

# Lunch menu march 11<sup>th</sup>

french toast sticks

Serving size used for values: 5 pieces - 141 grams

## NUTRITIONAL FACTS:

Total Calories:	513kcal	Vitamin A:	45.1µg
Total Fat:	29.0g	Vitamin C:	0.0mg
-----		Copper:	0.3mg
saturated fat:	4.7g	Calcium:	77.6mg
polyunsaturated fat:	9.9g	Iron:	3.0mg
monounsaturated fat:	12.6g	Selenium:	23.5µg
-----		Zinc:	0.9mg
Cholesterol:	74.7mg	Vitamin E:	4.0mg
Sodium:	499.1mg	Thiamin:	0.2mg
Potassium:	126.9mg	Riboflavin:	0.3mg
Total Carbohydrate:	57.9g	Niacin:	3.0mg
-----		Magnesium:	26.8mg
dietary Fibre:	2.7g	Folate:	81.8µg
-----		Phosphorus:	122.7mg
Protein:	8.3g	Vitamin B-6:	0.3mg
-----		Vitamin B-12:	0.1µg

Honey baked ham

Serving size used for values: 1 slice - 134 grams

NUTRITIONAL FACTS:

Total Calories:	280kcal	Vitamin A:	0.0µg
Total Fat:	17.0g	Vitamin C:	0.0mg
-----		Copper:	0.0mg
saturated fat:	6.0g	Calcium:	0.0mg
polyunsaturated fat:	0.0g	Iron:	0.0mg
monounsaturated fat:	0.0g	Selenium:	0.0µg
-----		Zinc:	0.0mg
Cholesterol:	71.0mg	Vitamin E:	0.0mg
Sodium:	1,220.0mg	Thiamin:	0.0mg
Potassium:	0.0mg	Riboflavin:	0.0mg
Total Carbohydrate:	6.0g	Niacin:	0.0mg
-----		Magnesium:	0.0mg
dietary Fibre:	0.0g	Folate:	0.0µg
-----		Phosphorus:	0.0mg
Protein:	24.0g	Vitamin B-6:	0.0mg
-----		Vitamin B-12:	

Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt

Serving size used for values: kernels from 1 ear - 63 grams

NUTRITIONAL FACTS:

Total Calories:	59kcal	Vitamin A:	132.9µg
Total Fat:	0.5g	Vitamin C:	3.0mg
-----		Copper:	0.0mg
saturated fat:	0.1g	Calcium:	1.9mg
polyunsaturated fat:	0.2g	Iron:	0.4mg
monounsaturated fat:	0.1g	Selenium:	0.4µg
-----		Zinc:	0.4mg
Cholesterol:	0.0mg	Vitamin E:	0.0mg
Sodium:	2.5mg	Thiamin:	0.1mg
Potassium:	158.1mg	Riboflavin:	0.0mg
Total Carbohydrate:	14.1g	Niacin:	1.0mg
-----		Magnesium:	18.3mg
dietary Fibre:	1.8g	Folate:	19.2µg
-----		Phosphorus:	47.2mg
Protein:	2.0g	Vitamin B-6:	0.1mg
-----		Vitamin B-12:	0.0µ

Bananas, raw

Serving size used for values: 1 cup, sliced - 150 grams

NUTRITIONAL FACTS:

Total Calories:	138kcal	Vitamin A:	121.5µg
Total Fat:	0.7g	Vitamin C:	13.6mg
---		Copper:	0.2mg
saturated fat:	0.3g	Calcium:	9.0mg
polyunsaturated fat:	0.1g	Iron:	0.5mg
monounsaturated fat:	0.1g	Selenium:	1.7µg
---		Zinc:	0.2mg
Cholesterol:	0.0mg	Vitamin E:	0.4mg
Sodium:	1.5mg	Thiamin:	0.1mg
Potassium:	594.0mg	Riboflavin:	0.2mg
Total Carbohydrate:	35.1g	Niacin:	0.8mg
---		Magnesium:	43.5mg
dietary Fibre:	3.6g	Folate:	28.7µg
---		Phosphorus:	30.0mg
Protein:	1.5g	Vitamin B-6:	0.9mg
---		Vitamin B-12:	

Goldfish

Serving size used for values: 1 pkg. - 28 grams

NUTRITIONAL FACTS:

Total Calories:	140kcal	Vitamin A:	0.0µg
Total Fat:	6.0g	Vitamin C:	0.0mg
-----		Copper:	0.0mg
saturated fat:	1.0g	Calcium:	0.0mg
polyunsaturated fat:	0.0g	Iron:	0.0mg
monounsaturated fat:	0.0g	Selenium:	0.0µg
-----		Zinc:	0.0mg
Cholesterol:	5.0mg	Vitamin E:	0.0mg
Sodium:	230.0mg	Thiamin:	0.0mg
Potassium:	0.0mg	Riboflavin:	0.0mg
Total Carbohydrate:	18.0g	Niacin:	0.0mg
-----		Magnesium:	0.0mg
dietary Fibre:	1.0g	Folate:	0.0µg
-----		Phosphorus:	0.0mg
Protein:	3.0g	Vitamin B-6:	0.0mg
-----		Vitamin B-12:	0.0µg

