

	Item	Portion	Calories	Fat (g)	Sat Fat (g)	Trans fat (g)	% cal fat	% cal sat fat	Fiber (g)	Sugar (g)	Soduim (mg)	Carb
1-Nov												
Monday												
	Total		0	0	0	0	0%	0%	0	0	0	0
2-Nov												
Tuesday												
	Total		0	0	0	0	0%	0%	0	0	0	0
1-Dec	Bread, Sliced	2 ea	140	1	0	0	6%	0%	2	4	300	26
	American Cheese	4 sl.	140	8	5	0	51%	32%	0	4	840	4
	Tomato Soup	3/4 c.	135	0	0	0	0%	0%	1.5	18	720	30
	Applesauce	1/2 c.	50	0	0	0	0%	0%	1	11	0	14
	Milk	8 oz	110	3	2	0	25%	16%	0	12	125	13
	Total		575	12	7	0	19%	11%	4.5	49	1985	87
2-Dec	Popcorn Chicken	12 ea	230	13	2.5	0	51%	10%	3	1	350	14
	Pretzel Rod	1 ea	70	0.5	0	0	6%	0%	1	0	40	14
	BBQ Sauce Cup	1 ea	40	0	0	0	0%	0%	0	8	75	9
	Seasoned Carrots	3/4 c.	40.5	1.5	0	0	33%	0%	3	4.5	64.5	9
	Applesauce	1/2 c.	50	0	0	0	0%	0%	1	11	0	14
	Milk	8 oz	110	3	2	0	25%	16%	0	12	125	13
	Total		540.5	18	4.5	0	30%	7%	8	36.5	654.5	73
3-Dec	Tonys cheese pizza	1 ea	320	12	6	0	34%	17%	3	10	480	35
Friday	Romaine Lettuce	1 c.	10	0	0	0	0%	0%	1	0	0	2
Option 1	Shredded Carrots	1 oz	11.1	0	0	0	0%	0%	0.88	1.33	20	2.67
	Crouton pkt	1 ea	50	2	0	0	36%	0%	1	1	135	7
	Ranch Dressing	1 ea	70	6	0	0	77%	0%	0	3	115	5
	Applesauce	1/2 c.	50	0	0	0	0%	0%	1	11	0	14
	Milk	8 oz	110	3	2	0	25%	16%	0	12	125	13
	Total		621.1	23	8	0	33%	12%	6.88	38.33	875	78.67
	Week 2 Option 1 Averages		578.87	17.67	6.50	0.00	27%	10%	6.46	41.28	1171.50	79.56

	Item	Portion	Calories	Fat (g)	Sat Fat (g)	Trans fat (g)	% cal fat	% cal sat fat	Fiber (g)	Sugar (g)	Soduim (mg)	Carb
Monday	6-Dec Macaroni n Cheese	1 svg	280	11	5	0	35%	16%	2	6	670	29
	Cookie	1 ea	180	5	1.5	0	25%	8%	2	14	200	32
	Steamed Broccoli	3/4 c.	29	0	0	0	0%	0%	4.5	1.5	33	7.5
	Applesauce	1/2 c.	50	0	0	0	0%	0%	1	11	0	14
	Milk	8 oz	110	3	2	0	25%	16%	0	12	125	13
	Total		649	19	8.5	0	26%	12%	9.5	44.5	1028	95.5
Tuesday	7-Dec Fiestada	1 ea	340	14	6	0	37%	16%	4	10	850	39
	Salsa Cup	1 ea	30	0	0	0	0%	0%	0	4	200	4
	Refried Beans	1/2 c.	170	1.5	0.5	0	8%	3%	10	0	610	30
	Applesauce	1/2 c.	50	0	0	0	0%	0%	1	11	0	14
	Milk	8 oz	110	3	2	0	25%	16%	0	12	125	13
	Total		700	18.5	8.5	0	24%	11%	15	37	1785	100
8-Dec	Meatballs	4 ea	150	9	3.5	0	54%	21%	1	2	220	5
	Marinara Sauce	2.8z	40	2	0	0	45%	0%	2	4	320	6
	Garlic Twist Breadastic	1 ea	150	3	1	0	18%	6%	0	2	180	26
	green beans	3/4 c.	28.5	0	0	0	0%	0%	3	1.5	1.5	6
	Applesauce	1/2 c.	50	0	0	0	0%	0%	1	11	0	14
	Milk	8 oz	110	3	2	0	25%	16%	0	12	125	13
	Total		528.5	17	6.5	0	29%	11%	7	32.5	846.5	70
9-Dec	Boneless Wings	5 ea	200	9	2	0	41%	9%	3	1	330	13
	Garlic Bread	1 sl	80	3.5	1	0	39%	11%	1	0	150	10
	BBQ Sauce Cup	1 ea	40	0	0	0	0%	0%	0	8	75	9
	Seasoned Corn	3/4 c.	97.5	1.5	0	0	14%	0%	2.5	4.5	22.5	22.5
	Applesauce	1/2 c.	50	0	0	0	0%	0%	1	11	0	14
	Milk	8 oz	110	3	2	0	25%	16%	0	12	125	13
	Total		577.5	17	5	0	26%	8%	7.5	36.5	702.5	81.5
Friday Option 1	10-Dec Dominos Chs Pizza	1/8 Pizza	290	8	3.5	0	25%	11%	2	3	510	34
	Romaine Lettuce	1 c.	10	0	0	0	0%	0%	1	0	0	2
	Shredded Carrots	1 oz	11.1	0	0	0	0%	0%	0.88	1.33	20	2.67
	Crouton pkt	1 ea	50	2	0	0	36%	0%	1	1	135	7
	Ranch Dressing	1 ea	70	6	0	0	77%	0%	0	3	115	5
	Applesauce	1/2 c.	50	0	0	0	0%	0%	1	11	0	14
	Milk	8 oz	110	3	2	0	25%	16%	0	12	125	13
		Total		591.1	19	5.5	0	29%	8%	5.88	31.33	905
	Week 2 Option 1 Averages		609.22	18.10	6.80	0.00	27%	10%	8.98	36.37	1053.40	84.93

