

Rincon Lunch Menu

Monday, Jan 1, 2024

Recipes	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
HOLIDAY	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00

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Rincon Lunch Menu

Tuesday, Jan 2, 2024

Recipes	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
HOLIDAY	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00

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Rincon Lunch Menu

Wednesday, Jan 3, 2024

Recipes	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
HOLIDAY	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00

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# Rincon Lunch Menu

Thursday, Jan 4, 2024

Recipes	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
HOLIDAY	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00

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Rincon Lunch Menu

Friday, Jan 5, 2024

Recipes	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
HOLIDAY	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00

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Rincon Lunch Menu

Monday, Jan 8, 2024

Recipes	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
HOLIDAY	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00

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## Rincon Lunch Menu

Tuesday, Jan 9, 2024

Recipes	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Mango Habanaro Chicken Wing & Garlic Knot	619	187	915	2.98	2.70	29.61	0	0.00	11.52	32.46	38.42	39.35	10.33
Bean&Cheese Burrito/WGR	350	15	480	6.00	5.40	150.00	100	0.00	4.00	14.00	45.00	11.00	0.00
PB & J Grape Sandwich WGR	600	0	540	7.00	3.00	78.00	0	0.00	29.00	18.00	64.00	34.00	6.00
.....	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00

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# Rincon Lunch Menu

Wednesday, Jan 10, 2024

Recipes	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Pepperoni Pizza, PZA Guy	360	42	491	4.16	2.89	417.94	819	2.08	2.44	21.75	39.37	15.59	7.50
Cheese Pizza, PZA Guy	347	36	384	4.16	2.43	411.30	825	5.08	2.17	20.40	38.98	12.69	6.48
Spicy Chicken Sandwich, WGR	391	45	568	4.57	2.79	202.42	0	0.00	5.76	27.33	44.72	10.00	2.00
.....	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00

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# Rincon Lunch Menu

Thursday, Jan 11, 2024

Recipes	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Cheeseburger	496	71	646	3.87	3.39	311.65	46	0.00	5.78	27.48	37.63	17.62	7.67
Hamburger	461	63	489	3.87	3.39	211.42	0	0.00	4.76	23.93	36.62	15.60	6.40
Gourmet Chicken Garlic Knot	602	98	1226	5.25	3.14	203.15	9928	27.22	5.23	27.48	42.82	36.81	8.87
Spicy Beef Taco Stick WGR	345	52	631	3.85	2.77	328.78	252	6.37	*N/A*	20.07	31.87	12.82	8.35
.....	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00

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Rincon Lunch Menu

Friday, Jan 12, 2024

Recipes	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Baked Pasta w/ Garlic Bread	875	63	1116	12.58	6.14	483.50	1721	0.99	11.62*	48.15	112.06	26.95	11.14
Spicy Chicken Sandwich, WGR	391	45	568	4.57	2.79	202.42	0	0.00	5.76	27.33	44.72	10.00	2.00
Chicken & Cheese Taco CrispUps	340	60	780	2.00	2.00	436.00	0	0.00	2.00	18.00	24.00	20.00	7.00
.....	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00

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Rincon Lunch Menu

Monday, Jan 15, 2024

Recipes	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
HOLIDAY	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00

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## Rincon Lunch Menu

Tuesday, Jan 16, 2024

Recipes	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Beef Taco Dip w/ Chips	589	62	929	4.78	2.28	42.46	233	8.68	0.00	22.41	38.27	34.87	11.70
Chili & Cheese Tamale WGR	370	35	470	2.00	0.00	250.00	750	9.00	2.00	11.00	29.00	24.00	10.00
Chicken Tamale w/ Green Sauce WGR	330	40	510	3.00	2.00	57.00	0	0.00	1.00	18.00	28.00	17.00	2.00
PB & J Grape Sandwich WGR	600	0	540	7.00	3.00	78.00	0	0.00	29.00	18.00	64.00	34.00	6.00
.....	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00

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## Rincon Lunch Menu

Wednesday, Jan 17, 2024

Recipes	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Pepperoni Pizza, PZA Guy	360	42	491	4.16	2.89	417.94	819	2.08	2.44	21.75	39.37	15.59	7.50
Cheese Pizza, PZA Guy	347	36	384	4.16	2.43	411.30	825	5.08	2.17	20.40	38.98	12.69	6.48
Spicy Chicken Sandwich, WGR	391	45	568	4.57	2.79	202.42	0	0.00	5.76	27.33	44.72	10.00	2.00
.....	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00

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Rincon Lunch Menu

Thursday, Jan 18, 2024

Recipes	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Cheeseburger	496	71	646	3.87	3.39	311.65	46	0.00	5.78	27.48	37.63	17.62	7.67
Hamburger	461	63	489	3.87	3.39	211.42	0	0.00	4.76	23.93	36.62	15.60	6.40
Gourmet Chicken Garlic Knot	602	98	1226	5.25	3.14	203.15	9928	27.22	5.23	27.48	42.82	36.81	8.87
Breaded Chicken Sandwich WG	391	45	528	6.57	2.79	202.42	0	0.00	4.76	27.33	44.72	9.00	1.50
.....	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00

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# Rincon Lunch Menu

Friday, Jan 19, 2024

Recipes	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Orange Chicken w/Rice	794	40	280	7.60	3.61	0.00	0	1.20	10.00*	29.00	151.00	8.72	0.50
Chicken Quesadilla	320	50	709	3.95	2.64	106.67	47	2.83	1.46	16.36	26.15	16.13	7.72
Cheese Quesadilla	391	61	691	3.95	1.98	509.64	0	0.00	0.99	16.10	27.70	23.16	13.63
PB & J Grape Sandwich WGR	600	0	540	7.00	3.00	78.00	0	0.00	29.00	18.00	64.00	34.00	6.00
.....	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00

