

Lunch March K8 Simplified

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
Applesauce	1/2 cup	60	15 g	0 g	0 g	0 g	0 mg	15 mg	1 g	18 g	35	1.5	4 mg	0.15 mg									
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									
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						
BBQ Rib Sandwich	1 sandwich	410	54 g	20 g	13.5 g	4 g	30 mg	700 mg	5 g	n/a	100	1.2	240 mg	3.78 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						
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									
Buffalo Chicken Wrap	1 wrap	403	36 g	19 g	19.56 g	6.41 g	54 mg	748 mg	6 g	n/a	299	0.75	186 mg	1.35 mg	X	X	X		X				
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				
Cheesy Garlic Toast	2 slices	205	23 g	8 g	10.01 g	3.76 g	8 mg	365 mg	2 g	n/a	250	0	100 mg	1.44 mg	X	X	X		X				
Cherry Tomato	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									
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 Alfredo w/Pasta	1/2 cup	221	26 g	23 g	4.35 g	1.99 g	55 mg	174 mg	3 g	n/a	0	0.01	14 mg	3.3 mg	X		X		X				
Chicken Bacon Alfredo Flatbread	1 each	450	41	21	21	7.5	41	1012	3	3	126	5	253	1	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 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				
Cinnamon Roll	1 roll	270	43 g	7 g	8 g	3 g	15 mg	330 mg	4 g	n/a	100	1.2	60 mg	1.81 mg	X	X	X		X				
Coleslaw	1/4 cup	21	4 g	0 g	0.58 g	0 g	0 mg	143 mg	1 g	n/a	421	10.82	18 mg	0.19 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						
Cucumber Slices	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									
Diced Peaches	1/2 cup	68	18 g	1 g	0.04 g	0 g	0 mg	6 mg	2 g	n/a	23	3	4 mg	0.45 mg									
Diced Pears	1/2 cup	72	19 g	0 g	0.04 g	0 g	0 mg	6 mg	2 g	n/a	0	0.9	6 mg	0.35 mg									
Easy Egg Bake	serving	109	2 g	11 g	6.39 g	2.37 g	210 mg	278 mg	0 g	n/a	86	0.1	89 mg	0.01 mg		X			X				
French Toast Sticks	3 each	210	32 g	10 g	5 g	1 g	140 mg	370 mg	3 g	n/a	160	0	23 mg	1.83 mg	X	X	X		X				
Fresh Apple	1 each	72	19 g	0 g	0.23 g	0.04 g	0 mg	1 mg	3 g	n/a	75	6.35	8 mg	0.17 mg									
Fresh Grapes	1/2 cup	60	15 g	0 g	0 g	0 g	0 mg	10 mg	1 g	n/a	0	0.8	13 mg	0 mg									
Fresh Mixed Fruit	1/2 cup	45	11 g	0 g	0.11 g	0.02 g	0 mg	5 mg	2 g	n/a	649	16.1	12 mg	0.12 mg									
Fresh Orange	1 orange	45	12 g	1 g	0 g	0 g	0 mg	0 mg	2 g	n/a	216	51	38 mg	0.09 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 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						
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									
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									
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				
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 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				
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				
Mixed Canned Fruit	1/2 cup	60	15 g	0 g	0 g	0 g	0 mg	5 mg	1 g	n/a	12	3.9	6 mg	0.36 mg									
NY Style Buffalo Chicken Dip w/ Flatbread Charcuterie	each	691	37 g	23 g	52.46 g	19.79 g	126 mg	1200 mg	4 g	n/a	7411	3.9	242 mg	1.87 mg	X	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				
Pasta with Meat Sauce	3/4 cup	318	32 g	22 g	11.09 g	4.18 g	58 mg	242 mg	3 g	n/a	559	15.86	54 mg	3.59 mg	X		X						
Pasta with Meatballs & Sauce	1 serving	453	48 g	20 g	18.63 g	7.67 g	50 mg	344 mg	7 g	n/a	314	4.78	28 mg	1.65 mg	X	X	X			X			
Pineapple Tidbits	1/2 cup	66	17 g	0 g	0.15 g	0.01 g	0 mg	1 mg	1 g	n/a	48	9.4	18 mg	0.49 mg									
Popcorn Chicken	12 pieces	251	15 g	15 g	14.19 g	2.73 g	22 mg	371 mg	2 g	n/a	109	0	44 mg	1.96 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									
Red/Orange Bell Pepper	1/4 cup	6	1 g	0 g	0 g	0 g	0 mg	0 mg	0 g	n/a	84	23.8	4 mg	0.08 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	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									
Salsa	2 oz	10	2 g	0 g	0 g	0 g	0 mg	70 mg	1 g	n/a	0	0	0 mg	0 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									
Sloppy Joe on a Bun	1 sandwich	301	32 g	20 g	9.97 g	3.71 g	49 mg	433 mg	2 g	n/a	528	3.89	117 mg	3.2 mg	X		X						
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				
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									
Steamed Corn	1/2 cup	92	19 g	3 g	0.92 g	0 g	0 mg	0 mg	1 g	n/a	0	3.31	0 mg	0 mg									
Turkey BLT Wrap	1 wrap	376	28 g	24 g	19.41 g	5.58 g	54 mg	765 mg	4 g	n/a	130	4.82	63 mg	1.62 mg	X	X	X		X				
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						

