

Student Nutrition Services
Previously Sold Beanery Items

Item	Portion	Kcals	T Fat	% Kcals	Sat Fat	%Kcals	Sugar	Protein	Calcium	Vit A	Vit C	Riboflavin	Niacin	Thiamin	Iron
				Fat		Sat Fat									
Bean & Beef Burrito	6.89 oz	440	18g	37%	5g	10%	2g	17g	6%	10%	4%	0	0	0	20%
Turkey Taco Nada	5 oz	325	10.9g	30%	3.25g	9%	0	23g	86mg	68.8 RE	1.94 mg	0.320 mg	4.69 mg	3.23 mg	3.14 mg
Megaburger	9.40 oz	455	20.5g	41%	7.6g	15%	3g	34.2g	48.4mg	95 IU	0	8%	8%	11%	7%
Chicken Egg Roll	3 oz	157	5.2g	30%	1.2g	7%	0	6.9g	32mg	1474 IU	9.3 mg	0	0	0	1.68mg
Breaded Chicken	2 oz	270	14	47%	3g	10%	0	17g	20mg	0	0	0	0	0	1.0mg
Double Chz Stuffed Pizza	5.25 oz	250	15g	54%	7g	25%	5g	17g	45%	0	0	0	0	0	4%
French Bread Pep Pizza	5.30 oz	365.9	20.09g	49%	10.16g	25%	2.17g	19.16g	322.96mg	478.23 IU	0.46 mg	0	0	0	1.99mg
Chocolate Chip Cookie	3.0 oz	390.59	20.74g	48%	4.75g	11%	16.38g	4.49g	25.74mg	1.77 RE	0.73mg	0.11mg	1.18mg	0.15mg	1.61mg
Cinnamon Roll	2.75 oz	222.3g	7.943g	32%	2.235g	9%	10.306g	3.598g	63.471mg	642.439IU	0.426mg	0	0	0.231mg	1.669mg
Doritos Nacho	2 oz	270	11g	37%	2g	7%	2g	4g	34mg	100 IU	0.35 mg	0.0567 mg	1.17mg	0.07mg	0.42

