The Nest May 26

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
1% Unflavored White 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					
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 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							
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										
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					
Cheeseburger	each	320	31 g	20 g	15 g	6 g	40 mg	750 mg	3 g	1 g	n/a	n/a	220 mg	3 mg	X		X		X					X
Chef's Choice	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					
Chef's Choice	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							
Chef's Choice	1/2 sandwich	442	28 g	26 g	25 g	9 g	75 mg	832 mg	3 g	n/a	212	0	233 mg	1 mg	X	X	X		X					
Cherry Tomato	1/4cup	12	2 g	0 g	0 g	0 g	0 mg	0 mg	n/a	2 g	0	0	7 mg	0 mg										
Chicken Alfredo w/Pasta	1/2 c pasta, 1/2 c meat sauce	221	26 g	23 g	4 g	2 g	55 mg	174 mg	3 g	n/a	0	0	14 mg	3 mg	X		X		X					
Chicken Fried Rice	2 cups	285	44 g	17 g	4 g	1 g	74 mg	420 mg	3 g	n/a	1385	1	21 mg	2 mg	X	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	each	59	14 g	2 g	0 g	0 g	0 mg	151 mg	2 g	2 g	146	3	2 mg	0 mg										
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 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							
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 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 Bread Italian 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					
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	3 each	210	32 g	10 g	5 g	1 g	140 mg	370 mg	3 g	n/a	160	0	23 mg	2 mg	X	X	X		X					
Fruit Selection	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										
Fruit Selection	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										
Fruit Selection	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										
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										
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					
Homemade Cheese Pizza	slice	375	37 g	22 g	9 g	8 g	30 mg	510 mg	5 g	5 g	291	1	405 mg	1 mg	X				X					
Kung Fu Carrots	1/2 cup	45	9 g	0 g	0 g	0 g	0 mg	204 mg	2 g	1 g	0	2	26 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					
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										
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										
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										
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										
Potato Wedges	1/2 cup	94	19 g	2 g	2 g	0 g	0 mg	38 mg	2 g	n/a	0	9	12 mg	54 mg										
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 Broccoli	1/2 cup	26	5 g	3 g	0 g	0 g	0 mg	59 mg	2 g	2 g	0	115	35 mg	1 mg			X							
Sausage Patty	each	230	1 g	7 g	22 g	8 g	45 mg	370 mg	0 g	0 g	20	0	23 mg	1 mg										
Sliced Pears	1/2 cup	60	15 g	0 g	0 g	0 g	0 mg	0 mg	2 g	0 g	0	2	11 mg	0 mg										
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									
Soft Shell Tacos	2 each	322	25	20	16	7	59	365	4	2	278	2	87	2	X		X		X					
Spiced Pinto Beans	1/2 cup	161	30 g	7 g	1 g	0 g	0 mg	371 mg	12 g	1 g	65	2	104 mg	1 mg										
Spicy Pinto Beans	1/2 cup	161	30 g	7 g	1 g	0 g	0 mg	371 mg	12 g	1 g	65	2	104 mg	1 mg										
Steamed Carrots	1/2 cup	33	8 g	0 g	1 g	0 g	0 mg	54 mg	3 g	n/a	0	0	33 mg	1 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										
Steamed Peas	1/2 cup	74	13 g	5 g	0 g	0 g	0 mg	106 mg	4 g	n/a	426	6	0 mg	1 mg										
Vegetable Selection	1/4 cup	6	1 g	0 g	0 g	0 g	0 mg	7 mg	0 g	n/a	0	15	5 mg	0 mg										