

Lunch menu March 4th

hamburger, regular, single patty, with condiments

Serving size used for values: 1 sandwich - 106 grams

NUTRITIONAL FACTS:

Total Calories:	272kcal	Vitamin A:	74.2µg
Total Fat:	9.8g	Vitamin C:	2.2mg
---		Copper:	0.2mg
saturated fat:	3.6g	Calcium:	126.1mg
polyunsaturated fat:	1.0g	Iron:	2.7mg
monounsaturated fat:	3.4g	Selenium:	20.7µg
---		Zinc:	2.2mg
Cholesterol:	29.7mg	Vitamin E:	0.0mg
Sodium:	534.2mg	Thiamin:	0.3mg
Potassium:	251.2mg	Riboflavin:	0.2mg
Total Carbohydrate:	34.2g	Niacin:	3.9mg
---		Magnesium:	23.3mg
dietary Fibre:	2.3g	Folate:	51.9µg
---		Phosphorus:	114.5mg
Protein:	12.3g	Vitamin B-6:	0.1mg
---		Vitamin B-12:	1

GREEN BEANS

Serving size used for values: 1 CUP - 1 gram

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

Snacks, tortilla chips, plain

Serving size used for values: 1 oz - 28 grams

NUTRITIONAL FACTS:

Total Calories:	142kcal	Vitamin A:	55.6µg
Total Fat:	7.4g	Vitamin C:	0.0mg
----		Copper:	0.0mg
saturated fat:	1.4g	Calcium:	43.7mg
polyunsaturated fat:	1.0g	Iron:	0.4mg
monounsaturated fat:	4.4g	Selenium:	1.9µg
----		Zinc:	0.4mg
Cholesterol:	0.0mg	Vitamin E:	0.4mg
Sodium:	149.7mg	Thiamin:	0.0mg
Potassium:	55.8mg	Riboflavin:	0.1mg
Total Carbohydrate:	17.8g	Niacin:	0.4mg
----		Magnesium:	24.9mg
dietary Fibre:	1.8g	Folate:	2.8µg
----		Phosphorus:	58.1mg
Protein:	2.0g	Vitamin B-6:	0.1mg
----		Vitamin B-12:	0.0µg