

Brush 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					
All American 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							
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										
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										
BBQ Chicken Pizza	slice	423	45 g	22 g	13 g	7 g	37 mg	586 mg	4 g	14 g	125	0	250 mg	1 mg	X				X					
BBQ Chicken Pizza	slice	467	50 g	23 g	15 g	9 g	37 mg	832 mg	4 g	13 g	125	0	250 mg	0 mg	X	X	X		X					
Beef Ribs 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							
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					
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	2oz meat/1.5oz sauce	628	45 g	30 g	39 g	14 g	81 mg	880 mg	5 g	1 g	33	1	222 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										
Black Beans & Rice	1/2 cup	142	27 g	6 g	1 g	0 g	0 mg	459 mg	3 g	0 g	133	8	2 mg	0 mg			X							
Bread Stuffing	1/2 cup	133	20 g	4 g	5 g	2 g	0 mg	240 mg	3 g	n/a	160	0	52 mg	1 mg	X		X		X					
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										
Buffalo Chicken Pizza	slice	379	33 g	22 g	17 g	7 g	43 mg	733 mg	3 g	4 g	306	0	331 mg	2 mg	X	X	X		X					
Buffalo Chicken Salad	1 salad	529	38 g	24 g	30 g	7 g	49 mg	1094 mg	6 g	3 g	652	11	211 mg	3 mg	X		X		X					
Buffalo Diced Chicken Wrap	1 each	330	25 g	20 g	17 g	6 g	53 mg	540 mg	4 g	2 g	51	0	20 mg	2 mg	X	X			X					
BYO Mac and Cheese	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					
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				
Carrot Sticks	1/4 cup	11	3 g	0 g	0 g	0 g	0 mg	23 mg	1 g	n/a	2079	2	8 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										
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										
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										
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 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					
Cheesy Garlic Toast	2 slices	205	23 g	8 g	10 g	4 g	8 mg	365 mg	2 g	n/a	250	0	100 mg	1 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										
Chicken & Waffles	1 each	685	73 g	18 g	33 g	5 g	38 mg	597 mg	6 g	*12.903*	*n/a*	1	60 mg	4 mg	X	X	X		X					
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 Caesar Salad	each	341	9	18	23	5	58	725	2	1	287	6	195	1.3	X	X	X		X	X				
Chicken Tacos	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										
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										
Chicken Wrap	1 each	330	25 g	20 g	17 g	6 g	53 mg	540 mg	4 g	2 g	51	0	20 mg	2 mg	X	X			X					
Chicken Wrap	1 each	355	33 g	20 g	16 g	6 g	54 mg	646 mg	6 g	n/a	252	1	181 mg	2 mg	X		X		X					
Chicken Wrap	2 each	280	28 g	22 g	10 g	2 g	57 mg	805 mg	5 g	2 g	30	5	99 mg	17 mg	X	X	X		X					
Chili Dog	each	330	28 g	13 g	19 g	7 g	40 mg	777 mg	4 g	n/a	263	14	161 mg	3 mg	X		X							
Chocolate Chip Cookie, WG	cookie	190	30 g	3 g	7 g	2 g	5 mg	130 mg	2 g	16 g	n/a	n/a	0 mg	1 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	0 g	0	2	11 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	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										
Cilantro Lime Rice	1/2 cup	155	47 g	3 g	1 g	0 g	0 mg	122 mg	1 g	0 g	0	32	20 mg	1 mg										
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 & Black Bean Salsa	1/4 cup	50	9 g	2 g	1 g	0 g	0 mg	172 mg	1 g	n/a	231	9	6 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							
Crispy Chicken Wrap	1 each	355	33 g	20 g	16 g	6 g	54 mg	646 mg	6 g	n/a	252	1	181 mg	2 mg	X		X		X					
