

	Item	Portion	Calories	Fat (g)	Sat Fat (g)	Trans fat (g)	% cal fat	% cal sat fat	Fiber (g)	Sugar (g)	Soduim (mg)	Carb
Monday												
	<b>Total</b>		<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0%</b>	<b>0%</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>
Tuesday												
	<b>Total</b>		<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0%</b>	<b>0%</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>
1-Dec	Cheese Lasagna Roll	1 ea	240	6	3.5	0	23%	13%	2	5	390	29
	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
	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
	<b>Total</b>		<b>538.5</b>	<b>12.5</b>	<b>6.5</b>	<b>0</b>	<b>21%</b>	<b>11%</b>	<b>8</b>	<b>33.5</b>	<b>936.5</b>	<b>74</b>
2-Dec	Hamburger Patty	1 ea	110	5	2	0	41%	16%	1	0	270	1
	American Cheese	1 sl	35	2	1.25	0	51%	32%	1	0	210	1
	Hamburger Bun	1 ea	140	1.5	0	0	10%	0%	2	6	280	26
	Ketchup	1 pkt	10	0	0	0	0%	0%	0	2	85	3
	Mustard	1 ea	0	0	0	0	0%	0%	0	0	65	0
	Lettuce	1 leaf	2	0	0	0	0%	0%	0	0	0	0
	Tomato	1 sl	7.5	0	0	0	0%	0%	0.5	1	2.5	1.75
	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
	<b>Total</b>		<b>659.5</b>	<b>11.5</b>	<b>5.25</b>	<b>0</b>	<b>16%</b>	<b>7%</b>	<b>13</b>	<b>50</b>	<b>1812.5</b>	<b>104.25</b>
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
	<b>Total</b>		<b>621.1</b>	<b>23</b>	<b>8</b>	<b>0</b>	<b>33%</b>	<b>12%</b>	<b>6.88</b>	<b>38.33</b>	<b>875</b>	<b>78.67</b>
	<b>Week 2 Option 1 Averages</b>		<b>606.37</b>	<b>15.67</b>	<b>6.58</b>	<b>0.00</b>	<b>23%</b>	<b>10%</b>	<b>9.29</b>	<b>40.61</b>	<b>1208.00</b>	<b>85.64</b>

	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
	<b>Total</b>		<b>649</b>	<b>19</b>	<b>8.5</b>	<b>0</b>	<b>26%</b>	<b>12%</b>	<b>9.5</b>	<b>44.5</b>	<b>1028</b>	<b>95.5</b>
Tuesday	7-Dec Mini Pancakes	1 pkg	200	5	1	0	23%	5%	3	13	170	37
	Syrup	1 pkt	120	0	0	0	0%	0%	0	19	0	31
	Turkey Saus Patty	2 ea	120	8	2	0	60%	15%	0	0	160	0
	Tator Tots	12 ea	135	5.25	0	0	35%	0%	3	0	255	21
	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
	<b>Total</b>		<b>735</b>	<b>21.25</b>	<b>5</b>	<b>0</b>	<b>26%</b>	<b>6%</b>	<b>7</b>	<b>55</b>	<b>710</b>	<b>116</b>
8-Dec												
	<b>Total</b>		<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0%</b>	<b>0%</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>
9-Dec	Chicken Nuggets	5 ea	240	14	2.5	0	53%	9%	3	1	470	16
	Breadstick	1 ea	70	1	0	0	13%	0%	1	2	95	14
	BBQ Sauce Cup	1 ea	40	0	0	0	0%	0%	0	8	75	9
	Seasoned Peas	3/4 c.	90	0	0	0	0%	0%	6	6	90	16.5
	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
	<b>Total</b>		<b>600</b>	<b>18</b>	<b>4.5</b>	<b>0</b>	<b>27%</b>	<b>7%</b>	<b>11</b>	<b>40</b>	<b>855</b>	<b>82.5</b>
Friday Option 1	10-Dec Tonys cheese pizza	1 ea	320	12	6	0	34%	17%	3	10	480	35
	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
	<b>Total</b>		<b>621.1</b>	<b>23</b>	<b>8</b>	<b>0</b>	<b>33%</b>	<b>12%</b>	<b>6.88</b>	<b>38.33</b>	<b>875</b>	<b>78.67</b>
	<b>Week 2 Option 1 Averages</b>		<b>651.28</b>	<b>20.31</b>	<b>6.50</b>	<b>0.00</b>	<b>28%</b>	<b>9%</b>	<b>8.60</b>	<b>44.46</b>	<b>867.00</b>	<b>93.17</b>

