

MS 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	
100% Apple Juice	4 fl. oz	50	13 g	0 g	0 g	0 g	0 mg	10 mg	0 g	n/a	0	15	0 mg	0 mg											
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											
Apple Slices	1/2 cup	52	14 g	0 g	0 g	0 g	0 mg	10 mg	0 g	11 g	0	1	0 mg	2 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											
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 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
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 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						
Biscuits and Gravy	.5c/1 biscuit	325	32 g	14 g	16 g	8 g	46 mg	489 mg	2 g	7 g	454	1	403 mg	2 mg	X				X						
Bread Stick	each	90	14 g	2 g	3 g	0 g	0 mg	170 mg	1 g	n/a	0	0	20 mg	1 mg	X	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	1 mg	X		X		X						
Breakfast Potatoes	1/2 cup	122	22 g	3 g	3 g	0 g	0 mg	398 mg	3 g	n/a	0	8	1 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	107	32 mg	1 mg											
Buffalo Chicken Flatbread	1 each	348	41 g	22 g	11 g	5 g	39 mg	622 mg	3 g	n/a	343	1	155 mg	0 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 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	5	15 mg	0 mg											
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 Bread 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						
Cheese Pizza	1 slice	310	30 g	22 g	12 g	6 g	30 mg	360 mg	3 g	6 g	500	9	450 mg	3 mg	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						
Cheesy Mashed Potatoes	1/2 cup	130	18 g	6 g	5 g	2 g	10 mg	446 mg	1 g	n/a	113	30	127 mg	0 mg					X						
Chicken & Cheese Quesadilla	2 halves	303	26 g	21 g	15 g	8 g	60 mg	417 mg	4 g	n/a	333	0	292 mg	0 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						
Chicken Caesar Wrap	1 wrap	297	28 g	22 g	12 g	5 g	48 mg	506 mg	4 g	n/a	293	0	230 mg	0 mg	X	X	X		X						
Chicken Fajitas	48 2 each	315	30 g	25 g	13 g	3 g	83 mg	874 mg	5 g	n/a	1251	51	159 mg	1 mg	X		X		X						
Churro	each	130	13 g	2 g	8 g	2 g	10 mg	115 mg	1 g	n/a	0	0	0 mg	2 mg	X	X	X		X						
Creamy Macaroni & Cheese	1 cup	501	46 g	21 g	26 g	13 g	55 mg	1043 mg	6 g	5 g	1303	11	305 mg	2 mg	X		X		X						
Crispy Chicken Tenders	3 each	260	16 g	15 g	15 g	3 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 g	0 g	0 mg	1 mg	1 g	n/a	53	2	10 mg	0 mg											
Dinner Roll	1 each	80	14 g	4 g	1 g	0 g	0 mg	100 mg	2 g	2	o	0	10 mg	0.6 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											
French Toast Sticks	6 sticks	420	52 g	16 g	18 g	4 g	210 mg	580 mg	4 g	22 g	0	0	80 mg	2 mg	X	X	X		X						
Fresh Cantaloupe	1/2 cup	30	7 g	1 g	0 g	0 g	0 mg	14 mg	1 g	6 g	3000	32	10 mg	0 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 Pineapple	1/2 cup	41	11 g	0 g	0 g	0 g	0 mg	1 mg	1 g	8 g	48	39	11 mg	0 mg											
Fresh Watermelon Chunks	1/2 cup	24	6 g	0 g	0 g	0 g	0 mg	1 mg	0 g	5 g	455	6	6 mg	0 mg											
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											
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						
Honey Mustard Ham Wrap	2 each	279	28 g	17 g	12 g	5 g	43 mg	897 mg	4 g	4 g	168	0	187 mg	0 mg	X		X		X						
Hot Ham & Cheese	each	375	41 g	22 g	13 g	6 g	60 mg	1535 mg	1 g	n/a	253	6	0 mg	16 mg	X		X		X						
Hot Ham & Cheese Bagel	each	375	41 g	22 g	13 g	6 g	60 mg	1535 mg	1 g	n/a	253	6	0 mg	16 mg	X		X		X						
Hot Ham & Cheese Bagel Sandwich	each	375	41 g	22 g	13 g	6 g	60 mg	1535 mg	1 g	n/a	253	6	0 mg	16 mg	X		X		X						
Italian Pasta	1 cup	292	30 g	20 g	11 g	4 g	43 mg	240 mg	4 g	n/a	10669	11	355 mg	3 mg	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 mg											
Kiwi Fruit	1 each	46	11 g	1 g	0 g	0 g	0 mg	4 mg	3 g	n/a	133	75	20 mg	0 mg											
Lettuce Salad	3/4 cup	57	3 g	1 g	5 g	1 g	0 mg	134 mg	1 g	n/a	747	22	11 mg	0 mg			X		X						
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						
Mandarin Oranges	1/2 cup	70	17 g	1 g	0 g	0 g	0 mg	10 mg	0 g	0 g	300	24	20 mg	1 mg											
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											
Mashed Potatoes	1/2 cup	67	14 g	2 g	1 g	0 g	0 mg	263 mg	1 g	n/a	0	25	19 mg	0 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 mg	X		X		X						
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						
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											
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											
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											
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 pizza	383	35 g	22 g	17 g	10 g	39 mg	680 mg	3 g	n/a	544	1	424 mg	2 mg	X	X	X		X						

