

## NUTRITIONAL INFORMATION\* - Lunch

Rev: 2/1/18

\*All products made with whole grain\*

Entrées	Calories (kcal)	Total Fat (g)	Sat. Fat (g)	Chol. (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Protein (g)
Brunch 4 Lunch	100	6	1.5	40	250	1	0	11
with mini maple waffles	200	5	1.5	0	220	35	4	4
Burrito, Bean and Cheese	350	12	5	25	560	47	8	16
Chicken Nuggets	250	11	2	55	400	15	2	23
Chicken, Orange	167	3	0.5	44	311	21	0	12
with brown rice (3/4 c)	162	1	0	0	7	34	2.5	4
Chicken, Popcorn	375	21	4	38	570	23	5	23
Chicken Taquitos	227	4	0.5	55	226	27	5.2	22
Chicken Tenders	230	12	2	45	330	12	2	20
Chicken & Waffle	320	13	2	50	510	29	4	24
Corn Dog	240	8	2.5	40	390	30	5	9
CVESD Lunchable	289	15.71	7.74	88.82	759.82	20	2	15.35
Drumstick, breaded	190	11	2.5	50	450	5	1	16
with roll	80	1	0	0	125	17	1	3
Hamburger w/ bun	330	15	5	55	395	30	3	23
Hot Dog, chicken w/ bun	270	10	2.5	25	690	32	3	16
Italian Sub	313	14.53	6.14	54.45	869.63	32	3	20
Macaroni and Cheese	290	11	6	30	980	31	2	17
with roll	80	1	0	0	125	17	1	3
Burgers, Minis	320	13	6	40	600	35	4	17
Mozzarella Crunchers	420	20	9	30	790	41	5	20
Pizza, Stuffed Crust Cheese	310	11	6	30	760	32	3	19
Pizza, Stuffed Crust Pepperoni	320	12	6	30	820	34	3	19
Quesadilla, Cheese	346	21	10	50	837	30	4	14
Star Cheese Sandwich	215	7.75	3.75	18.75	482.5	29.5	3	9.75
Taco, Fish	230	4.75	0.37	41.25	295	31.75	3.25	15.5
Taco Salad	382	17	4	47	572	35	4.5	22

\*Please be advised that this is general information and not intended to be used as medical advise. The information is accurate to the best of our knowledge based on the information provided by the manufacturer. Products may change at any time.

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