

Lunch Entrees Nutritionals

	Portion Size	Cals	Mg Cholst	Mg Sodm	G Sugars	G Carb	G T-Fat	G S-Fat
Biscuits, Buttermilk	1 Each	204	22	284	3.22	28.51	8.65	4.93
Bread, Garlic	3 oz	94	20	12	0.08	5.51	7.61	4.59
Breadstick	1 Each	144	0	114	1.39	24.19	2.78	0.21
Burrito, Beef	1 Each	534	41	612	0.8	68.15	15.8	5.65
Burrito, Chicken	1 Each	513	53	516	1.44	66.41	12.35	2.47
Burrito, Chicken, Red Sauce	1 Each	604	75	820	0.61	69.41	18.11	6.14
Burrito, Pork, Chile Verde	1 Each	585	59	666	1.47	76.76	12.6	1.86
Cheeseburger	1 Each	298	65	657	0	20.9	15.79	7.5
Chicken, BBQ	3 oz	332	96	584	1.34	11.3	15.46	3.48
Chicken, Crispy, Baked	3 oz	377	52	581	5.7	55.5	4.99	1.81
Chicken, Crispy, Tenders	3 oz	377	52	807.34	5.7	55.5	4.99	1.81
Chicken, Herb, Roasted	2.25 oz	477	160	596	0	0.51	29.42	7.74
Chicken, Orange	3 oz	162	35	243	8.51	21.58	3.98	0.62
Chicken, Teriyaki	3 oz	260	76	722	4.49	10.29	12.29	3.41
Cookie, Oatmeal, Choc. Chip	1 Each	185	31	120	18.71	32.12	8.6	4.96
Crouton, WW	1 oz	89	5	305	1.1	13.71	2.85	1.15
Dressing:Balsamic Vinaigrett	1-oz	139	0	12	0.5	0.51	15.95	1.14
Ench, Beef, Rojo Casserole	1 Each	516	55	184	0	45.58	22.41	7.48
Ench, Chix, Rojo Casserole	1 Each	403	69	166	0	36.42	13.44	4.7
Ench, Chix, Verde Casserole	1 Each	329	69	237	1.75	29.74	13.26	4.8
Enchiladas, Beef, Rojo	2 Each.	298	59	138	0	12.26	18.04	6.49
Enchiladas, Cheese, Rojo	2 Each.	317	56	403	0	11.24	20.33	12.57
Enchiladas, Chicken	2 Each	142	60	125	0.56	1.8	6.68	2.57
HP: Burger, Chicken,Crispy	1 Each.	548	15	1188	6.18	64.98	28.04	4.69
HP: Burrito, Chicken	1 Each.	567	1	849	2.31	85.26	19.38	1.84
HP: Cheeseburger	1 Each	224	8	772	4.85	32.28	5.01	2.01
HP: Chicken, Crispy,Tenders	4 Each. 1.25 oz	382	0	927	2.18	38.02	33	1.07
HP: Chicken, Lemon	4 Each. 1.25 oz	180	0	454	0.07	13.75	17.04	0.65
HP: Chow Mein, Beef	1 Cup	392	0	1091	11.7	51.04	12.62	2.55
HP: Enchiladas, Beef	2 Each.	430	12	333	0	43.6	13.71	3.29
HP: Enchiladas, Beef,Casser	3" x 3"	530	17	381	0	58.42	16.62	4.35
HP: Enchiladas, Chicken	2 Each.	228	12	699	0.42	14	25.7	2.85
HP: Lasagna, Beefy	1 Svg	627	79	1204.39	4.01	58.73	22.76	11.64
HP: Meatballs, Italian	4 Each	94	0	294	0.64	6.1	3.37	0.16
HP: Nachos, Beef	1 Svg	593	15	871	1.33	68.07	18.06	5.24
HP: Noodles,Beef & Veggie, Korean	1 Cup	279	0	816	11.18	32.78	8.05	0.74
HP: Pasta, Alfredo, Chicken	8 oz.	444	36	542	1.76	56.37	21.85	6.63
HP: Pizza, Sausage, Elem	1 Slice	390	22	512	1.07	49.11	12.77	5.5
HP: Pizza, Sausage, Sec	1 Slice	541	30	711	1.48	68.21	17.74	7.65
HP: Pizza,Sausage & Veg, Elem	1 Slice	416	27	693	3.16	53.85	13.35	5.82
HP: Pizza,Sausage & Veg, Sec	1 Slice	354	27	706	3.75	42.31	10.06	*5.50
HP: Sandwich, Mtbl Sub, Elem	1 Each.	519	23	824	2.75	69.31	16.3	*5.80
HP: Sandwich, Mtbl Sub, Sec	1 Each.	608	24	861	2.97	86.36	17.78	*5.96
HP: Sandwich, Pork,BBQ, Pulled	1 Each	222	0	558	2.8	31.36	3.38	0.5
HP: Soup, Chicken Noodle	10 oz	249	0	818	3.7	32.68	20.2	0.17
HP: Spaghetti w/Meat Sauce	1 Cup	225	0	413	7.21	39.69	2.38	0.25

