



Buona's Complete School Lunch Nutritional and Allergen Information

As the world has become more understanding of balanced eating & allergy issues, so too has the Buonavolanto family. This is why we never prepare any menu items ahead of time. The Buonavolanto family is committed to taking the time to make everything fresh for your taste and your health when you order it. We hope you find our comprehensive nutritional and allergen guide useful as you plan your next school lunch with us!

If you have any questions about the information below, please contact us via e-mail at balancedeating@buona.com

Nutritional

	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
ENTRÉE CHOICES										
3 inch Italian Beef	258	10	4	0	46	1,023	23	1	1	19
5 inch Italian Beef	370	14	6	0	68	1,550	30	2	1	28
5 inch Meatball Sandwich	426	31	9	0	45	1,095	39	2	3	20
*Hotdog	285	14	5	0	30	720	28	0	5	12
*Jumbo Hotdog	370	24	8	1	50	860	27	0	5	13
*Turkey Sandwich	238	2	1	0	25	947	37	2	3	17
Grilled Cheese	361	13	6	0	0	953	47	0	6	11
*3 pc Chicken Tenders	277	14	3	0	40	1,060	19	2	5	20
*4pc Chicken Tenders	370	19	4	0	53	1,413	25	3	7	27
Mostaccioli	416	13	3	0	16	1,141	66	2	15	11
Macaroni & Cheese	479	13	6	0	32	1,777	72	3	8	21
Solo Cheese Pizza	460	19	11	0	20	613	51	2	4	23
Solo Sausage Pizza	532	24	13	0	34	852	51	2	4	27
Solo Pepperoni Pizza	522	25	13	0	35	819	51	2	4	25
*Caesar Salad	411	42	6	0	30	827	4	1	1	3
*Garden Salad	363	36	5	0	0	489	6	1	5	1
Fresh Fruit Salad	75	0	0	0	0	8	18	3	15	1

*Does not include condiments or roll

Allergens

Milk	Egg	Peanut	Tree		Shell- fish	Soy	Wheat
			Nut	Fish			
						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			
*This product contains none of the above listed allergens							
*This product contains none of the above listed allergens							

CONDIMENTS / ROLLS

Individual Ketchup Packet	11	0	0	0	0	83	3	0	2	0
Individual Mustard Packet	4	0	0	0	0	60	0	0	0	0
Individual Mayonnaise Packet	90	10	2	0	4	65	0	0	0	0
BBQ Sauce (2oz)	107	0	0	0	0	444	26	0	25	0
**Herb Focaccia Bread (1pc)	163	7	2	0	7	239	20	1	1	6
***Rustic Bread (1pc)	172	6	1	0	3	333	25	1	0	5

**Served at locations that also sell pizza

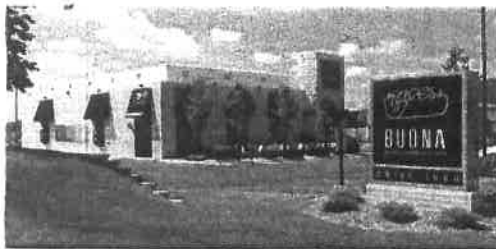
***Served at locations that do not sell pizza

*This product contains none of the above listed allergens							
*This product contains none of the above listed allergens							
*This product contains none of the above listed allergens							
*This product contains none of the above listed allergens							
X						X	X
X						X	X

* *Gluten Free Pita
Beef Sandwich*

Nut Free- Egg Free- Dairy Free- Soy Free

Ingredients: water, Brown rice flour, Tapioca Starch, Potato Starch, Resistant corn starch, Quinoa Flour, Dextrose, Non-GMO Expeller pressed canola oil, yeast, vegetable fibers, modified cellulose, salt, Xanthan Gum, Sorghum Syrup, Fermented Syrup, Enzymes.



Buona's Complete School Lunch Nutritional and Allergen Information

As the world has become more understanding of balanced eating & allergy issues, so too has the Buonavolanto family. This is why we never prepare any menu items ahead of time. The Buonavolanto family is committed to taking the time to make everything fresh for your taste and your health when you order it. We hope you find our comprehensive nutritional and allergen guide useful as you plan your next school lunch with us!

