

# Silvergrees School Lunch Program - Nutrition & Allergen Guide

## Nutrition Facts

	Calories	Total Fat(g)	Sat Fat(g)	Carbs(g)	Fiber(g)	Protein(g)	Sodium(mg)
<b>Entrées</b>							
All-Natural Beef Burger	350	12	4	38	2	20	201
All-Natural Beef Cheeseburger	400	16	6	39	2	24	478
BBQ Chicken Chop Salad *(not including Ranch)	220	3	0	33	6	17	449
Bean & Cheese Burrito	343	11	5	50	11	15	930
Chicken Caesar Salad (no parmesan)	240	10	2	13	2	24	401
Chicken Parmesan Pasta	430	13	4	47	4	29	928
Chicken Ranch Sandwich	324	6	1	39	2	26	267
Chicken, Bean & Cheese Burrito	428	13	6	50	11	31	968
Crispy Chicken Sandwich	360	8	2	48	3	24	482
Crispy Chicken Tenders *(not including Ranch)	280	7	1	20	2	34	635
Fettuccine Alfredo Pasta	180	3	1	30	0	7	153
Grilled Chicken Sandwich w/ BBQ sauce	360	6	1	46	2	27	391
Hummus Delight Sandwich (w/ cheese)**	396	16	6	46	5	13	184
Mac & Cheese (whole-grain rotini noodles)	330	10	5	50	7	17	427
Mandarin Chicken Salad	283	10	1	24	5	22	779
Oven-Roasted Turkey Sandwich (w/ cheese)**	270	4	1	38	2	18	439
Pasta Marinara (penne w/ marinara & parmesan)	170	2	1	29	2	7	152
Peanut Butter & Strawberry Jam Sandwich	440	16	2	50	3	12	221
Spaghetti & Meatballs w/ Marinara	310	13	5	31	2	15	1046
Teriyaki Chicken Bowl w/ Brown Rice	390	5	1	58	2	24	980
<b>A La Cart - Sides</b>							
Apple Sauce (4oz)	110	0	0	28	1	0	0
Buttered Penne Noodles	141	5	2	19	1	5	68
Caesar Salad w/ Caesar Dressing	80	4	1	6	1	3	200
Carrots *(not including Ranch)	10	0	0	3	1	0	21
Celery Sticks w/ Peanut Butter	200	15	3	7	2	9	45
Crunchy Granola Bar (2 bars)	190	6	1	29	2	4	160
Garden Salad *(not including Ranch)	40	1	0	6	1	2	43
Garlic Cheesy Bread	150	3	1	25	0	5	182
Green Apple Slices	52	0	0	14	2	0	1
Mixed Fresh Fruit	70	0	0	15	2	1	7
Pesto Pasta Salad	181	9	0	20	1	6	288
Potato Cheddar Soup - Cup (6oz)	140	6	3	19	1	4	646
Premium Yogurt Parfait w/ Berries	460	9	2	50	3	14	120
Tomato Basil Soup - Cup (6oz)	70	2	0	11	1	3	167
Watermelon Wedges	80	0	0	21	1	1	0
<b>Drinks &amp; Other</b>							
Bottled Spring Water	0	0	0	13	0	0	0
Kiddo Squeezie - Wild Blueberry Apple	40	0	0	8	0	0	0
Natural Apple Juice (6.75oz)	50	0	0	13	0	0	0
Organic Horizon Milk (8oz)	120	5	3	12	0	8	125
Chocolate Chip Cookie	210	11	2	26	0	1	105
Homemade "Brookie"	209	10	6	27	1	3	88
Honey Wheat Roll	220	4	1	38	2	7	164
Pop Chips - BBQ (1oz)	120	4	0	20	1	1	250
Pop Chips - Original (1oz)	120	4	0	20	1	1	250
Side of Ranch Dressing	60	4	1	4	0	1	224
Sun Chips - Multi-Grain	140	6	1	19	3	2	120

## Allergen Information

	Egg	Fish	Milk	MSG	Peanuts	Shellfish	Soy	Sulfites	Tree Nuts	Wheat
	X									X
	X		X							X
							X			
			X							X
	X	X	X	X			X	X		X
	X		X	X			X	X		X
	X		X							X
			X							X
	X		X	X			X			X
			X							X
							X			X
			X							X
	X		X					X		X
					X					X
			X				X	X		X
							X			X
			X							X
	X	X	X	X			X	X		X
					X					
							X			X
			X							X
			X							X
			X				X			
			X					X	X	
			X							
	X		X	X						
	X		X	X						
	X		X	X						

\*Ranch dressing not included in totals; see "Ranch Dressing" listed under "Other."

\*\* These items are also available WITHOUT cheese: Chicken Caesar Salad, Oven Roasted Turkey Sandwich, Hummus Delight Sandwich.

Contact us at [lunches@silvergreens.com](mailto:lunches@silvergreens.com) to inquire about accommodation of special allergies.

Items on this list may be made in a facility that also processes and stores milk, peanuts and eggs.