

Date		Total Calories	Fat (G)	Saturated Fat (G	Trans Fat (G)	Cholesterol (Mg)	Carbs (G)	Sugar (G)	Sodium (Mg)	Fiber (G)	Protein (G)	Base Serving Size Amount
8/21	Chicken Tender	220	12g	2g	0g	40mg	12g	4g	400mg	2g	20g	2 each
8/21	Cheese Garlic Breadstick	100	3g	.5g	0g	0mg	13g	4g	140mg	1g	3g	1 each
8/22	salsa	15	0g	0g	0g	0mg	2g	2g	70mg	1g	0g	2 oz
8/22	shedded cheese	45	3g	1.75g	0g	10mg	.5g	0g	105mg	0g	4g	2oz
8/22	6in Tortilla	180	6g	4g	0g	0mg	30g	2g	150mg	4g	4g	2each
8/22	Turkey Taco Filling	150	7g	2g	0g	40mg	5g	2g	270mg	2g	16g	2 oz
8/23	personalize Pepperoni Pizza	450	26g	10.5g	0g	60mg	32g	9g	970mg	3g	22g	1 each
8/26	Chicken Patty	200	10g	2g	0g	35mg	13g	0g	400mg	2g	15g	1 each
8/26	Biscuit	260	13g	8g	0g	0mg	30g	2g	660mg	1g	5g	1 each
8/26	Sliced Cheese	40	3g	1.75g	0g	7.5g	1g	.5g	140mg	0g	3.5g	1 each
8/27	Rice	340	3g	0g	0g	0mg	72g	0g	0mg	2g	8g	1 each
8/27	Shredded Cheese	45	3g	1.75g	0g	10mg	.5g	0g	105mg	0g	4g	2 oz
8/27	Chicken taco Filling	50	1g	og	0g	15mg	4g	1g	200mg	1g	6g	2 oz
8/28	Burger Patty	150	10g	3.5g	og	40mg	2g	0g	270mg	1g	14g	1 each
8/28	Hamburger Bun	140	2g	0g	0g	0g	25g	3g	230mg	2g	6g	1 each
8/28	Sliced Cheese	40	3g	1.75g	0g	7.5g	1g	.5g	140mg	0g	3.5g	1 each
8/28	Curley Fries	150	8g	1g	0g	0mg	20g	1g	360mg	1g	2g	4 oz
8/29	All Beef Hot Dog	170	16g	6g	.5g	35mg	1g	0g	500mg	0g	6g	1 each
8/29	Hot Dog Bun	150	2.5g	0g	0g	0g	27g	0g	270mg	3g	6g	1 each
8/30	French Bread Pizza	310	11	6			33		380		23	1 serving
Weekly Choices												
Monday	Grilled Cheese	190	5	4			30		460		13	
Tuesday	Cheese Quesadilla	230	12	7.5			22		440		10	
Wednesday	Bosco sticks	300	10g	5g	0g	30mg	34g	4g	440mg	4g	20g	2 each
	Marinara sauce	200	6g	0g	0g	0mg	32g	20g	1560mg	0g	8g	2 oz
Thursday	grab Bag											
	cheese stick	60	3g	2g	0g	10mg	0g	0g	200mg	0g	7g	1 Serving
	Goldfish	90	1.5g	0g	0g	0mg	16g	0g	200mg	1g	2g	1 Pack
	Yogurt	80	.5g	0g	0g	5mg	15g	9g	65mg	0g	4g	1 Serving
Friday	Cheese Pizza	310	13 g	6g	0g	30mg	31g	9g	440mg	3g	16g	1 Serving
Grab and Go												
	Turkey Sandwich	260	6g	2.25g	0g	47.5g	27g	.5g	850mg	2g	28.5g	1 Serving
	Wowbutter and Jelly	390	17g	3g	0g	0mg	47g	25g	355mg	4g	13g	1 Serving