

| | Item | Portion | Calories | Fat (g) | Sat Fat (g) | Trans fat (g) | % cal fat | % cal sat fat | Fiber (g) | Sugar (g) | Sodium (mg) | Carb |
|----------|---------------------------------|---------|----------|---------|-------------|---------------|-----------|---------------|-----------|-----------|-------------|--------|
| Monday | | | | | | | | | | | | |
| | Total | | 0 | 0 | 0 | 0 | 0% | 0% | 0 | 0 | 0 | 0 |
| 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 |
| | Ranch Dressing | 1 ea | 70 | 6 | 0 | 0 | 77% | 0% | 0 | 3 | 115 | 5 |
| | Carrots, baby | 3 oz | 30 | 0 | 0 | 0 | 0% | 0% | 2 | 4 | 70 | 8 |
| | Applesauce | 1 c. | 100 | 0 | 0 | 0 | 0% | 0% | 2 | 22 | 0 | 28 |
| | Milk | 8 oz | 110 | 3 | 2 | 0 | 25% | 16% | 0 | 12 | 125 | 13 |
| | Total | | 725 | 18 | 7 | 0 | 22% | 9% | 7.5 | 67 | 2170 | 114 |
| 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 |
| | Ranch Dressing | 1 ea | 70 | 6 | 0 | 0 | 77% | 0% | 0 | 3 | 115 | 5 |
| | Carrots, baby | 3 oz | 30 | 0 | 0 | 0 | 0% | 0% | 2 | 4 | 70 | 8 |
| | Applesauce | 1 c. | 100 | 0 | 0 | 0 | 0% | 0% | 2 | 22 | 0 | 28 |
| | Milk | 8 oz | 110 | 3 | 2 | 0 | 25% | 16% | 0 | 12 | 125 | 13 |
| | Total | | 690.5 | 24 | 4.5 | 0 | 31% | 6% | 11 | 54.5 | 839.5 | 100 |
| 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 |
| | Ranch Dressing | 1 ea | 70 | 6 | 0 | 0 | 77% | 0% | 0 | 3 | 115 | 5 |
| | Carrots, baby | 3 oz | 30 | 0 | 0 | 0 | 0% | 0% | 2 | 4 | 70 | 8 |
| | Applesauce | 1 c. | 100 | 0 | 0 | 0 | 0% | 0% | 2 | 22 | 0 | 28 |
| | Milk | 8 oz | 110 | 3 | 2 | 0 | 25% | 16% | 0 | 12 | 125 | 13 |
| | Total | | 771.1 | 29 | 8 | 0 | 34% | 9% | 9.88 | 56.33 | 1060 | 105.67 |
| | Week 2 Option 1 Averages | | 728.87 | 23.67 | 6.50 | 0.00 | 29% | 8% | 9.46 | 59.28 | 1356.50 | 106.56 |

