Elementary November Lunch 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	Sesan
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 Soft Shell Tacos	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					
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							
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	28 mg	2 mg	X	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	106 mg	1 mg	X	X	X		X					
Chef Salad	each	209	7 g	13 g	15 g	5 g	86 mg	917 mg	1 g	2 g	499	12	40 mg	1 mg	X	X	X		X					X
Chicken Caesar Salad	salad	330	8	18	23	5	58	730	1	1	287	3	186	1	X	X	X		X	X				
Chicken Patty Sandwich	1 each	390	41 g	21 g	11 g	2 g	35 mg	650 mg	4 g	4 g	100	1	69 mg	3 mg	X		X							
Classic Cheeseburger	1 each	320	31 g	19 g	15 g	6 g	38 mg	745 mg	3 g	5 g	0	0	186 mg	2 mg	X		X		X					X
Collard Greens	1/2 cup	104	14 g	8 g	2 g	0 g	11 mg	575 mg	4 g	7 g	7562	48	166 mg	0 mg			X							
Corn Dog	each	240	30 g	9 g	9 g	3 g	40 mg	470 mg	2 g	8 g	0	0	60 mg	2 mg	X	X	X							
Cranberry Pear Salad	3/4 cup	130	28 g	4 g	5 g	1 g	6 mg	164 mg	6 g	n/a	4732	16	44 mg	1 mg					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 Tenders	3 each	260	16 g	15 g	15 g	3 g	25 mg	390 mg	3 g	n/a	384	3	20 mg	3 mg	X		X							
Dinner Roll	1 each	80	14 g	4 g	1 g	0 g	0 mg	100 mg	2 g	2	0	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	130	17 g	2 g	4 g	1 g	0 mg	236 mg	2 g	1 g	0	4	0 mg	1 mg										
Fresh Fruit Bar	1/2 cup	45	11 g	0 g	0 g	0 g	0 mg	5 mg	2 g	n/a	649	16	12 mg	0 mg										
Fresh Grapes	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										
Fruit of Choice	1/2 cup	45	11 g	0 g	0 g	0 g	0 mg	5 mg	2 g	n/a	649	16	12 mg	0 mg										
Garden Salad	3/4 cup	57	5 g	1 g	5 g	1 g	0 mg	134 mg	1 g	n/a	747	22	11 mg	0 mg			X		X					
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										
Grilled Cheese Sandwich	each	349	30 g	14 g	22 g	10 g	38 mg	985 mg	2 g	2 g	n/a	0	193 mg	1 mg	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					
Lasagna Rollup with Sauce	1 serving	288	37 g	16 g	7 g	4 g	20 mg	982 mg	3 g	n/a	248	10	314 mg	2 mg	X				X					
Lemon Garbanzo Bean Salad	1/2 cup	167	19 g	5 g	5 g	0 g	0 mg	470 mg	4 g	n/a	116	5	23 mg	1 mg										
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					
Macaroni & Cheese	1 cup	494	46 g	22 g	27 g	13 g	54 mg	625 mg	6 g	5 g	60	0	358 mg	4 mg	X		X		X					
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					
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					
Mac 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 mg	X		X		X					
Pizza Munchable	serving	467	35 g	23 g	19 g	10 g	44 mg	988 mg	4 g	7 g	854	6	454 mg	2 mg	X		X		X					
Pizza Parlor 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					
Potato Oles	1/2 cup	117	15 g	1 g	6 g	1 g	0 mg	109 mg	1 g	0 g	1	0	11 mg	0 mg										
Refried Beans	1/2 cup	118	20 g	7 g	2 g	1 g	10 mg	140 mg	7 g	n/a	0	8	44 mg	2 mg			X							
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 Beef Hot Dog on a Bun	each	310	28 g	12 g	18 g	7 g	35 mg	860 mg	3 g	3 g	0	0	60 mg	3 mg	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 Butternut Squash and Fresh Sage	1/2cup	71	12 g	1 g	3 g	0 g	0 mg	104 mg	2 g	3 g	171	17	45 mg	1 mg										
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 Chicken Bowl	50 each	498	63 g	27 g	16 g	5 g	55 mg	458 mg	9 g	n/a	10065	18	351 mg	13 mg					X					
Seasoned Ranch Wedges	1/2 cup	153	27 g	3 g	4 g	1 g	0 mg	96 mg	3 g	n/a	22	12	4 mg	1 mg			X		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										
Sriracha Chickpeas	1/2 cup	293	41 g	14 g	8 g	0 g	0 mg	684 mg	12 g	1 g	85	5	82 mg	2 mg										
Tomato Soup	1/2 cup	94	5 g	1 g	1 g	1 g	3 mg	17 mg	1 g	3 g	5208	0	7 mg	0 mg	X				X					
Turkey & Cheese Flatbread Munchable	1 container	350	36 g	18 g	16 g	7 g	45 mg	945 mg	3 g	n/a	660	7	100 mg	1 mg	X		X		X					
Turkey BLT Wrap	1 wrap	376	28 g	24 g	19 g	6 g	54 mg	765 mg	4 g	n/a	130	5	63 mg	2 mg	X	X	X		X					
Turkey Deli Sub Sandwich	each	381	49 g	18 g	12 g	4 g	35 mg	1028 mg	4 g	n/a	1396	4	245 mg	4 mg	X	X	X		X					
Variety of Veggies	1/2 cup	11	3 g	0 g	0 g	0 g	0 mg	18 mg	1 g	n/a	1844	23	10 mg	0 mg										
Vegetable Bar	1/2 cup	11	3 g	0 g	0 g	0 g	0 mg	18 mg	1 g	n/a	1844	23	10 mg	0 mg										
Yogurt Pak with Bagel Munchable	1 container	400	47 g	19 g	16 g	10 g	50 mg	610 mg	4 g	18 g	500	0	505 mg	1 mg	X				X					X