

Nutritional Information: LUNCH														Nutritional Information: LUNCH																	
March 2020														March 2020																	
Item Name	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugar (g)	Protein (g)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)	Iron (mg)	Item Name	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugar (g)	Protein (g)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)	Iron (mg)		
3/2/2020	FRENCH TOAST STICKS W/SAUSAGE^	420	20	6	0	45	450	44	2	14	17	0	0	46	2	MINI CHEESE RAVIOLI W/SAUCE^	300	7	2	0	50	859	41	3	4	19	10	0	105	2	
	Tropical Veggie Juice	90	0	0	0	0	45	23	0	22	0	150	60	0	0	3/18/2020	Breadstick^	100	1	0	0	0	135	20	2	2	4	0	6	20	1
	Applesauce Cup	51	0	0	0	0	2	14	1	12	0	1	1	5	0		Country Blend Vegetables	72	1	0	0	0	33	16	3	4	2	396	8	33	0
	Syrup	80	0	0	0	0	10	20	0	10	0	0	0	0	0		Grape Juice	60	0	0	0	0	15	14	0	13	0	0	0	0	0
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0		Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0
3/3/2020	BBQ CHICKEN TATOR TOT-CHOS	349	14	4	0	47	769	36	2	10	22	49	3	112	1	3/19/2020	CHEESY TACO MEAT	181	12	6	0	40	429	7	2	2	12	149	0	125	2
	Tortilla Chips^	120	4	0	0	0	105	18	2	0	2	0	0	20	0		Wild White Nacho Doritos^	130	5	1	0	0	170	20	2	0	2	0	0	40	0
	Diced Carrots	38	0	0	0	0	64	9	3	4	1	770	5	30	0		Refried Beans	122	0	0	0	0	76	22	7	0	7	0	2	20	2
	Mixed Fruit Cup	52	0	0	0	0	5	12	1	10	2	5	3	5	0		Jalapenos	5	0	0	0	0	394	1	1	1	0	39	5	26	0
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0		Sliced Apples	30	0	0	0	0	7	1	6	0	0	21	20	0	
3/4/2020	CHEESEBURGER	180	13	6	0	48	290	3	1	0	16	0	0	115	1	3/20/2020	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0
	Hamburger Bun^	130	1	0	0	0	250	27	3	2	4	0	0	58	2		PIZZA DIPPERS^	290	11	5	0	20	530	30	3	6	19	80	0	350	2
	Baked Beans	192	1	0	0	0	284	37	7	8	10	1	0	76	3	3/20/2020	Marinara Dipping Sauce	76	4	0	0	0	305	9	0	0	2	16	0	5	0
	Baby Carrots	13	0	0	0	0	29	3	1	2	0	1528	1	12	0		Romaine Salad	5	0	0	0	0	2	1	1	0	0	124	1	9	0
	Light Ranch Dressing	30	2	0	0	5	55	2	0	1	0	0	0	0	0	3/20/2020	Light Italian Dressing	10	0	0	0	0	170	2	0	2	0	0	0	0	0
	Orange Juice	60	0	0	0	0	20	14	0	13	0	0	30	0	0		Fresh Banana	105	0	0	0	0	1	27	3	14	1	23	10	6	0
	Mustard	5	0	0	0	0	20	0	0	0	0	0	0	0	0	3/23/2020	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0
	Ketchup	10	0	0	0	0	45	2	0	1	0	0	0	0	0		SPAGHETTI & MEATBALLS^	332	10	4	0	37	513	42	4	8	18	40	2	88	2
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	3/23/2020	Green Beans	30	0	0	0	0	2	6	2	2	1	21	10	33	1
3/5/2020	CHICKEN ALFREDO PASTA^	350	18	8	0	56	545	31	2	6	17	97	0	247	1		Orange Juice	60	0	0	0	0	20	14	0	13	0	0	30	0	0
	Mixed Vegetables	94	0	0	0	0	84	20	4	6	4	386	3	27	1	3/23/2020	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0