| | Item | Portion | Calories | Fat (g) | Sat Fat (g) | Trans fat (g) | % cal fat | % cal sat fat | Fiber (g) | Sugar (g) | Sodium (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 |
| | Ranch Dressing | 1 ea | 70 | 6 | 0 | 0 | 77% | 0% | 0 | 3 | 115 | 5 |
| | Carrots, baby | 3 oz | 30 | 0 | 0 | 0 | 0% | 0% | 2 | 4 | 70 | 8 |
| | Applesauce | 1 c. | 100 | 0 | 0 | 0 | 0% | 0% | 2 | 22 | 0 | 28 |
| | Milk | 8 oz | 110 | 3 | 2 | 0 | 25% | 16% | 0 | 12 | 125 | 13 |
| | Total | | 799 | 25 | 8.5 | 0 | 28% | 10% | 12.5 | 62.5 | 1213 | 122.5 |
| 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 |
| | Ranch Dressing | 1 ea | 70 | 6 | 0 | 0 | 77% | 0% | 0 | 3 | 115 | 5 |
| | Carrots, baby | 3 oz | 30 | 0 | 0 | 0 | 0% | 0% | 2 | 4 | 70 | 8 |
| | Applesauce | 1 c. | 100 | 0 | 0 | 0 | 0% | 0% | 2 | 22 | 0 | 28 |
| | Milk | 8 oz | 110 | 3 | 2 | 0 | 25% | 16% | 0 | 12 | 125 | 13 |
| | Total | | 850 | 24.5 | 8.5 | 0 | 26% | 9% | 18 | 55 | 1970 | 127 |
| 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 |
| | Ranch Dressing | 1 ea | 70 | 6 | 0 | 0 | 77% | 0% | 0 | 3 | 115 | 5 |
| | Carrots, baby | 3 oz | 30 | 0 | 0 | 0 | 0% | 0% | 2 | 4 | 70 | 8 |
| | Applesauce | 1 c. | 100 | 0 | 0 | 0 | 0% | 0% | 2 | 22 | 0 | 28 |
| Milk | 8 oz | 110 | 3 | 2 | 0 | 25% | 16% | 0 | 12 | 125 | 13 | |
| | Total | | 678.5 | 23 | 6.5 | 0 | 31% | 9% | 10 | 50.5 | 1031.5 | 97 |
| 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 |
| | Ranch Dressing | 1 ea | 70 | 6 | 0 | 0 | 77% | 0% | 0 | 3 | 115 | 5 |
| | Carrots, baby | 3 oz | 30 | 0 | 0 | 0 | 0% | 0% | 2 | 4 | 70 | 8 |
| | Applesauce | 1 c. | 100 | 0 | 0 | 0 | 0% | 0% | 2 | 22 | 0 | 28 |
| Milk | 8 oz | 110 | 3 | 2 | 0 | 25% | 16% | 0 | 12 | 125 | 13 | |
| | Total | | 727.5 | 23 | 5 | 0 | 28% | 6% | 10.5 | 54.5 | 887.5 | 108.5 |
| Friday | 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 |
| 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 |
| | Ranch Dressing | 1 ea | 70 | 6 | 0 | 0 | 77% | 0% | 0 | 3 | 115 | 5 |
| | Carrots, baby | 3 oz | 30 | 0 | 0 | 0 | 0% | 0% | 2 | 4 | 70 | 8 |
| | Applesauce | 1 c. | 100 | 0 | 0 | 0 | 0% | 0% | 2 | 22 | 0 | 28 |
| | Milk | 8 oz | 110 | 3 | 2 | 0 | 25% | 16% | 0 | 12 | 125 | 13 |
| | Total | | 741.1 | 25 | 5.5 | 0 | 30% | 7% | 8.88 | 49.33 | 1090 | 104.67 |
| | Week 2 Option 1 Averages | | 759.22 | 24.10 | 6.80 | 0.00 | 29% | 8% | 11.98 | 54.37 | 1238.40 | 111.93 |

