

Lunch menu march 25th

5 piece chicken nuggets

Serving size used for values: 5 piece chicken nuggets -1 gram

NUTRITIONAL FACTS:

Total	230kcal
Calories:	15.0g
Total-Fat:	
saturated fat:	3.0g
polyunsaturated fat:	6.0g
monounsaturated fat:	6.0g
--- Cholesterol:	
Sodium: Potassium:	35.0mg
Total	520.0m
Carbohydrate:	g 0.0mg
	12.0g

dietary Fibre:	0.0g

Protein:	12.0 g

Vitamin B-12: 0.0µg

Vitamin A:	0.0µg
Vitamin C:	0.0mg
Copper:	0.0mg
Calcium:	0.0mg
Iron:	0.0mg
Selenium:	0.0µg
Zinc:	0.0mg
Vitamin E:	0.0mg
Thiamin:	0.0mg
Riboflavin:	0.0mg
Niacin:	0.0mg
Magnesium:	0.0mg
Folate:	0.0µg
Phosphorus:	0.0mg
Vitamin B-6:	0.0mg

Fries

Home Fries
Serving size used for values: -1 gram

NUTRITIONAL FACTS:

Total Calories:	150kcal	Vitamin A:	0.0µg
Total Fat:	6.0g	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:	0.0g	Niacin:	0.0mg
----		Magnesium:	0.0mg
dietary Fibre:	0.0g	Folate:	0.0µg
----		Phosphorus:	0.0mg
Protein:	0.0g	Vitamin B-6:	0.0mg
----		Vitamin B-12:	0.0µg

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

Protein: 2.0g

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Vitamin B-6: 0.1mg 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