

Elementary Sept 26 Lunch

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
Apple	each	77	19 g	0 g	0 g	0 g	0 mg	1 mg	1 g	19 g	0	0	6 mg	0 mg										
Apple Chutney (on a Bun)	each	403	45 g	15 g	11 g	10 g	36 mg	912 mg	2 g	0 g	14	0	280 mg	5 mg	X		X							X
Roast Beans, Vegetarian	1/2 cup	99	16 g	2 g	0 g	0 g	0 mg	120 mg	1 g	12 g	0	0	50 mg	2 mg										
Roast Beans with Salsa	2 each	150	12 g	20 g	14 g	8 g	40 mg	100 mg	2 g	2 g	0	0	442 mg	2 mg	X				X					
Red Salad	each	209	2 g	13 g	15 g	3 g	26 mg	912 mg	1 g	2 g	491	12	40 mg	1 mg	X	X	X		X					X
Roast Bean Burrito (with Salsa)	1/2 sandwich	342	28 g	16 g	25 g	12 g	25 mg	312 mg	1 g	mg	22	0	211 mg	1 mg	X	X	X		X					
Roast Bean Salad	1 each, 1/2 burrito	373	11 g	13 g	9 g	10 g	18 mg	1512 mg	2 g	1 g	11	1	415 mg	2 mg	X					X				
Roast Chicken Salad	salad	100	0	18	23	-	50	210	-	-	287	3	180	1	X	X	X		X	X				
Roast Chicken Salad	each	390	11 g	21 g	15 g	9 g	18 mg	241 mg	1 g	4 g	0	0	112 mg	1 mg	X		X		X					
Roast Dog	each	400	10 g	9 g	9 g	3 g	10 mg	320 mg	2 g	6 g	0	0	60 mg	2 mg	X	X	X							
Roast Chicken Burger	1/4 sandwich	240	9 g	19 g	14 g	7 g	25 mg	240 mg	1 g	9	130	2	2 mg	10 mg	X									
Roast Chicken Burger	1 each	360	14 g	21 g	11 g	2 g	15 mg	160 mg	1 g	14 g	100	10	167 mg	1 mg	X		X							
Roast Chicken Salad	each	406	20 g	23 g	24 g	9 g	20 mg	901 mg	1 g	14 g	70	13	216 mg	1 mg	X	X	X		X					
Roast Chicken Sandwich	1 each	400	10 g	19 g	14 g	7 g	14 mg	120 mg	1 g	2 g	100	-	136 mg	1 mg	X		X							X
Roast Chicken Sandwich	2 each	800	20 g	38 g	28 g	14 g	25 mg	240 mg	2 g	14 g	200	1	272 mg	1 mg	X		X							
Roast Chicken Salad	1/2 cup	90	14 g	1 g	1 g	0 g	0 mg	135 mg	0	2 g	0	0	1 mg	0 mg										
Roast Beef	each	30	1 g	4 g	1 g	0 g	0 mg	100 mg	1 g	1	0	0	0 mg	0 mg	X	X	X		X					
Roast Beef	1/2 cup	20	2 g	2 g	1 g	1 g	0 mg	130 mg	2 g	1 g	0	0	0 mg	1 mg										
Roast Beef Burrito	1/2 cup	110	1 g	0 g	12 g	0 g	0 mg	1 mg	2 g	100	400	6	2 mg	0 mg										
Roast Beef Salad	1/4 cup	12	5 g	1 g	1 g	1 g	0 mg	130 mg	1 g	10 g	200	2	11 mg	0 mg			X			X				
Roast Chicken and Noodle Bowl	cup	404	10 g	10 g	10 g	10 g	10 g	10 g	10 g	10 g	10 g	10 g	10 g	10 g										
Roast Chicken Salad	package	81	14 g	2 g	1 g	0 g	0 mg	112 mg	1 g	0 g	0	0	0 mg	1 mg	X					X				
Roast Chicken Sandwich	each	140	10 g	19 g	23 g	10 g	20 mg	900 mg	2 g	2 g	100	0	141 mg	1 mg	X		X							
Roast Chicken Sandwich	each	310	0 g	19 g	18 g	7 g	40 mg	1020 mg	0 g	10 g	312	1	288 mg	2 mg	X	X	X		X					
Roast Chicken Salad with Avocado	each	400	10 g	10 g	18 g	10 g	10 mg	100 mg	0 g	0 g	100	0	100 mg	1 mg	X		X		X					
