

Lunch Nutrition Information

	Calories	Sodium
<u>Milk</u>		
White 1%	100	120mg
Chocolate 1%	130	130mg
<u>Condiments</u>		
Ketchup (1T)	20	220mg
Mustard (1t)	0	55mg
BBQ Sauce (2T)	60	240mg
Mayo (1T)	50	110mg
Ranch (1T)	100	340mg
Italian (2T)	35	360mg
Salsa (2T)	10	330mg
Sour Cream (1T)	60	55mg
Gravy ¼ cup	25	140mg
<u>Canned Fruit</u>		
Oranges ½ cup	90	0mg
Peaches ½ cup	70	10mg
Pears ½ cup	80	5mg
Pineapple ½ cup	70	10mg
Applesauce ½ cup	50	15mg
<u>Frozen Veggies</u>		
French Fries	90	20mg
Tater Tots	170	340mg
Mashed Pots	90	20mg
Corn	90	290mg
Green Beans	20	0mg
<u>Beans</u>		
Black Beans	120	140mg
Baked Beans	150	590mg
Red Beans	100	310mg
Pinto Beans	110	290mg
<u>Dairy</u>		
Cheddar ¼ cup	110	180mg
Mozzerella	80	190mg
Mont. Jack	85	190mg
American	100	510mg
Yogurt	100	60mg
Butter (1T)	100	0mg
Nacho Cheese	70	490mg

	<u>Calories</u>	<u>Sodium</u>
<u>Bread</u>		
Hot Dog Bun	120	110mg
Hamb. Bun	120	110mg
Wheat Bread	140	85mg
Wh Pizza Crust	190	360mg
Wh Bread Stick	110	200mg
Croutons	30	80mg
<u>Sweets</u>		
Apple Muffin	45	70mg
Brownie	110	100mg
Cookie	50	35mg
<u>Chips</u>		
Taco Shell (3)	160	0mg
Frito Chips	160	160mg
Taco Chips	140	115mg
Kettle Chips	150	160mg
<u>Sauce</u>		
Tomato ¼ cup	20	280mg
Pizza ¼ cup	30	270mg
Picante ¼ cup	10	330mg
<u>Fresh Fruit</u>		
Apple	40	0mg
Orange	45	0mg
Banana	100	1mg
Grapes	50	0mg
Strawberries	13	1mg
Honey Dew	50	0mg
Canteloupe	30	0mg
Watermelon	40	2mg
<u>Fresh Veggies</u>		
Carrots	4	8mg
Romaine	8	4mg
Iceberg	4	3mg
Broccoli	3	3mg
Celery	2	0mg
Spinach	3	16mg
Sweet Pepper	6	0mg
Pickle	1	61mg

	<u>Calories</u>	<u>Sodium</u>
<u>Main Entrees</u>		
Hamburger	160	270mg
Chick Fingers	366	615mg
Chick Pattie	250	570mg
Meatballs	315	60mg
Brisket	180	540mg
Bosco Stick	220	280mg
Cheese Pizza	315	400mg
Taco Meat	190	390mg
Turkey Slices	50	600mg
Smoked Ham	60	670mg
Spagh Sauce	35	280mg
Spagh Noodles	210	0mg
Tomato Soup	90	480mg
Mac Cheese	310	180mg