

ES lunch October 2024

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 | Sesame |
|--------------------------------------|--------------|----------|---------|---------|-----------|---------------|-------------|-----------|---------------|---------|-----------|-----------|----------|----------|-------|-----|-----|--------|------|------|-------|---------|-----------|--------|
| 1% 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 | | | | | |
| Applesauce | 1/2 cup | 61 | 15 | 0 | 0 | 0 | 0 | 5 | 1 | 12 | 0 | 0 | 0 | 0 | | | | | | | | | | |
| Baby 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 | | | | | | | | | | |
| 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 | | | | | | | | | | |
| Beef Hot Dog on a Bun | each | 330 | 28 g | 12 g | 19 g | 7 g | 40 mg | 740 mg | 2 g | n/a | 5 | 12 | 150 mg | 2.52 mg | X | | X | | | | | | | X |
| Beefy Nachos w/Homemade Cheese Sauce | serving | 440 | 31 g | 15 g | 27.8 g | 10.06 g | 45 mg | 751 mg | 3 g | n/a | 504 | 8.32 | 52 mg | 1.11 mg | | | X | | X | | | | | |
| Broccoli Florets | 1/2 cup | 24 | 5 g | 2 g | 0 g | 0 g | 0 mg | 24 mg | 2 g | n/a | 0 | 106.92 | 32 mg | 0.58 mg | | | | | | | | | | |
| California Blend Vegetable | 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 | | | | | | | | | | |
| Cheese Pizza | each | 313 | 32 g | 20 g | 11.5 g | 6.4 g | 30 mg | 712 mg | 1 g | n/a | 675 | 0.6 | 421 mg | 1.9 mg | X | | X | | X | | | | | |
| Cheeseburger on a Bun | 1 each | 318 | 28 g | 21 g | 13.5 g | 5.5 g | 48 mg | 765 mg | 3 g | 3 | 150 | 0 | 195 mg | 2.52 mg | X | | X | | X | | | | | |
| Cheesy Mashed Potatoes | 1/2 cup | 130 | 18 g | 6 g | 4.72 g | 2.17 g | 10 mg | 446 mg | 1 g | n/a | 113 | 30.04 | 127 mg | 0.38 mg | | | | | 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 | | 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 | 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 | | X | X | | | | |
| Chicken 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 | | | | | | | |
| Chicken Potstickers | 3 each | 89 | 11.5g | 6.3g | 2.6g | .2g | 13mg | 204mg | .5g | 1.1g | 0 | 0 | 5mg | 1mg | X | | X | | | | | | | |
| Chicken Tacos | 3 tacos | 308 | 23.018 | 17.056 | 14.036 | 5.782 | 49.277 | 469.278 | 2.968 | 0.556 | 248.097 | 0.624 | 132.668 | 4.887 | | | | | X | | | | | |
| Choice 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 | | | | | |
| 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 | | | | | | | |
| Diced Peaches | 1/2 cup | 50 | 12 | 1 | 0 | 0 | 0 | 5 | 1 | 10 | 300 | 1.2 | 0 | 0 | | | | | | | | | | |
| Diced Pears | 1/2 cup | 72 | 19.04 | 0.24 | 0.04 | 0 | 0 | 6 | 2 | 0 | 0 | 0.9 | 6 | 0.35 | | | | | | | | | | |
| French Fries | 1/2 cup | 110 | 17 g | 2 g | 3.5 g | 0.8 g | 0 mg | 236 mg | 2 g | 1g | 0 iu | 4 mg | 0 mg | 0.6 mg | | | | | | | | | | |
| Fresh 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 | | | | | | | | | | |
| Fresh Pear | 1 each | 101 | 27 g | 1 g | 0.25 g | 0.04 g | 0 mg | 2 mg | 6 g | n/a | 45 | 7.65 | 16 mg | 0.32 mg | | | | | | | | | | |
| Garlic Breadstick | each | 150 | 22 g | 4 g | 5 g | 1 g | 0 mg | 240 mg | 1 g | n/a | 0 | 0 | 0 mg | 0.72 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 | X | | X | | | | | |
| Honey Mustard Ham Wrap | 2 each | 282 | 29 g | 17 g | 13 g | 5.13 g | 42 mg | 897 mg | 4 g | n/a | 168 | 0 | 187 mg | 0.49 mg | X | | X | | X | | | | | |
