K-3 Lunch November 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% low Fat Chocolate Milk	carton	133	20 g	7 g	3 g	2 g	10 mg	197 mg	0 g	19 g	153	n/a	293 mg	0 mg					X					
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					
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	150	30 g	7 g	0 g	0 g	0 mg	370 mg	5 g	12 g	0	0	50 mg	2 mg										
Beef Tacos, Soft	2 each	347	25 g	23 g	20 g	9 g	57 mg	597 mg	4 g	2 g	*57.631*	2	82 mg	0 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										
Boneless Chicken Wings	4 wings	487	0 g	46 g	32 g	7 g	290 mg	220 mg	0 g	0 g	0	0	46 mg	1 mg										
Brown Rice, WG	1/2 cup	118	26 g	3 g	0 g	0 g	0 mg	2 mg	0 g	0 g	n/a	0	2 mg	1 mg										
Celery Sticks	1/4 cup	5	1 g	0 g	0 g	0 g	0 mg	26 mg	1 g	n/a	145	1	13 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					
Cheesy Bosco Stick	2 each	320	32 g	20 g	14 g	8 g	40 mg	540 mg	2 g	2 g	0	0	442 mg	2 mg	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 Bites w/ Sweet & Sour Sauce	6 oz	362	43 g	17 g	10 g	2 g	54 mg	658 mg	3 g	n/a	150	3	23 mg	4 mg	X		X							
Chocolate Chip Cookie, WG	cookie	80	13 g	1 g	3 g	1 g	5 mg	75 mg	1 g	8 g	30	0	0 mg	0 mg	X	X	X		X					
Choice of Fruit	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										
Choice of Fruit	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										
Choice of Fruit	1/2 cup	60	15 g	0 g	0 g	0 g	0 mg	0 mg	2 g	11 g	0	2	20 mg	0 mg										
Choice of Fruit	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										
Choice of 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										
Choice of Fruit	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										
Choice of Fruit	each	70	17 g	0 g	0 g	0 g	0 mg	0 mg	1 g	15 g	0	60	5 mg	n/a										
Choice of Fruit	package (1/4 cup)	110	28 g	0 g	0 g	0 g	0 mg	0 mg	3 g	24 g	100	0	0 mg	0 mg										
Choice of Fruit	package (1/4 cup)	120	29 g	1 g	0 g	0 g	0 mg	5 mg	2 g	27 g	105	0	0 mg	0 mg										
Cornbread	each	230	32 g	5 g	9 g	5 g	80 mg	290 mg	29 g	11 g	27	0	120 mg	1 mg	X	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	1/4 cup	4	1 g	0 g	0 g	0 g	0 mg	1 mg	0 g	n/a	26	1	5 mg	0 mg										
Diced Green/Yellow Bell Pepper	1/4 cup	11	3 g	0 g	0 g	0 g	0 mg	2 mg	1 g	1 g	7	45	5 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					
Dinner Roll	2 each	160	28 g	8 g	2 g	0 g	0 mg	200 mg	4 g	2 g	0	0	20 mg	1 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, WG	3 sticks	250	37 g	6 g	9 g	2 g	0 mg	330 mg	3 g	7 g	0	n/a	40 mg	2 mg	X		X							
Hashbrown Potato Rounds	2 pieces	90	15 g	1 g	3 g	0 g	0 mg	190 mg	2 g	0 g	0	4	0 mg	0 mg										
Macaroni and Cheese	6oz	277	29 g	17 g	11 g	5 g	27 mg	675 mg	1 g	6 g	675	0	304 mg	1 mg	X	X			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										
Mashed Potatoes	1/2 cup	67	14 g	2 g	0 g	0 g	0 mg	288 mg	1 g	0 g	0	3	19 mg	0 mg			X		X					
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					
Mini Rice Krispie Treat	1 each	50	9 g	0 g	1 g	0 g	0 mg	45 mg	0 g	n/a	0	0	0 mg	0 mg			X		X					
Popcorn Chicken Bowl	1 bowl	412	46 g	20 g	17 g	4 g	30 mg	979 mg	5 g	3 g	*26.892*	3	58 mg	2 mg	X		X		X					
Potato Smiles	2 pieces	90	15 g	1 g	3 g	0 g	0 mg	190 mg	2 g	0 g	0	4	0 mg	0 mg										
Red/orange Bell Pepper Strips	1/4 cup	6	1 g	0 g	0 g	0 g	0 mg	0 mg	0 g	1 g	0	0	0 mg	0 mg										
Roast Turkey & Gravy	1 serving	126	4 g	18 g	4 g	1 g	43 mg	803 mg	0 g	n/a	0	0	8 mg	0 mg	X		X		X					
Roasted Broccoli	1/2 cup	27	3 g	3 g	0 g	0 g	0 mg	59 mg	2 g	2 g	480	71	35 mg	1 mg			X							
Roasted Corn	1/2 cup	158	27 g	3 g	5 g	0 g	0 mg	110 mg	3 g	5 g	8	0	2 mg	0 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										
SideKicks Cherry Smooth 'n Good	1 each	100	22 g	n/a	0 g	n/a	n/a	30 mg	n/a	n/a	1000	60	80 mg	n/a										
Sour Cream	each	50	2 g	1 g	5 g	3 g	20 mg	35 mg	0 g	1 g	n/a	n/a	20 mg	n/a					X					
Spiced Pinto Beans	1/2 cup	134	26 g	7 g	1 g	0 g	0 mg	380 mg	5 g	2 g	7	1	55 mg	2 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 Corn	1/4 cup	46	10 g	1 g	0 g	0 g	0 mg	0 mg	0 g	n/a	0	2	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										
Turkey Sausage	each	230	1 g	7 g	22 g	8 g	45 mg	370 mg	0 g	0 g	20	0	23 mg	1 mg										
Walking Taco	1 each	405	30 g	22 g	23 g	8 g	57 mg	547 mg	4 g	1 g	65	0	47 mg	1 mg					X					