

April 23' Lunch K8

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
Baked Beans	1/2 cup	140	29 g	6 g	1 g	0 g	0 mg	550 mg	5 g	n/a	0	0	0 mg	0 mg									
Baked Potato Bar	each	406	36 g	21 g	19.61 g	12.15 g	73 mg	562 mg	3 g	n/a	721	10.76	265 mg	3.97 mg			X		X				
BBQ Pulled Pork Sandwich	each	323	38 g	15 g	12.76 g	3.75 g	54 mg	271 mg	3 g	n/a	716	0.81	167 mg	2.38 mg	X		X						
Beef Chili	1/2 cup	209	6 g	13 g	11.17 g	4.71 g	39 mg	302 mg	2 g	n/a	612	5.17	26 mg	1.9 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						
Bread Stick	each	90	14 g	2 g	2.5 g	0 g	0 mg	170 mg	1 g	n/a	0	0	20 mg	0.72 mg	X	X	X		X				
Breakfast Sandwich	1 sandwich	264	28 g	16 g	10 g	4 g	61 mg	686 mg	1 g	n/a	125	0	126 mg	145 mg	X	X	X		X				
Brown Rice	1/2 cup	114	24 g	2 g	1	0	0 mg	3 mg	1 g	0	0	0	10 mg	0.41 mg									
Canned Fruit Bar	1/2 cup	65	17 g	0 g	0.07 g	0.01 g	0 mg	4 mg	2 g	n/a	27	3.7	8 mg	0.36 mg									
Canned Fruit Bar	1/4 cup	32	9 g	0 g	0.04 g	0 g	0 mg	2 mg	1 g	n/a	13	1.85	4 mg	0.18 mg									
Cheese Pizza	1 slice	368	41 g	18 g	14.67 g	5.55 g	23 mg	591 mg	3 g	n/a	243	0.55	308 mg	0.08 mg	X	X	X		X				
Cheeseburger on a Bun	1 each	300	25 g	20 g	13 g	6 g	48 mg	765 mg	2 g	n/a	150	0	195 mg	2.52 mg	X		X		X				
Chicken & Cheese Quesadilla	2 halves	303	26 g	21 g	14.71 g	7.67 g	60 mg	417 mg	4 g	n/a	333	0.32	292 mg	0.4 mg	X		X		X				
Chicken Fajitas	48 2 each	315	30 g	25 g	12.54 g	2.98 g	83 mg	874 mg	5 g	n/a	1251	50.52	159 mg	1.29 mg	X		X						
Chicken Potstickers	3 each	89	11.5	6.3	2.6	.2	13	204	.5	1.1	0	0	5	1	X		X						
Chicken Taquito	2 each	200	17 g	17 g	12.08 g	4.37 g	38 mg	310 mg	2 g	n/a	708	0.04	209 mg	0.73 mg						X			
Choice of Nachos or Tacos	2 each	250	28 g	20 g	8.36 g	3.21 g	49 mg	492 mg	4 g	n/a	366	2.8	139 mg	0.6 mg	X				X				
Choice of 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				
Choice of Soup	1/2 cup	49	7 g	2 g	2 g	0.13 g	0 mg	196 mg	2 g	n/a	541	6.36	19 mg	0.46 mg						X			
Coleslaw	1/2 cup	42	8 g	0 g	1 g	0 g	0 mg	286 mg	2 g	n/a	842	22 mg	36 mg	.4 mg		X	X		X				
Cornbread	1 mini loaf	230	27 g	5 g	9 g	5 g	85 mg	230 mg	2 g	n/a	300	0	100 mg	1.08 mg	X	X	X		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%	10%	X		X						
Crispy Chicken Sandwich	each	380	38 g	21 g	16.5 g	2.5 g	25 mg	550 mg	5 g	n/a	100	0	190 mg	3.24 mg	X		X						
Crispy Chicken Tenders	3 each	260	16 g	15 g	15 g	2.5 g	25 mg	390 mg	3 g	n/a	384	3	20 mg	3 mg	X		X						
Fish Sandwich with Cheese	1 each	390	48 g	19 g	13.5 g	3.5 g	42 mg	695 mg	5 g	n/a	130	3	200 mg	2.88 mg	X		X		X	X			
Fish Sticks	1 serving (4 ea)	200	17 g	14 g	9 g	1.5 g	40 mg	310 mg	1 g	n/a	100	2.4	20 mg	0.72 mg	X		X			X			
Fresh Fruit Bar	1/4 cup	22	6 g	0 g	0.05 g	0.01 g	0 mg	2 mg	1 g	n/a	325	8.05	6 mg	0.06 mg									
Fried Rice	50 3/4 cup	186	30 g	7 g	3.83 g	0.8 g	112 mg	472 mg	2 g	n/a	419	0.9	3 mg	27.99 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				