	Sliced Apples	30	0	0	0	0	7	1	6	0	0	0	21	20	0		MINI CORN DOGS^ POTATO ROUNDS	331	17	4	0	40	566	40	3	11	13	0	66	100	2
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	3/24/2020	Mixed Vegetables	57	0	0	0	0	58	12	3	4	2	386	3	21	1
3/6/2020	CHEESE PIZZA^	298	10	5	0	23	724	36	2	3	17	69	0	406	2		Diced Peaches	55	0	0	0	0	1	13	1	12	2	0	4	2	0
	Romaine Salad	5	0	0	0	0	2	1	1	0	0	124	1	9	0	3/24/2020	Mustard	5	0	0	0	0	20	0	0	0	0	0	0	0	0
	Light Ranch Dressing	30	2	0	0	5	55	2	0	1	0	0	0	0	0		Ketchup	121	1	1	0	8	139	19	0	17	8	493	0	302	0
	Fresh Banana	105	0	0	0	0	1	27	3	14	1	23	10	6	0	3/24/2020	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0		TERIYAKI CHICKEN PATTY	130	4	1	0	35	550	8	1	6	15	30	1	20	1
3/9/2020	MEATLOAF W/TOMATO SAUCE	151	5	2	0	30	276	10	5	2	17	97	4	80	4	3/25/2020	Hamburger Bun^	130	1	0	0	0	250	27	3	2	4	0	0	58	2
	Breadstick^	100	1	0	0	0	135	20	2	2	4	0	6	20	1		French Fries	155	6	1	0	0	45	24	0	0	2	0	10	0	0
	Mashed Potatoes	123	5	1	0	0	304	17	1	3	0	59	39	0	0	3/25/2020	Mixed Fruit Cup	52	0	0	0	0	5	12	1	10	2	5	3	5	0
	Applesauce Cup	51	0	0	0	0	2	14	1	12	0	1	1	5	0		Ketchup	121	1	1	0	8	139	19	0	17	8	493	0	302	0
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	3/26/2020	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0
3/10/2020	CRUNCHY CHICKEN TENDERS^	2060	15	2	0	25	390	16	3	1	15	30	0	0	2		RIB-B-QUE	202	12	4	0	48	445	10	1	5	17	39	0	30	2
	Corn Muffin^	214	7	1	0	0	239	37	3	11	4	2	0	60	1	3/26/2020	Hamburger Bun^	130	1	0	0	0	250	27	3	2	4	0	0	58	2
	Country Blend Vegetables	72	1	0	0	0	33	16	3	4	2	396	8	33	0		Baby Carrots	13	0	0	0	0	29	3	1	2	0	1528	1	12	0
	Diced Pears	56	0	0	0	0	9	15	2	9	2	0	1	1	0	3/26/2020	Light Ranch Dressing	30	2	0	0	5	55	2	0	1	0	0	0	0	0
	BBQ Sauce	25	0	0	0	0	50	7	0	4	0	0	0	0	0		Baked Beans	192	1	0	0	0	284	37	7	8	10	1	0	76	3
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	3/26/2020	Fresh Apple	64	0	0	0	0	1	17	3	13	0	4	6	7	0
3/11/2020	MAC & CHEESE^	359	14	8	0	37	828	39	2	9	24	13	0	458	1		Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0
	California Blend Veggies	44	0	0	0	0	58	9	4	4	3	411	53	1	0	3/27/2020	FRENCH BREAD CHEESE PIZZA^	308	11	5	0	23	744	36	1	4	17	69	0	367	2
	Diced Peaches	55	0	0	0	0	1	13	1	12	2	0	4	2	0		Broccoli Florets	9	0	0	0	0	8	2	0	0	1	47	27	15	0
	Snickerdoodle Cookie^	120	5	1	0	0	45	19	1	6	2	0	0	0	0	3/27/2020	Light Ranch Dressing	30	2	0	0	5	55	2	0	1	0	0	0	0	0
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	3/27/2020	Fresh Pear	67	0	0	0	0	1	18	4	11	0	1	5	10	0
3/12/2020	HOT DOG W/POTATO ROUNDS	182	13	4	0	25	557	11	1	1	5	0	0	0	1		Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0
	Hot Dog Bun^	120	1	0	0	0	220	24	4	2	4	0	0	56	1	3/28/2020	CRUNCHY CHICKEN TENDERS^	260	15	2	0	25	390	16	3	1	15	30	0	0	2
	Baked Beans	192	1	0	0	0	284	37	7	8	10	1	0	76	3	3/28/2020	Potato Wedges	159	5	0	0	0	56	25							