

Lunch menu march 12th

Bagel Pizza

Serving size used for values: 1 Pizza - 1 gram

NUTRITIONAL FACTS:

Total Calories:	430kcal	Vitamin A:	0.0µg
Total Fat:	21.0g	Vitamin C:	0.0mg
-----		Copper:	0.0mg
saturated fat:	7.0g	Calcium:	0.0mg
polyunsaturated fat:	0.0g	Iron:	0.0mg
monounsaturated fat:	0.0g	Selenium:	0.0µg
-----		Zinc:	0.0mg
Cholesterol:	30.0mg	Vitamin E:	0.0mg
Sodium:	930.0mg	Thiamin:	0.0mg
Potassium:	0.0mg	Riboflavin:	0.0mg
Total Carbohydrate:	44.0g	Niacin:	0.0mg
-----		Magnesium:	0.0mg
dietary Fibre:	3.0g	Folate:	0.0µg
-----		Phosphorus:	0.0mg
Protein:	16.0g	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:	0.0µg

applesauce

Serving size used for values: applesauce - 113 grams

NUTRITIONAL FACTS:

Total Calories:	100kcal	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:	70.0mg	Riboflavin:	0.0mg
Total Carbohydrate:	24.0g	Niacin:	0.0mg
---		Magnesium:	0.0mg
dietary Fibre:	1.0g	Folate:	0.0µg
---		Phosphorus:	0.0mg
Protein:	0.0g	Vitamin B-6:	0.0mg
---		Vitamin B-12:	0.0µg

Cookies, sugar, commercially prepared, regular (includes vanilla)

Serving size used for values: 1 cookie - 15 grams

NUTRITIONAL FACTS:

Total Calories:	72kcal	Vitamin A:	13.5µg
Total Fat:	3.2g	Vitamin C:	0.0mg
-----		Copper:	0.0mg
saturated fat:	0.8g	Calcium:	3.2mg
polyunsaturated fat:	0.4g	Iron:	0.3mg
monounsaturated fat:	1.8g	Selenium:	0.3µg
-----		Zinc:	0.1mg
Cholesterol:	7.6mg	Vitamin E:	0.4mg
Sodium:	53.6mg	Thiamin:	0.0mg
Potassium:	9.4mg	Riboflavin:	0.0mg
Total Carbohydrate:	10.2g	Niacin:	0.4mg
-----		Magnesium:	1.8mg
dietary Fibre:	0.1g	Folate:	6.8µg
-----		Phosphorus:	12.0mg
Protein:	0.8g	Vitamin B-6:	0.0mg