

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	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
6/2/25	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
6/3/25	Pepperoni Pizza	470	27g	11g	0g	60mg	33g	10g	930mg	3g	23g	1 each