

Intermediate Lunch May

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	
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											
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								
Beefy Nachos with Homemade Cheese Sauce	2oz meat, 1.5oz meat	370	32 g	9 g	23 g	8 g	27 mg	829 mg	3 g	2 g	154	2	156 mg	1 mg			X		X						
Black Beans	1/4 cup	77	13 g	5 g	1 g	0 g	0 mg	143 mg	4 g	1 g	0	0	28 mg	1 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	10 mg	0 mg											
Cheese Pizza	slice	310	29 g	18 g	14 g	7 g	40 mg	470 mg	3 g	5 g	n/a	n/a	433 mg	2 mg	X	X	X		X						
Cheese Stick	each	80	1 g	7 g	6 g	4 g	20 mg	200 mg	0 g	0 g	0	0	150 mg	0 mg					X						
Cheesebread Dunkers	1 each	366	30 g	21 g	17 g	8 g	45 mg	558 mg	3 g	n/a	308	1	311 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						
Chicken Bacon Ranch Flatbread	1 each	450	41 g	21 g	21 g	8 g	41 mg	1012 mg	3 g	3 g	126	5	253 mg	1 mg	X				X						
Cream Cheese, plain	each	51	1 g	1 g	5 g	3 g	15 mg	46 mg	0 g	n/a	161	0	14 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								
Cucumber Slices	1/2 cup	7	2 g	0 g	0 g	0 g	0 mg	1 mg	1 g	n/a	53	2	10 mg	0 mg											
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											
Fruit	1/2 cup	65	17 g	0 g	0 g	0 g	0 mg	4 mg	2 g	n/a	27	4	8 mg	0 mg											
Garlic Toast	each	113	14 g	3 g	5 g	2 g	8 mg	183 mg	1 g	n/a	93	0	26 mg	1 mg	X	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 mg											
Lettuce, Tomato and Cheese	each	55	3 g	4 g	5 g	2 g	10 mg	97 mg	1 g	n/a	805	9	112 mg	0 mg					X						
Marinara Sauce	1/2 cup	60	10 g	2 g	2 g	0 g	0 mg	135 mg	2 g	5 g	n/a	0	20 mg	1 mg											
Mexican Brown Rice	1/2 cup	136	24 g	3 g	3 g	1 g	1 mg	296 mg	2 g	n/a	300	1	9 mg	22 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	n/a											
Parsley Buttered Noodles	1/2 cup	160	24 g	6 g	5 g	2 g	3 mg	82 mg	1 g	n/a	207	1	12 mg	1 mg	X		X		X						
Peas	1/4 cup	30	5 g	2 g	0 g	0 g	0 mg	0 mg	2 g	2 g	n/a	0	8 mg	1 mg											
Plain Bagel	1 each	150	30 g	6 g	2 g	0 g	0 mg	290 mg	1 g	n/a	0	4	0 mg	10 mg	X										
Popcorn Chicken	12 pieces	251	15 g	15 g	14 g	3 g	22 mg	371 mg	2 g	n/a	109	0	44 mg	2 mg	X		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										
Snow Peas	1/2 cup	42	7 g	3 g	0 g	0 g	0 mg	4 mg	2 g	n/a	1049	18	47 mg	2 mg											
Soft Beef Tacos	2 each	322	25	20	16	7	59	365	4	2	278	2	87	2	X		X		X						
Spaghetti with Meat Sauce	3 oz scea/.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										
Steamed Broccoli	1/2 cup	29	5 g	2 g	0 g	0 g	0 mg	10 mg	2 g	n/a	96	29	0 mg	0 mg											
Steamed Corn	1/2 cup	92	19 g	3 g	1 g	0 g	0 mg	0 mg	1 g	n/a	0	3	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	1 mg											
Sweet Potato Fries	1/2 cup	152	23 g	2 g	6 g	1 g	0 mg	172 mg	2 g	5 g	33	5	0 mg	2 mg											
Tomatoe Slice	1/4 cups (5slices)	8	2 g	0 g	0 g	0 g	0 mg	2 mg	1 g	1 g	375	6	5 mg	0 mg											
Veggies	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	n/a											
Yogurt Cup	4oz container	80	15 g	3 g	0 g	0 g	0 mg	75 mg	0 g	12 g	n/a	n/a	320 mg	0 mg					X						