Roast Chicken Salad	1/2 cup	10	0 g	0 g	0 g	0 g	0 mg	100 mg	2 g	0 g	0	0	0 mg	0 mg	X		X							
Roast Chicken Salad	cup	400	10 g	10 g	18 g	10 g	10 mg	100 mg	0 g	0 g	100	0	100 mg	1 mg	X		X			X				
Roast Chicken Salad	1/2 cup	10	0 g	0 g	0 g	0 g	0 mg	100 mg	2 g	0 g	0	0	0 mg	0 mg										
Roast Chicken Salad	1/2 cup	10	0 g	0 g	0 g	0 g	0 mg	100 mg	2 g	0 g	0	0	0 mg	0 mg										
Roast Chicken Salad	1/2 cup	10	0 g	0 g	0 g	0 g	0 mg	100 mg	2 g	0 g	0	0	0 mg	0 mg										
Roast Chicken Salad	1/2 cup	10	0 g	0 g	0 g	0 g	0 mg	100 mg	2 g	0 g	0	0	0 mg	0 mg										
Roast Chicken Salad	1/2 cup	10	0 g	0 g	0 g	0 g	0 mg	100 mg	2 g	0 g	0	0	0 mg	0 mg										
Roast Chicken Salad	1/2 cup	10	0 g	0 g	0 g	0 g	0 mg	100 mg	2 g	0 g	0	0	0 mg	0 mg										
Roast Chicken Salad	1/2 cup	10	0 g	0 g	0 g	0 g	0 mg	100 mg	2 g	0 g	0	0	0 mg	0 mg										
Roast Chicken Salad	1/2 cup	10	0 g	0 g	0 g	0 g	0 mg	100 mg	2 g	0 g	0	0	0 mg	0 mg										
Roast Chicken Salad	1/2 cup	10	0 g	0 g	0 g	0 g	0 mg	100 mg	2 g	0 g	0	0	0 mg	0 mg										
Roast Chicken Salad	1/2 cup	10	0 g	0 g	0 g	0 g	0 mg	100 mg	2 g	0 g	0	0	0 mg	0 mg										
Roast Chicken Salad	1/2 cup	10	0 g	0 g	0 g	0 g	0 mg	100 mg	2 g	0 g	0	0	0 mg	0 mg										
Roast Chicken Salad	1/2 cup	10	0 g	0 g	0 g	0 g	0 mg	100 mg	2 g	0 g	0	0	0 mg	0 mg										
Roast Chicken Salad	1/2 cup	10	0 g	0 g	0 g	0 g	0 mg	100 mg	2 g	0 g	0	0	0 mg	0 mg										
Roast Chicken Salad	1/2 cup	10	0 g	0 g	0 g	0 g	0 mg	100 mg	2 g	0 g	0	0	0 mg	0 mg										
Roast Chicken Salad	1/2 cup	10	0 g	0 g	0 g	0 g	0 mg	100 mg	2 g	0 g	0	0	0 mg	0 mg										
Roast Chicken Salad	1/2 cup	10	0 g	0 g	0 g	0 g	0 mg	100 mg	2 g	0 g	0	0	0 mg	0 mg										
Roast Chicken Salad	1/2 cup	10	0 g	0 g	0 g	0 g	0 mg	100 mg	2 g	0 g	0	0	0 mg	0 mg										
Roast Chicken Salad	1/2 cup	10	0 g	0 g	0 g	0 g	0 mg	100 mg	2 g	0 g	0	0	0 mg	0 mg										
Roast Chicken Salad	1/2 cup	10	0 g	0 g	0 g	0 g	0 mg	100 mg	2 g	0 g	0	0	0 mg	0 mg										
Roast Chicken Salad	1/2 cup	10	0 g	0 g	0 g	0 g	0 mg	100 mg	2 g	0 g	0	0	0 mg	0 mg										
Roast Chicken Salad	1/2 cup	10	0 g	0 g	0 g	0 g	0 mg	100 mg	2 g	0 g	0	0	0 mg	0 mg										
Roast Chicken Salad	1/2 cup	10	0 g	0 g	0 g	0 g	0 mg	100 mg	2 g	0 g	0	0	0 mg	0 mg										
Roast Chicken Salad	1/2 cup	10	0 g	0 g	0 g	0 g	0 mg	100 mg	2 g	0 g	0	0	0 mg	0 mg										
Roast Chicken Salad	1/2 cup	10	0 g	0 g	0 g	0 g	0 mg	100 mg	2 g	0 g	0	0	0 mg	0 mg										