	Item	Portion	Calories	Fat (g)	Sat Fat (g)	Trans fat (g)	% cal fat	% cal sat fat	Fiber (g)	Sugar (g)	Soduim (mg)	Carb
13-Dec	Corn Dog	1 ea	240	9	2.5	0	34%	9%	2	8	470	30
Monday	Ketchup	1 pkt	10	0	0	0	0%	0%	0	2	85	3
	Mustard	1 ea	0	0	0	0	#DIV/0!	#DIV/0!	0	0	65	0
	Baked Beans	3/4 c.	195	0	0	0	0%	0%	7.5	18	775	44.5
	Applesauce	1/2 c.	50	0	0	0	0%	0%	1	11	0	14
	Milk	8 oz	110	3	2	0	25%	16%	0	12	125	13
	Total		605	12	4.5	0	18%	7%	10.5	51	1520	104.5
14-Dec	Cheese Lasagna Roll	1 ea	240	6	3.5	0	23%	13%	2	5	390	29
Tuesday	Marinara Sauce	2.8 oz	30	0	0	0	0%	0%	1	4	270	2
	Garlic Bread	1 sl	80	3.5	1	0	39%	11%	1	0	150	10
	Steamed Broccoli	3/4 c.	29	0	0	0	0%	0%	4.5	1.5	33	7.5
	Applesauce	1/2 c.	50	0	0	0	0%	0%	1	11	0	14
	Milk	8 oz	110	3	2	0	25%	16%	0	12	125	13
	Total		539	12.5	6.5	0	21%	11%	9.5	33.5	968	75.5
15-Dec	Chicken Drums	1 ea	220	13	3	0	53%	12%	1	0	530	6
	Cornbread loaf	1 ea	180	6	0.5	0	30%	3%	1	15	90	28
	BBQ Sauce Cup	1 ea	40	0	0	0	0%	0%	0	8	75	9
	Mashed Potatoes	1/2 c.	80	0.5	0	0	6%	0%	2	0	115	17
	Applesauce	1/2 c.	50	0	0	0	0%	0%	1	11	0	14
	Milk	8 oz	110	3	2	0	25%	16%	0	12	125	13
	Total		680	22.5	5.5	0	30%	7%	5	46	935	87
16-Dec	Beef Rib Patty	1 ea	200	10	4	0	45%	18%	2	10	670	13
	BBQ Sauce Cup	1 ea	40	0	0	0	0%	0%	0	8	75	9
	Hamburger Bun	1 ea	140	1.5	0	0	10%	0%	2	6	280	26
	Seasoned Carrots	3/4 c.	40.5	1.5	0	0	33%	0%	3	4.5	64.5	9
	Applesauce	1/2 c.	50	0	0	0	0%	0%	1	11	0	14
	Milk	8 oz	110	3	2	0	25%	16%	0	12	125	13
	Total		580.5	16	6	0	25%	9%	8	51.5	1214.5	84
17-Dec	Tonys cheese pizza	1 ea	320	12	6	0	34%	17%	3	10	480	35
Friday	Romaine Lettuce	1 c.	10	0	0	0	0%	0%	1	0	0	2
Option 1	Shredded Carrots	1 oz	11.1	0	0	0	0%	0%	0.88	1.33	20	2.67
	Crouton pkt	1 ea	50	2	0	0	36%	0%	1	1	135	7
	Ranch Dressing	1 ea	70	6	0	0	77%	0%	0	3	115	5
	Applesauce	1/2 c.	50	0	0	0	0%	0%	1	11	0	14
	Milk	8 oz	110	3	2	0	25%	16%	0	12	125	13
	Total		621.1	23	8	0	33%	12%	6.88	38.33	875	78.67
	Week 2 Option 1 Averages		605.12	17.20	6.10	0.00	25%	9%	7.98	44.07	1102.50	85.93

