K-3 Lunch May 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
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					
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	51	12 g	0 g	0 g	0 g	0 mg	10 mg	1 g	11 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										
Baby Carrots	1/4 cup	12	3 g	0 g	0 g	0 g	0 mg	27 mg	1 g	n/a	4848	1	11 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										
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										
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					
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	1/2 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										
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				
Cauliflower Floret	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										
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	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					
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										
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										
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										
Corn Dog	each	240	30 g	9 g	9 g	3 g	40 mg	470 mg	2 g	8 g	0	0	60 mg	2 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							
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 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										
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					
Fat Free Chocolate Milk	carton	110	19 g	8 g	0 g	0 g	5 mg	197 mg	0 g	18 g	147	n/a	290 mg	0 mg					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 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										
Garden 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					
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										
Green Beans	1/2cup	25	4 g	1 g	0 g	0 g	0 mg	140 mg	2 g	2 g	n/a	n/a	n/a	n/a										
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										
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									
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										
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 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										
Salsa	2 oz	10	2 g	0 g	0 g	0 g	0 mg	70 mg	1 g	n/a	0	0	0 mg	0 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										
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										
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	356	30 g	14 g	21 g	10 g	38 mg	995 mg	3 g	n/a	548	9	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										