

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
11/1/24	Pasta w. Marinara Sauce	270	4	0			53		380		9	1
11/1/24	meatballs	150	9g	3.5g	.5g	35mg	6g	2g	220mg	2g	12g	4 meatballs
11/6/24	Maple Chicken and Biscuit sal	580	23g	10g	0g	35mg	73g	22g	1080mg	3g	20g	1 each
11/7/24	Cheesy Baked Pasta	270	4	0			53		380		9	1
11/7/24	shedded cheese	45	3g	1.75g	0g	10mg	.5g	0g	105mg	0g	4g	2oz
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 Chicken Mashed Pot	395	17.5	3			43		710		17	
11/12/24	Cheese Quesadilla	230	12	7.5			22		440		10	1 each
11/13/24	Whole Grain Mini Confetti Par	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
	Hot Dog Bun	150	2.5g	0g	0g	0g	27g	0g	270mg	3g	6g	1 each
	Pickel	0	0	0	0	0	0	0	390mg	0	0	4 each
	Fries	150	8g	1g	0g	0mg	20g	1g	360mg	1g	2g	4 oz
11/15/24	Bosco sticks	300	10g	5g	0g	30mg	34g	4g	440mg	4g	20g	2 each
11/15/24	Marinara sauce	200	6g	0g	0g	0mg	32g	20g	1560mg	0g	8g	2 oz
11/18/24	Sweet and Sour sauce	35	.5g	0g	0g	0g	7g	12g	160mg	0g	0g	2tbsp
11/18/24	Popcorn Chickem	270	13g	3g	0g	70mg	20g	0g	640mg	3g	19g	10 each
11/18/24	Rice	340	3g	0g	0g	0mg	72g	0g	0mg	2g	8g	3 oz
11/19/24	Homemade Mac and Cheese	290	8g	4.5g	0g	20mg	44g	2g	290mg	4g	12g	6oz
11/19/24	Dinner Roll	80	1.5g	0g	0g	0mg	14g	2g	70mg	2g	3g	1 each
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
	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	Turkey	80	1g	.05g	0g	40mg	0g	0g	460mg	0g	19g	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