

Madelia Elem Lunch Jan 26

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	Seesan
Baked 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										
Beefy Nachos w/Cheese Sauce	serving	431	33 g	15 g	25.05 g	6.92 g	42 mg	545 mg	3 g	n/a	101	1.96	66 mg	1.5 mg			X							
Build Your Own Sub	1 sandwich	366	35 g	18 g	12.14 g	6.41 g	52 mg	1236 mg	1 g	n/a	142	5.12	116 mg	5.99 mg	X		X							
Cesear Side Salad	1 cup	70	6 g	2 g	4.37 g	1.27 g	11 mg	263 mg	1 g	n/a	80	2.93	65 mg	0.44 mg	X		X							
Cheese Bosco Slices	1 each	220	26 g	12 g	7 g	4 g	15 mg	300 mg	1 g	n/a	100	0	200 mg	1.8 mg	X		X							X
Cheeseburger Fries	each	490	42.022	27.433	26.289	9.234	66.082	1126.4	3.045	7.706	0	8	55.983	0.54	X		X							
Chef Salad	each	209	7 g	13 g	14.54 g	4.61 g	86 mg	917 mg	1 g	n/a	499	12.08	40 mg	0.79 mg	X		X							X
Chicken 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							
Chicken Caesar Salad	salad	233	10 g	18 g	14.27 g	4.69 g	62 mg	765 mg	1 g	n/a	287	3.14	198 mg	1.06 mg	X		X				X			
Classic Cheeseburger	each	310	29	20.5	15	6	37.5	735	3	3.5	100	0	130	2.52	X		X							
Corn Dog	each	240	30g	9g		2.5g	40mg	470mg	2g	8g	0	0	60mg	1.8mg	X		X							
Creamy Chicken Spaghetti	1 cup	343	31.5/76g	26.276g	12.364g	4.48/9	82.930mg	788.998mg	3.851g	0.457g	750.605	26.211	156.021mg	2.280mg	X		X							X
Crispy 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							
Crispy Chicken Sandwich	each	330	39	21	11.5	2	35	580	4	3	100	0.6	80	2.88	X		X							
Crispy Chicken Tenders	3 each	760	16 g	15 g	15 g	2.5 g	25 mg	390 mg	3 g	n/a	384	3	20 mg	3 mg	X		X							
Crispy Chicken Wrap	1 each	355	33 g	20 g	15.89 g	6.29 g	54 mg	646 mg	6 g	n/a	252	0.75	181 mg	1.5 mg	X		X							
Cucumber Ranch Salad	1/2 cup	23	1.381	0.403	1.897	0.259	1.724	43.103	0.403	0.978	80.593	2.418	8.059	0.145										X
Easy Egg Bake	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							X
Egg Salad Sliders	2 each	349	43 g	15 g	13.37 g	3.25 g	277 mg	530 mg	4 g	n/a	1161	1.31	55 mg	2.63 mg	X		X							X
Fluffy Pancakes	3 each	220	41	6	3	0.5	10	490	6	8	0	0	40	1.9	X		X							X
French Fries	1/2 cup	110	17 g	2 g	3.5 g	0.8 g	0 mg	236 mg	2 g	1g	0	4 mg	0 mg	0.6 mg										
Fresh Fruit Bar	1/2 cup	45	11 g	0 g	0.11 g	0.02 g	0 mg	5 mg	2 g	n/a	649	16.1	12 mg	0.12 mg										
Garlic Rosemary Potatoes	1/2 cup	134	21 g	3 g	4.5 g	0.33 g	0 mg	208 mg	1 g	n/a	5	1.81	16 mg	0.53 mg										
Goldfish Crackers	package	93	12.963	1.852	3.241	0.463	0	157.41	0.926	0	0	0	0	0.667	X		X							X
Ham & Cheese Flatbread Munchie	each	204	28.656	16.138	14.823	6.253	41.39	1101.33	3	3.696	10	0.19	121.898	0.971	X		X							
Italian Stromboli	each	386	41 g	19 g	17.98 g	7.41 g	49 mg	1025 mg	6 g	n/a	937	2.4	288 mg	1.91 mg	X		X							
Italian Toasted Cheese Sand with Marinara	each	444	35.448	19.881	18	9.905	30	838.854	3.965	8.553	205.103	0.049	463.121	3.597	X		X							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, Tomato and Cheese	each	55	3 g	4 g	4.72 g	2.05 g	10 mg	97 mg	1 g	n/a	805	9.21	112 mg	0.28 mg										X
Marinara Sauce	1/2 cup	60	10	2	1.5	0	0	135	2	5	n/a	0	20	1.08										
Mashed Potatoes	1/2 cup	67	14 g	2 g	0.84 g	0 g	0 mg	263 mg	1 g	n/a	0	25.13	19 mg	0.31 mg										X
Pizza Parlor Pizza	slice	375	36.536	22.314	9.18	7.53	30	509.851	4.938	5.058	291.45	1.372	404.572	1.493	X									X
Popecorn Chicken	12 pieces	251	15 g	15 g	14.19 g	2.73 g	22 mg	371 mg	2 g	n/a	109	0	44 mg	1.96 mg	X		X							X
Refried 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
Roasted Beet Hot Dog on a Bun	each	310	28	12	17.5	7	35	860	3	3	0	0	60	3.42	X									
Roasted 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							
Roasted 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										
Spiced Pinto Beans	1/2 cup	161	29.674	6.536	1.296	0	0	370.627	11.777	*1.296*	65	1.555	103.77	1.401										
Steamed Veggies	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										
Sweet and Savory Kale Salad	1 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										
Toasted Cheese Sandwich	1 sandwich	293	24.917	7.618	18.977	2.312	0	258.457	3.487	18.496	38.17	15.051	45.056	1.776	X		X							
Tomato Soup	1 cup	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
Turkey & Cheese Sandwich	each	80	19 g	2 g	0 g	0 g	0 mg	594 mg	2 g	n/a	300	21	24 mg	0.72 mg										
Variety of Veggies	1/2 cup	335	34 g	24 g	14.1 g	4.2 g	58 mg	1129 mg	4 g	n/a	1418	7.39	136 mg	15.26 mg	X		X							X
Warm Cinnamon Apples	1/2 cup	13	3 g	0 g	0.1 g	0.02 g	0 mg	18 mg	1 g	n/a	1844	23.05	10 mg	0.18 mg										
Whole Grain Dinner Roll	1 each	81	21 g	0 g	0 g	0 g	0 mg	7 mg	1 g	n/a	0	1.36	5 mg	1.66 mg										X
Yogurt Pak w/Pretzel	1 serving	80	14 g	4 g	1 g	0 g	0 mg	105 mg	2 g	n/a	5	0	20 mg	0.72 mg	X									
Yogurt Pak with Bagel	each	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										
		430	59 g	17 g	11.5 g	9 g	35 mg	755 mg	1 g	n/a	300	1.2	520 mg	18.54 mg	X									X

X