

Madellia HS 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	Seaan
Bacon Cheeseburger on a Bun	each	403	24.55g	23.8g	22.8g	9.5g	47.5mg	936.501mg	2g	0g	134	0	288.001mg	4.95mg	X		X							X
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/Onion 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							
Buffalo Chicken Wrap	1 wrap	403	36 g	19 g	19.56 g	6.41 g	54 mg	748 mg	6 g	n/a	299	0.75	186 mg	1.35 mg	X		X							
Cesar Side Salad	1 cup	70	6 g	2 g	4.37 g	1.27 g	11 mg	283 mg	1 g	n/a	80	2.93	65 mg	0.44 mg	X		X							X
Cheese Bosc Sticks	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							
Chief Salad	1 salad	234	9 g	14 g	14.95 g	4.74 g	90 mg	965 mg	2 g	n/a	508	15.63	49 mg	1.17 mg	X		X							
Chicken & Gavy	1/2 cup	105	4 g	18 g	2.4 g	0.68 g	53 mg	357 mg	0 g	n/a	0	0.97	6 mg	2.3 mg	X		X							
Chicken 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
Chicken Shawarma	1 serving	540	77 g	40 g	10 g	n/e	75 mg	890 mg	6 g	n/a	500	12	250 mg	4 mg										
Chicken Tiquito	2 each	200	17 g	17 g	12.08 g	4.37 g	38 mg	310 mg	2 g	n/a	708	0.04	209 mg	0.73 mg										
Corn Dog	each	240	30g	9g	9g	2.5g	40mg	470mg	2g	8g	0	0	60mg	1.8mg	X		X							
Creamy Chicken Spaghetti	1 cup	343	31.578g	26.276g	12.364g	4.487g	82.938mg	788.998mg	3.851g	0.457g	750.605	26.211	156.021mg	2.288mg	X		X							
Creamy Macaroni & 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							
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 Salad	each	406	20 g	23 g	23.79 g	8.53 g	80 mg	901 mg	4 g	n/a	701	12.72	266 mg	2.58 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							
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										
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										
French Toast Sticks	3 each	210	32 g	10 g	5 g	1 g	140 mg	370 mg	3 g	n/a	160	0	23 mg	1.83 mg	X		X							
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	X		X							
Garlic Toast	each	113	14 g	3 g	5.1 g	2.1 g	8 mg	183 mg	1 g	n/a	93	0	26 mg	1.04 mg	X		X							
Ham & Cheese Flatbread Munchie	each	304	28.696	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							
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										
Mariara 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									X
Oven Fried Chicken Leg	each	220	6	19	13	3	60	530	1	0	100	0	14	1										
Pizza Parlor Pizza	slice	473	41.716	24.603	16.977	10.442	34.893	812.454	5.731	4.198	291.45	1.524	407.104	0.441	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	0	60	3.42	X									
Roasted Beef Hot Dog on a Bun	each	310	28	12	17.5	7	35	860	3	3	0	0	44 mg	2.09 mg										
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										
Sausage Patty	each	230	1	7	22	8	45	370	0	0	19.9	0.2	22.9	0.8										
Side Caesar Salad	1/2 cup	74	2.051	3.293	5.763	1.76	8.798	167.544	0.516	40.25*	0	0	4.992	0			X							X
Soft 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							
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										
Spicy Chicken Sandwich	each	330	38	22	11.5	2	35	640	4	3	0	1.2	60	2.88	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	0.61 mg										
Steamed Veggies	1/2 cup	33	8 g	0 g	0.54 g	0 g	0 mg	54 mg	3 g	n/a	0	0	33 mg	0.54 mg										
Steamed Veggies	1/2 cup	37	6 g	1 g	0 g	0 g	0 mg	37 mg	3 g	n/a	938	26.25	25 mg	0 mg										
Toasted Cheese Sandwich	1 sandwich	356	30 g	14 g	21.21 g	9.79 g	38 mg	995 mg	3 g	n/a	548	9.11	250 mg	1.8 mg	X									
Tonno Soup	1 cup	80	19 g	2 g	0 g	0 g	0 mg	594 mg	2 g	n/a	300	21	24 mg	0.72 mg										X
Turkey & Cheese Sandwich	each	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									
Variety of Veggies	1 cup	24	5 g	1 g	0.2 g	0.05 g	0 mg	36 mg	2 g	n/a	3688	46.09	20 mg	0.35 mg			X							
Whole Grain Dinner Roll	1 each	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 w/Pretzel	1 serving	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										X
Yogurt Pak with Bagel	each	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