

HS/MS Lunch October 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	Sesam
Bacon Cheeseburger	each	403	25 g	24 g	23 g	10 g	48 mg	937 mg	2 g	0 g	134	0	288 mg	5 mg	X		X							X
Baked Beans, Vegetarian	1/2 cup	150	30 g	7 g	0 g	0 g	0 mg	570 mg	5 g	12 g	0	0	50 mg	2 mg										
Beef Tacos, Soft	2 each	597	25 g	23 g	40 g	9 g	52 mg	597 mg	4 g	2 g	*57.631*	2	87 mg	0 mg	X					X				
Beefy Nachos w/ Zesty Sauce	serving	431	33 g	15 g	25 g	2 g	42 mg	545 mg	3 g	4 g	101	2	66 mg	2 mg			X			X				
Brown Rice	1/2 cup	118	26 g	3 g	0 g	0 g	0 mg	2 mg	0 g	0 g	n/a	0	2 mg	1 mg										
Burger Fritings	1/8c lettuce, 1 slice tomato	5	1 g	0 g	0 g	0 g	0 mg	1 mg	0 g	0 g	100	4	5 mg	0 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	76	25 mg	0 mg										
Cheesy Biscui Stick	2 each	520	32 g	20 g	14 g	8 g	40 mg	540 mg	2 g	2 g	0	0	442 mg	2 mg	X					X				
Chif Salad	1 salad	235	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 Bacon Ranch Melt Hotbread	1/2 sandwich	442	28 g	26 g	25 g	9 g	25 mg	832 mg	3 g	n/a	212	0	253 mg	1 mg	X	X	X			X				
Chicken Fried Rice	1 cup	146	22 g	9 g	2 g	1 g	39 mg	211 mg	1 g	1 g	693	1	11 mg	1 mg	X	X	X							
Chicken Gyro	1 sandwich	335	33 g	28 g	10 g	1 g	65 mg	854 mg	4 g	n/a	1052	7	104 mg	2 mg	X		X			X				
Chicken Potstickers	3 each	389	12 g	6 g	3 g	0 g	13 mg	204 mg	1 g	1 g	0	0	5 mg	1 mg	X		X							
Classic Cheeseburger	1 each	320	31 g	21 g	15 g	6 g	38 mg	245 mg	1 g	4 g	0	0	119 mg	3 mg	X		X			X				
Clementine Orange	1 each	35	9 g	1 g	0 g	0 g	0 mg	1 mg	1 g	n/a	50	36	20 mg	0 mg										
Corn Dog	each	240	30 g	9 g	9 g	3 g	40 mg	470 mg	2 g	6 g	0	0	60 mg	2 mg	X	X	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 Patty	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							
Crispy Chicken Salad	each	406	20 g	23 g	24 g	9 g	80 mg	901 mg	4 g	n/a	701	13	266 mg	3 mg	X	X	X			X				
Cucumber Ranch Salad	1/2 cup	23	1 g	0 g	2 g	0 g	2 mg	43 mg	0 g	1 g	83	2	0 mg	0 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				
French Fries	1/2 cup	110	12 g	2 g	4 g	1 g	0 mg	236 mg	2 g	1 g	0	4	0 mg	1 mg										
Fruit of Choice	1/2 cup	45	11 g	0 g	0 g	0 g	0 mg	5 mg	2 g	n/a	699	16	12 mg	0 mg										
Garden Salad	3/4 cup	57	3 g	3 g	5 g	1 g	0 mg	144 mg	1 g	n/a	242	22	11 mg	0 mg			X			X				
Garlic Toast	1 each	40	12 g	2 g	3 g	1 g	0 mg	95 mg	1 g	0 g	0	0	5 mg	1 mg	X	X	X			X				
Gulfish Crackers	package	93	13 g	2 g	3 g	0 g	0 mg	157 mg	1 g	0 g	0	0	0 mg	1 mg	X					X				
Grilled Cheese Sandwich	each	481	35 g	19 g	25 g	12 g	50 mg	813 mg	4 g	4 g	n/a	0	672 mg	2 mg	X		X			X				
Grilled Ham & Cheese Sandwich	1 each	358	32 g	16 g	20 g	8 g	43 mg	916 mg	2 g	5 g	0	0	197 mg	2 mg	X		X			X				
Kung Fu Carrots	1/2 cup	40	9 g	0 g	0 g	0 g	0 mg	144 mg	2 g	5 g	0	1	4 mg	0 mg	X		X							
Lettuce, Tomato and Cheese	each	55	3 g	4 g	5 g	2 g	30 mg	97 mg	1 g	n/a	805	9	112 mg	0 mg						X				
Macaroni & Cheese	1 cup	494	46 g	22 g	22 g	13 g	54 mg	625 mg	6 g	5 g	64	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	1	19 mg	0 mg			X			X				
Mami Cuban Slicers	2 sliders	354	28 g	29 g	15 g	2 g	92 mg	1312 mg	2 g	10 g	0	0	106 mg	3 mg	X	X	X			X				
Orange Chicken	12 popcorn chicken	352	38 g	36 g	15 g	3 g	23 mg	540 mg	3 g	19 g	1	1	40 mg	2 mg	X		X							
Pasta with Hearty Meat Sauce	3/4 cup	318	32 g	22 g	11 g	4 g	56 mg	242 mg	3 g	4 g	559	16	54 mg	4 mg	X		X							
Pizza Parlor Pizza	slice	310	29 g	18 g	14 g	2 g	40 mg	470 mg	3 g	5 g	n/a	n/a	433 mg	2 mg	X	X	X			X				
Pizza Parlor Pizza!	slice	406	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										
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										
Roasted Beef Hot Dog	each	310	28 g	12 g	16 g	2 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 Lemon Herb Chickpeas	1/2cup	156	23 g	5 g	4 g	0 g	0 mg	187 mg	4 g	4 g	0	2	98 mg	1 mg										
Rite Caesar Salad	1/2 cup	25	2 g	3 g	6 g	2 g	9 mg	168 mg	1 g	0 g	0	0	5 mg	0 mg		X	X			X				
Spiced Pinto Beans	1/2 cup	134	26 g	2 g	1 g	0 g	0 mg	380 mg	5 g	2 g	2	1	55 mg	2 mg										
Sweet Potato Fats	1/2 cup	142	24 g	1 g	4 g	0 g	0 mg	236 mg	4 g	11 g	4134	1	24 mg	0 mg										
Tater Tots	1/2 cup	140	16 g	1 g	2 g	1 g	0 mg	190 mg	1 g	0 g	0	0	0 mg	0 mg										
Tomato Soup	1 cup	80	19 g	2 g	0 g	0 g	0 mg	594 mg	2 g	n/a	300	21	24 mg	1 mg										
Turkey Deli Sub Sandwich	each	361	69 g	18 g	12 g	4 g	33 mg	1028 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										
Veget Pak with Bagel Munchable	1 container	400	92 g	19 g	16 g	10 g	50 mg	610 mg	4 g	18 g	500	0	505 mg	1 mg	X					X				X
Veget Pak with Pretzel Bites Munchable	1 container	225	40 g	13 g	6 g	4 g	20 mg	925 mg	0 g	12 g	500	0	428 mg	2 mg	X					X				