 g	35 mg	490 mg	3 g	n/a	93	0	441 mg	2 mg	X		X		X					
Cheeseburger on WG Bun	1 each	320	31 g	21 g	15 g	6 g	38 mg	745 mg	3 g	4 g	0	0	119 mg	3 mg	X		X		X					
Cherry Tomato	1/2 cup	23	5 g	0 g	0 g	0 g	0 mg	0 mg	n/a	5 g	0	0	14 mg	0 mg										
Chicken Parmesan Sandwich	each	447	44 g	24 g	19 g	3 g	29 mg	732 mg	6 g	6 g	25	0	136 mg	3 mg	X		X		X					
Choice of Milk	carton	103	12 g	8 g	3 g	2 g	13 mg	123 mg	0 g	11 g	150	n/a	300 mg	0 mg					X					
Corn	1/2c	80	17 g	2 g	2 g	0 g	0 mg	15 mg	2 g	7 g	n/a	n/a	n/a	n/a										
Creamy Coleslaw	1/2 cup	69	4 g	0 g	6 g	1 g	6 mg	107 mg	1 g	1 g	1027	11	19 mg	0 mg		X								
Crispy Chicken Nuggets	5 nuggets	240	16 g	14 g	14 g	3 g	25 mg	340 mg	3 g	1 g	135	1	2 mg	10 mg	X		X							
Crispy Chicken Sandwich WG Bun	1 each	340	41 g	21 g	11 g	2 g	35 mg	650 mg	4 g	4 g	100	1	69 mg	3 mg	X		X							
Cucumber Ranch Salad	1/2 cup	23	1 g	0 g	2 g	0 g	2 mg	43 mg	0 g	1 g	81	2	8 mg	0 mg		X			X					
Diced Peaches	1/2 cup	50	12 g	1 g	0 g	0 g	0 mg	5 mg	1 g	10 g	300	1	0 mg	0 mg										
Diced Pears	1/2 cup	72	19 g	0 g	0 g	0 g	0 mg	6 mg	2 g	0 g	0	1	6 mg	0 mg										
Dinner Roll	1 roll	150	27 g	5 g	2 g	0 g	0 mg	230 mg	3 g	4 g	0	0	2 mg	8 mg	X		X		X					
Egg & Cheese on English Muffin	sandwich	280	35 g	12 g	11 g	4 g	115 mg	670 mg	4 g	2 g	n/a	n/a	230 mg	2 mg	X	X	X		X					
Fluffy Pancakes	3 each	220	41 g	6 g	3 g	1 g	10 mg	490 mg	6 g	8 g	0	0	40 mg	2 mg	X	X	X		X					
French Fries	1/2 cup	110	17 g	2 g	4 g	1 g	0 mg	236 mg	2 g	1 g	0	4	0 mg	1 mg										
Fresh Grapes	1/2 cup	68	15 g	1 g	0 g	0 g	0 mg	2 mg	1 g	13 g	55	3	8 mg	0 mg										
Fresh Orange Quarters	1 cup	85	21 g	2 g	0 g	0 g	0 mg	0 mg	4 g	17 g	405	96	72 mg	0 mg										
Fresh Strawberries	1/2 cup	23	6 g	0 g	0 g	0 g	0 mg	1 mg	1 g	4 g	9	42	12 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	1 mg	X		X		X					
Grand Slam 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	1 mg										
Homemade Brownie	1 slice	160	28 g	2 g	5 g	1 g	19 mg	84 mg	1 g	n/a	71	0	39 mg	1 mg	X	X	X							
Italian Meatball Sub	1 sandwich	357	27 g	17 g	20 g	8 g	48 mg	608 mg	3 g	n/a	342	5	277 mg	3 mg	X		X		X					X
Macaroni & Cheese	1/2 cup	240	21 g	10 g	13 g	7 g	27 mg	515 mg	1 g	n/a	525	5	112 mg	1 mg	X		X		X					
Marinara Sauce	1/4 cup	30	5 g	1 g	1 g	0 g	0 mg	68 mg	1 g	3 g	n/a	0	10 mg	1 mg										
Mini Corn Dogs	6 each	320	35 g	12 g	15 g	3 g	55 mg	630 mg	1 g	7 g	201	18	60 mg	3 mg	X	X	X							
Mixed Fruit	1/2 cup	70	17 g	0 g	0 g	0 g	0 mg	10 mg	0 g	11 g	200	1	6 mg	0 mg										
Multigrain Sunchip	package	140	19 g	2 g	6 g	1 g	0 mg	120 mg	3 g	0 g	0	0	0 mg	0 mg	X									
Nacho Cheese Sauce	1.5 oz	137	3 g	7 g	11 g	6 g	27 mg	348 mg	0 g	0 g	530	0	339 mg	0 mg			X		X					
Orange	each	86	22 g	2 g	0 g	0 g	0 mg	0 mg	4 g	17 g	414	98	74 mg	0 mg										
Orange Chicken	1 serving	361	39 g	17 g	15 g	3 g	23 mg	552 mg	4 g	17 g	11	3	2 mg	0 mg	X		X							
Other Vegetable	1/2 cup	9	2 g	0 g	0 g	0 g	0 mg	52 mg	1 g	n/a	290	2	26 mg	0 mg										
Pasta w/ Hearty Meat Sauce	3 oz sce/.5 cup	276	31 g	18 g	8 g	3 g	43 mg	179 mg	3 g	3 g	203	3	25 mg	3 mg	X									
Pepperoni Pizza	1 slice	360	33 g	21 g	17 g	7 g	45 mg	580 mg	3 g	n/a	110	0	370 mg	2 mg	X		X		X					
Pineapple Tidbits	1/2 cup	90	21 g	1 g	0 g	0 g	0 mg	0 mg	1 g	20 g	0	6	0 mg	0 mg										
Ranch Dressing	2 tbsp or 1 packet	130	1 g	0 g	14 g	2 g	10 mg	180 mg	0 g	1 g	0	0	0 mg	0 mg		X			X					
Roasted Beef Hot Dog on a Bun	each	310	28 g	12 g	18 g	7 g	35 mg	860 mg	3 g	3 g	0	0	60 mg	3 mg	X									
Roasted Carrots	1/2 cup	61	9 g	1 g	3 g	0 g	0 mg	144 mg	3 g	5 g	15638	3	36 mg	1 mg										
Scrambled Egg	1/4 cup	78	1 g	7 g	5 g	2 g	214 mg	128 mg	0 g	n/a	91	0	40 mg	0 mg		X			X					
Sloppy Joe on WG Bun	1 each	334	39 g	21 g	13 g	4 g	40 mg	481 mg	3 g	9 g	0	5	54 mg	2 mg	X									

Spicy Chicken Patty on WG Bun	1 each	340	40 g	22 g	11 g	2 g	35 mg	650 mg	4 g	3 g	0	1	49 mg	3 mg	X		X							
Sweet Potato Tots	1/2 cup	142	24 g	1 g	4 g	0 g	0 mg	236 mg	4 g	11 g	4134	1	24 mg	0 mg										
Tator Tots	1/2 cup	140	16 g	1 g	7 g	1 g	0 mg	190 mg	1 g	0 g	0	0	0 mg	0 mg										
Toasted Cheese Sandwich	1 sandwich	406	30 g	16 g	26 g	12 g	51 mg	1253 mg	3 g	n/a	675	12	250 mg	2 mg	X		X		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	1 mg										
Warm Cinnamon Apple Slices	1/3 cup	65	18 g	0 g	0 g	0 g	0 mg	1 mg	1 g	n/a	0	0	18 mg	0 mg										