

Lunch menu March 23rd

Buttermilk Waffles with Syrup

Serving size used for values: 2 Waffles - 70 grams

NUTRITIONAL FACTS:

Total Calories:	190kcal	Vitamin A:	1,000.0µg
Total Fat:	7.0g	Vitamin C:	0.0mg
-----		Copper:	0.0mg
saturated fat:	1.5g	Calcium:	100.0mg
polyunsaturated fat:	0.0g	Iron:	3.6mg
monounsaturated fat:	0.0g	Selenium:	0.0µg
-----		Zinc:	0.0mg
Cholesterol:	20.0mg	Vitamin E:	0.0mg
Sodium:	420.0mg	Thiamin:	0.3mg
Potassium:	60.0mg	Riboflavin:	0.3mg
Total Carbohydrate:	28.0g	Niacin:	4.0mg
-----		Magnesium:	0.0mg
dietary Fibre:	2.0g	Folate:	0.0µg
-----		Phosphorus:	200.0mg
Protein:	5.0g	Vitamin B-6:	0.4mg
-----		Vitamin B-12:	1.2µg

Sausage Patty - All Meat,

Serving size used for values: 1 piece - 34 grams

NUTRITIONAL FACTS:

Total Calories:	85kcal	Vitamin A:	9.5µg
Total Fat:	5.3g	Vitamin C:	0.2mg
-----		Copper:	0.0mg
saturated fat:	2.0g	Calcium:	9.5mg
polyunsaturated fat:	0.5g	Iron:	0.5mg
monounsaturated fat:	2.2g	Selenium:	0.0µg
-----		Zinc:	0.8mg
Cholesterol:	26.9mg	Vitamin E:	0.1mg
Sodium:	231.7mg	Thiamin:	0.3mg
Potassium:	134.4mg	Riboflavin:	0.1mg
Total Carbohydrate:	0.4g	Niacin:	1.4mg
-----		Magnesium:	7.8mg
dietary Fibre:	0.0g	Folate:	1.7µg
-----		Phosphorus:	81.3mg
Protein:	8.3g	Vitamin B-6:	0.1mg
-----		Vitamin B-12:	0.2µg

GREEN BEANS

NUTRITIONAL FACTS:

Total Calories:	44kcal	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:	0.0mg	Riboflavin:	0.0mg
Total Carbohydrate:	10.0g	Niacin:	0.0mg
-----		Magnesium:	0.0mg
dietary Fibre:	0.0g	Folate:	0.0µg
-----		Phosphorus:	0.0mg
Protein:	2.0g	Vitamin B-6:	0.0mg
-----		Vitamin B-12:	0.0µg

Oranges, raw, with peel

Serving size used for values: 1 fruit, without seeds - 159 grams

NUTRITIONAL FACTS:

Total Calories:	64kcal	Vitamin A:	397.5µg
Total Fat:	0.5g	Vitamin C:	112.9mg
-----		Copper:	0.1mg
saturated fat:	0.1g	Calcium:	111.3mg
polyunsaturated fat:	0.1g	Iron:	1.3mg
monounsaturated fat:	0.1g	Selenium:	1.1µg
-----		Zinc:	0.2mg
Cholesterol:	0.0mg	Vitamin E:	0.4mg
Sodium:	3.2mg	Thiamin:	0.2mg
Potassium:	311.6mg	Riboflavin:	0.1mg
Total Carbohydrate:	24.6g	Niacin:	0.8mg
-----		Magnesium:	22.3mg
dietary Fibre:	7.2g	Folate:	47.7µg
-----		Phosphorus:	35.0mg
Protein:	2.1g	Vitamin B-6:	0.1mg
-----		Vitamin B-12:	0.0µg

mini pretzels

Serving size used for values: small package - 14 grams

NUTRITIONAL FACTS:

Total Calories:	55kcal	Vitamin A:	0.0µg
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Total Fat:	0.5g	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:	195.0mg	Thiamin:	0.0mg
Potassium:	0.0mg	Riboflavin:	0.0mg
Total Carbohydrate:	11.0g	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