

Lunch menu march 9th

Spaghetti with Meatballs and Sauce

Serving size used for values: 1 package yields - 269 grams

NUTRITIONAL FACTS:

Total Calories:	299kcal	Vitamin A:	0.0µg
Total Fat:	7.5g	Vitamin C:	0.0mg
-----		Copper:	0.0mg
saturated fat:	2.1g	Calcium:	94.1mg
polyunsaturated fat:	1.3g	Iron:	2.4mg
monounsaturated fat:	2.7g	Selenium:	0.0µg
-----		Zinc:	0.0mg
Cholesterol:	5.4mg	Vitamin E:	0.0mg
Sodium:	465.4mg	Thiamin:	0.0mg
Potassium:	0.0mg	Riboflavin:	0.0mg
Total Carbohydrate:	39.5g	Niacin:	0.0mg
-----		Magnesium:	0.0mg
dietary Fibre:	4.6g	Folate:	0.0µg
-----		Phosphorus:	0.0mg
Protein:	18.0g	Vitamin B-6:	0.0mg
-----		Vitamin B-12:	0.0µg

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:	

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

