

		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	Pizza Dippers	300	10g	5g	0g	30mg	34g	4g	440mg	4g	20g	2 each
Tuesday	Cheese Sauce	140	9g	0g	0g	0mg	12g	4g	1140mg	0g	2g	4oz
	Corn Chips	110	3g	0g	0g	0mg	19g	0g	95mg	2g	2g	1 each
Wednesday	Chefs Choice											
Thursday	Bean and Cheese Burrito	290	9g	4.0g	0g	10mg	40g	4g	400mg	8g	14g	1 each
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
4/1/25	Pancake Wrapped Corn Dog	190	10g	2.5g	0g	25mg	17g	4g	310mg	3g	7g	1 each
4/2/25	Chicken Tenders	260	15g	2.5g	0g	25mg	16g	1g	390mg	3g	15g	3 each
4/3/25	Grilled Cheese	180	12.5g	8g	0g	40mg	10g	2g	740mg	1g	10g	1 sandwich
4/4/25	Buffalo Chicken Pizza	470	27g	11g	0g	60mg	33g	10g	930mg	3g	23g	1 each
4/7/25	Popcorn Chicken	270	13g	3g	0g	70mg	20g	0g	640mg	3g	19g	10 each
	BBQ Sauce	60	0g	0g	0g	0g	14g	8g	450mg	0g	0g	1 oz
	Rice	340	3g	0g	0g	0mg	72g	0g	0mg	2g	8g	3 oz
4/8/25	Cheese Sauce	140	9g	0g	0g	0mg	12g	4g	1140mg	0g	2g	4oz
	Beef Taco Filling	110	5g	2g	0g	35mg	5g	2g	300mg	2g	13g	1 serving
	Corn Chips	110	3g	0g	0g	0mg	19g	0g	95mg	2g	2g	1 each
4/9/25	Scrambled eggs	135	9g	3.0g	0g	0g	3g	0g	390mg	0g	9g	3oz
	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
4/10/25	Mac and Cheese	300	12g	7g	0g	35mg	32g	8g	650mg	2g	15g	3oz
4/11/25	Sausage Pizza	470	27g	11g	0g	60mg	33g	10g	930mg	3g	23g	1 each
4/14/25	Chicken Patty	200	10g	2g	0g	35mg	13g	0g	400mg	2g	15g	1 each
	Sliced Cheese	40	3g	1.75g	0g	7.5g	1g	.5g	140mg	0g	3.5g	1 each
	Buffalo Sauce		1g	0g	0g	0g	1g	0g	470mg	0g	0g	1 oz
	Hamburger Bun	140	2g	0g	0g	0g	25g	3g	230mg	2g	6g	1 each
4/15/25	Pizza	470	27g	11g	0g	60mg	33g	10g	930mg	3g	23g	1 each
4/16/25	Burger Patty	180	13g	6g	1.0g	30mg	2g	0g	230mg	1g	12g	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
4/17/25	Turkey Hot Dog	150	9g	3g	0g	45mg	3g	1g	660mg	0g	7g	1 each
	Hot Dog Bun	150	2.5g	0g	0g	0g	27g	0g	270mg	3g	6g	1 each
4/21/25	Popcorn Chicken	270	13g	3g	0g	70mg	20g	0g	640mg	3g	19g	10 each

	Sweet and Sour sauce	35	.5g	0g	0g	0g	7g	12g	160mg	0g	0g	2tbsp
	Rice	340	3g	0g	0g	0mg	72g	0g	0mg	2g	8g	3 oz
4/22/25	Fries	240	10g	1.50g	0g	0mg	37.5g	3g	344mg	3g	3g	6 each
	Cheese Sauce	140	9g	0g	0g	0mg	12g	4g	1140mg	0g	2g	4oz
	Gold Fish	90	1.5g	0g	0g	0mg	16g	0g	200mg	1g	2g	1 package
4/23/25	French Toast Bites	253	16g	7g	0g	27mg	26g	9g	347mg	1g	2g	6 each
	Turkey Sausage	70	3.5g	1.0g	0g	30mg	2g	1g	160mg	0g	7g	1 each
4/24/25	Pasta	190	1.0g	0g	0g	0mg	41g	2g	0mg	4g	7g	2 oz
	Alfredo sauce	180	12g	6.0g	0g	40mg	8g	6g	760mg	0g	12g	2oz
4/25/25	Cheey Pull apart Bread	300	13g	6g	0g	30mg	32g	5g	520mg	2g	14g	1 each
	Pizza Sauce	30	0g	0g	0g	0mg	6g	3g	90mg	0g	1g	2oz
4/28/25	Chicken Patty	200	10g	2g	0g	35mg	13g	0g	400mg	2g	15g	1 each
	Cheesy Baked Pasta	270	4	0			53		380		9	1
4/29/25	Mlni Calzone	320	11g	5g	0g	20mg	40g	6g	470mg	4g	17g	2 each
4/30/25	Mini Confetti Pancake	220	7	1			36		300		4	1 each
	Turkey Sausage	70	3.5g	1.0g	0g	30mg	2g	1g	160mg	0g	7g	1 each