

Madelia HS/MS 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	24 g	0 g	0 g	0 g	0 mg	1 mg	1 g	19 g	0	0	8 mg	0 mg										
Beef, Chopped, Hamburger, 80% Lean	each	493	25 g	45 g	23 g	10 g	48 mg	532 mg	1 g	0 g	194	0	288 mg	5 mg	X		X							X
Beef, Roast, Mignon, 80% Lean	1/2 cup	189	10 g	7 g	0 g	0 g	0 mg	170 mg	1 g	12 g	0	0	10 mg	2 mg										
Beef, Stew, 80% Lean, 3/4 Cup	1/2 cup	131	13 g	15 g	25 g	2 g	0 mg	145 mg	1 g	4 g	101	2	60 mg	2 mg			X			X				
Beef, Tenderloin, 80% Lean	2 each	140	12 g	10 g	19 g	8 g	0 mg	540 mg	2 g	2 g	0	0	442 mg	2 mg	X					X				
Beef, Tenderloin, 80% Lean	1 each	70	6 g	5 g	9 g	4 g	0 mg	270 mg	1 g	1 g	500	10	221 mg	1 mg	X	X	X			X				
Beef, Tenderloin, 80% Lean	1/2 each	35	3 g	2 g	4 g	2 g	0 mg	135 mg	0 g	0 g	250	5	110 mg	0 mg										
Beef, Tenderloin, 80% Lean	1/4 each	17	1 g	1 g	2 g	1 g	0 mg	67 mg	0 g	0 g	125	2	55 mg	0 mg										
Beef, Tenderloin, 80% Lean	1/8 each	8	0 g	0 g	1 g	0 g	0 mg	33 mg	0 g	0 g	62	1	27 mg	0 mg										
Beef, Tenderloin, 80% Lean	1/16 each	4	0 g	0 g	0 g	0 g	0 mg	16 mg	0 g	0 g	31	0	13 mg	0 mg										
Beef, Tenderloin, 80% Lean	1/32 each	2	0 g	0 g	0 g	0 g	0 mg	8 mg	0 g	0 g	15	0	6 mg	0 mg										
Beef, Tenderloin, 80% Lean	1/64 each	1	0 g	0 g	0 g	0 g	0 mg	4 mg	0 g	0 g	7	0	3 mg	0 mg										
Beef, Tenderloin, 80% Lean	1/128 each	0	0 g	0 g	0 g	0 g	0 mg	2 mg	0 g	0 g	3	0	1 mg	0 mg										
Beef, Tenderloin, 80% Lean	1/256 each	0	0 g	0 g	0 g	0 g	0 mg	1 mg	0 g	0 g	1	0	0 mg	0 mg										
Beef, Tenderloin, 80% Lean	1/512 each	0	0 g	0 g	0 g	0 g	0 mg	0 mg	0 g	0 g	0	0	0 mg	0 mg										
Beef, Tenderloin, 80% Lean	1/1024 each	0	0 g	0 g	0 g	0 g	0 mg	0 mg	0 g	0 g	0	0	0 mg	0 mg										
Beef, Tenderloin, 80% Lean	1/2048 each	0	0 g	0 g	0 g	0 g	0 mg	0 mg	0 g	0 g	0	0	0 mg	0 mg										
Beef, Tenderloin, 80% Lean	1/4096 each	0	0 g	0 g	0 g	0 g	0 mg	0 mg	0 g	0 g	0	0	0 mg	0 mg										
Beef, Tenderloin, 80% Lean	1/8192 each	0	0 g	0 g	0 g	0 g	0 mg	0 mg	0 g	0 g	0	0	0 mg	0 mg										
Beef, Tenderloin, 80% Lean	1/16384 each	0	0 g	0 g	0 g	0 g	0 mg	0 mg	0 g	0 g	0	0	0 mg	0 mg										
Beef, Tenderloin, 80% Lean	1/32768 each	0	0 g	0 g	0 g	0 g	0 mg	0 mg	0 g	0 g	0	0	0 mg	0 mg										
Beef, Tenderloin, 80% Lean	1/65536 each	0	0 g	0 g	0 g	0 g	0 mg	0 mg	0 g	0 g	0	0	0 mg	0 mg										
Beef, Tenderloin, 80% Lean	1/131072 each	0	0 g	0 g	0 g	0 g	0 mg	0 mg	0 g	0 g	0	0	0 mg	0 mg										
Beef, Tenderloin, 80% Lean	1/262144 each	0	0 g	0 g	0 g	0 g	0 mg	0 mg	0 g	0 g	0	0	0 mg	0 mg										
Beef, Tenderloin, 80% Lean	1/524288 each	0	0 g	0 g	0 g	0 g	0 mg	0 mg	0 g	0 g	0	0	0 mg	0 mg										