Cucumber Ranch Salad	1/2 cup	23	1 g	0 g	2 g	0 g	2 mg	43 mg	0 g	1 g	81	2	8 mg	0 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					
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					
Flaky Biscuit	1 each	210	27 g	4 g	10 g	9 g	0 mg	460 mg	2 g	n/a	10	0	150 mg	1 mg	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					
Garden Lentil Shepard's Pie	1 piece	551	105 g	27 g	3 g	0 g	0 mg	1550 mg	14 g	11 g	0	11	93 mg	5 mg	X	X	X		X					
Garden Salad	1 cup	80	4 g	0 g	7 g	1 g	0 mg	182 mg	2 g	n/a	555	36	8 mg	0 mg			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										
Garlic Toast	1 each	70	12 g	2 g	3 g	1 g	0 mg	95 mg	1 g	0 g	0	0	5 mg	1 mg	X	X	X		X					
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										
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										
Homemade Brownie	1 slice	160	28 g	2 g	5 g	1 g	19 mg	84 mg	1 g	n/a	71	0	39 mg	1 mg	X	X	X							
Homemade 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					
Homemade Pepperoni Pizza	slice	484	42 g	25 g	18 g	11 g	37 mg	888 mg	6 g	4 g	291	1	405 mg	0 mg	X	X	X		X					
Italian Pasta Bake	1 1/3 cup	389	41 g	27 g	14 g	6 g	57 mg	320 mg	6 g	n/a	14226	15	474 mg	4 mg	X		X		X					
Italian Toasted Cheese Sand with Marinara	each	444	35 g	20 g	18 g	10 g	30 mg	839 mg	4 g	9 g	205	0	463 mg	3 mg	X		X		X					
Kung Fu Carrots	1/2 cup	40	9 g	0 g	0 g	0 g	0 mg	144 mg	2 g	5 g	0	1	4 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					
Loaded Baked Potato Bar	each	100	21 g	3 g	0 g	0 g	0 mg	14 mg	2 g	1 g	10	8	18 mg	1 mg										
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					
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										
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					
Orange Chicken	12 popcorn chix	376	42 g	18 g	15 g	3 g	23 mg	993 mg	3 g	25 g	0	0	38 mg	2 mg	X		X							
Oven Fried Chicken Leg	each	220	6 g	19 g	13 g	3 g	60 mg	530 mg	1 g	0 g	100	0	14 mg	1 mg	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					
Red/Orange Bell Pepper Strips	1/2 cup	13	3 g	0 g	0 g	0 g	0 mg	0 mg	1 g	2 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							
Scrambled Eggs	serving	213	4 g	21 g	13 g	5 g	420 mg	545 mg	0 g	1 g	163	0	164 mg	0 mg		X			X					
Selection of Fresh Fruit	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										
Selection of Fresh Fruit	each	101	27 g	1 g	0 g	0 g	0 mg	2 mg	6 g	17 g	45	8	16 mg	0 mg										
Selection of Fresh Fruit	each	105	27 g	1 g	0 g	0 g	0 mg	1 mg	3 g	14 g	4	10	6 mg	0 mg										
Selection of Fresh Fruit	each	72	19 g	0 g	0 g	0 g	0 mg	1 mg	3 g	14 g	4	6	8 mg	0 mg										
SideKicks Berry Best	1 each	80	21 g	n/a	0 g	n/a	0 mg	30 mg	3 g	n/a	1000	42	70 mg	0 mg										
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							
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										
Spiced Pinto Beans	1/4 cup	67	13 g	3 g	0 g	0 g	0 mg	190 mg	3 g	1 g	3	0	27 mg	1 mg										
Spicy Chicken Patty on WG Bun	1 each	340	40 g	22 g	11 g	2 g	35 mg	650 mg	4 g	3 g	0	1	49 mg	3 mg	X		X							
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										
Taco Bowl	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										
Turkey Ranch Wrap	2 each	280	28 g	22 g	10 g	2 g	57 mg	805 mg	5 g	2 g	30	5	99 mg	17 mg	X	X	X		X					
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					
Walking Taco	1 each	455	27 g	21 g	31 g	9 g	57 mg	567 mg	3 g	0 g	65	0	47 mg	0 mg					X					