

Nutritional Information										Revised 3/22/23
Lunch Entrées	Serving Size	Calories	Carbohydrates (g)	Total Fat (g)	Saturated Fat (g)	Chol (mg)	Sodium (mg)	Fiber (g)	Protein (g)	Allergens*
Chicken Tenders	2 tenders	110	6	6	1	23	200	1	10	W,S
Chicken, Popcorn	15 pieces	290	17	18	3.5	40	290	2	15	W,S
Chicken & Waffle	1 patty, 1 waffle	440	47	18	4	60	500	5	24	D,E,S,W
Chicken Patty	1 patty	200	9	9	1.5	45	290	3	19	S,W
Belgian Waffle	1 waffle	240	38	9	2.5	15	210	2	5	DEW
Corn Dog, Chicken	1 each	238	28	9	3	40	690	2	12	D,E,S,W
Hamburger	1 each	340	31	14	6	60	459	3	23	W
Mac & Cheese	6 oz	279	30	11	6	37	771	2	16	D,E,W
Orange Chicken & Rice	3.6oz chx/8oz rice	366	63	5	0.5	40	290	4	17	E,S,W
Orange Chicken	3.6oz	150	19	3	0.5	40	280	0	11	E,S,W
Rice	8oz	216	44	2	0	0	10	4	6	none
Pizza Cruncher	4 pieces	420	41	20	9	30	670	6	20	D,W
Pizza, Cheese	1 slice	390	37	15	7	35	520	1	19	D,W
Pizza, Pepperoni	1 slice	370	34	18	9	35	580	3	20	D,W,P
Pupusa, Bean & Cheese	1 each	290	35	11	3.5	15	480	4	13	D
Quesadilla, Cheese	1 each	440		24	12	60	720	2	16	D,W
Rotini w/ Meat Sauce	8oz	314	24	16	6.2	54	606	4	18	E,W
Sandwich, Italian Sub	1 each	323	31	15	6	55	812	2	17	D,W
Sunbutter Sandwich & Cheez It	1/1 each	410	47	20.5	3	0	400	6	13	D,W,S
Sunbutter	1 each	310	33	15	2	0	300	4	9	W,S
Cheez It	1 each	100	14	3.5	1	<5	150	1	2	D,W,S
Taco Salad	2.75oz beef, 12 chips	480	31	32	8	40	640	3	16	none
Tamale, Chicken	1 each	290	26	16	2	35	680	2	11	none
Vegan Burger	1 each	430	35	22	6.5	0	630	4	25	W
Veggie Buffalo Nuggets & Cheez It	6 nuggets, 1 each	350	41	13.5	2.5	<5	580	7	18	D,W,S
Veggie Buffalo Nugget	6 nuggets	250	27	10	1.5	0	430	6	16	W,S
Cheez It	1 each	100	14	3.5	1	<5	150	1	2	D,W,S
Yogurt, Cheese, & Granola	4oz yogurt, 2oz granola, 1 string cheese	390	57	10.5	4	20	265	4	16	D
Yogurt	4oz	80	15	0.5	0	5	60	0	4	D
String Cheese	1 each	80	0	6	3.5	20	190	0	7	none
Granola (2oz)	2oz	240	42	5	0.5	0	0	4	6	none
Granola(1oz)	1oz	120	21	2.5	0	0	0	2	3	none

***ALLERGENS NOTED: D = Dairy, E= Eggs, F= Fish, S= Soy, S*=Soy Oil, W= Wheat, Pork=P**

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Nutritional Information

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Breakfast Entrées	Serving Size	Calories	Carbohydrates (g)	Total Fat (g)	Saturated Fat (g)	Chol (mg)	Sodium (mg)	Fiber (g)	Protein (g)	Allergens*
Bagel	1 each	163	34	1	0	0	172	3	6	W
with Cream Cheese	1 each	70	1	6	3.5	15	115	0	2	D
Banana Bread	1 each	280	44	10	2	0	220	2	5	D,E,S,W
Blueberry Muffin	1 each	223	39	6	1	30	115	3	4	D,E,S*,W
Breakfast Bites	1 each	250	37	10	4.5	0	190	3	5	D,E,S,W
Cinnamon Crumb Loaf	1 each	290	47	9	2	35	180	2	5	D,E,S,W
Chorizo Cheese Sunrise Stick	1 each	169	17	7	4	22	300	2	9	D,S,W
Egg & Cheese English Muffin	1 each	190	23	6	2	65	480	1	12	D,E,S,W
Egg Chorizo Burrito	1 each	210	22	9	3	65	340	3	10	D,E,S,W
French Toast Sticks	2 sticks	240	38	7	1	10	260	2	6	D,E,S, W
Maple Chicken Sandwich	1 each	160	17	6	1.5	40	220	1	8	D,E,S*,W
Pan Dulce	1 each	200	34	6	1.5	5	90	2	5	E,W,S*
Pancakes, Mini	1 each	200	36	6	1	5	210	4	4	D,E,S,W
Pumpkin Bread	1 each	260	44	8	1.5	0	240	2	5	D,E,S,W
Smoothie & Granola	1/1 each	370	78	5	0.5	0	70	5	11	D
Straw/Bana Yogurt Smoothie	1 each	130	36	0	0	0	70	<1	5	D
Granola (2oz)	1 each	240	42	5	0.5	0	0	4	6	none
UBR Bar	1 each	280	44	8	3	5	190	6	5	D,E,S,W
Waffles, Mini Maple	1 pack	200	35	5	1.5	0	220	4	4	D,E,S,W
Yogurt & Granola	4oz, 1 pouch	200	36	3	0	<5	65	2	7	D
Yogurt	4oz	80	15	0.5	0	<5	65	0	4	D
Granola (2oz)	2oz	240	42	5	0.5	0	0	4	6	none
Granola(1oz)	1oz	120	21	2.5	0	0	0	2	3	none
Cereal, Cheerios Apple	1 each	110	22	1.5	0	0	110	2	2	none
Cereal, Cheerios Fruity	1 each	120	25	1.5	0	0	140	2	2	none
Cereal, Cheerios Multigrain	1 each	100	23	1	0	0	110	2	2	none
Cereal, Cinnamon Chex	1 each	110	23	2	0	0	170	<1	1	none
Cereal, Cinnamon Toast Crunch	1 each	110	22	3	0.5	0	160	2	1	W,S
Cereal, Frosted Flakes	1 each	100	24	0	0	0	170	2	2	W
Cereal, Frosted Mini Wheats	1 each	100	24	0.5	0	0	0	3	2	W
Cerea, Fruit Loops	1 each	100	24	0.5	0	0	170	2	2	W
Cereal, Lucky Charms	1 each	110	22	1	0	0	180	2	2	Gelatin
Cereal, Raisin Bran	1 each	110	27	0.5	0	0	125	4	3	W
String Cheese (comes with cereal)	1 each	80	0	6	3.5	15	200	0	6	D

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