

Lunch menu June 17th

Chicken patty

Serving size used for values: 1 piece - 85 grams

NUTRITIONAL FACTS:

Total Calories:	157kcal	Vitamin A:	36.6µg
Total Fat:	6.0g	Vitamin C:	0.0mg
-- --		Copper:	0.1mg
saturated fat:	1.7g	Calcium:	25.5mg
polyunsaturated fat:	1.3g	Iron:	1.3mg
monounsaturated fat:	2.4g	Selenium:	0.0µg
-- --		Zinc:	0.8mg
Cholesterol:	49.3mg	Vitamin E:	0.1mg
Sodium:	473.4mg	Thiamin:	0.0mg
Potassium:	225.2mg	Riboflavin:	0.1mg
Total Carbohydrate:	3.7g	Niacin:	7.3mg
-- --		Magnesium:	27.2mg
dietary Fibre:	1.0g	Folate:	6.0µg
-- --		Phosphorus:	283.0mg
Protein:	20.7g	Vitamin B-6:	0.3mg
-- --		Vitamin B-12:	

Wheat bread

Serving size used for values: 1 slice - 23 grams

NUTRITIONAL FACTS:

Total Calories:	65kcal	Vitamin A:	0.0µg
Total Fat:	1.0g	Vitamin C:	0.0mg
-- --		Copper:	0.1mg
saturated fat:	0.2g	Calcium:	26.2mg
polyunsaturated fat:	0.2g	Iron:	0.8mg
monounsaturated fat:	0.4g	Selenium:	7.7µg
-- --		Zinc:	0.3mg
Cholesterol:	0.0mg	Vitamin E:	0.1mg
Sodium:	132.5mg	Thiamin:	0.1mg
Potassium:	50.1mg	Riboflavin:	0.1mg
Total Carbohydrate:	11.8g	Niacin:	0.9mg
-- --		Magnesium:	11.5mg
dietary Fibre:	1.2g	Folate:	15.0µg
-- --		Phosphorus:	37.5mg

Protein:	2.3g	Vitamin B-6:	0.0mg
-- --		Vitamin B-12:	0.0µg

Baby Carrots, Raw

Serving size used for values: 3 oz - 85 grams

NUTRITIONAL FACTS:

Total Calories:	38kcal	Vitamin A:	2.7µg
Total Fat:	0.0g	Vitamin C:	0.1mg
-- --		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:	30.0mg	Thiamin:	0.0mg
Potassium:	0.0mg	Riboflavin:	0.0mg
Total Carbohydrate:	9.0g	Niacin:	0.0mg
-- --		Magnesium:	0.0mg
dietary Fibre:	2.0g	Folate:	0.0µg
-- --		Phosphorus:	0.0mg
Protein:	1.0g	Vitamin B-6:	0.0mg
-- --		Vitamin B-12:	0.0µg

Dole Fruit Cups

Serving size used for values: one cup - 50 grams

NUTRITIONAL FACTS:

Total Calories:	90kcal	Vitamin A:	2.0µg
Total Fat:	0.0g	Vitamin C:	40.0mg
-- --		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:	25.0mg	Thiamin:	0.0mg
Potassium:	70.0mg	Riboflavin:	0.0mg
Total Carbohydrate:	23.0g	Niacin:	0.0mg
-- --		Magnesium:	0.0mg
dietary Fibre:	0.0g	Folate:	0.0µg

-----		Phosphorus:	0.0mg
Protein:	1.0g	Vitamin B-6:	0.0mg
-----		Vitamin B-12:	0.0µg

Teddy Grahams - Honey

Serving size used for values: 1 serving package - 35 grams

NUTRITIONAL FACTS:

Total Calories:	160kcal	Vitamin A:	0.0µg
Total Fat:	5.0g	Vitamin C:	0.0mg
-----		Copper:	0.0mg
saturated fat:	1.0g	Calcium:	0.0mg
polyunsaturated fat:	2.0g	Iron:	0.0mg
monounsaturated fat:	1.0g	Selenium:	0.0µg
-----		Zinc:	0.0mg
Cholesterol:	0.0mg	Vitamin E:	0.0mg
Sodium:	170.0mg	Thiamin:	0.0mg
Potassium:	0.0mg	Riboflavin:	0.0mg
Total Carbohydrate:	26.0g	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

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