

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
2/3/25	Waffle Graham Crackers	210	7g	2.0g	0g	0mg	37g	13g	170mg	2g	3g	1each
2/4/25	Double Chocolate Oatmeal Bar	150	5g	1.0g	0g	0mg	24g	9g	110mg	3g	2g	1 each
2/5/25	Chocolate Muffins	200	8g	1.5g	0g	10mg	29g	28g	125mg	2g	3g	1 each
2/6/25	Cinnamon Pop Tarts	170	3g	1g	0g	0mg	37g	15g	120mg	3g	2g	1 each
2/7/25	WG Trix Cereal Bowl	110	1.5g	0g	0g	0mg	23g	6g	160mg	1g	2g	1 each
2/10/25	French Toast Graham Crackers	130	4.5g	1.0g	0g	0mg	21g	8g	140mg	2g	2g	1 each
2/11/25	Chocolate Chip Loaf Bread,	160	4.5g	1.0g	0g	0mg	26g	14g	105mg	1g	3g	1 each
2/12/25	Blueberry Lemon Bites	120	3.5g	0.5g	0g	0mg	21g	8g	60mg	2g	2g	1 each
2/13/25	Apple Cinnamon Cheerios	110	2.0g	0g	0g	0mg	23g	9g	115mg	2g	2g	1 each
2/18/25	WG Fudge Pop tart	170	3g	1g	0g	0mg	36g	15g	120mg	3g	2g	1 each
2/19/25	Campfire Smore Bar	150	5g	1.5g	0g	0mg	24g	9g	50mg	1g	2g	1 each
2/20/25	WG Banana Muffin	180	7g	1.5g	0g	10mg	28g	15g	100mg	1g	2g	1 each
2/21/25	Chefs Choice											
2/24/25	Chocolate Oatmeal Bar	140	4.5g	1g	0g	5mg	23g	9g	75mg	1g	2g	1 each
2/25/25	Super Donut	150	5g	1.5g	0g	0mg	23g	12g	190mg	1g	4g	1 each
2/26/25	Lucky Charms Cereal,	110	1.0g	0g	0g	0mg	23g	9g	170mg	2g	2g	1 each
2/27/25	Baked Birthday Cake Bar	150	5g	1.5g	0g	0mg	24g	9g	45mg	2g	2g	1 each
2/28/25	Mini Confetti Pancake	220	7	1			36		300		4	1 each