| Kale Salad | 2/3 cup | 96 | 10 g | 1 g | 6.61 g | 0.47 g | 0 mg | 31 mg | 1 g | n/a | 2521 | 30.33 | 38 mg | 0.37 mg | | | | | | | | | | |
| Kettle 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 | | | | | | | | | | |
| Kung Fu Carrots | 1/2 cup | 45 | 9g | .2g | 0g | 0g | 0mg | 203mg | 2g | 4g | 3285 | 2 | 26mg | 0mg | X | | X | | | | | | | |
| 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 | | X | | | | | |
| Marinara Sauce | 1/2 cup | 60 | 11 g | 2 g | 1.12 g | 0.2 g | 0 mg | 140 mg | 0 g | n/a | 419 | 4.9 | 25 mg | 1.12 mg | | | | | | | | | | |
| Mixed Fruit | 1/2 cup | 70 | 17 | 0 | 0 | 0 | 0 | 10 | 0 | 11 | 200 | 1.2 | 6 | 0 | | | | | | | | | | |
| Other Vegetable | 1/4 cup | 4 | 1 g | 0 g | 0.06 g | 0.03 g | 0 mg | 1 mg | 0 g | n/a | 26 | 1.17 | 5 mg | 0.08 mg | | | | | | | | | | |
| Other Vegetable | 1/4 cup | 5 | 1 g | 0 g | 0.05 g | 0.01 g | 0 mg | 26 mg | 1 g | n/a | 145 | 1 | 13 mg | 0.06 mg | | | | | | | | | | |
| Other Vegetable | 1/4 cup | 6 | 1 g | 0 g | 0 g | 0 g | 0 mg | 7 mg | 0 g | n/a | 0 | 14.64 | 5 mg | 0.09 mg | | | | | | | | | | |
| Pasta with Meatballs & Sauce | 1 serving | 534 | 57 g | 37 g | 15.77 g | 5.68 g | 105 mg | 309 mg | 7 g | n/a | 1257 | 10.16 | 117 mg | 3.98 mg | X | X | X | | | X | | | | |
| Pepperoni Pizza | 1 slice | 383 | 37 g | 20 g | 16.96 g | 7.07 g | 32 mg | 788 mg | 1 g | n/a | 243 | 0.55 | 308 mg | 2.42 mg | X | X | X | | X | | | | | |
| Pineapple Tidbits | 1/2 cup | 90 | 21 | 1 | 0 | 0 | 0 | 0 | 1 | 20 | 0 | 6 | 0 | 0.36 | | | | | | | | | | |
| Potato Oles | 1/2 cup | 107 | 18 g | 2 g | 3.12 g | 0.89 g | 0 mg | 58 mg | 2 g | n/a | 38 | 5.33 | 0 mg | 0.34 mg | | | X | | | | | | | |
| Potato 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 | | | | | | | | | | |
| Red/Orange Vegetable | 1/4 cup | 12 | 2 g | 0 g | 0 g | 0 g | 0 mg | 0 mg | *n/a* g | n/a | 0 | 0 | 7 mg | 0.2 mg | | | | | | | | | | |
| Red/Orange Vegetable | 1/4 cup | 12 | 3 g | 0 g | 0.05 g | 0.01 g | 0 mg | 27 mg | 1 g | n/a | 4848 | 0.91 | 11 mg | 0.31 mg | | | | | | | | | | |
| Red/Orange Vegetables | 1/4 cup | 12 | 3 g | 0 g | 0.05 g | 0.01 g | 0 mg | 27 mg | 1 g | n/a | 4848 | 0.91 | 11 mg | 0.31 mg | | | | | | | | | | |
| 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 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 | | | | | | | | | | |
| Sliced Pears | 1/2 cup | 60 | 15 | 0 | 0 | 0 | 0 | 0 | 2 | 0 | 0 | 2 | 11 | 0.36 | | | | | | | | | | |
| 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 | | X | | | | | |
| Spanish Rice | 1/2 cup | 128 | 37 g | 3 g | 2 g | 0 g | 0 mg | 140 mg | 1 g | .6 g | 118 | 2.08 | 9 mg | 0.92 mg | | | 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 | | | | | | | | | | |
| 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 Peas | 1/2 cup | 74 | 13 g | 5 g | 0 g | 0 g | 0 mg | 106 mg | 4 g | n/a | 426 | 6.38 | 0 mg | 1.15 mg | | | | | | | | | | |
| Toasted Italian Cheese Sandwich | 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 | | | | | |
| Turkey Deli 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 | | X | | X | | | | | |
| Turkey Munchable | each | 358 | 30 g | 19 g | 16.44 g | 5.48 g | 51 mg | 1033 mg | 4 g | n/a | 2250 | 6 | 80 mg | 1.96 mg | X | | X | | X | | | | | |
| Warm Cinnamon Apples | 1/2 cup | 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 | | | | | | | | | | |
| 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 | | X | | | | | | | |