Roast Chicken Salad	1/2 cup	10	0 g	0 g	0 g	0 g	0 mg	100 mg	2 g	0 g	0	0	0 mg	0 mg										
Roast Chicken Salad	1/2 cup	10	0 g	0 g	0 g	0 g	0 mg	100 mg	2 g	0 g	0	0	0 mg	0 mg										
Roast Chicken Salad	1/2 cup	10	0 g	0 g	0 g	0 g	0 mg	100 mg	2 g	0 g	0	0	0 mg	0 mg										
Roast Chicken Salad	1/2 cup	10	0 g	0 g	0 g	0 g	0 mg	100 mg	2 g	0 g	0	0	0 mg	0 mg										
Roast Chicken Salad	1/2 cup	10	0 g	0 g	0 g	0 g	0 mg	100 mg	2 g	0 g	0	0	0 mg	0 mg										
Roast Chicken Salad	1/2 cup	10	0 g	0 g	0 g	0 g	0 mg	100 mg	2 g	0 g	0	0	0 mg	0 mg										
Roast Chicken Salad	1/2 cup	10	0 g	0 g	0 g	0 g	0 mg	100 mg	2 g	0 g	0	0	0 mg	0 mg										
Roast Chicken Salad	1/2 cup	10	0 g	0 g	0 g	0 g	0 mg	100 mg	2 g	0 g	0	0	0 mg	0 mg										
Roast Chicken Salad	1/2 cup	10	0 g	0 g	0 g	0 g	0 mg	100 mg	2 g	0 g	0	0	0 mg	0 mg										
Roast Chicken Salad	1/2 cup	10	0 g	0 g	0 g	0 g	0 mg	100 mg	2 g	0 g	0	0	0 mg	0 mg										
Roast Chicken Salad	1/2 cup	10	0 g	0 g	0 g	0 g	0 mg	100 mg	2 g	0 g	0	0	0 mg	0 mg										
Roast Chicken Salad	1/2 cup	10	0 g	0 g	0 g	0 g	0 mg	100 mg	2 g	0 g	0	0	0 mg	0 mg										
Roast Chicken Salad	1/2 cup	10	0 g	0 g	0 g	0 g	0 mg	100 mg	2 g	0 g	0	0	0 mg	0 mg										
Roast Chicken Salad	1/2 cup	10	0 g	0 g	0 g	0 g	0 mg	100 mg	2 g	0 g	0	0	0 mg	0 mg										
Roast Chicken Salad	1/2 cup	10	0 g	0 g	0 g	0 g	0 mg	100 mg	2 g	0 g	0	0	0 mg	0 mg										
Roast Chicken Salad	1/2 cup	10	0 g	0 g	0 g	0 g	0 mg	100 mg	2 g	0 g	0	0	0 mg	0 mg										
Roast Chicken Salad	1/2 cup	10	0 g	0 g	0 g	0 g	0 mg	100 mg	2 g	0 g	0	0	0 mg	0 mg										
Roast Chicken Salad	1/2 cup	10	0 g	0 g	0 g	0 g	0 mg	100 mg	2 g	0 g	0	0	0 mg	0 mg										
Roast Chicken Salad	1/2 cup	10	0 g	0 g	0 g	0 g	0 mg	100 mg	2 g	0 g	0	0	0 mg	0 mg										
Roast Chicken Salad	1/2 cup	10	0 g	0 g	0 g	0 g	0 mg	100 mg	2 g	0 g	0	0	0 mg	0 mg										
Roast Chicken Salad	1/2 cup	10	0 g	0 g	0 g	0 g	0 mg	100 mg	2 g	0 g	0	0	0 mg	0 mg										
Roast Chicken Salad	1/2 cup	10	0 g	0 g	0 g	0 g	0 mg	100 mg	2 g	0 g	0	0	0 mg	0 mg										
Roast Chicken Salad	1/2 cup	10	0 g	0 g	0 g	0 g	0 mg	100 mg	2 g	0 g	0	0	0 mg	0 mg										
Roast Chicken Salad	1/2 cup	10	0 g	0 g	0 g	0 g	0 mg	100 mg	2 g	0 g	0	0	0 mg	0 mg										
Roast Chicken Salad	1/2 cup	10	0 g	0 g	0 g	0 g	0 mg	100 mg	2 g	0 g	0	0	0 mg	0 mg										
Roast Chicken Salad	1/2 cup	10	0 g	0 g	0 g	0 g	0 mg	100 mg	2 g	0 g	0	0	0 mg	0 mg										
Roast Chicken Salad	1/2 cup	10	0 g	0 g	0 g	0 g	0 mg	100 mg	2 g	0 g	0	0	0 mg	0 mg										
Roast Chicken Salad	1/2 cup	10</																						