

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
October												
10/1/2024	Cheese stuffed Bread Sticks	300	12g	4g	0g	20mg	32g	0g	460mg	2g	16g	1 each
10/1/2024	Marinara sauce	200	6g	0g	0g	0mg	32g	20g	1560mg	0g	8g	2 oz
10/2/2024	Warm Mini Maple Waffles	210	6g	1g	0g	0mg	37g	13g	170mg	2g	3g	1 each
10/2/2024	Turkey Sausage	110	8g	2g	0g	40mg	1g	0g	390mg	0g	9g	2 each
10/4/2024	Beef Taco Filling	110	5g	2g	0g	35mg	5g	2g	300mg	2g	13g	1 serving
10/4/2024	shedded cheese	45	3g	1.75g	0g	10mg	.5g	0g	105mg	0g	4g	2oz
10/4/2024	6in Tortilla	180	6g	4g	0g	0mg	30g	2g	150mg	4g	4g	2each
10/7/2024	Sweet and Sour sauce	35	.5g	0g	0g	0g	7g	12g	160mg	0g	0g	2tbsp
10/7/2024	Popcorn Chickem	270	13g	3g	0g	70mg	20g	0g	640mg	3g	19g	10 each
10/7/2024	Rice	340	3g	0g	0g	0mg	72g	0g	0mg	2g	8g	3 oz
10/8/2024	Beef Taco Filling	110	5g	2g	0g	35mg	5g	2g	300mg	2g	13g	1 serving
10/8/2024	shedded cheese	45	3g	1.75g	0g	10mg	.5g	0g	105mg	0g	4g	2oz
10/8/2024	Corn Chips	110	3g	0g	0g	0mg	19g	0g	95mg	2g	2g	1 each
10/9/2024	Whole Grain Mini Confetti Pa	330	15g	3g	0g	40mg	37g	11g	690mg	6g	13g	1 serving
10/10/2024	Chicken Corn Dog	240	9g	2.5g	0g	40mg	30g	8g	470mg	2g	6g	1 each
10/11/2024	Cheese Calzone	250	5g	2g	0g	10mg	31g	4g	450mg	4g	19g	1 each
10/15/2024	Turkey Taco Filling	150	7g	2g	0g	40mg	5g	2g	270mg	2g	16g	2 oz
10/15/2024	shedded cheese	45	3g	1.75g	0g	10mg	.5g	0g	105mg	0g	4g	2oz
10/15/2024	6in Tortilla	180	6g	4g	0g	0mg	30g	2g	150mg	4g	4g	2each
10/16/2024	Burger Patty	150	10g	3.5g	0g	40mg	2g	0g	270mg	1g	14g	1 each
10/16/2024	Hamburger Bun	140	2g	0g	0g	0g	25g	3g	230mg	2g	6g	1 each
10/16/2024	Sliced Cheese	40	3g	1.75g	0g	7.5g	1g	.5g	140mg	0g	3.5g	1 each
10/17/2024	Spicey Chicken Tenders	260	15g	2.5g	0g	25mg	17g	1g	390mg	3g	15g	3 each
10/17/2024	Dinner Roll	80	1.5g	0g	0g	0mg	14g	2g	70mg	2g	3g	1 each
10/18/2024	Bosco sticks	300	10g	5g	0g	30mg	34g	4g	440mg	4g	20g	2 each
10/18/2024	Marinara sauce	200	6g	0g	0g	0mg	32g	20g	1560mg	0g	8g	2 oz
10/21/2024	Chicken Patty	200	10g	2g	0g	35mg	13g	0g	400mg	2g	15g	1 each
10/21/2024	Hamburger Bun	140	2g	0g	0g	0g	25g	3g	230mg	2g	6g	1 each
10/22/2024	shedded cheese	45	3g	1.75g	0g	10mg	.5g	0g	105mg	0g	4g	2oz
10/22/2024	6in Tortilla	180	6g	4g	0g	0mg	30g	2g	150mg	4g	4g	2each
10/22/2024	Chicken taco Filling	50	1g	0g	0g	15mg	4g	1g	200mg	1g	6g	2 oz
10/23/2024	Brunch for Lunch! Waffles w.	350	18g	4.5g	0g	40mg	28g	10g	560mg	3g	13g	1 serving
10/24/2024	All Beef Hot Dog	170	16g	6g	.5g	35mg	1g	0g	500mg	0g	6g	1 each
10/24/2024	Hot Dog Bun	150	2.5g	0g	0g	0g	27g	0g	270mg	3g	6g	1 each
10/25/2024	Jumbo Pretzel	70	.5g	0g	0g	0mg	14g	0	65mg	1g	2g	1 each
10/25/2024	Cheese Sauce	70	4.5g	0g	0g	0mg	6g	2g	570mg	0g	1g	2 oz
10/28/2024	Chicken Tender	220	12g	2g	0g	40mg	12g	4g	400mg	2g	20g	2 each
10/28/2024	Cheese Garlic Breadstick	100	3g	.5g	0g	0mg	13g	4g	140mg	1g	3g	1 each
10/29/2024	Beef Taco Filling	110	5g	2g	0g	35mg	5g	2g	300mg	2g	13g	1 serving
10/29/2024	shedded cheese	45	3g	1.75g	0g	10mg	.5g	0g	105mg	0g	4g	2oz
10/29/2024	Corn Chips	110	3g	0g	0g	0mg	19g	0g	95mg	2g	2g	1 each
10/30/2024	Burger Patty	150	10g	3.5g	0g	40mg	2g	0g	270mg	1g	14g	1 each
10/30/2024	Hamburger Bun	140	2g	0g	0g	0g	25g	3g	230mg	2g	6g	1 each
10/31/2024	Pancaked wrapped maple tur	190	10g	2.5g	0g	25mg	17g	4g	310mg	3g	7g	1 each
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	Cheese Tortellini w/Marinara	280	6.5	2.5			48		770	2	11	6oz
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