

Lunch Menu March 19th

Macaroni and Cheese Dinner Original Flavor

Serving size used for values: 1 NLEA serving - 70 grams

NUTRITIONAL FACTS:

Total Calories:	259kcal	Vitamin A:	50.4µg
Total Fat:	2.6g	Vitamin C:	0.4mg
---		Copper:	0.0mg
saturated fat:	1.3g	Calcium:	92.4mg
polyunsaturated fat:	0.0g	Iron:	2.6mg
monounsaturated fat:	0.0g	Selenium:	0.0µg
---		Zinc:	0.0mg
Cholesterol:	9.8mg	Vitamin E:	0.0mg
Sodium:	561.4mg	Thiamin:	0.7mg
Potassium:	296.1mg	Riboflavin:	0.4mg
Total Carbohydrate:	47.5g	Niacin:	4.5mg
---		Magnesium:	0.0mg
dietary Fibre:	1.5g	Folate:	65.1µg
---		Phosphorus:	264.6mg
Protein:	11.3g	Vitamin B-6:	0.0mg

Vitamin B-12:

0.0µg

Garden Salad - Salad Time

Serving size used for values: Per 1.5 cups - 85 grams

NUTRITIONAL FACTS:

Total Calories:	13kcal	Vitamin A:	0.0µg
Total Fat:	0.2g	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:	2.6g	Niacin:	0.0mg
-----		Magnesium:	0.0mg
dietary Fibre:	0.0g	Folate:	0.0µg
-----		Phosphorus:	0.0mg
Protein:	0.9g	Vitamin B-6:	0.0mg
-----		Vitamin B-12:	0

Apples, raw, with skin

Serving size used for values: 1 cup, slices - 110 grams

NUTRITIONAL FACTS:

Total Calories:	65kcal	Vitamin A:	58.3µg
Total Fat:	0.4g	Vitamin C:	6.3mg
-----		Copper:	0.0mg
saturated fat:	0.1g	Calcium:	7.7mg
polyunsaturated fat:	0.1g	Iron:	0.2mg
monounsaturated fat:	0.0g	Selenium:	0.3µg
-----		Zinc:	0.0mg
Cholesterol:	0.0mg	Vitamin E:	0.4mg
Sodium:	0.0mg	Thiamin:	0.0mg
Potassium:	126.5mg	Riboflavin:	0.0mg
Total Carbohydrate:	16.8g	Niacin:	0.1mg
-----		Magnesium:	5.5mg
dietary Fibre:	3.0g	Folate:	3.1µg
-----		Phosphorus:	7.7mg
Protein:	0.2g	Vitamin B-6:	0.1mg
-----		Vitamin B-12:	0.

Smartfood

Serving size used for values: 1 oz - 28 grams

NUTRITIONAL FACTS:

Total Calories:	122kcal	Vitamin A:	14.2µg
Total Fat:	3.6g	Vitamin C:	0.0mg
--- --		Copper:	0.0mg
saturated fat:	1.0g	Calcium:	12.2mg
polyunsaturated fat:	1.3g	Iron:	0.5mg
monounsaturated fat:	0.8g	Selenium:	1.0µg
--- --		Zinc:	0.2mg
Cholesterol:	1.4mg	Vitamin E:	0.3mg
Sodium:	58.4mg	Thiamin:	0.0mg
Potassium:	30.9mg	Riboflavin:	0.0mg
Total Carbohydrate:	22.4g	Niacin:	0.6mg
--- --		Magnesium:	9.9mg
dietary Fibre:	1.5g	Folate:	0.6µg
--- --		Phosphorus:	23.5mg
Protein:	1.1g	Vitamin B-6:	0.0mg
--- --		Vitamin B-12:	0.0µg