| | 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 | 0% | 0% | 0 | 0 | 65 | 0 |
| | Baked Beans | 3/4 c. | 195 | 0 | 0 | 0 | 0% | 0% | 7.5 | 18 | 775 | 44.5 |
| | Ranch Dressing | 1 ea | 70 | 6 | 0 | 0 | 77% | 0% | 0 | 3 | 115 | 5 |
| | Carrots, baby | 3 oz | 30 | 0 | 0 | 0 | 0% | 0% | 2 | 4 | 70 | 8 |
| | Applesauce | 1 c. | 100 | 0 | 0 | 0 | 0% | 0% | 2 | 22 | 0 | 28 |
| | Milk | 8 oz | 110 | 3 | 2 | 0 | 25% | 16% | 0 | 12 | 125 | 13 |
| | Total | | 755 | 18 | 4.5 | 0 | 21% | 5% | 13.5 | 69 | 1705 | 131.5 |
| 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 |
| | Ranch Dressing | 1 ea | 70 | 6 | 0 | 0 | 77% | 0% | 0 | 3 | 115 | 5 |
| | Carrots, baby | 3 oz | 30 | 0 | 0 | 0 | 0% | 0% | 2 | 4 | 70 | 8 |
| | Applesauce | 1 c. | 100 | 0 | 0 | 0 | 0% | 0% | 2 | 22 | 0 | 28 |
| | Milk | 8 oz | 110 | 3 | 2 | 0 | 25% | 16% | 0 | 12 | 125 | 13 |
| | Total | | 689 | 18.5 | 6.5 | 0 | 24% | 8% | 12.5 | 51.5 | 1153 | 102.5 |
| 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 c. | 160 | 1 | 0 | 0 | 6% | 0% | 4 | 0 | 230 | 34 |
| | Ranch Dressing | 1 ea | 70 | 6 | 0 | 0 | 77% | 0% | 0 | 3 | 115 | 5 |
| | Carrots, baby | 3 oz | 30 | 0 | 0 | 0 | 0% | 0% | 2 | 4 | 70 | 8 |
| | Applesauce | 1 c. | 100 | 0 | 0 | 0 | 0% | 0% | 2 | 22 | 0 | 28 |
| | Milk | 8 oz | 110 | 3 | 2 | 0 | 25% | 16% | 0 | 12 | 125 | 13 |
| | Total | | 910 | 29 | 5.5 | 0 | 29% | 5% | 10 | 64 | 1235 | 131 |
| 16-Dec | Beef Chili | 6 oz | 150 | 5 | 1.5 | 0 | 30% | 9% | 4 | 5 | 230 | 15 |
| | Tostitos | 1 ea | 120 | 4.5 | 0.5 | 0 | 34% | 4% | 2 | 0 | 100 | 18 |
| | Seasoned Corn | 3/4 c. | 97.5 | 1.5 | 0 | 0 | 14% | 0% | 2.5 | 4.5 | 22.5 | 22.5 |
| | Ranch Dressing | 1 ea | 70 | 6 | 0 | 0 | 77% | 0% | 0 | 3 | 115 | 5 |
| | Carrots, baby | 3 oz | 30 | 0 | 0 | 0 | 0% | 0% | 2 | 4 | 70 | 8 |
| | Applesauce | 1 c. | 100 | 0 | 0 | 0 | 0% | 0% | 2 | 22 | 0 | 28 |
| | Milk | 8 oz | 110 | 3 | 2 | 0 | 25% | 16% | 0 | 12 | 125 | 13 |
| | Total | | 677.5 | 20 | 4 | 0 | 27% | 5% | 12.5 | 50.5 | 662.5 | 109.5 |
| | 17-Dec | Tonys cheese pizza | 1 ea | 320 | 12 | 6 | 0 | 34% | 17% | 3 | 10 | 480 |
| Friday Option 1 | 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 |
| | Ranch Dressing | 1 ea | 70 | 6 | 0 | 0 | 77% | 0% | 0 | 3 | 115 | 5 |
| | Carrots, baby | 3 oz | 30 | 0 | 0 | 0 | 0% | 0% | 2 | 4 | 70 | 8 |
| | Applesauce | 1 c. | 100 | 0 | 0 | 0 | 0% | 0% | 2 | 22 | 0 | 28 |
| | Milk | 8 oz | 110 | 3 | 2 | 0 | 25% | 16% | 0 | 12 | 125 | 13 |
| Total | | 771.1 | 29 | 8 | 0 | 34% | 9% | 9.88 | 56.33 | 1060 | 105.67 | |
| Week 2 Option 1 Averages | | 760.52 | 22.90 | 5.70 | 0.00 | 27% | 7% | 11.68 | 58.27 | 1163.10 | 116.03 | |

| | Item | Portion | Calories | Fat (g) | Sat Fat (g) | Trans fat (g) | % cal fat | % cal sat fat | Fiber (g) | Sugar (g) | Sodium (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 |
| | Ranch Dressing | 1 ea | 70 | 6 | 0 | 0 | 77% | 0% | 0 | 3 | 115 | 5 |
| | Carrots, baby | 3 oz | 30 | 0 | 0 | 0 | 0% | 0% | 2 | 4 | 70 | 8 |
| | Applesauce | 1 c. | 100 | 0 | 0 | 0 | 0% | 0% | 2 | 22 | 0 | 28 |
| | Milk | 8 oz | 110 | 3 | 2 | 0 | 25% | 16% | 0 | 12 | 125 | 13 |
| Total | | | 730.5 | 22 | 6 | 0 | 27% | 7% | 11 | 69.5 | 1399.5 | 111 |

21-Dec
Tuesday

| | | | | | | | | | | | | |
|--------------|-------------------|--------|------------|-------------|------------|----------|------------|-----------|-----------|-----------|-------------|------------|
| Total | | | 0 | 0 | 0 | 0 | 0% | 0% | 0 | 0 | 0 | 0 |
| 22-Dec | Cheese Quesadilla | 1 ea | 300 | 10 | 3 | 0 | 30% | 9% | 4 | 3 | 670 | 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 |
| | Ranch Dressing | 1 ea | 70 | 6 | 0 | 0 | 77% | 0% | 0 | 3 | 115 | 5 |
| | Carrots, baby | 3 oz | 30 | 0 | 0 | 0 | 0% | 0% | 2 | 4 | 70 | 8 |
| | 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 | | | 760 | 20.5 | 5.5 | 0 | 24% | 7% | 17 | 37 | 1790 | 113 |

| | | | | | | | | | | | | |
|--------------|--|--|----------|----------|----------|----------|-----------|-----------|----------|----------|----------|----------|
| 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 | | | 745.25 | 21.25 | 5.75 | 0.00 | 26% | 7% | 14.00 | 53.25 | 1594.75 | 112.00 |

| | 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 |