HS/MS 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	397	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					
Buffalo Breaded Chicken Wrap	1 each	375	32 g	18 g	20 g	7 g	47 mg	765 mg	4 g	2 g	75	0	15 mg	2 mg	X	X	X		X					
Caesar Side Salad	1 cup	70	6 g	2 g	4 g	1 g	11 mg	783 mg	1 g	n/a	80	3	65 mg	0 mg	X	X	X		X	X				
Cheesy Bosco Stick	2 each	320	37 g	20 g	14 g	8 g	40 mg	590 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					
Chef Salad	1 salad	239	9 g	14 g	15 g	5 g	90 mg	965 mg	2 g	3 g	508	16	49 mg	1 mg	X	X	X		X					
Chicken & Gravy	1/2 cup	105	4 g	18 g	2 g	1 g	53 mg	357 mg	0 g	n/a	0	1	6 mg	2 mg	X		X							
Chicken Patty Sandwich	1 each	348	41 g	21 g	11 g	2 g	35 mg	650 mg	4 g	4 g	160	1	69 mg	3 mg	X		X							
Classic Cheeseburger	1 each	320	31 g	19 g	15 g	6 g	48 mg	745 mg	3 g	5 g	0	0	186 mg	2 mg	X		X		X					X
Collard Greens	1/2 cup	101	14 g	8 g	2 g	0 g	11 mg	575 mg	4 g	7 g	7562	40	166 mg	0 mg			X							
Cookie	cookie	80	13 g	1 g	3 g	1 g	5 mg	75 mg	1 g	8 g	30	0	0 mg	0 mg	X	X	X		X					
Corn Dog	each	240	38 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	20 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 Salad	each	406	20 g	23 g	29 g	9 g	80 mg	901 mg	4 g	n/a	701	13	266 mg	3 mg	X	X	X		X					
Crispy Chicken Tenders	3 each	260	16 g	15 g	15 g	3 g	25 mg	490 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	180 mg	2 g	2	0	0	10 mg	0.6 mg	X	X	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										
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	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 Breadstick	each	150	22 g	4 g	5 g	1 g	0 mg	240 mg	1 g	n/a	0	0	0 mg	1 mg	X		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										
Italian Toasted Cheese Sand with Marinara	each	444	35 g	20 g	18 g	10 g	50 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	482 mg	3 g	n/a	248	10	314 mg	2 mg	X				X					
Lebanese Lemon Garlic Chicken Wings	3 each, 2 rolls	895	45 g	63 g	51 g	9 g	337 mg	1123 mg	5 g	4 g	0	2	93 mg	3 mg	X	X	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					
Mac & Cheese Bar	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										
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					
Max 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 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 Dles	1/2 cup	117	15 g	1 g	6 g	1 g	0 mg	189 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	148 mg	7 g	n/a	0	8	46 mg	2 mg			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	121	12	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	6	0	2 mg	0 mg										
Seasoned Ranch Wedges	1/2 cup	153	22 g	3 g	4 g	1 g	0 mg	96 mg	3 g	n/a	22	12	3 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	604 mg	12 g	1 g	85	5	82 mg	2 mg										
Steamed Veggies	1/2 cup	29	5 g	2 g	0 g	0 g	0 mg	10 mg	2 g	n/a	96	29	0 mg	0 mg										
Tater Tot Hot Dish	1 serving	392	34 g	15 g	21 g	6 g	43 mg	880 mg	4 g	n/a	43	3	44 mg	2 mg	X		X		X					
Turkey and Cheese Sandwich	each	358	33 g	24 g	8 g	2 g	48 mg	710 mg	4 g	5 g	1418	7	136 mg	15 mg	X		X		X					
Turkey Deli Sub Sandwich	each	381	49 g	18 g	12 g	4 g	33 mg	1026 mg	4 g	n/a	1396	4	245 mg	4 mg	X	X	X		X					
Variety of Veggies	1 cup	24	5 g	1 g	0 g	0 g	0 mg	36 mg	2 g	n/a	3688	46	20 mg	0 mg										
Yogurt Pak w/ Pretzel	1 container	275	40 g	13 g	6 g	4 g	20 mg	975 mg	0 g	12 g	500	0	478 mg	2 mg	X				X					
Yogurt Pak with Bagel Munchable	1 container	400	47 g	19 g	16 g	10 g	50 mg	630 mg	4 g	18 g	500	0	585 mg	1 mg	X				X					X