

St. Michael School Nutrition Information

	A	B	C	D	E
1	<u>Item Description</u>	<u>Serving size</u>	<u>Calories</u>	<u>Carbs</u>	<u>Fat</u>
2	Beef Hamburger with WG bun	1	276	26g	12g
3	Beef Meatballs	5 pieces	159	4g	11g
4	Beef taco in corn tortilla	2	250	17	14g
5	Beef Teriyaki Dippers	4 pieces	160	6g	8g
6	Brown Rice	1/2 cup	108	22g	1g
7	Cheese-Filled WG Lasagna roll-up	1	242	36g	4.5
8	WG Cheese ravioli	3.34oz	136	19g	3g
9	WG Cheese toast	1	290	30g	12g
10	WG Chicken ranch wrap	1	267	22g	11g
11	WG Chicken Corn dog	1	240	30g	8g
12	Chicken drumstick, baked	1	180	0g	10g
13	Chicken nuggets	5 pieces	170	9g	8g
14	Chicken patty with WG bun	1	300	34g	10g
15	Chicken, popcorn sized	12 pieces	260	16g	15g
16	Chicken Teriyaki	2.8oz	90	6g	2g
17	WG Eggroll	1	160	20g	5g
18	French Fries, crinkle cut	1/2 cup	144	23g	6g
19	French Fries, stealth	1/2cup	208	28g	10g
20	Hot dog on WG bun	1	290	23g	18g
21	Hummus	1/4 cup	140	8g	10g
22	WG Macaroni and cheese	6oz	291	25g	15g
23	WG Mozzarella Cheese Breadstick	2	300	32g	9g
24	Nachos w/turkey taco meat	3.58oz	269	19g	12g
25	WG Pancake	2	140	24g	3g
26	Pizza, Cheese French Bread WG	1	310	33g	11g
27	Pizza, Pepperoni French Bread WG	1	350	33g	15g
28	Potato hashbrown sticks	4	190	22g	10g
29	Potato, mashed (prepared w/o salt & margarine)	1/2 cup	100	21g	0
30	WG Soft Pretzel	1	140	30g	.5g
31	Sweet potato fries	1/2 cup	140	22g	4.5g
32	Sweet potato puffs	1/2 cup	130	23g	3.5g
33	Tater tots	1/2 cup	197	23g	12g
34	Tomato soup	1 cup	180	38g	2g
35	Turkey sausage link	2	140	0	11g
36	Vanilla Yogurt, low fat	1/2 cup	100	20g	.75g
37	WG Waffle	2	200	32g	6g