

Memorial Jr High NOV Lunch

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
Baked Potato Bar	each	406	36 g	21 g	19.61 g	12.15 g	73 mg	562 mg	3 g	n/a	721	10.76	265 mg	3.97 mg			X		X					
BBQ Pulled Pork Sliders	2 sliders	343	40 g	16 g	12.89 g	3.75 g	54 mg	445 mg	3 g	n/a	637	0.41	214 mg	3 mg	X		X							
BBQ Rib Sandwich	1 sandwich	320	38 g	19 g	12 g	4 g	30 mg	630 mg	7 g	9 g	100	1.2	60 mg	3.78 mg	X		X							
Beef Chili	1/2 cup	209	6 g	13 g	11.17 g	4.71 g	39 mg	302 mg	2 g	n/a	612	5.17	26 mg	1.9 mg										
Bread Stuffing	1/2 cup	133	20 g	4 g	4.57 g	1.96 g	0 mg	240 mg	3 g	n/a	160	0.1	52 mg	1.17 mg	X		X		X					
Brown Rice	1/2 cup	120	26.037	2.815	0	0	0	66.8	0	0	0	0	1.2	0.513										
BYO Mac and 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					
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					
Cheese Pizza	1 slice	376	30 g	19 g	19.02 g	7.92 g	30 mg	658 mg	4 g	n/a	294	0.55	418 mg	0.82 mg	X	X	X		X					
Chicken Bacon Alfredo Flatbread	1 each	450	41g	21g	21g	7.5g	41mg	1012mg	3g	3g	126	5	253mg	1mg	X				X					
Chicken Fried Rice	1 cup	146	22.059g	9.112g	2.225g	0.539g	39.106mg	211.293mg	1.318g	0.508g	692.663	0.585	10.526mg	1.116mg	X	X	X							
Chicken Patty Sandwich	each	520	52	36	20.5	4	70	1030	6	3	100	0.6	100	3.96	X		X							
Chicken Potstickers	3 each	89	11.5g	6.3g	2.6g	.2g	13mg	204mg	.5g	1.1g	0	0	5mg	1mg	X		X							
Chicken Spaghetti	1 cup	343	31.578g	26.276g	12.364g	4.487g	82.930mg	788.998mg	3.851g	0.457g	750.605	26.211	156.021mg	2.280mg	X		X		X					
Choice of 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					
Churro	each	130	13 g	2 g	8 g	2 g	10 mg	115 mg	1 g	n/a	0	0	0 mg	1.8 mg	X	X	X		X					
Coleslaw	1/2 cup	69	3.581	0.453	6.190	0.843	5.6	107.124	0.923	0.779	1026.742	11.034	18.839	0.196		X								
Collard Greens	1/2 cup	104	13.916	7.781	1.742	0.271	10.942	575.11	4.476	6.785	7562.03	40.054	165.87	0.241			X							
Corn Dog	each	240	30g	9g	9g	2.5g	40mg	470mg	2g	8g	0	0	60mg	1.8mg	X	X	X							
Cornbread Bowl	1 each	190	33	3	9.5	0.500	25	160	1	17	0	0	57	1	X	X	X		X					
Firenze Corn Salad	1/2 cup	140	18 g	3 g	7.39 g	0.49 g	0 mg	79 mg	1 g	n/a	238	17.92	6 mg	0.13 mg										
Garlic Toast	each	113	14 g	3 g	5.1 g	2.1 g	8 mg	183 mg	1 g	n/a	93	0	26 mg	1.04 mg	X	X	X		X					
Ham, Egg & Cheese on Biscuit	sandwich	329	30 g	14 g	16.79 g	9.96 g	127 mg	920 mg	2 g	n/a	245	0	314 mg	1.76 mg	X	X			X					
Hamburger Bun	each	140	26	6	2.5	0	0	250	2	3	0	0	60	1.08	X									
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							
HOM - 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										
HOM - Sweet Potato Puffs	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										
Kung Fu Carrots	1/2 cup	45	9g	.2g	0g	0g	0mg	203mg	2g	4g	3285	2	26mg	0mg	X		X							
Lasagna	1 serving	310	20 g	17 g	18.14 g	7.36 g	47 mg	935 mg	3 g	n/a	1146	16	256 mg	2.29 mg	X	X	X		X					
Lettuce, Tomato and Cheese	each	55	3 g	4 g	4.72 g	2.05 g	10 mg	97 mg	1 g	n/a	805	9.21	112 mg	0.28 mg					X					
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					
Pepperoni Pizza	1 slice	366	30 g	17 g	19.27 g	7.66 g	32 mg	691 mg	4 g	n/a	243	0.55	317 mg	0.91 mg	X	X	X		X					
Pepperoni Pizza	1 slice	412	30 g	20 g	22.31 g	9.43 g	39 mg	777 mg	4 g	n/a	294	0.55	418 mg	0.91 mg	X	X	X		X					
Potato Wedges	1/2 cup	94	19 g	2 g	1.68 g	0.42 g	0 mg	38 mg	2 g	n/a	0	8.6	12 mg	54 mg										
Pumpkin Pie Parfait	1 container	304	62.5	6.7	3.5	0	2	224	4	41.5	8416	1.5	369	1.7	X		X		X					
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							
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										
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										
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					
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 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										
Tator Tots	1/2 cup	140	16	1	7	1	0	190	1	0	0	0	0	0.36										
Turkish Tortilla Hack	each	706	50.477	30.637	39.656	13.899	106.714	1126.78	8.473	2.185	4365.61	21.119	297.358	4.122	X	X			X					
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							