	Item	Portion	Calories	Fat (g)	Sat Fat (g)	Trans fat (g)	% cal fat	% cal sat fat	Fiber (g)	Sugar (g)	Soduim (mg)	Carb
Monday	13-Dec Bread, Sliced	2 sl	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
							0%	0%				
	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
	<b>Total</b>		<b>575</b>	<b>12</b>	<b>7</b>	<b>0</b>	<b>19%</b>	<b>11%</b>	<b>4.5</b>	<b>49</b>	<b>1985</b>	<b>87</b>
Tuesday	14-Dec Meatballs	4 ea	150	9	3.5	0	54%	21%	1	2	220	5
	Marinara Sauce	2.8 oz	40	2	0	0	45%	0%	2	4	320	6
	Garlic Twist Breadstick	1 ea	150	3	1	0	18%	6%	0	2	180	26
	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
	<b>Total</b>		<b>529</b>	<b>17</b>	<b>6.5</b>	<b>0</b>	<b>29%</b>	<b>11%</b>	<b>8.5</b>	<b>32.5</b>	<b>878</b>	<b>71.5</b>
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
	<b>Total</b>		<b>680</b>	<b>22.5</b>	<b>5.5</b>	<b>0</b>	<b>30%</b>	<b>7%</b>	<b>5</b>	<b>46</b>	<b>935</b>	<b>87</b>
16-Dec	Mini Corn Dogs	6 ea	270	11	2	0	37%	7%	3	12	370	33
	Ketchup	1 pkt	10	0	0	0	0%	0%	0	2	85	3
	Mustard	1 ea	0	0	0	0	0%	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
	<b>Total</b>		<b>635</b>	<b>14</b>	<b>4</b>	<b>0</b>	<b>20%</b>	<b>6%</b>	<b>11.5</b>	<b>55</b>	<b>1420</b>	<b>107.5</b>
Friday	17-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
	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
	<b>Total</b>		<b>591.1</b>	<b>19</b>	<b>5.5</b>	<b>0</b>	<b>29%</b>	<b>8%</b>	<b>5.88</b>	<b>31.33</b>	<b>905</b>	<b>77.67</b>
	<b>Week 2 Option 1 Averages</b>		<b>752.53</b>	<b>21.13</b>	<b>7.13</b>	<b>0.00</b>	<b>32%</b>	<b>11%</b>	<b>8.85</b>	<b>53.46</b>	<b>1530.75</b>	<b>107.67</b>

	Item	Portion	Calories	Fat (g)	Sat Fat (g)	Trans fat (g)	% cal fat	% cal sat fat	Fiber (g)	Sugar (g)	Soduim (mg)	Carb
29-Nov	Chicken Patty	1 ea	270	15	2.5	0	50%	8%	3	1	400	16
Monday	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
	<b>Total</b>		<b>610.5</b>	<b>21</b>	<b>4.5</b>	<b>0</b>	<b>31%</b>	<b>7%</b>	<b>9</b>	<b>34.5</b>	<b>869.5</b>	<b>78</b>
20-Dec	Fiestada	1 ea	340	14	6	0	37%	16%	4	10	850	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
	<b>Total</b>		<b>700</b>	<b>18.5</b>	<b>8.5</b>	<b>0</b>	<b>24%</b>	<b>11%</b>	<b>15</b>	<b>37</b>	<b>1785</b>	<b>100</b>
21-Dec	Beef Hot Dog	1 ea	170	16	6	0.5	85%	32%	0	0	500	1
	Hotdog Bun	1 ea	100	1.5	0	0	14%	0%	3	3	200	21
	Ketchup	1 pkt	10	0	0	0	0%	0%	0	2	85	3
	Mustard	1 ea	0	0	0	0	0%	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
	<b>Total</b>		<b>635</b>	<b>20.5</b>	<b>8</b>	<b>0.5</b>	<b>29%</b>	<b>11%</b>	<b>11.5</b>	<b>46</b>	<b>1750</b>	<b>96.5</b>
	<b>Total</b>		<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0%</b>	<b>0%</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>
Friday	Option 1											
	<b>Total</b>		<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0%</b>	<b>0%</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>
	<b>Week 2 Option 1 Averages</b>		<b>648.50</b>	<b>20.00</b>	<b>7.00</b>	<b>0.17</b>	<b>28%</b>	<b>10%</b>	<b>11.83</b>	<b>39.17</b>	<b>1468.17</b>	<b>91.50</b>

	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
<b>Total</b>			<b>250</b>	<b>5.5</b>	<b>1</b>	<b>0</b>	<b>20%</b>	<b>4%</b>	<b>2</b>	<b>4</b>	<b>670</b>	<b>26</b>
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
<b>Total</b>			<b>280</b>	<b>9</b>	<b>5</b>	<b>0</b>	<b>29%</b>	<b>16%</b>	<b>2</b>	<b>6</b>	<b>1140</b>	<b>30</b>
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
<b>Total</b>			<b>480</b>	<b>24</b>	<b>6</b>	<b>0</b>	<b>45%</b>	<b>11%</b>	<b>6</b>	<b>21</b>	<b>620</b>	<b>52</b>
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
<b>Total</b>			<b>210</b>	<b>3.5</b>	<b>0</b>	<b>0</b>	<b>15%</b>	<b>0%</b>	<b>4</b>	<b>24</b>	<b>75</b>	<b>42</b>
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
	<b>Total</b>			<b>364.1</b>	<b>19.5</b>	<b>9</b>	<b>0</b>	<b>48%</b>	<b>22%</b>	<b>1.88</b>	<b>3.33</b>	<b>585</b>