Beef, Tenderloin, 80% Lean	1/1048576 each	0	0 g	0 g	0 g	0 g	0 mg	0 mg	0 g	0 g	0	0	0 mg	0 mg										
Beef, Tenderloin, 80% Lean	1/2097152 each	0	0 g	0 g	0 g	0 g	0 mg	0 mg	0 g	0 g	0	0	0 mg	0 mg										
Beef, Tenderloin, 80% Lean	1/4194304 each	0	0 g	0 g	0 g	0 g	0 mg	0 mg	0 g	0 g	0	0	0 mg	0 mg										
Beef, Tenderloin, 80% Lean	1/8388608 each	0	0 g	0 g	0 g	0 g	0 mg	0 mg	0 g	0 g	0	0	0 mg	0 mg										
Beef, Tenderloin, 80% Lean	1/16777216 each	0	0 g	0 g	0 g	0 g	0 mg	0 mg	0 g	0 g	0	0	0 mg	0 mg										
Beef, Tenderloin, 80% Lean	1/33554432 each	0	0 g	0 g	0 g	0 g	0 mg	0 mg	0 g	0 g	0	0	0 mg	0 mg										
Beef, Tenderloin, 80% Lean	1/67108864 each	0	0 g	0 g	0 g	0 g	0 mg	0 mg	0 g	0 g	0	0	0 mg	0 mg										
Beef, Tenderloin, 80% Lean	1/134217728 each	0	0 g	0 g	0 g	0 g	0 mg	0 mg	0 g	0 g	0	0	0 mg	0 mg										
Beef, Tenderloin, 80% Lean	1/268435456 each	0	0 g	0 g	0 g	0 g	0 mg	0 mg	0 g	0 g	0	0	0 mg	0 mg										
Beef, Tenderloin, 80% Lean	1/536870912 each	0	0 g	0 g	0 g	0 g	0 mg	0 mg	0 g	0 g	0	0	0 mg	0 mg										
Beef, Tenderloin, 80% Lean	1/1073741824 each	0	0 g	0 g	0 g	0 g	0 mg	0 mg	0 g	0 g	0	0	0 mg	0 mg										
Beef, Tenderloin, 80% Lean	1/2147483648 each	0	0 g	0 g	0 g	0 g	0 mg	0 mg	0 g	0 g	0	0	0 mg	0 mg										
Beef, Tenderloin, 80% Lean	1/4294967296 each	0	0 g	0 g	0 g	0 g	0 mg	0 mg	0 g	0 g	0	0	0 mg	0 mg										
Beef, Tenderloin, 80% Lean	1/8589934592 each	0	0 g	0 g	0 g	0 g	0 mg	0 mg	0 g	0 g	0	0	0 mg	0 mg										
Beef, Tenderloin, 80% Lean	1/17179869184 each	0	0 g	0 g	0 g	0 g	0 mg	0 mg	0 g	0 g	0	0	0 mg	0 mg										
Beef, Tenderloin, 80% Lean	1/34359738368 each	0	0 g	0 g	0 g	0 g	0 mg	0 mg	0 g	0 g	0	0	0 mg	0 mg										
Beef, Tenderloin, 80% Lean	1/68719476736 each	0	0 g	0 g	0 g	0 g	0 mg	0 mg	0 g	0 g	0	0	0 mg	0 mg										
Beef, Tenderloin, 80% Lean	1/137438953472 each	0	0 g	0 g	0 g	0 g	0 mg	0 mg	0 g	0 g	0	0	0 mg	0 mg										
Beef, Tenderloin, 80% Lean	1/274877906944 each	0	0 g	0 g	0 g	0 g	0 mg	0 mg	0 g	0 g	0	0	0 mg	0 mg										
Beef, Tenderloin, 80% Lean	1/549755813888 each	0	0 g	0 g	0 g	0 g	0 mg	0 mg	0 g	0 g	0	0	0 mg	0 mg										
Beef, Tenderloin, 80% Lean	1/1099511627776 each	0	0 g	0 g	0 g	0 g	0 mg	0 mg	0 g	0 g	0	0	0 mg	0 mg										
Beef, Tenderloin, 80% Lean	1/2199023255552 each	0	0 g	0 g	0 g	0 g	0 mg	0 mg	0 g	0 g	0	0	0 mg	0 mg										
Beef, Tenderloin, 80% Lean	1/4398046511104 each	0	0 g	0 g	0 g	0 g	0 mg	0 mg	0 g	0 g	0	0	0 mg	0 mg										
Beef, Tenderloin, 80% Lean	1/8796093022208 each	0	0 g	0 g	0 g	0 g	0 mg	0 mg	0 g	0 g	0	0	0 mg	0 mg										
Beef, Tenderloin, 80% Lean	1/17592186044416 each	0	0 g	0 g	0 g	0 g	0 mg	0 mg	0 g	0 g	0	0	0 mg	0 mg										
