

Roasted Carrots	1/2 cup	61	9.344	0.726	2.582	0.287	0	144.007	3.289	5.398	15637.6	2.948	36.287	1.009								
Roasted Corn	1/2 cup	123	21.374	3.025	4.655	0.43	0	476.131	2.465	0.041	345.013	9.189	7.541	1.073								
Salad Bar	1 serving	202	16 g	20 g	11.04 g	3.91 g	128 mg	389 mg	3 g	n/a	4853	11.15	110 mg	1.28 mg	X	X	X		X			
Salsa	2 oz	10	2 g	0 g	0 g	0 g	0 mg	70 mg	1 g	n/a	0	0	0 mg	0 mg								
Sliced Pears	1/2 cup	60	15	0	0	0	0	0	2	0	0	2	11	0.36								
Southwestern Burger Quesadilla	1 each	416	31 g	19 g	25.48 g	11.27 g	51 mg	1223 mg	1 g	n/a	420	6.99	103 mg	2.91 mg	X	X	X		X			
Spanish Rice	1/2 cup	128	37 g	3 g	2 g	0 g	0 mg	140 mg	1 g	.6 g	118	2.08	9 mg	0.92 mg				X				
Spiced Pinto Beans	1/2 cup	161	29.674	6.536	1.296	0	0	370.627	11.777	*1.296*	65	1.555	103.77	1.401								
Spicy Chicken Patty on Bun	each	330	38	22	11.5	2	35	640	4	3	0	1.2	60	2.88	X			X				
Steamed Carrots	1/2 cup	33	8 g	0 g	0.54 g	0 g	0 mg	54 mg	3 g	n/a	0	0	33 mg	0.54 mg								
Steamed Peas	1/2 cup	74	13 g	5 g	0 g	0 g	0 mg	106 mg	4 g	n/a	426	6.38	0 mg	1.15 mg								
Strawberry Topping	2 oz	20	5 g	0 g	0 g	0 g	0 mg	0 mg	1 g	n/a	14	16.4	6 mg	0.22 mg								
Sweet Potato Tots	1/2 cup	142	23.625	1.181	4.134	0	0	236.246	3.544	10.631	4134.3	1.417	23.625	0.472								
Tator Tots	1/2 cup	140	16	1	7	1	0	190	1	0	0	0	0	0.36								
Toasted Cheese Sandwich	1 sandwich	356	30 g	14 g	21.21 g	9.79 g	38 mg	995 mg	3 g	n/a	548	9.11	250 mg	1.8 mg	X			X		X		
Warm Cinnamon Apples	1/2 cup	81	21 g	0 g	0 g	0 g	0 mg	7 mg	1 g	n/a	0	1.36	5 mg	1.66 mg								
Whole Grain Dinner Roll	1 each	80	14 g	4 g	1 g	0 g	0 mg	105 mg	2 g	n/a	5	0	20 mg	0.72 mg	X			X				
Whole Grain Dinner Roll	2 each	160	28g	8g	2g	0g	0mg	210mg	4g	2g	10	0	40mg	1.4mg	X			X				