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HP: Spaghetti w/Meatballs	1 Cup	301	0	745	3.5	46.42	6.3	0.5
HP: Tacos, Beef, Soft	2 Each	284	15	370	0.9	38.2	6.24	2.99
HP: Tostada, Beef	1 Each	388	16	626	2.71	45.58	12.9	4.04
Meatloaf	3/4" Slice	276	68	224	1.26	19.68	13.2	4.67
Nachos, Bean & Cheese	1 Cup	457	16	518	0.15	56.32	17.64	5.3
Nachos, Beef	1 Svg	601	65	545	0.6	56.55	27.12	10.27
Nachos, Turkey	1 Svg	546	38	591	2.54	60.57	21.25	5.96
Pizza, 3-Cheese, Elem	1 Slice	338	24	302	0.56	44.43	12.24	5.99
Pizza, 3-Cheese, Sec	1 Slice	528	48	533	0.77	61.76	21.62	11.45
Pizza, Farmer's, Elem	1 Slice	357	27	457	2.64	49.14	12.46	5.82
Pizza, Farmer's, Sec	1 Slice	448	27	494	2.86	66.38	14.09	6
Pork, Roasted	4 oz	317	117	352	0.06	20.69	5.15	0.1
Quesadilla de Rajas	1 Each	492	25	429	1.76	66.32	12.3	6.55
Quesadilla, Chicken	1 Each	306	46	313	0	29.19	11.17	4.22
Quesadilla, Soyrizo	1 Each	326	16	656	0	29.16	12.99	4.22
Rice, Veggie, Fried	1 Cup	217	127	648	5.2	18.42	10.96	2.23
Sand,Snflwr Btr & Jly,Cheese Stick	1 Each	508	15	580	4.76	58.28	23.75	5.39
Sandwich, Cheese, Grilled	1 Each	324	37	860	6	30	14.67	7.7
Sandwich, Tofu, BBQ	1 Each	563	4	987	10.32	86.72	15.91	2.28
Sandwich, Veggie, Grilled	1 Each	616	4	351	2.42	105.52	12.58	1.83
Sandwich,PB&J, Cheese Stick	1 Each	508	15	617	4.76	59.2	22.83	6.31
Sandwich,Torta, BEachn & Che	1 Each	522	18	776	2.52	85.93	9.45	3.56
Tacos, Beef, Soft	2 Each	435	85	297	0.9	33.08	20.71	10.34
Tacos, Chicken, Soft	2 Each	365	86	280	0.9	33.08	13.57	7.08
Tofu, Baked, Orange	4.5 oz	296	0	902	17.42	40.53	10.34	1.67
Tofu, BBQ	4.5 oz	204	0	839	9.44	17.88	9.95	1.63
Tofu, Crispy, Tenders	4.5 oz	279	108	131	1.11	29.03	10.04	2.19
Tofu, Roasted	4.5 oz	152	0	457	9.28	10.15	8.24	1.37
Tofu, VeggieTeriyaki,Stir Fry	1 Cup	148	0	432	2.25	9.86	8.54	1.34
Tostada, Beef, Supreme	1 Each	372	73	470	2.66	25.86	17.9	7.58
Tostada, Chicken, Supreme	1 Each	288	64	485	2.66	25.86	9.54	3.62
Tostada, Turkey, Supreme	1 Each	314	45	581	3.87	27.74	13.47	4.83
Turkey, Roast	3 oz	119	48	673	0	7.7	2.3	0.69
Veggie, Teriyaki, Stir Fry	3/4 Cup	116	0	198	3.71	11.74	7.25	1.07

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.