

NUTRITIONAL INFORMATION* - Lunch

Rev: 7/10/17

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	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	3.75	37.52	570.25	22.51	4.5	22.51
Chicken Taquitos	227	4	0.5	55	226	27	5.2	22
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
Flauquito, chili and cheese	338	10.5	5.5	31	590	31	3	19
Hamburger	330	15	5	55	395	30	3	23
Italian Sub	313	14.53	6.14	54.45	869.63	32	3	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
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	330	13.6	3.22	38	484	31.86	4	18

*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.

