

Meal Nutrition Values

MENU ITEM	CALORIES	CALORIES FROM FAT	CARBS GRAMS	SUGAR GRAMS	FIBER %	VITAMIN A %	VITAMIN C %	CALCIUM %	IRON %
CHICKEN NUGGET	248	15.5	15	0	0	98 IU	1 MG	2,8 MG	2
MASHED POTATO	60	0	13	1	4	0	25	0	2
GRAVY	30	0	4	1	0	0	0	0	0
BBQ SAUCE	100	0	12	11	0	2	2	0	8
DICED PEARS	70	0	17	14	4	2	4	1	1
LO FAT MILK	150	25	26	25	0	2	2	0	8
TOTALS	658	40.5	87	52	8	6	33	1	21

MENU ITEM	CALORIES	CALORIES FROM FAT	CARBS GRAMS	SUGAR GRAMS	FIBER %	VITAMIN A %	VITAMIN C %	CALCIUM %	IRON %
CHICKEN PATTY	230	120	10	1	4	0	0	0	6
OVEN FRIES	110	20	20	1	8	0	4	0	2
CARROTS	10	0	4	2	11	90	2	2	2
WHEAT HAM/HD	180	20	32	2	8	0	0	4	6
DICED PEARS	70	0	17	14	4	2	4	1	1
WHEAT HAM/HD	180	20	32	2	8	0	0	4	6
TOTALS	780	180	115	22	43	92	10	11	23

MENU ITEM	CALORIES	CALORIES FROM FAT	CARBS GRAMS	SUGAR GRAMS	FIBER %	VITAMIN A %	VITAMIN C %	CALCIUM %	IRON %
HAMBURGER	164	21	1	0	1	0	0.01	4.4	1.1
SLICE AM. CHEESE	110	80	1	1	0	15	0	15	0
OVEN FRIES	110	20	20	1	8	0	4	0	2
CARROTS	10	0	4	2	11	90	2	2	2
FRUIT COCKTAIL	80	0	7	18	4	0	20	2	4
LO FAT MILK	150	25	26	25	0	2	2	0	8
WHEAT HAM/HD	180	20	32	2	8	0	0	4	6
TOTALS	804	166	91	49	32	107	28.01	27.4	23.1

MENU ITEM	CALORIES	CALORIES FROM FAT	CARBS GRAMS	SUGAR GRAMS	FIBER %	VITAMIN A %	VITAMIN C %	CALCIUM %	IRON %
FRENCH TST STIX	310	120	42	9	18	0	0	2	8
SAUSAGE PATTY	130	90	1	1	0	0	0	0	2
SYRUP	100	0	26	10	0	0	0	0	0
HASH BROWNS	120	50	16	1	12	0	0	0	0
ORANGE JUICE	120	0	29	28	0	100	100	36	72
LO FAT MILK	150	25	26	25	0	2	2	0	8
TOTALS	930	285	140	74	30	102	102	38	90

MENU ITEM	CALORIES	CALORIES FROM FAT	CARBS GRAMS	SUGAR GRAMS	FIBER %	VITAMIN A %	VITAMIN C %	CALCIUM %	IRON %
HOT DOG	100	60	3	0	10				
WHEAT HAM/HD	180	20	32	2	8	0	0	4	6
BAKED BEANS	110	0	21	2	6	0	0	4	10
OVEN FRIES	110	20	20	1	8	0	4	0	2
PEACHES	70	0	17	16	4	6	2	0	0
LO FAT MILK	150	25	26	25	0	2	2	0	8
TOTALS	720	125	119	46	36	8	8	8	26

MENU ITEM	CALORIES	CALORIES FROM FAT	CARBS GRAMS	SUGAR GRAMS	FIBER %	VITAMIN A %	VITAMIN C %	CALCIUM %	IRON %
4X6 PIZZA	400	12	54	6	3.8	691 IU	1.05 MG	345 MG	3.77 MG
PEAS & CARROTS	18	0	3	2	4	20	5	0	2
DICED PEARS	70	0	17	14	4	2	4	1	1
LO FAT MILK	150	25	26	25	0	2	2	0	8
	0	0	0	0	0	0	0	0	0
	0	0	0	0	0	0	0	0	0
TOTALS	638	37	100	47	11.8	24	11	1	11

