

Nutritional Information for Lunch menu

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	Serving size	Calories	Fat calories	Total Fat	Saturated Fat	Sodium	Fiber
Main Entrees							
Beef Patty (Georges)	2.5oz	150	81	9.0g		200mg	
Beef Ravioli (Chef Boyardee)	8 each	230	63	7.0g	3.0g	640mg	5.0g
Cheese sauce (Land o' lakes cups)	3oz	130	81	9.0g	6.0g	780mg	
Cheese stuffed Sticks (Gillard)	1	164	65.7	7.3g	2.6g	340mg	0.6g
Chicken Chunks (Tyson)	5 each	220	117	13.0g	2.5g	550mg	1.0g
Chicken Flavored Rice (Uncle Ben)	1/3 cup	190	4.5	0.5g		790mg	
Chicken Patty, Breaded (Tyson)	3.4oz	210	108	12.0g	2.5g	650mg	
Ckn noodle soup (Heinze)	8 oz	70	22.5	2.5g	0.5g	940mg	2.0g
Corn Dog nuggets	3.4oz	171	63	7g	1.5g	480mg	1g
French toast Sticks (Michaels)	3 each	170	31.5	3.5g	1.0g	100mg	0.8g
Hot Dog (Briar Turkey)	2oz	130	99	11.0g	3.0g	570mg	
Italian meatballs (Cortona)	3oz	250	176.4	19.6g	8.0g	630mg	1.6g
Macaroni & Cheese (JTM)	1/2 cup	180	90	10.0g	6.5g	545mg	1.0g
Peanut butter and Jelly (Smuckers)	2.8oz	320	144	16.0g	3.0g	350mg	3.0g
Pizza, whole Grain (Gillard)	4.67 oz	260	81	9.0g	3.0g	780mg	
Pork Sasuage patties	1.2oz	70		3g	1.2g	148mg	
Rotini Pasta (Marzetti)	1/2 cup	200	9	1g			1.0g
Salisbury Steak (Pierre)	2.55oz	146	72.9	8.1g	3.2g	510mg	
Spaghetti Sauce (Deifratelli)	4oz	60	9	1.0g		490mg	3.0g
String Cheese Stick	1oz	60	22.5	2.5g	2.0g	210mg	
Taco filling (turkey)	1.95oz	98		5.88g	1.46g	335mg	
Yogurt - Dannon Nutriday	4oz	90				50mg	
Shredded Cheddar - reduced fat	1oz	80		5.19g	3.29g	206mg	
Shredded Mozzarella - lite	1oz	59		2.5g	2.4g	192mg	
Fruit and Vegetables							
Applesauce	1/4 cup	90				10mg	2.0g
Apple	1 small	80	4.5	0.5g			4.0g
Banana	1 small	120	9	1.0g			3.0g
Corn	1/4 cup	80	9	1.0g		360mg	2.0g
Fruit Cocktail w/ light syrup	1/4 cup	65				7mg	1.0g
Green Beans	1/4 cup	20				370mg	2.0g
Juice / Apple	1/4 cup	58				4mg	
Juice / Orange	1/4 cup	56					1.0g
Oven Fries	1/4 cup	120	27	3.0g	0.5g	45mg	2.0g
Peaches	1/4 cup	50				5mg	
Peas and carrots	1/4 cup	60				320mg	3.0g
Potatoes / mashed (Excel)	1/2 cup	76	9	1.0g	0.1g	345mg	1.3g
Vegetarian Beans	1/2 cup	119		.47g	0.09g	436mg	5.2g
Gravy's and conditments							
Brown Gravy (Trio)	2oz	20	4.5	0.5g		240mg	
Chicken Gravy (Trio)	2oz	35	9	1.0g		280mg	
Turkey Gravy (Trio)	2oz	30	9	1.0g		290mg	
Marinara Sauce (Red Gold)	2oz	40	13.5	1.5g		330mg	0.8g
Ranch dressing - Fat free	.4oz	10				125mg	
French dressing - Fat free	.4oz	10				95mg	
1000 Island dressing - Fat free	.4oz	20				115mg	

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Breads, Crackers, Chips							
Hamburger buns (wonder wheat)	1 bun (43g)	110	15	1.5g	0g	220mg	2g
Garlic Toast (New York)	1 slice	160	90	10.0g	2	280mg	1.0g
Hot Dog buns (wonder wheat)	1 bun (43g)	110	15	1.5g	0.g	220mg	2g
Pretzels (Rold Gold)	.5oz	50				290mg	
Vanilla Sports bite cookie	1oz	113	28.8	3.2g	0.5g		0.7g
Wheat bread	1 slice	70	10	1.0g	0g	160mg	1g
White bread (Wonderkids)	1 slice	60	5	0.5g	0g	115g	2g
Whole Grain Tortill chips	1 bag	220	99	11	1.0g	160g	3.0g
Zoo Crackers (Austin)	1oz	130	18	2.0g		90mg	0.5g