If you have any questions about the information below, please contact us via e-mail at balancedeating@buona.com

Nutritional

SIDE CHOICES	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Potato Chips	160	10	1	0	0	170	15	1	0	2
Nacho Cheese Doritos	150	8	2	0	0	180	17	1	2	2
Pretzel Twists	110	1	0	0	0	450	23	1	1	2
Sliced Apple Wedges	72	0	0	0	0	0	19	3	14	0
Mandarin Oranges	73	0	0	0	0	16	16	1	15	1
Baby Carrots	5	0	0	0	0	10	1	0	0	0
*Ranch Dressing Dip Cup	160	16	3	0	5	290	2	0	2	0
Fruit Cocktail Mix	50	0	0	0	0	15	13	1	12	0
Apple Sauce	50	0	0	0	0	10	12	2	8	0
Strawberry Gogurt	70	1	0	0	5	30	13	0	10	2
Chocolate Pudding	140	30	3	0	5	150	26	2	16	2
* Chocolate Chip Cookie	120	5	3	0	5	140	17	0	8	1
Jumbo Chocolate Chip Cookie	370	20	10	0	25	250	48	2	29	4

Allergens

	Milk	Egg	Peanut	Tree Nut	Fish	Shell- fish	Soy	Wheat
*This product contains none of the above listed allergens								
X	X						X	X
								X
*This product contains none of the above listed allergens								
*This product contains none of the above listed allergens								
*This product contains none of the above listed allergens								
X	X							
*This product contains none of the above listed allergens								
*This product contains none of the above listed allergens								
X								
X								
X	X						X	X
X	X						X	X

BEVERAGES

Milk Carton	130	5	3	0	20	130	13	0	12	8
Apple Juice	80	0	0	0	0	20	20	0	19	0
Orange Juice	80	0	0	0	0	20	20	1	17	1
Bottled Water	0	0	0	0	0	0	0	0	0	0

X								
*This product contains none of the above listed allergens								
*This product contains none of the above listed allergens								
*This product contains none of the above listed allergens								

Lay's

BRAND

Classic

Nutrition Facts

Serving Size 1 oz (28g/About 15 chips)
Servings Per Container About 11

Amount Per Serving

Calories 160 Calories from Fat 90

% Daily Value*

Total Fat 10g **16%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 170mg **7%**

Potassium 350mg **10%**

Total Carbohydrate 15g **5%**

Dietary Fiber 1g **5%**

Sugars less than 1g

Protein 2g

Vitamin A 0% • Vitamin C 10%

Calcium 0% • Iron 2%

Vitamin E 6% • Thiamin 4%

Niacin 6% • Vitamin B₆ 10%

Magnesium 4% • Zinc 2%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Ingredients: Potatoes, Vegetable Oil (Sunflower, Corn and/or Canola Oil), and Salt.

FRITO-LAY, INC.
PLANO, TX 75024-4099
© 2015 FRITO-LAY NORTH AMERICA, INC.

GLUTEN FREE

RUFFLES HAVE RRIDGES!

RUFFLES

BRAND



GUARANTY
UNTIL PR

Questions or Comments? 1-800-352-4477
Weekdays 9:00am to 4:30pm CT
email or chat at fritolay.com

Nutrition Facts

1 serving per container
Serving size 1 package

Amount per serving
Calories 160

% Daily Value*

Total Fat 10g **13%**

Saturated Fat 1.5g **7%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 150mg **7%**

Total Carbohydrate 15g **6%**

Dietary Fiber 1g **5%**

Total Sugars less than 1g

Protein 2g

Vitamin D 0mcg **0%**

Calcium 8mg **0%**

Iron 1mg **2%**

Potassium 350mg **6%**

Vitamin C **6%**

Not a significant source of added sugars.

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Potatoes, Vegetable Oil (Sunflower, Corn, and/or Canola Oil), and Salt.

FRITO-LAY, INC.
PLANO, TX 75024-4099
© 2015 FRITO-LAY NORTH AMERICA, INC.

GLUTEN FREE

NC
719
49

ORIGINAL



POTATO CHIPS

NET WT. 1 OZ. (28.3 g)

See Nutrition Information for T