MENU ITEM	CALORIES	CALORIES FROM FAT	CARBS GRAMS	SUGAR GRAMS	FIBER %	VITAMIN A %	VITAMIN C %	CALCIUM %	IRON %
RIB B Q	200	140	3	1	1	2	2	4	6
WHEAT HAM/HD	180	20	32	2	8	0	0	4	6
BBQ SAUCE	100	0	12	11	0	2	2	0	8
OVEN FRIES	110	20	20	1	8	0	4	0	2
APPLESAUCE	90	0	8	18	8	0	40	0	0
LO FAT MILK	150	25	26	25	0	2	2	0	8
TOTALS	830	205	101	58	25	6	50	8	30

MENU ITEM	CALORIES	CALORIES FROM FAT	CARBS GRAMS	SUGAR GRAMS	FIBER %	VITAMIN A %	VITAMIN C %	CALCIUM %	IRON %
SALISBURY STEAK	230	130	0	1	2	0	0	4	10
MASHED POTATO	60	0	13	1	4	0	25	0	2
GRAVY	30	0	4	1	0	0	0	0	0
BEANS GREEN	25	0	0	2	11	8	12	3	3
PEACHES	70	0	17	16	4	6	2	0	0
WHEAT BREAD	180	20	32	2	8	0	0	4	6
LO FAT MILK	150	25	26	25	0	2	2	0	8
TOTALS	745	175	92	48	29	16	41	11	29

MENU ITEM	CALORIES	CALORIES FROM FAT	CARBS GRAMS	SUGAR GRAMS	FIBER %	VITAMIN A %	VITAMIN C %	CALCIUM %	IRON %
SANDWICH STEAK	260	200	0	0	0	0	0	0	8
WHITE BREAD	130	15	23	2	1	0	0	4	8
SPAGHETTI SAUCE	45	15	7	5	8	15	15	2	4
OVEN FRIES	110	20	20	1	8	0	4	0	2
SLICE AM. CHEESE	110	80	1	1	0	15	0	15	0
PINEAPPLE	70	0	6	14	6	2	15	2	4
LO FAT MILK	150	25	26	25	0	2	2	0	8
TOTALS	875	355	83	48	23	34	36	23	34

MENU ITEM	CALORIES	CALORIES FROM FAT	CARBS GRAMS	SUGAR GRAMS	FIBER %	VITAMIN A %	VITAMIN C %	CALCIUM %	IRON %
SOFT TACOS	232	24	18	0	4	719	8	57	3.1
STEAMED RICE	170	0	37	0	0	8	8	0	0
SLICE AM. CHEESE	110	80	1	1	0	15	0	15	0
SALSA	20	0	4	2	1	3	2	2	2
LETTUCE/TOMATO	19	0	4	0	2	5738 IU	11	26	0.7
FRUIT COCKTAIL	80	0	7	18	4	0	20	2	4
LO FAT MILK	150	25	26	25	0	2	2	0	8
TOTALS	781	129	97	46	11	747	51	102	17.8

MENU ITEM	CALORIES	CALORIES FROM FAT	CARBS GRAMS	SUGAR GRAMS	FIBER %	VITAMIN A %	VITAMIN C %	CALCIUM %	IRON %
WHITE BREAD	130	15	23	2	1	0	0	4	8
TURKEY	92.7	14	3.35	0	0	0	1	9	0.5
TATER TOTS	160	70	21	1	7	0	0	0	0
APPLESAUCE	90	0	8	18	8	0	40	0	0
LO FAT MILK	150	25	26	25	0	2	2	0	8
RED/CAL MAYO	50	40	3	1	0	0	0	0	0
TOTALS	672.7	164	84.35	47	16	2	43	13	16.5