

**Nutrient List: Buffum Lunch**

2/21/17

<b>Lunch Entrees</b>	<b>Portion Size</b>	<b>Carb (g)</b>	<b>Calories</b>	<b>Sodium (mg)</b>	<b>Fiber (g)</b>	<b>Protein (g)</b>	<b>Fat (g)</b>
Breadstick, Cheese-Filled	2 Each	30.0	300	600	2.0	20	12.0
Burrito, Bean & Cheese	1 Each	40.5	291	479	8.0	15.5	8.0
Cheeseburger on Bun	1 each	30.5	337	760	3	26.5	13.5
Chicken Nuggets	5 each	15	230	440	3	12	13
Chicken, Sandwich, Breaded on Bun	1 each	43.5	384	696	6	20	15
Chicken Tender Strips	3 each	16	260	390	3	15	15
Chicken, Teriyaki With Rice	1 serving	47.5	367	1263	1.5	28	5.5
Corn Dog	Each	27.5	238	690	2.0	11.5	9.0
Granola	1/2 cup	52.5	297	115	4	5	8
Hamburger on Bun	1 each	29.5	302	655	3	23	11.5
Hot Dog on Whole Wheat Bun	1 each	32.0	280	660	3.0	16.0	11.0
Macaroni and Cheese	2/3 cup	22.5	227	575	1.5	10	11
Pancakes, Maple, Mini	1 serving	40	240	200	3	4	8
Pizza, Personal Pan, Cheese	Serving	32.0	290	590	0.5	16.0	12.0
Pizza, Personal Pan, Pepperoni	Serving	33.0	350	770	3.0	20.0	15.0
Pupusa, Bean and Cheese	1 each	35	290	480	4	13	11
Rice, Brown	1/2 cup	23.5	114	0	1.0	2.5	1.0
Roll, T-Biscuit	1 each	15.0	80	125	1.0	4.0	1.0
Roll, Whole Grain	1 each	17.0	80	125	1.5	3.0	1.0
Sandwich, Grilled Cheese	1 each	30.5	280	580	3.0	18.5	9.5
Sandwich, Sun Jammer	1 each	37.5	342	334	6.0	9.5	17.0
Sauce, Marinara, Meatless	3/8 cup	11	50	93	2.5	2.5	0
Sauce, Teriyaki	3.3 Tbsp	9.5	41.0	290.0	0.0	0.5	0.0
Sausage Patty, Pork	Patty	0.5	61	125	0	6	3.5
Taco, Tincher, without Pico de Gallo	1 each	16	274	381	1	18	15.5
Tamale, Chicken and Green Chile	1 each	30	320	540	3	19	17
Yogurt 8oz w/ Granola	1 Serving	92.5	504	221	4	12	10.5
Yogurt, Low Fat Peach, 8 oz	1 each	41	210	105	0	7	2.5
Yogurt, Low Fat Strawberry-Banana, 8 oz	1 each	41	210	110	0	7	2.5
Yogurt, Low Fat Strawberry, 8 oz	1 each	38	200	105	0	7	2.5
Yogurt, Low Fat Vanilla, 8 oz	1 each	39	210	105	0	7	2.5
<b>Beverages</b>	<b>Portion Size</b>	<b>Carb (g)</b>	<b>Calories</b>	<b>Sodium (mg)</b>	<b>Fiber (g)</b>	<b>Protein (g)</b>	<b>Fat (g)</b>
Milk, 1% Low fat, White	8oz carton	16.0	120.0	160.0	0.0	11.0	2.5
Milk, Non Fat, Chocolate	8 oz carton	23.0	120.0	200.0	0.0	7.0	0.0
Milk, Nonfat, White	8 oz carton	13.0	90.0	135.0	0.0	9.0	0.0
Milk, Soy	1 carton	12	144	155	1	10	5

