

Lunch menu March 1st

Chicken Parmesean Sandwich

Serving size used for values: 1 serving - 1 gram

NUTRITIONAL FACTS:

Total Calories:	370kcal	Vitamin A:	0.0µg
Total Fat:	7.0g	Vitamin C:	0.0mg
---		Copper:	0.0mg
saturated fat:	3.5g	Calcium:	0.0mg
polyunsaturated fat:	0.0g	Iron:	0.0mg
monounsaturated fat:	0.0g	Selenium:	0.0µg
---		Zinc:	0.0mg
Cholesterol:	75.0mg	Vitamin E:	0.0mg
Sodium:	870.0mg	Thiamin:	0.0mg
Potassium:	0.0mg	Riboflavin:	0.0mg
Total Carbohydrate:	44.0g	Niacin:	0.0mg
---		Magnesium:	0.0mg
dietary Fibre:	2.0g	Folate:	0.0µg
---		Phosphorus:	0.0mg
Protein:	33.0g	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

grapes

Serving size used for values: - 100 grams

NUTRITIONAL FACTS:

Total Calories:	60kcal	Vitamin A:	0.0µg
Total Fat:	0.7g	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:	15.4g	Niacin:	0.0mg
-----		Magnesium:	0.0mg
dietary Fibre:	0.0g	Folate:	0.0µg
-----		Phosphorus:	0.0mg
Protein:	0.1g	Vitamin B-6:	0.0mg
-----		Vitamin B-12:	0.0µg

Snacks, potato chips, light

Serving size used for values: 1 oz - 28 grams

NUTRITIONAL FACTS:

Total Calories:	134kcal	Vitamin A:	0.0µg
Total Fat:	5.9g	Vitamin C:	7.3mg
--- --		Copper:	0.2mg
saturated fat:	1.2g	Calcium:	6.0mg
polyunsaturated fat:	3.1g	Iron:	0.4mg
monounsaturated fat:	1.4g	Selenium:	2.3µg
--- --		Zinc:	0.0mg
Cholesterol:	0.0mg	Vitamin E:	0.8mg
Sodium:	139.5mg	Thiamin:	0.1mg
Potassium:	494.4mg	Riboflavin:	0.1mg
Total Carbohydrate:	19.0g	Niacin:	2.0mg
--- --		Magnesium:	25.2mg
dietary Fibre:	1.7g	Folate:	7.7µg
--- --		Phosphorus:	54.7mg
Protein:	2.0g	Vitamin B-6:	0.2mg