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
2/3/25	Chicken Patty	200	10g	2g	0g	35mg	13g	0g	400mg	2g	15g	1 each
	Hamburger Bun	140	2g	0g	0g	0g	25g	3g	230mg	2g	6g	1 each
2/4/25	Scrambled eggs	135	9g	3.0g	0g	0g	3g	0g	390mg	0g	9g	3oz
	shedded cheese	45	3g	1.75g	0g	10mg	.5g	0g	105mg	0g	4g	1oz
	Tater tots	130	7g	1.0g	0g	0mg	16g	1g	360mg	1g	1g	9 each
	mini banana loaf	160	4.5g	1.0g			27g	16g	140mg		3g	1 each
2/5/25	Burger Patty	150	10g	3.5g	og	40mg	2g	0g	270mg	1g	14g	1 each
	Hamburger Bun	140	2g	0g	0g	0g	25g	3g	230mg	2g	6g	1 each
	Sliced Cheese	40	3g	1.75g	0g	7.5g	1g	.5g	140mg	0g	3.5g	1 each
2/6/25	Chicken Corn Dog	280	14g	4.0g	0g	45mg	27g	9g	700mg	1g	10g	1 each
2/7/25	Cheese stuffed Bread Sticks	300	12g	4g	0g	20mg	32g	0g	460mg	2g	16g	1 each
	Marinara sauce	200	6g	0g	0g	0mg	32g	20g	1560mg	0g	8g	2 oz
2/10/25	Popcorn Chickem	270	13g	3g	0g	70mg	20g	0g	640mg	3g	19g	10 each
	Gold Fish	90	1.5g	0g	0g	0mg	16g	0g	200mg	1g	2g	1 package
2/11/25	Beef Taco Filling	110	5g	2g	og	35mg	5g	2g	300mg	2g	13g	1 serving
	shedded cheese	45	3g	1.75g	0g	10mg	.5g	0g	105mg	0g	4g	2oz
	Corn Chips	110	3g	0g	0g	0mg	19g	0g	95mg	2g	2g	1 each
2/12/25	Scrambled eggs	135	9g	3.0g	0g	0g	3g	0g	390mg	0g	9g	3oz
	Sliced Cheese	40	3g	1.75g	0g	7.5g	1g	.5g	140mg	0g	3.5g	1 each
	Biscuit	260	13g	8g	0g	0mg	30g	2g	660mg	1g	5g	1each
	Tater tots	130	7g	1.0g	0g	0mg	16g	1g	360mg	1g	1g	9 each
2/13/25	Mac and Cheese	300	12g	7g	0g	35mg	32g	8g	650mg	2g	15g	3oz
2/18/25	Cheese stuffed Bread Sticks	300	12g	4g	0g	20mg	32g	0g	460mg	2g	16g	1 each
	Marinara sauce	200	6g	0g	0g	0mg	32g	20g	1560mg	0g	8g	2 oz
2/19/25	Burger Patty	150	10g	3.5g	og	40mg	2g	0g	270mg	1g	14g	1 each
	Hamburger Bun	140	2g	0g	0g	0g	25g	3g	230mg	2g	6g	1 each
	Sliced Cheese	40	3g	1.75g	0g	7.5g	1g	.5g	140mg	0g	3.5g	1 each
2/20/25	All Beef Hot Dog	170	16g	6g	.5g	35mg	1g	0g	500mg	0g	6g	1 each
	Hot Dog Bun	150	2.5g	0g	0g	0g	27g	0g	270mg	3g	6g	1 each
2/21/25	Pretzel	140	1g	0g	0g	0mg	28g	0g	130mg	2g	4g	2 each
	Cheese Sauce	70	4.5g	0g	0g	0mg	6g	2g	570mg	0g	1g	2 oz
2/24/25	Sweet and Sour sauce	35	.5g	0g	0g	0g	7g	12g	160mg	0g	0g	2tbsp
	Popcorn Chickem	270	13g	3g	0g	70mg	20g	0g	640mg	3g	19g	10 each
	Rice	340	3g	0g	0g	0mg	72g	0g	0mg	2g	8g	3 oz
2/25/25	Beef Taco Filling	110	5g	2g	og	35mg	5g	2g	300mg	2g	13g	1 serving
	shedded cheese	45	3g	1.75g	0g	10mg	.5g	0g	105mg	0g	4g	2oz
	Fries	160	6g	1.0g	0g	0mg	25g	2g	230mg	2g	2g	4 each
	Gold Fish	90	1.5g	0g	0g	0mg	16g	0g	200mg	1g	2g	1 package
2/26/25	French Toast Bites	253	16g	7g	0g	27mg	26g	9g	347mg	1g	2g	4 each
	Egg Pattie	90	7g	2g	0g	150mg	2g	0g	180mg	0g	6g	2 each
2/27/25	Cheesy Baked Pasta	270	4	0			53		380		9	1

2/28/25	Cheese Pizza	310	13 g	6g	0g	30mg	31g	9g	440mg	3g	16g	1 Serving
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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
2/3/25	Chicken Patty	200	10g	2g	0g	35mg	13g	0g	400mg	2g	15g		1 each
	Cheesy Baked Pasta	270	4	0			53		380		9		1
2/4/25	Scrambled eggs	135	9g	3.0g	0g	0g	3g	0g	390mg	0g	9g		3oz
	shedded cheese	45	3g	1.75g	0g	10mg	.5g	0g	105mg	0g	4g		1oz
	Tater tots	130	7g	1.0g	0g	0mg	16g	1g	360mg	1g	1g		9 each
	mini banana loaf	160	4.5g	1.0g			27g	16g	140mg		3g		1 each
2/5/25	Burger Patty	150	10g	3.5g	og	40mg	2g	0g	270mg	1g	14g		1 each
	Hamburger Bun	140	2g	0g	0g	0g	25g	3g	230mg	2g	6g		1 each
	Sliced Cheese	40	3g	1.75g	0g	7.5g	1g	.5g	140mg	0g	3.5g		1 each
	Pizza Sauce	15	0g	0g	0g	0mg	3g	1.5g	45mg	0g	.5g		1 oz
2/6/25	Chicken Corn Dog	280	14g	4.0g	0g	45mg	27g	9g	700mg	1g	10g		1 each
2/7/25	Meatball Sub Sandwich	340	15	5.5			34		690		14		1
2/10/25	Popcorn Chickem	270	13g	3g	0g	70mg	20g	0g	640mg	3g	19g		10 each
	Gold Fish	90	1.5g	0g	0g	0mg	16g	0g	200mg	1g	2g		1 package
2/11/25	Beef Taco Filling	110	5g	2g	og	35mg	5g	2g	300mg	2g	13g		1 serving
	shedded cheese	45	3g	1.75g	0g	10mg	.5g	0g	105mg	0g	4g		2oz
	Corn Chips	110	3g	0g	0g	0mg	19g	0g	95mg	2g	2g		1 each
2/12/25	Scrambled eggs	90	6g	2.0g	0g	0g	2g	0g	260mg	0g	6g		2oz
	Turkey Sausage	70	3.5g	1.0g	0g	30mg	2g	1g	160mg	0g	7g		1 each
	Sliced Cheese	40	3g	1.75g	0g	7.5g	1g	.5g	140mg	0g	3.5g		1 each
	Biscuit	260	13g	8g	0g	0mg	30g	2g	660mg	1g	5g		1each
	Tater tots	130	7g	1.0g	0g	0mg	16g	1g	360mg	1g	1g		9 each
2/13/25	Mac and Cheese	300	12g	7g	0g	35mg	32g	8g	650mg	2g	15g		3oz
2/18/25	Cheese stuffed Bread Sticks	300	12g	4g	0g	20mg	32g	0g	460mg	2g	16g		1 each
	Marinara sauce	200	6g	0g	0g	0mg	32g	20g	1560mg	0g	8g		2 oz
2/19/25	Burger Patty	150	10g	3.5g	og	40mg	2g	0g	270mg	1g	14g		1 each
	Hamburger Bun	140	2g	0g	0g	0g	25g	3g	230mg	2g	6g		1 each
	Sliced Cheese	40	3g	1.75g	0g	7.5g	1g	.5g	140mg	0g	3.5g		1 each

