Primary 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
100% Apple Juice	1 each	60	15 g	0 g	0 g	0 g	0 mg	10 mg	0 g	12 g	0	70	100 mg	0 mg										
Applesauce	1/2 cup	51	12 g	0 g	0 g	0 g	0 mg	10 mg	1 g	11 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										
Beef Walking Taco	1 serving	364	31 g	15 g	21 g	7 g	44 mg	286 mg	3 g	n/a	168	0	102 mg	2 mg					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										
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										
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 Pizza	slice	448	42 g	24 g	15 g	10 g	30 mg	756 mg	6 g	4 g	291	1	405 mg	0 mg	X	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 Nachos with Homemade Cheese	see recipe	418	33 g	16 g	24 g	8 g	47 mg	869 mg	3 g	1 g	154	2	156 mg	1 mg			X		X					
Chicken Parmesan w/Pasta	1 serving	330	36 g	21 g	12 g	3 g	54 mg	719 mg	6 g	n/a	527	7	93 mg	3 mg	X				X					
Classic Cheeseburger	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					
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							
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										
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					
Fresh Orange Quarters	1/2 cup	42	11 g	1 g	0 g	0 g	0 mg	0 mg	2 g	8 g	203	48	36 mg	0 mg										
Glazed Carrots	1/2 cup	74	17 g	1 g	1 g	0 g	0 mg	55 mg	3 g	6 g	15475	14	34 mg	1 mg										
Gogurt	container	80	15 g	3 g	0 g	0 g	0 mg	75 mg	0 g	12 g	0	n/a	320 mg	0 mg					X					
Lettuce and Tomato	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a										
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					
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					
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										
Mixed Berries	each	90	20 g	0 g	0 g	0 g	0 mg	0 mg	2 g	16 g	0	0	0 mg	0 mg										
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										
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										
Plain Bagel, WG	1 each	150	30 g	6 g	1 g	0 g	0 mg	290 mg	4 g	5 g	0	0	40 mg	1 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					
Potato Oles	1/2 cup	107	18 g	2 g	3 g	1 g	0 mg	58 mg	2 g	n/a	38	5	0 mg	0 mg			X							
Radish	1/4 cup	19	0 g	0 g	0 g	0 g	0 mg	6 mg	0 g	n/a	0	2	3 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									
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									
Spanish Rice	1/2 cup	128	37 g	3 g	2 g	0 g	0 mg	140 mg	1 g	1 g	118	2	9 mg	1 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										
Strawberry Cream Cheese	each	70	4 g	1 g	6 g	4 g	20 mg	55 mg	0 g	n/a	0	0	0 mg	0 mg					X					
Tri Tater	each	110	13 g	1 g	6 g	1 g	0 mg	140 mg	2 g	n/a	0	2	0 mg	0 mg										
Tropical 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										