

Greenview Upper Lunch Nov 2024

Nutritional Information

Name	Serving	Calories	Carbs	Protein	Total Fat	Saturated Fat	Cholesterol	Sodium	Dietary Fiber	Sugar	Vitamin A	Vitamin C	Calcium	Iron	Wheat	Egg	Soy	Peanut	Milk	Fish	Trans	Treenut	Shellfish	Sesame
1% Unflavored Milk	8 oz	110	11 g	8 g	2.5 g	1.5 g	10 mg	130 mg	0 g	11 g	500	2.4	300 mg	0 mg					X					
Apple	1 each	72	19 g	0 g	0.23 g	0.04 g	0 mg	1 mg	3 g	n/a	75	6.35	8 mg	0.17 mg										
Applesauce	1/2 cup	61	15	0	0	0	0	5	1	12	0	0	0	0										
Baby Carrots	1/2 cup	25	6 g	0 g	0.09 g	0.02 g	0 mg	55 mg	2 g	n/a	9695	1.83	23 mg	0.63 mg										
Baby Carrots	1/4 cup	12	3 g	0 g	0.05 g	0.01 g	0 mg	27 mg	1 g	n/a	4848	0.91	11 mg	0.31 mg										
Baked Beans, Vegetarian	1/2 cup	115	23 g	5.5 g	0.5 g	0 g	0 mg	424 mg	3.7 g	9.3	0	0	0 mg	0 mg										
Banana	each	105	26.951	1.286	0.389	0.132	0	1.18	3.068	14.431	75.52	10.266	5.9	0.307										
Beef Hot Dog on a Bun	each	310	28	12	17.5	7	35	860	3	3	0	0	60	3.42	X									
Beefy Nachos with Homemade Cheese	2oz meat, 1.5oz meat	370	32.39	9.014	22.559	7.658	26.578	829.448	3.371	*1.079*	153.649	2.016	156.406	0.652			X		X					
Black Beans	1/2 cup	155	25.938	9.052	1.664	0	0	285.58	8.764	2.62	0	0	56.33	2.214										
Broccoli Florets	1/2 cup	24	5 g	2 g	0 g	0 g	0 mg	24 mg	2 g	n/a	0	106.92	32 mg	0.58 mg										
Brown Rice	1/2 cup	120	26.037	2.815	0	0	0	66.8	0	0	0	0	1.2	0.513										
Celery Sticks	1/4 cup	5	1 g	0 g	0.05 g	0.01 g	0 mg	26 mg	1 g	n/a	145	1	13 mg	0.06 mg										
Cheese Bosco Sticks	1 each	220	26 g	12 g	7 g	4 g	15 mg	300 mg	1 g	n/a	100	0	200 mg	1.8 mg	X		X		X					
Cheese Pizza	1 slice	360	35 g	21 g	16 g	7 g	35 mg	490 mg	3 g	n/a	93	0	441 mg	2.1 mg	X		X		X					
Cheese Pizza	1 slice	368	41 g	18 g	14.67 g	5.55 g	23 mg	591 mg	3 g	n/a	243	0.55	308 mg	0.08 mg	X	X	X		X					
Cherry Tomato	1/2 cup	23	5 g	0 g	0 g	0 g	0 mg	0 mg	*n/a* g	n/a	0	0	14 mg	0.39 mg										
Cherry Tomato	1/4 cup	12	2 g	0 g	0 g	0 g	0 mg	0 mg	*n/a* g	n/a	0	0	7 mg	0.2 mg										
Chicken Bites w/ Sweet & Sour Sauce	6 oz	362	43 g	17 g	10.42 g	2.31 g	54 mg	658 mg	3 g	n/a	150	3.06	23 mg	4.26 mg	X		X							
Chicken Parmesan w/Pasta	1 serving	330	36 g	21 g	11.53 g	2.89 g	54 mg	719 mg	6 g	n/a	527	7	93 mg	3.45 mg	X				X					
Chicken Tacos	2 each	286	26.018	18.659	12.036	5.715	49.277	679.151	4.65	2.52	0	0	80.853	0.422	X				X					
Corn Dog	each	240	30g	9g	9g	2.5g	40mg	470mg	2g	8g	0	0	60mg	1.8mg	X	X	X							
Cucumber Slices	1/2 cup	7	2 g	0 g	0.12 g	0.06 g	0 mg	1 mg	1 g	n/a	53	2.34	10 mg	0.16 mg										