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## Rincon Lunch Menu

**Monday, Jan 22, 2024**

Recipes	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Cheeseburger	496	71	646	3.87	3.39	311.65	46	0.00	5.78	27.48	37.63	17.62	7.67
Hamburger	461	63	489	3.87	3.39	211.42	0	0.00	4.76	23.93	36.62	15.60	6.40
Mega Mini Chix w/ Cheeze Its	281	41	492	2.01	1.01	111.37	0	0.00	0.00	19.04	24.17	12.54	2.51
.....	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Ketchup Packet	10	0	25	0.00	0.00	0.00	0	0.00	2.00	0.00	2.00	0.00	0.00
Mayo Packet	35	5	115	0.00	0.00	0.00	0	0.00	1.00	0.00	3.00	3.00	0.00

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## Rincon Lunch Menu

Tuesday, Jan 23, 2024

Recipes	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Baked Pasta w/ Garlic Bread	875	63	1116	12.58	6.14	483.50	1721	0.99	11.62*	48.15	112.06	26.95	11.14
Bean&Cheese Burrito/WGR	350	15	480	6.00	5.40	150.00	100	0.00	4.00	14.00	45.00	11.00	0.00
PB & J Grape Sandwich WGR	600	0	540	7.00	3.00	78.00	0	0.00	29.00	18.00	64.00	34.00	6.00
.....	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00

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# Rincon Lunch Menu

Wednesday, Jan 24, 2024

Recipes	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Pepperoni Pizza, PZA Guy	360	42	491	4.16	2.89	417.94	819	2.08	2.44	21.75	39.37	15.59	7.50
Cheese Pizza, PZA Guy	347	36	384	4.16	2.43	411.30	825	5.08	2.17	20.40	38.98	12.69	6.48
Spicy Chicken Sandwich, WGR	391	45	568	4.57	2.79	202.42	0	0.00	5.76	27.33	44.72	10.00	2.00
.....	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00

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## Rincon Lunch Menu

Thursday, Jan 25, 2024

Recipes	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Cheeseburger	496	71	646	3.87	3.39	311.65	46	0.00	5.78	27.48	37.63	17.62	7.67
Hamburger	461	63	489	3.87	3.39	211.42	0	0.00	4.76	23.93	36.62	15.60	6.40
Gourmet Chicken Garlic Knot	602	98	1226	5.25	3.14	203.15	9928	27.22	5.23	27.48	42.82	36.81	8.87
Spicy Beef Taco Stick WGR	345	52	631	3.85	2.77	328.78	252	6.37	*N/A*	20.07	31.87	12.82	8.35
.....	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00

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Rincon Lunch Menu

Friday, Jan 26, 2024

Recipes	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Mango Habanaro Chicken Wing & Garlic Knot	619	187	915	2.98	2.70	29.61	0	0.00	11.52	32.46	38.42	39.35	10.33
Spicy Chicken Sandwich, WGR	391	45	568	4.57	2.79	202.42	0	0.00	5.76	27.33	44.72	10.00	2.00
Chicken & Cheese Taco CrispUps	340	60	780	2.00	2.00	436.00	0	0.00	2.00	18.00	24.00	20.00	7.00
.....	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00

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# Rincon Lunch Menu

Monday, Jan 29, 2024

Recipes	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Pizza Crunchers w/Marinara Sauce	460	30	970	7.00	2.40	439.00	0	0.00	8.00	21.00	48.00	21.00	8.00
Carnitas Burrito	465	83	249	2.41	1.41	211.48	0	1.80	1.00	26.90	46.65	18.32	9.07
Cheeseburger	496	71	646	3.87	3.39	311.65	46	0.00	5.78	27.48	37.63	17.62	7.67
Hamburger	461	63	489	3.87	3.39	211.42	0	0.00	4.76	23.93	36.62	15.60	6.40
.....	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Ketchup Packet	10	0	25	0.00	0.00	0.00	0	0.00	2.00	0.00	2.00	0.00	0.00
Mustard	0	0	85	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00

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## Rincon Lunch Menu

**Tuesday, Jan 30, 2024**

Recipes	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Beef Taco Dip w/ Chips	589	62	929	4.78	2.28	42.46	233	8.68	0.00	22.41	38.27	34.87	11.70
Chili & Cheese Tamale WGR	370	35	470	2.00	0.00	250.00	750	9.00	2.00	11.00	29.00	24.00	10.00
Chicken Tamale w/ Green Sauce WGR	330	40	510	3.00	2.00	57.00	0	0.00	1.00	18.00	28.00	17.00	2.00
PB & J Grape Sandwich WGR	600	0	540	7.00	3.00	78.00	0	0.00	29.00	18.00	64.00	34.00	6.00
.....	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00

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## Rincon Lunch Menu

Wednesday, Jan 31, 2024

Recipes	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Pepperoni Pizza, PZA Guy	360	42	491	4.16	2.89	417.94	819	2.08	2.44	21.75	39.37	15.59	7.50
Cheese Pizza, PZA Guy	347	36	384	4.16	2.43	411.30	825	5.08	2.17	20.40	38.98	12.69	6.48
Spicy Chicken Sandwich, WGR	391	45	568	4.57	2.79	202.42	0	0.00	5.76	27.33	44.72	10.00	2.00
.....	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00

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