

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
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	Chefs choice											