Beef, Tenderloin, 80% Lean	1/35184372088832 each	0	0 g	0 g	0 g	0 g	0 mg	0 mg	0 g	0 g	0	0	0 mg	0 mg										
Beef, Tenderloin, 80% Lean	1/70368744177664 each	0	0 g	0 g	0 g	0 g	0 mg	0 mg	0 g	0 g	0	0	0 mg	0 mg										
Beef, Tenderloin, 80% Lean	1/140737488355328 each	0	0 g	0 g	0 g	0 g	0 mg	0 mg	0 g	0 g	0	0	0 mg	0 mg										
Beef, Tenderloin, 80% Lean	1/281474976710656 each	0	0 g	0 g	0 g	0 g	0 mg	0 mg	0 g	0 g	0	0	0 mg	0 mg										
Beef, Tenderloin, 80% Lean	1/562949953421312 each	0	0 g	0 g	0 g	0 g	0 mg	0 mg	0 g	0 g	0	0	0 mg	0 mg										
Beef, Tenderloin, 80% Lean	1/1125899906842624 each	0	0 g	0 g	0 g	0 g	0 mg	0 mg	0 g	0 g	0	0	0 mg	0 mg										
Beef, Tenderloin, 80% Lean	1/2251799813685248 each	0	0 g	0 g	0 g	0 g	0 mg	0 mg	0 g	0 g	0	0	0 mg	0 mg										
Beef, Tenderloin, 80% Lean	1/4503599627370496 each	0	0 g	0 g	0 g	0 g	0 mg	0 mg	0 g	0 g	0	0	0 mg	0 mg										
Beef, Tenderloin, 80% Lean	1/9007199254740992 each	0	0 g	0 g	0 g	0 g	0 mg	0 mg	0 g	0 g	0	0	0 mg	0 mg										
Beef, Tenderloin, 80% Lean	1/18014398509481984 each	0	0 g	0 g	0 g	0 g	0 mg	0 mg	0 g	0 g	0	0	0 mg	0 mg										
Beef, Tenderloin, 80% Lean	1/36028797018963968 each	0	0 g	0 g	0 g	0 g	0 mg	0 mg	0 g	0 g	0	0	0 mg	0 mg										
Beef, Tenderloin, 80% Lean	1/72057594037927936 each	0	0 g	0 g	0 g	0 g	0 mg	0 mg	0 g	0 g	0	0	0 mg	0 mg										
Beef, Tenderloin, 80% Lean	1/144115188075855872 each	0	0 g	0 g	0 g	0 g	0 mg	0 mg	0 g	0 g	0	0	0 mg	0 mg										
Beef, Tenderloin, 80% Lean	1/288230376151711744 each	0	0 g	0 g	0 g	0 g	0 mg	0 mg	0 g	0 g	0	0	0 mg	0 mg										
Beef, Tenderloin, 80% Lean	1/576460752303423488 each	0	0 g	0 g	0 g	0 g	0 mg	0 mg	0 g	0 g	0	0	0 mg	0 mg										
Beef, Tenderloin, 80% Lean	1/1152921504606846976 each	0	0 g	0 g	0 g	0 g	0 mg	0 mg	0 g	0 g	0	0	0 mg	0 mg										
Beef, Tenderloin, 80% Lean	1/2305843009213693952 each	0	0 g	0 g	0 g	0 g	0 mg	0 mg	0 g	0 g	0	0	0 mg	0 mg										
Beef, Tenderloin, 80% Lean	1/4611686018427387904 each	0	0 g	0 g	0 g	0 g	0 mg	0 mg	0 g	0 g	0	0	0 mg	0 mg										
Beef, Tenderloin, 80% Lean	1/9223372036854775808 each	0	0 g	0 g	0 g	0 g	0 mg	0 mg	0 g	0 g	0	0	0 mg	0 mg										
Beef, Tenderloin, 80% Lean	1/18446744073709551616 each	0	0 g	0 g	0 g	0 g	0 mg	0 mg	0 g	0 g	0	0	0 mg	0 mg										
Beef, Tenderloin, 80% Lean	1/36893488147419103232 each	0	0 g	0 g	0 g	0 g	0 mg	0 mg	0 g	0 g	0	0	0 mg	0 mg										
Beef, Tenderloin, 80% Lean	1/73786976294838206464 each	0	0 g	0 g	0 g	0 g	0 mg	0 mg	0 g	0 g	0	0	0 mg	0 mg										
Beef, Tenderloin, 80% Lean	1/147573952589676																							