2/20/25	All Beef Hot Dog	170	16g	6g	.5g	35mg	1g	0g	500mg	0g	6g	1 each
	Hot Dog Bun	150	2.5g	0g	0g	0g	27g	0g	270mg	3g	6g	1 each
2/21/25	Sausage Pizza	470	27g	11g	0g	60mg	33g	10g	930mg	3g	23g	1 each
2/24/25	Sweet and Sour sauce	35	.5g	0g	0g	0g	7g	12g	160mg	0g	0g	2tbsp
	Popcorn Chickem	270	13g	3g	0g	70mg	20g	0g	640mg	3g	19g	10 each
	Rice	340	3g	0g	0g	0mg	72g	0g	0mg	2g	8g	3 oz
2/25/25	Beef Taco Filling	110	5g	2g	og	35mg	5g	2g	300mg	2g	13g	1 serving
	shedded cheese	45	3g	1.75g	0g	10mg	.5g	0g	105mg	0g	4g	2oz
	Fries	160	6g	1.0g	0g	0mg	25g	2g	230mg	2g	2g	4 each
	Gold Fish	90	1.5g	0g	0g	0mg	16g	0g	200mg	1g	2g	1 package
2/26/25	French Toast Bites	253	16g	7g	0g	27mg	26g	9g	347mg	1g	2g	4 each
	Egg Pattie	90	7g	2g	0g	150mg	2g	0g	180mg	0g	6g	2 each
2/27/25	Cheesy Baked Pasta	270	4	0			53		380		9	1
	Meatballs	150	9g	3.5g	0g	35mg	6g	2g	220mg	1g	12g	4 each
2/28/25	Pepperoni Pizza	470	27g	11g	0g	60mg	33g	10g	930mg	3g	23g	1 each

