

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
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
11/1/24	Homemade Mac and Cheese	290	8g	4.5g	0g	20mg	44g	2g	290mg	4g	12g	6oz
11/6/24	Maple Chicken and Biscuits	580	23g	10g	0g	35mg	73g	22g	1080mg	3g	20g	1 each
11/7/24	Beef Taco Filling	110	5g	2g	0g	35mg	5g	2g	300mg	2g	13g	1 serving
11/7/24	shedded cheese	45	3g	1.75g	0g	10mg	.5g	0g	105mg	0g	4g	2oz
11/7/24	Corn Chips	110	3g	0g	0g	0mg	19g	0g	95mg	2g	2g	1 each
11/8/24	Cheese stuffed Bread Sticks	300	12g	4g	0g	20mg	32g	0g	460mg	2g	16g	1 each
11/8/24	Marinara sauce	200	6g	0g	0g	0mg	32g	20g	1560mg	0g	8g	2 oz
11/11/24	Popcorn Chickem	270	13g	3g	0g	70mg	20g	0g	640mg	3g	19g	10 each
11/11/24	Mashed Potatoes	140	3.5g	1g	0g	5mg	26g	2g	115mg	2g	3g	4oz
11/12/24	Burger Patty	150	10g	3.5g	0g	40mg	2g	0g	270mg	1g	14g	1 each
11/12/24	Hamburger Bun	140	2g	0g	0g	0g	25g	3g	230mg	2g	6g	1 each
11/12/24	Sliced Cheese	40	3g	1.75g	0g	7.5g	1g	.5g	140mg	0g	3.5g	1 each
11/13/24	Whole Grain Mini Confetti Pz	330	15g	3g	0g	40mg	37g	11g	690mg	6g	13g	1 serving
11/14/24	All Beef Hot Dog	170	16g	6g	.5g	35mg	1g	0g	500mg	0g	6g	1 each
11/14/24	Hot Dog Bun	150	2.5g	0g	0g	0g	27g	0g	270mg	3g	6g	1 each
11/14/24	Pickel	0	0	0	0	0	0	0	390mg	0	0	4 each
11/14/24	Fries	150	8g	1g	0g	0mg	20g	1g	360mg	1g	2g	4 oz
11/15/24	Sausage Pizza	470	27g	11g	0g	60mg	33g	10g	930mg	3g	23g	1 each
11/18/24	Chicken Patty	200	10g	2g	0g	35mg	13g	0g	400mg	2g	15g	1 each
11/18/24	Hamburger Bun	140	2g	0g	0g	0g	25g	3g	230mg	2g	6g	1 each
11/19/24	Beef Taco Filling	110	5g	2g	0g	35mg	5g	2g	300mg	2g	13g	1 serving
11/19/24	shedded cheese	45	3g	1.75g	0g	10mg	.5g	0g	105mg	0g	4g	2oz
11/19/24	6in Tortilla	180	6g	4g	0g	0mg	30g	2g	150mg	4g	4g	2each
11/20/24	Mini Froot Loop Waffles	180	6g	1.5g	0g	0mg	32g	5g	210mg	3g	4g	1each
11/20/24	Turkey Sausage	110	8g	2g	0g	40mg	1g	0g	390mg	0g	9g	2 each
11/21/24	Meatball Sub Sandwich	340	15	5.5			34		690		14	1
11/21/24	Fries	150	8g	1g	0g	0mg	20g	1g	360mg	1g	2g	4 oz
11/22/24	Cheese Calzone	250	5g	2g	0g	10mg	31g	4g	450mg	4g	19g	1 each
11/25/24	Burger Patty	150	10g	3.5g	0g	40mg	2g	0g	270mg	1g	14g	1 each
11/25	Hamburger Bun	140	2g	0g	0g	0g	25g	3g	230mg	2g	6g	1 each
11/25/24	Sliced Cheese	40	3g	1.75g	0g	7.5g	1g	.5g	140mg	0g	3.5g	1 each
11/25/24	Sweet Potato Fries	150	6g	1g	0g	0mg	23g	7g	190mg	1g	1g	4oz