

Lunch menu March 3rd

Slice Cheese Pizza Nutrition Facts

Serving Size 158g

Calories 320

Fat Calories 80

		% Daily Value*
Fat Total	9g	14%
Saturated Fat	5g	25%
Cholesterol	20mg	7%
Sodium	820mg	34%
Carbohydrates	44g	15%
Dietary Fiber	2g	9%
Sugars Total	1g	
Protein	15g	30%
Vitamin A	736IU	0%
Vitamin C	7mg	0%
Calcium	68mg	7%
Iron	3.2mg	18%

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:	

Pineapple juice, frozen concentrate, unsweetened, diluted with 3 volume water

Serving size used for values: 1 fl oz - 31 grams

NUTRITIONAL FACTS:

Total Calories:	16kcal	Vitamin A:	3.1µg
Total Fat:	0.0g	Vitamin C:	3.7mg
---		Copper:	0.0mg
saturated fat:	0.0g	Calcium:	3.4mg
polyunsaturated fat:	0.0g	Iron:	0.1mg
monounsaturated fat:	0.0g	Selenium:	0.0µg
---		Zinc:	0.0mg
Cholesterol:	0.0mg	Vitamin E:	0.0mg
Sodium:	0.3mg	Thiamin:	0.0mg
Potassium:	42.4mg	Riboflavin:	0.0mg
Total Carbohydrate:	4.0g	Niacin:	0.1mg
---		Magnesium:	2.8mg
dietary Fibre:	0.1g	Folate:	3.3µg
---		Phosphorus:	2.5mg
Protein:	0.1g	Vitamin B-6:	0.0mg
---		Vitamin B-12:	0.0µg

Cookies, sugar, commercially prepared, special dietary

Serving size used for values: 1 medium cookie (1-5/8" dia) - 7 grams

NUTRITIONAL FACTS:

Total Calories:	30kcal	Vitamin A:	0.0µg
Total Fat:	0.9g	Vitamin C:	0.0mg
-----		Copper:	0.0mg
saturated fat:	0.1g	Calcium:	1.8mg
polyunsaturated fat:	0.3g	Iron:	0.3mg
monounsaturated fat:	0.4g	Selenium:	0.2µg
-----		Zinc:	0.0mg
Cholesterol:	0.0mg	Vitamin E:	0.2mg
Sodium:	0.2mg	Thiamin:	0.0mg
Potassium:	7.3mg	Riboflavin:	0.0mg
Total Carbohydrate:	5.4g	Niacin:	0.3mg
-----		Magnesium:	0.6mg
dietary Fibre:	0.1g	Folate:	4.1µg
-----		Phosphorus:	5.1mg
Protein:	0.3g	Vitamin B-6:	0.0mg
-----		Vitamin B-12:	0.0µg