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
Daily Choices	Cheeseburger											
	spicy Chicken sandwich	370	15g	2.5g	0g	20mg	40g	5g	570mg	4g	19g	
	Chicken Sandwich	340	12g	2g	0g	35mg	38g	3g	630mg	4g	21g	1 Serving
	Pizza	250	10g	4.5g	0g	20mg	27g	5g	280mg	3g	12g	1 serving
	nachos	110	5g	2g	0g	35mg	5g	2g	300mg	2g	13g	1 serving
	Tuesday taco	110	5g	2g	0g	35mg	5g	2g	300mg	2g	13g	1 serving
	wow butter and jelly sandwich	390	17g	3g	0g	0mg	47g	25g	355mg	4g	13g	1 Serving
	turkey and cheese sub	260	6.5	4			37		710		21	1 serving
2/3/25	Chicken Patty	200	10g	2g	0g	35mg	13g	0g	400mg	2g	15g	1 each
	Cheesy Baked Pasta	270	4	0			53		380		9	1
2/4/25	Scrambled eggs	135	9g	3.0g	0g	0g	3g	0g	390mg	0g	9g	3oz
	shedded cheese	45	3g	1.75g	0g	10mg	.5g	0g	105mg	0g	4g	1oz
	Tater tots	130	7g	1.0g	0g	0mg	16g	1g	360mg	1g	1g	9 each
	mini banana loaf	160	4.5g	1.0g			27g	16g	140mg		3g	1 each
2/5/25	Burger Patty	150	10g	3.5g	0g	40mg	2g	0g	270mg	1g	14g	1 each
	Hamburger Bun	140	2g	0g	0g	0g	25g	3g	230mg	2g	6g	1 each
	Sliced Cheese	40	3g	1.75g	0g	7.5g	1g	.5g	140mg	0g	3.5g	1 each
	Pizza Sauce	15	0g	0g	0g	0mg	3g	1.5g	45mg	0g	.5g	1 oz
2/6/25	Chicken Corn Dog	280	14g	4.0g	0g	45mg	27g	9g	700mg	1g	10g	1 each
2/7/25	Cheese stuffed Bread Sticks	300	12g	4g	0g	20mg	32g	0g	460mg	2g	16g	1 each
	Marinara sauce	200	6g	0g	0g	0mg	32g	20g	1560mg	0g	8g	2 oz
2/10/25	Popcorn Chicken Mashed Pot	395	17.5	3			43		710		17	
2/11/25	Chicken Tenders	260	15g	2.5g	0g	25mg	16g	1g	390mg	3g	15g	3 each
2/12/25	Scrambled eggs	90	6g	2.0g	0g	0g	2g	0g	260mg	0g	6g	2oz
	Turkey Sausage	70	3.5g	1.0g	0g	30mg	2g	1g	160mg	0g	7g	1 each
	Sliced Cheese	40	3g	1.75g	0g	7.5g	1g	.5g	140mg	0g	3.5g	1 each
	Biscuit	260	13g	8g	0g	0mg	30g	2g	660mg	1g	5g	1each
	Tater tots	130	7g	1.0g	0g	0mg	16g	1g	360mg	1g	1g	9 each
2/13/25	Mac and Cheese	300	12g	7g	0g	35mg	32g	8g	650mg	2g	15g	3oz
2/18/25	Cheese stuffed Bread Sticks	300	12g	4g	0g	20mg	32g	0g	460mg	2g	16g	1 each
	Marinara sauce	200	6g	0g	0g	0mg	32g	20g	1560mg	0g	8g	2 oz
2/19/25	Pulled Pork	300	18g	6g	0g	120mg	0g	1g	75mg	0g	33g	3.5 oz
	Hamburger Bun	140	2g	0g	0g	0g	25g	3g	230mg	2g	6g	1 each
2/20/25	All Beef Hot Dog	170	16g	6g	.5g	35mg	1g	0g	500mg	0g	6g	1 each
	Hot Dog Bun	150	2.5g	0g	0g	0g	27g	0g	270mg	3g	6g	1 each
2/21/25	Pretzel	140	1g	0g	0g	0mg	28g	0g	130mg	2g	4g	2 each
	Cheese Sauce	70	4.5g	0g	0g	0mg	6g	2g	570mg	0g	1g	2 oz
2/24/25	Sweet and Sour sauce	35	.5g	0g	0g	0g	7g	12g	160mg	0g	0g	2tbsp
	Popcorn Chickem	270	13g	3g	0g	70mg	20g	0g	640mg	3g	19g	10 each

	Rice	340	3g	0g	0g	0mg	72g	0g	0mg	2g	8g	3 oz
2/25/25	Beef Taco Filling	110	5g	2g	0g	35mg	5g	2g	300mg	2g	13g	1 serving
	shedded cheese	45	3g	1.75g	0g	10mg	.5g	0g	105mg	0g	4g	2oz
	Fries	160	6g	1.0g	0g	0mg	25g	2g	230mg	2g	2g	4 each
	Gold Fish	90	1.5g	0g	0g	0mg	16g	0g	200mg	1g	2g	1 package
2/26/25	French Toast Bites	253	16g	7g	0g	27mg	26g	9g	347mg	1g	2g	4 each
	Egg Pattie	90	7g	2g	0g	150mg	2g	0g	180mg	0g	6g	2 each
2/27/25	Cheesy Baked Pasta	270	4	0			53		380		9	1
	Meatballs	150	9g	3.5g	0g	35mg	6g	2g	220mg	1g	12g	4 each
2/28/25	Pepperoni Pizza	470	27g	11g	0g	60mg	33g	10g	930mg	3g	23g	1 each