Golden French Fries	1/2 cup	110	17 g	2 g	3.5 g	0.8 g	0 mg	236 mg	2 g	1	0 iu	4 mg	0 mg	0.6 mg									
Goldfish Crackers	1 package	100	14 g	2 g	4 g	0.5 g	0 mg	170 mg	1 g	n/a	0	0	20 mg	0.72 mg	X		X		X				
Green Beans	1/2 cup	19	4 g	1 g	0.11 g	0.03 g	0 mg	6 mg	2 g	n/a	376	2.8	33 mg	0.59 mg									
Ham Deli Sub Sandwich	each	399	49 g	17 g	14.63 g	4.3 g	40 mg	1150 mg	4 g	n/a	1396	3.6	245 mg	4.92 mg	X	X	X		X				
Ham Munchable	each	337	30 g	15 g	16.56 g	5.63 g	44 mg	1150 mg	4 g	n/a	2250	6	80 mg	1.44 mg	X		X		X				
Hamburger on a Bun	each	250	24 g	17 g	8.5 g	3.5 g	35 mg	510 mg	2 g	n/a	0	0	120 mg	2.52 mg	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				
Italian Pasta Bake	1 cup	292	30 g	20 g	10.57 g	4.47 g	43 mg	240 mg	4 g	n/a	10669	11.32	355 mg	2.76 mg	X		X		X				
Lasagna Rollup with Sauce	1 serving	288	37 g	16 g	7.02 g	3.5 g	20 mg	482 mg	3 g	n/a	740	10.08	314 mg	1.82 mg	X				X				
M&M Cookie	1 cookie	80	12 g	1 g	2.5 g	0.5 g	5 mg	80 mg	1 g	n/a	100	0	0 mg	0.36 mg	X	X	X		X				
Macaroni & Cheese	1/2 cup	240	21 g	10 g	13.11 g	7.21 g	27 mg	515 mg	1 g	n/a	525	5.1	112 mg	0.77 mg	X		X		X				
Mashed Potatoes & Gravy	1/2 cup	67	14 g	2 g	0.84 g	0 g	0 mg	263 mg	1 g	n/a	0	25.13	19 mg	0.31 mg						X			
Meatball Marinara Sub	1 sandwich	357	27 g	17 g	19.95 g	7.77 g	48 mg	608 mg	3 g	n/a	342	5.2	277 mg	2.72 mg	X		X		X				
Meatloaf	1 slice	200	9 g	18 g	9.81 g	3.56 g	88 mg	419 mg	0 g	n/a	99	0	39 mg	2.31 mg	X	X	X			X	X		
Milk Choice	8 oz	110	12 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			
Mini Corn Dogs	6 each	320	35 g	12 g	15 g	3 g	55 mg	630 mg	1 g	7	201	18	60 mg	2.7 mg	X	X	X						
Orange Chicken	1 serving	341	39 g	16 g	12.98 g	2 g	25 mg	924 mg	2 g	n/a	11	2.88	2 mg	0.02 mg	X		X						
Pancakes	1 ea	70	14 g	2 g	1 g	0.17 g	3 mg	180 mg	2 g	n/a	0	0	7 mg	0.9 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				
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									
Roasted Broccoli	1/2 cup	8	1 g	0 g	0 g	0 g	0 mg	51 mg	1 g	n/a	125	36.05	0 mg	0.18 mg									
Roasted Corn	1/2 cup	66	15 g	2 g	0.82 g	0.12 g	0 mg	265 mg	2 g	n/a	128	6.64	4 mg	0.71 mg									
Sausage Patty	1 each	180	1 g	6 g	17 g	6 g	30 mg	280 mg	0 g	n/a	0	0	0 mg	0.36 mg									
Spicy Chicken Patty on Bun	each	360	41 g	21 g	13 g	2.5 g	55 mg	660 mg	4 g	n/a	500	0	220 mg	3.6 mg	X		X						
Steamed Carrots	1/2 cup	33	8 g	0 g	0.54 g	0 g	0 mg	54 mg	3 g	n/a	0	0	33 mg	0.54 mg									
Stir Fry Vegetable	1/2 cup	36	4 g	1 g	2.33 g	0.32 g	0 mg	102 mg	1 g	n/a	2087	9.55	17 mg	0.26 mg									
Toasted Cheese Sandwich	1 sandwich	356	30 g	14 g	21.21 g	9.79 g	38 mg	995 mg	3 g	n/a	548	9.11	250 mg	1.8 mg	X		X		X				
Turkey & Cheese Flatbread Munchable	1 container	350	36 g	18 g	16 g	6.5 g	45 mg	945 mg	3 g	n/a	660	6.6	100 mg	0.9 mg	X		X		X				
Vegetable Bar	1/2 cup	13	3 g	0 g	0.1 g	0.02 g	0 mg	18 mg	1 g	n/a	1844	23.05	10 mg	0.18 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						