	Item	Portion	Calories	Fat (g)	Sat Fat (g)	Trans fat (g)	% cal fat	% cal sat fat	Fiber (g)	Sugar (g)	Soduim (mg)	Carb
20-Dec	Beef Rib Patty	1 ea	200	10	4	0	45%	18%	2	10	670	13
Monday	BBQ Sauce Cup	1 ea	40	0	0	0	0%	0%	0	8	75	9
	Hamburger Bun	1 ea	140	1.5	0	0	10%	0%	2	6	280	26
	Seasoned Carrots	3/4 c.	40.5	1.5	0	0	33%	0%	3	4.5	64.5	9
	Applesauce	1/2 c.	50	0	0	0	0%	0%	1	11	0	14
	Milk	8 oz	110	3	2	0	25%	16%	0	12	125	13
	Total			580.5	16	6	0	25%	9%	8	51.5	1214.5
21-Dec	Cheese Quesadilla	1 ea	300	10	3	0	30%	9%	4	3	670	39
Tuesday	Salsa Cup	1 ea	30	0	0	0	0%	0%	0	4	200	4
	Refried Beans	1/2 c.	170	1.5	0.5	0	8%	3%	10	0	610	30
	Applesauce	1/2 c.	50	0	0	0	0%	0%	1	11	0	14
	Milk	8 oz	110	3	2	0	25%	16%	0	12	125	13
	Total			660	14.5	5.5	0	20%	8%	15	30	1605
22-Dec												
	Total		0	0	0	0	0%	0%	0	0	0	0
	Total		0	0	0	0	0%	0%	0	0	0	0
Friday												
Option 1												
	Total		0	0	0	0	0%	0%	0	0	0	0
	Week 2 Option 1 Averages		620.25	15.25	5.75	0.00	22%	8%	11.50	40.75	1409.75	92.00

	Item	Portion	Calories	Fat (g)	Sat Fat (g)	Trans fat (g)	% cal fat	% cal sat fat	Fiber (g)	Sugar (g)	Soduim (mg)	Carb
Turkey Sandwich	Whole grain bread	2 sl	140	1	0	0	6%	0%	2	4	300	26
	Sliced Turkey	6 sl	110	4.5	1	0	10%	0%	0	0	370	0
Total			250	5.5	1	0	20%	4%	2	4	670	26
Cheese Sandwich Tuesday	Whole grain bread	2 sl	140	1	0	0	6%	0%	2	4	300	26
	American Cheese	4 sl	140	8	5	0	51%	32%	0	2	840	4
Total			280	9	5	0	29%	16%	2	6	1140	30
PB&J	PB&J Uncrustable	1 ea	300	17	3	0	51%	9%	4	14	280	32
	String Cheese Stick	1 ea	60	3	2	0	45%	30%	1	0	200	1
	Cinn. Goldfish Cracker	1 ea	120	4	1	0	30%	8%	1	7	140	19
Total			480	24	6	0	45%	11%	6	21	620	52
Yogurt Parfait	Vanilla Yogurt	8 oz	224	1.5	0.75	0	6%	3%	0	32	119	46
	Strawberries	4 oz	90	0	0	0	0%	0%	2	18	0	22
	Granola	1 pkg	120	3.5	0	0	26%	0%	2	6	75	20
Total			210	3.5	0	0	15%	0%	4	24	75	42
Chef Salad	Romaine Lettuce	1 c.	10	0	0	0	0%	0%	1	0	0	2
	Shredded Carrots	1 oz	11.1	0	0	0	0%	0%	0.88	1.33	20	2.67
	cucumbers	1/4 c	3	0	0	0	0%	0%	0	0	0	0.5
	Hard Boiled Egg	1 ea	70	5	1.5	0	64%	19%	0	1	55	1
	Cheddar Cheese	1 oz	110	9	6	0	74%	49%	0	0	190	0
	Croutons	1 pkg	60	2	0	0	30%	0%	0	1	150	9
	Goldfish , Cheddar	1 pkt	100	3.5	1.5	0	32%	14%	0	0	170	14
	Total			364.1	19.5	9	0	48%	22%	1.88	3.33	585