Date	Total Calories	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
2/3/25	Waffle Graham Crackers	210	7g	2.0g	0g	0mg	37g	13g	170mg	2g	3g	1 each	
2/4/25	Double Chocolate Oatmeal Bar	150	5g	1.0g	0g	0mg	24g	9g	110mg	3g	2g	1 each	
2/5/25	Chocolate Muffins	200	8g	1.5g	0g	10mg	29g	28g	125mg	2g	3g	1 each	
2/6/25	Cinnamon Pop Tarts	170	3g	1g	0g	0mg	37g	15g	120mg	3g	2g	1 each	
2/7/25	Warm Chocolate filled crescent	240	8g	1.5g	0g	0mg	38g	11g	280mg	3g	6g	1 each	
2/10/25	French Toast Graham Crackers	130	4.5g	1.0g	0g	0mg	21g	8g	140mg	2g	2g	1 each	
2/11/25	Mini Confetti Pancake	220	7	1			36		300		4	1 each	
2/12/25	Blueberry Lemon Bites	120	3.5g	0.5g	0g	0mg	21g	8g	60mg	2g	2g	1 each	
2/13/25	Apple Cinnamon Cheerios	110	2.0g	0g	0g	0mg	23g	9g	115mg	2g	2g	1 each	
2/18/25	WG Fudge Pop tart	170	3g	1g	0g	0mg	36g	15g	120mg	3g	2g	1 each	
2/19/25	Campfire Smore Bar	150	5g	1.5g	0g	0mg	24g	9g	50mg	1g	2g	1 each	
2/20/25	WG Banana Muffin	180	7g	1.5g	0g	10mg	28g	15g	100mg	1g	2g	1 each	
2/21/25	Chefs Choice												
2/24/25	Chocolate Oatmeal Bar	140	4.5g	1g	0g	5mg	23g	9g	75mg	1g	2g	1 each	
2/25/25	Super Donut	150	5g	1.5g	0g	0mg	23g	12g	190mg	1g	4g	1 each	
2/26/25	Lucky Charms Cereal,	110	1.0g	0g	0g	0mg	23g	9g	170mg	2g	2g	1 each	
2/27/25	Baked Birthday Cake Bar	150	5g	1.5g	0g	0mg	24g	9g	45mg	2g	2g	1 each	
2/28/25	Mini Confetti Pancake	220	7	1			36		300		4	1 each	

All Fruit at 1/2 cup each	Total Calories	Fat (G)	Saturated Fat (G)	Trans Fat (G)	Cholesterol (Mg)	Carbs (G)	Sugar (G)	Sodium (Mg)	Fiber (G)	Protein (G)
Fresh Apple	70	0	0			18		0		0
Fresh Apple Slices	70	0	0			18		0		0
Fresh Baby Carrots	50	0	0			12		90		1
Fresh Banana	110	0	0			27		0		1
Fresh Broccoli	25	0	0			6		0		2
Fresh Cantaloupe	30	0	0			7		15		1
Fresh Cauliflower	15	0	0			2		15		1
Fresh Celery Sticks	0	0	0			4		60		0
Fresh Clementine	35	0	0			9		0		1
Fresh Cucumbers	0	0	0			1		5		0
Fresh Grapes	60	0	0			18		0		0
Fresh Grape Tomatoes	15	0	0			3.5		5		1
Fresh Green Peppers	15	0	0			4		0		1
Fresh Honeydew	40	0	0			10		0		0
Fresh Mixed Fruit	40	0	0			10		0		0
Fresh Orange	90	0.5	0			21		0		2
Fresh Pear	90	0	0			25		0		0
Fresh Pineapple	40	0	0			10		0		0.5
Fresh Red Peppers	25	0	0			4.5		2.5		1
Fresh Watermelon	23	0	0			6		0		0
Fresh Strawberries						6g				
Steamed Broccoli	25	0	0			5		0		2
Steamed Brown Rice	170	1.5	0			36		0		4
Steamed Carrots	30	0	0			7		45		1
Steamed Cauliflower	10	0	0			2		10		1
Steamed Corn	80	1	0			20		5		3
Steamed Green Beans	30	0	0			3		0		1
Steamed Green Peas	70	0	0			12		80		5
Steamed Vegetable Medley	20	0	0			4		20		0.5
honey dew						8g				
Black Beans	100	0	0			18		520		7

Fat Free Chocolate Milk	110	0	0	0	0	19g	18g	210mg	18g	8g
1% White Milk	100					11g	11g	120mg	11g	8g
Fat Free White Milk	80					11g	11g	120mg	11g	8g
	Calories	Carb	Sugar	Sodium						
all 4oz										
Juice										
Cranberry Raspberry	60	14g	12g	10mg						
Fruit Punch	60	15g	14g	5mg						
grape	80	20g	19g	10mg						
Orange Tangerine	60	15g	13g	10mg						
Strawberry Kiwi	60	14g	12g	10mg						
Very Berry	60	17g	15g	10mg						