

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
9/3	nachos	110	5g	2g	0g	35mg	5g	2g	300mg	2g	13g	1 serving
9/4	Cheese Tortellini w/Marinara	280	6.5	2.5			48		770	2	11	6oz
9/4	Cheese Garlic Breadstick	100	3g	.5g	0g	0mg	13g	4g	140mg	1g	3g	1 each
9/5	Personalize Cheese Pizza	310	13 g	6g	0g	30mg	31g	9g	440mg	3g	16g	1 each
9/6	Brunch for Lunch! Waffles w. Turkey Sausage	350	18g	4.5g	0g	40mg	28g	10g	560mg	3g	13g	1 serving
9/9	Popcorn Chicken Mashed Potato Bowl	395	17.5	3			43		710		17	1
9/10	shedded cheese	45	3g	1.75g	0g	10mg	.5g	0g	105mg	0g	4g	2oz
9/10	6in Tortilla	180	6g	4g	0g	0mg	30g	2g	150mg	4g	4g	2each
9/10	Chicken taco Filling	50	1g	0g	0g	15mg	4g	1g	200mg	1g	6g	2 oz
9/11	Whole Grain Mini Confetti Pancakes w. Turkey Sausage	330	15g	3g	0g	40mg	37g	11g	690mg	6g	13g	1 serving
9/12	All Beef Hot Dog	170	16g	6g	.5g	35mg	1g	0g	500mg	0g	6g	1 each
9/12	Hot Dog Bun	150	2.5g	0g	0g	0g	27g	0g	270mg	3g	6g	1 each
9/13	personalize Sausage Pizza	450	26g	10.5g	0g	60mg	32g	9g	970mg	3g	22g	1 each
9/16	chicken Nuggets	240	14g	2.5g	0g	25mg	16g	1g	440mg	3g	14g	5 each
9/17	Turkey Taco Filling	150	7g	2g	0g	40mg	5g	2g	270mg	2g	16g	2 oz
9/17	Corn Chips	110	3g	0g	0g	0mg	19g	0g	95mg	2g	2g	1 each
9/17	Shredded Cheese	45	3g	1.75g	0g	10mg	.5g	0g	105mg	0g	4g	2 oz
9/18	Burger Patty	150	10g	3.5g	0g	40mg	2g	0g	270mg	1g	14g	1 each
9/18	Hamburger Bun	140	2g	0g	0g	0g	25g	3g	230mg	2g	6g	1 each
9/18	Sliced Cheese	40	3g	1.75g	0g	7.5g	1g	.5g	140mg	0g	3.5g	1 each
9/19	Mac and Cheese	260	5.5g	0g	0g	0mg	47g	2g	570mg	4g	8g	6 oz
9/19	Dinner Roll	80	1.5g	0g	0g	0mg	14g	2g	70mg	2g	3g	1 each
8/20	Jumbo Pretzel	70	.5g	0g	0g	0mg	14g	0	65mg	1g	2g	1 each
9/20	Cheese Sauce	70	4.5g	0g	0g	0mg	6g	2g	570mg	0g	1g	2 oz
9/23	Hamburger Bun	140	2g	0g	0g	0g	25g	3g	230mg	2g	6g	1 each
9/23	Chicken Patty	200	10g	2g	0g	35mg	13g	0g	400mg	2g	15g	1 each
9/24	Tuesday taco	110	5g	2g	0g	35mg	5g	2g	300mg	2g	13g	1 serving
9/25	Pasta w. Marinara Sauce	270	4	0			53		380		9	1
9/25	Cheese Garlic Breadstick	100	3g	.5g	0g	0mg	13g	4g	140mg	1g	3g	1 each
9/26	Pancaked wrapped maple turkey corn dog	190	10g	2.5g	0g	25mg	17g	4g	310mg	3g	7g	1 each
9/27	Meatball Sub Sandwich	340	15	5.5			34		690		14	
9/30	Chicken Patty	200	10g	2g	0g	35mg	13g	0g	400mg	2g	15g	1 each
9/30	Biscuit	260	13g	8g	0g	0mg	30g	2g	660mg	1g	5g	1 each
9/30	Sliced Cheese	40	3g	1.75g	0g	7.5g	1g	.5g	140mg	0g	3.5g	1 each
<b>Weekly Choices</b>												
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
<b>Grab and Go</b>												
	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