

	Item	Portion	Calories	Fat (g)	Sat Fat (g)	Trans fat (g)	% cal fat	% cal sat fat	Fiber (g)	Sugar (g)	Soduim (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
5-Jan	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
6-Jan	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
7-Jan	Dominos Chs Pizza	1/8 Pizza	290	8	3.5	0	25%	11%	2	3	510	34
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		591.1	19	5.5	0	29%	8%	5.88	31.33	905	77.67
	Week 2 Option 1 Averages		565.70	17.67	5.67	0.00	28%	9%	6.79	33.44	818.00	76.39

	Item	Portion	Calories	Fat (g)	Sat Fat (g)	Trans fat (g)	% cal fat	% cal sat fat	Fiber (g)	Sugar (g)	Soduim (mg)	Carb
10-Jan	Mini Corn Dogs	6 ea	270	11	2	0	37%	7%	3	12	370	33
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
	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			635	14	4	0	20%	6%	11.5	55	1420
11-Jan	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
12-Jan												
	Total		0	0	0	0	0%	0%	0	0	0	0
13-Jan	Beef Chili	5.83 oz	150	5	1.5	0	30%	9%	3	1	330	13
	Tostitos RF	1 sl	80	3.5	1	0	39%	11%	1	0	150	10
	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		487.5	13	4.5	0	24%	8%	7.5	28.5	627.5	72.5
14-Jan	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		570.65	15.63	5.75	0.00	25%	9%	8.85	38.83	972.63	83.54

	Item	Portion	Calories	Fat (g)	Sat Fat (g)	Trans fat (g)	% cal fat	% cal sat fat	Fiber (g)	Sugar (g)	Soduim (mg)	Carb
17-Jan												
Monday												
	Total		0	0	0	0	0%	0%	0	0	0	0
18-Jan	Taco Meat	3.17 oz	110	5	2	0	41%	16%	2	2	290	5
Tuesday	RF Doritos	1 pkg	130	5	1	0	35%	7%	2	1	200	20
	Cheese Sauce	1 ea	140	10	6	0	64%	39%	0	10	570	14
	Salsa	2 oz	15	0	0	0	0%	0%	0	1	105	3
	Corn	1/2 c.	80	2	0	0	23%	0%	2	7	15	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		635	25	11	0	35%	16%	7	44	1305	86
19-Jan	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
	Total		635	20.5	8	0.5	29%	11%	11.5	46	1750	96.5
20-Jan	Bosco Sticks	1 ea	300	10	5	0	30%	15%	4	2	440	34
	Marinara Sauce	1 ea	20	2	0	0	90%	0%	2	1	110	4
	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		509	15	7	0	27%	12%	11.5	27.5	708	72.5
21-Jan	Dominos Chs Pizza	1/8 Pizza	290	8	3.5	0	25%	11%	2	3	510	34
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		591.1	19	5.5	0	29%	8%	5.88	31.33	905	77.67
	Week 2 Option 1 Averages		592.53	19.88	7.88	0.13	30%	12%	8.97	37.21	1167.00	83.17

	Item	Portion	Calories	Fat (g)	Sat Fat (g)	Trans fat (g)	% cal fat	% cal sat fat	Fiber (g)	Sugar (g)	Soduim (mg)	Carb
Monday	24-Jan 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
Tuesday	25-Jan Taco Sticks	1 ea	345	13	8	0	34%	21%	4	1	631	32
	Salsa Cup	1 ea	30	0	0	0	0%	0%	0	4	200	4
	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			632.5	17.5	10	0	25%	14%	7.5	32.5	978.5

26-Jan

	Total		0	0	0	0	0%	0%	0	0	0	0
27-Jan	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
Friday Option 1	28-Jan 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
	Total			621.1	23	8	0	33%	12%	6.88	38.33	875
Week 2 Option 1 Averages			592.28	17.63	7.38	0.00	27%	11%	6.72	39.08	1123.25	81.04

	Item	Portion	Calories	Fat (g)	Sat Fat (g)	Trans fat (g)	% cal fat	% cal sat fat	Fiber (g)	Sugar (g)	Sodium (mg)
31-Jan	Macaroni n Cheese	1 svg	280	11	5	0	35%	16%	2	6	670
Monday	Cookie	1 ea	180	5	1.5	0	25%	8%	2	14	200
	Steamed Broccoli	3/4 c.	29	0	0	0	0%	0%	4.5	1.5	33
	Applesauce	1/2 c.	50	0	0	0	0%	0%	1	11	0
	Milk	8 oz	110	3	2	0	25%	16%	0	12	125
	Total			649	19	8.5	0	26%	12%	9.5	44.5

Tuesday

Total			0	0	0	0	0%	0%	0	0	0
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Total			0	0	0	0	0%	0%	0	0	0
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Total			0	0	0	0	0%	0%	0	0	0
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Friday

Option 1

Total	0	0	0	0	0%	0%	0	0	0
Week 2 Option 1 Averages	649.00	19.00	8.50	0.00	26%	12%	9.50	44.50	1028.00

Carb

29

32

7.5

14

13

95.5

0

0

0

0
95.50

	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