HS Lunch Madelia December 2024

Nutritional Information

ame	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
% Low Fat Chocolate Milk	carton	130	19	8	2.5	1.50	10	130	0	18	150	1.20	298	0					X					
% Unflavored Milk	8 oz	110	11 g	8 g	2.5 g	1.5 g	10 mg	130 mg	0 g	11 g	500	2.4	300 mg	0 mg					X					
pple	1 each	72	19 g	0 g	0.23 g	0.04 g	0 mg	1 mg	3 g	n/a	75	6.35	8 mg	0.17 mg										
pplesauce	1/2 cup	61	15	0	0	0	0	5	1	12	0	0	0	0										
aby Carrots	1/2 cup	25	6 g	0 g	0.09 g	0.02 g	0 mg	55 mg	2 g	n/a	9695	1.83	23 mg	0.63 mg										
aked Beans, Vegetarian	1/2 cup	115	23 g	5.5 g	0.5 g	0 g	0 mg	424 mg	3.7 g	9.3	0	0	0 mg	0 mg										
anana	each	105	26.951	1.286	0.389	0.132	0	1.18	3.068	14.431	75.52	10.266	5.9	0.307										
BQ Pulled Pork Sandwich	each	323	38 g	15 g	12.76 g	3.75 g	54 mg	271 mg	3 g	n/a	716	0.81	167 mg	2.38 mg	X		X							X
eef Chili	1/2 cup	209	6 g	13 g	11.17 g	4.71 g	39 mg	302 mg	2 g	n/a	612	5.17	26 mg	1.9 mg										
reakfast Potatoes	1/2 cup	122	22 g	3 g	2.8 g	0.2 g	0 mg	398 mg	3 g	n/a	0	8.4	1 mg	0.01 mg										
anned Fruit	1/2 cup	65	17 g	0 g	0.07 g	0.01 g	0 mg	4 mg	2 g	n/a	27	3.7	8 mg	0.36 mg										
auliflower Floret	1/2 cup	12	2 g	1 g	0 g	0 g	0 mg	15 mg	1 g	n/a	0	29.29	10 mg	0.18 mg										
heeseburger on WG Bun	each	310	29	20.5	15	6	37.5	735	3	3.5	100	0	130	2.52	X		X		X					
herry Tomato	1/2 cup	23	5 g	0 g	0 g	0 g	0 mg	0 mg	*n/a* g	n/a	0	0	14 mg	0.39 mg										
hicken Bacon Ranch Melt	1/2 sandwich	442	28 g	26 g	24.51 g	8.93 g	75 mg	832 mg	3 g	n/a	212	0	233 mg	1.14 mg	X	X	X		X					
hicken Caesar Salad	each	247	12 g	18 g	14.27 g	4.69 g	62 mg	783 mg	2 g	n/a	287	6.27	207 mg	1.37 mg	X	X	X		X	X				
hicken Fried Rice	1 cup	146	22.059g	9.112g	2.225g	0.539g	39.106mg	211.293mg	1.318g	0.508g	692.663	0.585	10.526mg	1.116mg	X	X	X							
hicken Potstickers	3 each	89	11.5g	6.3g	2.6g	.2g	13mg	204mg	.5g	1.1g	0	0	5mg	1mg	X		X							
hoice of Milk	8 oz	110	11 g	8 g	2.5 g	1.5 g	10 mg	130 mg	0 g	11 g	500	2.4	300 mg	0 mg					X					
hoice of Tacos or Nachos	1/2 cup	123	21.374	3.025	4.655	0.43	0	476.131	2.465	0.041	345.013	9.189	7.541	1.073										
hoice of Tacos or Nachos	each	303	35 g	19 g	12.35 g	3.77 g	41 mg	1127 mg	4 g	n/a	1414	3.6	129 mg	3.02 mg	X		X		X					
orn Dog	each	240	30g	9g	9g	2.5g	40mg	470mg	2g	8g	0	0	60mg	1.8mg	X	X	X							
ountry Fried Chicken and Gravy	1 each	366	30 g	21 g	17.17 g	7.85 g	45 mg	558 mg	3 g	n/a	308	0.9	311 mg	1.99 mg	X		X		X					
rispy Chicken Nuggets	5 nuggets	210	13 g	13 g	12 g	2 g	20 mg	320mg	2 g	n/a	135	1	2%mg	10%mg	X		X							
ucumber Slices	1/2 cup	7	2 g	0 g	0.12 g	0.06 g	0 mg	1 mg	1 g	n/a	53	2.34	10 mg	0.16 mg										
iced Peaches	1/2 cup	50	12	1	0	0	0	5	1	10	300	1.2	0	0										
iced Pears	1/2 cup	72	19.04	0.24	0.04	0	0	6	2	0	0	0.9	6	0.35										
inner Roll	1 roll	150	27g	5g	2g	0g	0mg	230mg	3g	4g	0	0	2mg	8mg	X		X		X					
resh Grapes	1/2 cup	68	15.187	0.606	0.135	0	0	1.68	0.757	13.017	55.462	2.687	8.4	0.303										
lazed Carrots	1/2 cup	74	17.043	0.546	0.671	0.138	0	54.954	3.138	6.041	15475.4	13.694	34.425	0.514										
