

NUTRITIONAL INFORMATION* - Lunch

Rev: 1/9/2020

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)
Burrito, Bean and Cheese	397	11	4.7	16	447	56	9	18.5
Cheeseburgers, minis	320	13	6	40	600	35	4	17
Chicken, Breaded Drumstick	190	11	2.5	50	450	5	1	16
with roll	80	1	0	0	125	17	1	3
Chicken, Popcorn	375	21	4	38	570	23	5	23
Chicken & Waffle	290	12	1.5	45	420	24	4	21
Corn Dog	250	9	2.5	40	450	30	5	9
CVESD Lunchable	289	15.71	7.74	88.82	759.82	20	2	15.35
Hamburger w/ bun	330	15	5	55	395	30	3	23
Hot Dog (chicken dog)	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	302	15	8.5	47	659	27	2	16
with roll	80	1	0	0	125	17	1	3
Mozzarella Crunchers	420	20	9	30	790	41	5	20
Pizza, Cheese, Wild Mike's	360	17	8	30	510	34	3	20
Pizza, Pepperoni, Wild Mike's	300	14	5	25	520	33	3	19
Pupusa, Bean and Cheese	290	11	3.5	15	480	35	4	13
Quesadilla, Cheese	346	21	10	50	837	30	4	14
Sandwich, Star Cheese	305	14.5	7.5	37.5	695	31	3	13.5
Rotini w/ Meat Sauce	314	16	6.2	54	606	24	4	18
with dinner roll	80	1	0	0	125	17	1	3
Taco, Fish	232	4.75	0	41.25	292	32	3	15.5
Taco Salad	382	17	4	47	572	35	4.5	22
Taquitos, Chicken	227	4	0.5	55	226	27	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.