

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
<b>March</b>												
3/3	Chicken Corn Dog	280	14g	4.0g	0g	45mg	27g	9g	700mg	1g	10g	1 each
3/4/35	Mini Confetti Pancake	220	7	1			36		300		4	1 each
3/4/25	Turkey Sausage	70	3.5g	1.0g	0g	30mg	2g	1g	160mg	0g	7g	1 each
3/5/25	Cheese Quesadilla	230	12	7.5			22		440		10	4oz
3/6/35	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
3/7/25	Cheese stuffed Bread Sticks	300	12g	4g	0g	20mg	32g	0g	460mg	2g	16g	1 each
	Pizza Sauce	30	0g	0g	0g	0mg	6g	3g	90mg	0g	1g	2oz
3/10/25	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
	Meatballs	150	9g	3.5g	0g	35mg	6g	2g	220mg	1g	12g	4 each
3/11/25	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
	Cheese Sauce	35	2.25g	0g	0g	0mg	3g	1g	285mg	0g	.5g	1oz
3/12/25	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	8g	660mg	1g	5g	1each
	Tater tots	130	7g	1.0g	0g	0mg	16g	1g	360mg	1g	1g	9 each
3/13/25	Mac and Cheese	300	12g	7g	0g	35mg	32g	8g	650mg	2g	15g	3oz
3/14/25	Pepperoni Pizza	470	27g	11g	0g	60mg	33g	10g	930mg	3g	23g	1 each
3/17/25	Cheese stuffed Bread Sticks	300	12g	4g	0g	20mg	32g	0g	460mg	2g	16g	1 each
	Pizza Sauce	30	0g	0g	0g	0mg	6g	3g	90mg	0g	1g	2oz
3/18/25	Beef Taco Filling	110	5g	2g	0g	35mg	5g	2g	300mg	2g	13g	1 serving
3/18/25	shedded cheese	45	3g	1.75g	0g	10mg	.5g	0g	105mg	0g	4g	2oz
3/18/25	Fries	240	10g	1.50g	0g	0mg	37.5g	3g	344mg	3g	3g	6 each
	Gold Fish	90	1.5g	0g	0g	0mg	16g	0g	200mg	1g	2g	1 package
3/19/25	French Toast Bites	253	16g	7g	0g	27mg	26g	9g	347mg	1g	2g	6 each
3/19/25	Turkey Sausage	70	3.5g	1.0g	0g	30mg	2g	1g	160mg	0g	7g	1 each
3/31/25	Fries	240	10g	1.50g	0g	0mg	37.5g	3g	344mg	3g	3g	6 each

3/31/25	Cheese Sauce	140	9g	0g	0g	0mg	12g	4g	1140mg	0g	2g	4oz
3/31/25	Gold Fish	90	1.5g	0g	0g	0mg	16g	0g	200mg	1g	2g	1 package