

**Nutrient List: Buffum Lunch**

3/22/17

<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, Mini Maple (Aunt Jemima)	1 serving	40	240	200	3	4	8
Pancakes, Maple, Mini (De Wafelbakkers)	1 serving	36	220	340	3	5	7
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	1	70	240	0.1	6.4	4.5
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

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Milk, Soy	1 carton	12	144	155	1	10	5
<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>

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Condiment, Catsup	Packet	2.0	10	65	0.0	0	0.0
Condiment, Pico de Gallo	#20 scoop	3	17	383	0	0	0
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