

| 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                |
| 1/6/25        | Chicken Tenders                    | 260            | 15g     | 2.5g              | 0g            | 25mg             | 16g       | 1g        | 390mg       | 3g        | 15g         | 3 each                   |
| 1/7/25        | Turkey                             | 80             | 1g      | .05g              | 0g            | 40mg             | 0g        | 0g        | 460mg       | 0g        | 19g         | 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                   |
| 1/8/25        | Waffle                             | 170            | 5g      | 1.5g              | 0g            | 0mg              | 28g       | 5g        | 210mg       | 4g        | 4g          | 2 each                   |
|               | Turkey Sausage                     | 70             | 3.5g    | 1.0g              | 0g            | 30mg             | 2g        | 1g        | 160mg       | 0g        | 7g          | 1 each                   |
| 1/9/25        | 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                   |
| 1/10/25       | Sausage Pizza                      | 470            | 27g     | 11g               | 0g            | 60mg             | 33g       | 10g       | 930mg       | 3g        | 23g         | 1 each                   |
| 1/13/25       | Turkey                             | 80             | 1g      | .05g              | 0g            | 40mg             | 0g        | 0g        | 460mg       | 0g        | 19g         | 1 each                   |
| 1/13/25       | 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                   |
| 1/14/25       | Popcorn Chicken Mashed Potato Bowl | 395            | 17.5    | 3                 |               |                  | 43        |           | 710         |           | 17          |                          |
| 1/15/25       | 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                   |
| 1/16/25       | Cheesy Baked Pasta                 | 270            | 4       | 0                 |               |                  | 53        |           | 380         |           | 9           | 1                        |
| 1/17/25       | 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                     |
| 1/21/25       | Cheese Quesadilla                  | 230            | 12      | 7.5               |               |                  | 22        |           | 440         |           | 10          | 1 each                   |
| 1/22/25       | 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                   |
| 1/23/25       | Pancake Wrapped Corn Dog           | 190            | 10g     | 2.5g              | 0g            | 25mg             | 17g       | 4g        | 310mg       | 3g        | 7g          | 1 each                   |
| 1/24/25       | Pepperoni Pizza                    | 470            | 27g     | 11g               | 0g            | 60mg             | 33g       | 10g       | 930mg       | 3g        | 23g         | 1 each                   |
| 1/27/25       | 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                     |
| 1/28/25       | Chicken Taco Filling               | 150            | 7g      | 2.0g              | 0g            | 40mg             | 5g        | 2g        | 270mg       | 2g        | 16g         | 3 oz                     |
|               | shedded cheese                     | 45             | 3g      | 1.75g             | 0g            | 10mg             | .5g       | 0g        | 105mg       | 0g        | 4g          | 2oz                      |
|               | 6in Tortilla                       | 180            | 6g      | 4g                | 0g            | 0mg              | 30g       | 2g        | 150mg       | 4g        | 4g          | 2each                    |
| 1/29/25       | Meatball Sub Sandwich              | 340            | 15      | 5.5               |               |                  | 34        |           | 690         |           | 14          | 1                        |
| 1/30/25       | Cheese Tortellini                  | 240            | 6g      | 3.5g              | 0g            | 70mg             | 36g       | 3g        | 420mg       | 4g        | 10g         | 6oz                      |
|               | Marinara sauce                     | 200            | 6g      | 0g                | 0g            | 0mg              | 32g       | 20g       | 1560mg      | 0g        | 8g          | 2 oz                     |
|               | Dinner Roll                        | 80             | 1.5g    | 0g                | 0g            | 0mg              | 14g       | 2g        | 70mg        | 2g        | 3g          | 1 each                   |
| 1/31/25       | 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                     |