

Lunch menu march 15th

Pancakes with Syrup

Serving size used for values: 2 Waffles

NUTRITIONAL FACTS:

Total	190kca
Calories:	17.0g
Total-Fat:	
saturated fat:	1.5
polyunsaturated fat:	g
monounsaturated fat:	0.0
--- Cholesterol:	g
Sodium: Potassium:	2000mg
Total	420.0m
Carbohydrate:	g
	60.0mg
---	28.0g
dietary Fibre:	2.0g

Protein:	5.0
---	g

Sausage Patty -All Meat,

-70 grams

Vitamin A:	1,000.0µg
Vitamin C:	0.0mg
Copper:	0.0mg
Calcium:	100.0mg
Iron:	3.6mg
Selenium:	0.0µg
Zinc:	0.0mg
Vitamin E:	0.0mg
Thiamin:	0.3mg
Riboflavin:	0.3mg
Niacin:	4.0mg
Magnesium:	0.0mg
Folate:	0.0µg
Phosphorus:	200.0mg
Vitamin B-6:	0.4mg
Vitamin B-12:	1.2µg

Serving size used for values: 1 piece -34 grams

NUTRITIONAL FACTS:

Total	85kcal	Vitamin A:	9.5µg
Calories:	5.3g	Vitamin C:	0.2mg
Total Fat:		Copper:	0.0mg
saturated fat:	2.0g	Calcium:	9.5mg
polyunsaturated fat:	0.5g	Iron:	0.5mg
monounsaturated fat:	2.2g	Selenium:	0.0µg
--- Cholesterol:		Zinc:	0.8mg
Sodium: Potassium:	26.9mg	Vitamin E:	0.1mg
Total	231.7mg	Thiamin:	0.3mg
Carbohydrate:	134.4mg	Riboflavin:	0.1mg
	0.4g	Niacin:	1.4mg
---		Magnesium:	7.8mg
dietary Fibre:	0.0g	Folate:	1.7µg
---		Phosphorus:	81.3mg
Protein:	8.3g	Vitamin B-6:	0.1mg
---		Vitamin B-12:	0.2µg

GREEN BEANS

NUTRITIONAL FACTS:

Total Calories:	44kcal	Vitamin A:	0.0µg
Total Fat:	0.0g	Vitamin C:	0.0mg
-- --		Copper:	0.0mg
saturated fat:	0.0g	Calcium:	0.0mg
polyunsaturated fat:	0.0g	Iron:	0.0mg
monounsaturated fat:	0.0g	Selenium:	0.0µg
-- --		Zinc:	0.0mg
Cholesterol:	0.0mg	Vitamin E:	0.0mg
Sodium:	0.0mg	Thiamin:	0.0mg
Potassium:	0.0mg	Riboflavin:	0.0mg
Total Carbohydrate:	10.0g	Niacin:	0.0mg
-- --		Magnesium:	0.0mg
dietary Fibre:	0.0g	Folate:	0.0µg
-- --		Phosphorus:	0.0mg
Protein:	2.0g	Vitamin B-6:	0.0mg
-- --		Vitamin B-12:	0.0µg

Oranges, raw, with peel

Serving size used for values: 1 fruit, without seeds -159 grams

NUTRITIONAL FACTS:

Total Calories: 64kcal Vitamin A: 397.5µg

Total Fat:	0.5g	Vitamin C:	112.9mg
-- ---		Copper:	0.1mg
saturated fat:	0.1g	Calcium:	111.3mg
polyunsaturated fat:	0.1g	Iron:	1.3mg
monounsaturated fat:	0.1g	Selenium:	1.1µg
-- ---		Zinc:	0.2mg
Cholesterol:	0.0mg	Vitamin E:	0.4mg
Sodium:	3.2mg	Thiamin:	0.2mg
Potassium:	311.6mg	Riboflavin:	0.1mg
Total Carbohydrate:	24.6g	Niacin:	0.8mg
-- ---		Magnesium:	22.3mg
dietary Fibre:	7.2g	Folate:	47.7µg
-- ---		Phosphorus:	35.0mg
Protein:	2.1g	Vitamin B-6:	0.1mg
-- ---		Vitamin B-12:	0.0µg

mini pretzels

Serving size used for values: small package -14 grams

NUTRITIONAL FACTS:

Total Calories:	55kcal	Vitamin A:	0.0µg
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Total Fat:	0.5g	Vitamin C:	0.0mg
-- --		Copper:	0.0mg
saturated fat:	0.0g	Calcium:	0.0mg
polyunsaturated fat:	0.0g	Iron:	0.0mg
monounsaturated fat:	0.0g	Selenium:	0.0µg
-- --		Zinc:	0.0mg
Cholesterol:	0.0mg	Vitamin E:	0.0mg
Sodium: Potassium:	195.0m	Thiamin:	0.0mg
Total	g 0.0mg	Riboflavin:	0.0mg
Carbohydrate:	11.0g	Niacin:	0.0mg
-- --		Magnesium:	0.0mg
dietary Fibre:	1.0g	Folate:	0.0µg
-- --		Phosphorus:	0.0mg
Protein:	2.0g	Vitamin B-6:	0.0mg
-- --		Vitamin B-12:	0.0µg