am Deli Sandwich	each	303	35 g	19 g	12.35 g	3.77 g	41 mg	1127 mg	4 g	n/a	1414	3.6	129 mg	3.02 mg	X		X		X					
omemade Cheese Pizza	slice	215	6.506	15.454	7.5	7.25	30	364.054	1.718	1.348	291.45	1.372	404.572	0.485	X				X					
ettle Potato Chips	1 oz	150	17 g	2 g	8 g	1 g	0 mg	140 mg	1 g	n/a	0	6	0 mg	0.36 mg										
ung Fu Carrots	1/2 cup	45	9g	.2g	0g	0g	0mg	203mg	2g	4g	3285	2	26mg	0mg	X		X							
CR Lettuce	1 cup	8	2 g	1 g	0.08 g	0.01 g	0 mg	6 mg	1 g	n/a	276	1.54	10 mg	0.23 mg										
lacaroni & Cheese	1 cup	501	46 g	21 g	25.73 g	12.59 g	55 mg	1043 mg	6 g	n/a	1303	10.71	305 mg	1.79 mg	X		X		X					
largarine	1 pat	35	0 g	0 g	4 g	1.25 g	0 mg	30 mg	0 g	n/a	200	0	0 mg	0 mg			X		X					
lax Stix	2 each	320	32 g	14 g	14 g	4 g	20 mg	780 mg	2 g	n/a	0	0	200 mg	1.44 mg	X		X		X					
leatless Tacos	1 sandwich	406	30 g	16 g	25.77 g	12.32 g	51 mg	1253 mg	3 g	n/a	675	12.15	250 mg	1.8 mg	X		X		X					
leatless Tacos	serving	213	4 g	21 g	12.51 g	4.57 g	420 mg	545 mg	0 g	n/a	163	0.2	164 mg	0.02 mg		X			X					
lixed Fruit	1/2 cup	70	17	0	0	0	0	10	0	11	200	1.2	6	0										
lixed Vegetables	1/2 cup	59	12 g	3 g	0 g	0 g	0 mg	32 mg	4 g	n/a	*n/a*	*n/a*	*n/a* mg	*n/a* mg										
nions	1 tbsp	4	1 g	0 g	0.01 g	0 g	0 mg	0 mg	0 g	n/a	0	0.74	2 mg	0.02 mg										
range	each	86	21.62	1.73	0.221	0.028	0	0	4.416	17.204	414	97.888	73.6	0.184										
ther Vegetable	1/2 cup	12	2 g	1 g	0 g	0 g	0 mg	15 mg	1 g	n/a	0	29.29	10 mg	0.18 mg										
asta with Meat Sauce	3/4 cup	318	32 g	22 g	11.09 g	4.18 g	58 mg	242 mg	3 g	n/a	559	15.86	54 mg	3.59 mg	X		X							
ear	each	101	27.109	0.641	0.249	0.039	0	1.78	5.518	17.355	44.5	7.654	16.02	0.32										
ineapple Tidbits	1/2 cup	90	21	1	0	0	0	0	1	20	0	6	0	0.36										
otato Wedges	1/2 cup	94	19 g	2 g	1.68 g	0.42 g	0 mg	38 mg	2 g	n/a	0	8.6	12 mg	54 mg										
ed/Orange Vegetable	1/2 cup	25	6 g	0 g	0.09 g	0.02 g	0 mg	55 mg	2 g	n/a	9695	1.83	23 mg	0.63 mg										
ed/Orange Vegetable	1/4 cup	12	2 g	0 g	0 g	0 g	0 mg	0 mg	0 g	n/a	120	27.9	4 mg	0.2 mg										
ed/Orange Vegetables	1/2 cup	25	6 g	0 g	0.09 g	0.02 g	0 mg	55 mg	2 g	n/a	9695	1.83	23 mg	0.63 mg										
efried Beans	1/2 cup	118	20 g	7 g	1.6 g	0.6 g	10 mg	140 mg	7 g	n/a	0	7.6	44 mg	2.09 mg			X							
oasted Broccoli	1/2 cup	26	5.264	2.622	0.002	0.001	0	58.678	1.757	1.745	0.262	115.143	35.104	0.633			X							
oasted Carrots	1/2 cup	61	9.344	0.726	2.582	0.287	0	144.007	3.289	5.398	15637.6	2.948	36.287	1.009										
ausage Patty	1 each	180	0.5 g	6 g	17 g	6 g	30 mg	280 mg	0 g	0	0	0	0 mg	0.36 mg										
oft Beef Tacos	2 each	354	27 g	24 g	17.89 g	7.52 g	68 mg	365 mg	4 g	n/a	278	1.9	201 mg	1.85 mg	X		X		X					
pring Mix Lettuce	1 cup	7	1 g	1 g	0.13 g	0.02 g	0 mg	8 mg	1 g	n/a	2638	3.6	21 mg	0.66 mg										
teamed 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	0.61 mg										
un Chips	1/2 cup	115	23 g	5.5 g	0.5 g	0 g	0 mg	424 mg	3.7 g	9.3	0	0	0 mg	0 mg										
omato & Cucumber Salad	1/2 cup	35	7 g	2 g	0.4 g	0.18 g	1 mg	31 mg	1 g	n/a	325	6.38	49 mg	0.31 mg										