Cucumber Slices	1/4 cup	4	1 g	0 g	0.06 g	0.03 g	0 mg	1 mg	0 g	n/a	26	1.17	5 mg	0.08 mg										
Diced Peaches	1/2 cup	50	12	1	0	0	0	5	1	10	300	1.2	0	0										
Diced Pears	1/2 cup	72	19.04	0.24	0.04	0	0	6	2	0	0	0.9	6	0.35										
Fat Free Chocolate Milk	8 oz	120	20 g	8 g	0 g	0 g	5 mg	200 mg	0 g	n/a	500	1.2	300 mg	0.36 mg										X
Garden Salad	3/4 cup	57	3 g	1 g	4.8 g	0.74 g	0 mg	134 mg	1 g	n/a	747	22.01	11 mg	0.32 mg			X		X					
Garlic Rosemary Potatoes	1/2 cup	134	21 g	3 g	4.5 g	0.33 g	0 mg	208 mg	1 g	n/a	5	1.81	16 mg	0.53 mg										
Glazed Carrots	1/2 cup	74	17.043	0.546	0.671	0.138	0	54.954	3.138	6.041	15475.4	13.694	34.425	0.514										
Hamburger on a Bun	each	250	24 g	17 g	8.5 g	3.5 g	35 mg	510 mg	2 g	n/a	0	0	120 mg	2.52 mg	X		X							
Kung Fu Carrots	1/2 cup	45	9g	.2g	0g	0g	0mg	203mg	2g	4g	3285	2	26mg	0mg	X		X							
Macaroni & Cheese	1 cup	501	46 g	21 g	25.73 g	12.59 g	55 mg	1043 mg	6 g	n/a	1303	10.71	305 mg	1.79 mg	X		X		X					
Marinara Sauce	1/2 cup	60	10	2	1.5	0	0	135	2	5	0	0	20	1.08										
Mashed Potatoes	1/2 cup	67	14 g	2 g	0.84 g	0 g	0 mg	263 mg	1 g	n/a	0	25.13	19 mg	0.31 mg						X				
Meatballs and Gravy	5 meat balls 1/4 c gravy	241	6 g	12 g	18.39 g	7.51 g	50 mg	712 mg	0 g	n/a	84	2.02	23 mg	1.26 mg	X		X		X					
Mixed Fruit	1/2 cup	70	17	0	0	0	0	10	0	11	200	1.2	6	0										
Orange Quarters	1/2 cup	42	10.575	0.846	0.108	0.014	0	0	2.16	8.415	202.5	47.88	36	0.09										
Pineapple Tidbits	1/2 cup	90	21	1	0	0	0	0	1	20	0	6	0	0.36										
Popcorn Chicken Bowl	1 bowl	425	46 g	22 g	18 g	4 g	30 mg	995 mg	5 g	2 g	81 iu	26 mg	87 mg	2.5 mg	X		X		X					
Red/Orange Vegetable	1 tbsp	3	1 g	0 g	0.03 g	0 g	0 mg	0 mg	0 g	n/a	292	11.89	1 mg	0.04 mg										
Refried Beans	1/2 cup	118	20 g	7 g	1.6 g	0.6 g	10 mg	140 mg	7 g	n/a	0	7.6	44 mg	2.09 mg			X							
Roast Turkey & Gravy	1 serving	126	4 g	18 g	3.92 g	1.17 g	43 mg	803 mg	0 g	n/a	0	0.04	8 mg	0.09 mg	X		X		X					
Roasted Broccoli	1/2 cup	26	5.264	2.622	0.002	0.001	0	58.678	1.757	1.745	0.262	115.143	35.104	0.633			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										
Soft Beef Tacos	2 each	354	27 g	24 g	17.89 g	7.52 g	68 mg	365 mg	4 g	n/a	278	1.9	201 mg	1.85 mg	X		X		X					
Steamed Corn	1/4 cup	46	10 g	1 g	0.46 g	0 g	0 mg	0 mg	0 g	n/a	0	1.66	0 mg	0 mg										
Steamed Green Beans	1/2 cup	30	6 g	2 g	0 g	0 g	0 mg	0 mg	2 g	n/a	0	0	34 mg	0.61 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										
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										
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							