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<b>Fruits and Vegetables</b>	<b>Portion Size</b>	<b>Carb (g)</b>	<b>Calories</b>	<b>Sodium (mg)</b>	<b>Fiber (g)</b>	<b>Protein (g)</b>	<b>Fat (g)</b>
Fruit Cup, Applesauce	1 each	14.0	51.0	2.0	1.0	0.0	0.0
Fruit Cup, Peach	1 each	19.0	80.0	0.0	1.0	1.0	0.0
Fruit Cup, Strawberry	1 each	21.0	80.0	0.0	2.0	0.0	0.0
Fruit, Apple Pear	1 each	15.5	61.0	0.0	5.0	0.5	0.0
Fruit, Apple Slices, Fresh	1 package	8.0	34.0	0.0	2.0	0.0	0.0
Fruit, Apple, Fresh	1 each	20.0	77.0	0.0	3.5	0.0	0.5
Fruit, Applesauce	1/2 cup	16	60	0	2	0	0
Fruit, Banana	1 each	38.5	151	2	4.0	1.5	0.5
Fruit, Dried Mixed	1 box	30.0	120	25	2.0	1.0	0.0
Fruit, Grapes	1 serving	14.5	57	2	0.5	0.5	0.0
Fruit, Mandarin Orange Cup	1 each	20	60	0	1	0	0
Fruit, Orange, Fresh	1 each	15.5	62	0	3.0	1.0	0.0
Fruit, Peaches, Diced	1/2 cup	14.5	63	10	1	1	0
Fruit, Pears, Diced	1/2 cup	20.0	80	5	2.0	0.0	1.0
Fruit, Pears, Fresh	1 each	21.0	82	0	3.0	0.5	0.5
Fruit, Persimmons	1 each	18.0	68	1	3.5	0.5	0.0
Fruit, Pineapple	1/2 cup	19.0	80	10	0.0	0.0	0.0
Fruit, Plum, Fresh	1 each	7.5	30	0	0.5	0.5	0.0
Vegetable, Beans, BBQ Baked	1/4 cup	13	65	89	2	3	0
Vegetable, Beans, Seasoned	1/4 cup	8.7	48	107	3.2	3.2	0
Vegetable, Beans, Vegetarian	1/4 cup	10.0	55	70	2.5	3.0	0.0
Vegetable, Broccoli, Raw	1/2 cup	3.0	15	15	1.0	1.0	0.0
Vegetable, Carrots, Cooked	1/4 cup	3.0	17	26	1.0	0.0	0.0
Vegetable, Carrots, Raw	1/2 cup	9.0	35	45	2.0	1.0	0.0
Vegetable, Corn, Canned	1/4 cup	5.5	33	57	1.0	1.0	0.5
Vegetable, Curtido	3/8 cup	3.5	14	119	1.0	0.5	0.0
Vegetable, Green Beans	1/4 cup	2	10	70	1	0.5	0
Vegetable, Jicama	1/2 cup	7.0	30	3	3.5	0.5	0.0
Vegetable, Lettuce, Shredded	3/8 cup	0.5	4	3	0	0	0
Vegetable, Mixed	1/4 cup	4.5	24	16	0.5	0.5	0.0
Vegetable, Mixed, California	1/4 cup	1.5	10	23	0.5	0	0
Vegetable, Peas	1/4 cup	4.5	26	37	1.5	1.9	0.0
Vegetable, Potato, Mashed	1/4 cup	8.0	40	185	1.0	1.0	0.5
Vegetable, Potato Rounds	5 each	8.5	75	112	0.5	0.5	4
Vegetable, Salad, Tossed	3/8 cup	0.5	3	2	0.0	0.0	0.0
<b>Crackers, Condiments &amp; Desserts</b>	<b>Portion Size</b>	<b>Carb (g)</b>	<b>Calories</b>	<b>Sodium (mg)</b>	<b>Fiber (g)</b>	<b>Protein (g)</b>	<b>Fat (g)</b>
Condiment, Catsup	Packet	2.0	10	65	0.0	0	0.0
Condiment, Pico de Gallo	#20 scoop	3	17	383	0	0	0

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Condiment, Syrup	1 packet	20	78	0	0	0	0
Crackers, Cinnamon Bear	Package	21.0	130	120	1.0	2.0	4.0
Crackers, Graham	Package	20	110	140	2	2	3
Crackers, Honey Bear	1 package	20.0	130	100	1.0	2	4.0
Crackers, Maple Sunrise	Package	20.0	110	113	2.0	2.0	3.5
Crackers, Strawberry Waffle	Package	21.0	110	95	1.0	2.0	3.0
Gravy, Chicken	#30	2.5	16	94	0.0	0.0	0.5
Salad Dressing, Italian Packet	Packet	1.0	10	109.3	0.0	0	0.6
Salad Dressing, Ranch Packet	Packet	1.0	60	100	0.0	0	7.0

Please be advised that this is general information and not intended to be used as medical advice. The information is accurate to the best of our knowledge based on information provided by the manufacturer. Products may change at any time.