

	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	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
6-Jan	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
	Total		600	18	4.5	0	27%	7%	11	40	855	82.5
7-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		576.70	18.67	6.50	0.00	29%	10%	9.79	35.28	812.67	77.89

	Item	Portion	Calories	Fat (g)	Sat Fat (g)	Trans fat (g)	% cal fat	% cal sat fat	Fiber (g)	Sugar (g)	Soduim (mg)	Carb
Monday	10-Jan 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
	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
Tuesday	11-Jan Popcorn Chicken	1 1ea	230	13	2.5	0	51%	10%	3	1	350	14
	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
	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		529	17	4.5	0	29%	8%	9.5	35.5	678	71.5	
12-Jan	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
Total		529	17	6.5	0	29%	11%	8.5	32.5	878	71.5	
13-Jan	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
Total		635	14	4	0	20%	6%	11.5	55	1420	107.5	
Friday Option 1	14-Jan 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	77.67
Week 2 Option 1 Averages		571.82	15.80	5.50	0.00	25%	9%	7.98	40.67	1173.20	83.03	

	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												
Tuesday	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
	Total		735	21.25	5	0	26%	6%	7	55	710	116
19-Jan												
	Total		0	0	0	0	0%	0%	0	0	0	0
20-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
21-Jan												
Friday	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
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		663.70	21.58	7.00	0.17	29%	10%	8.46	46.44	1111.67	97.06

	Item	Portion	Calories	Fat (g)	Sat Fat (g)	Trans fat (g)	% cal fat	% cal sat fat	Fiber (g)	Sugar (g)	Soduim (mg)	Carb
24-Jan	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
	Total		610.5	21	4.5	0	31%	7%	9	34.5	869.5	78
25-Jan	Taco Sticks	1 ea	345	13	8	0			4	1	631	32
Tuesday	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	85.5
26-Jan	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
	Total		538.5	12.5	6.5	0	21%	11%	8	33.5	936.5	74
27-Jan	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
	Total		659.5	11.5	5.25	0	16%	7%	13	50	1812.5	104.25
28-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		612.42	17.10	6.85	0.00	25%	10%	8.88	37.77	1094.40	84.08

	Item	Portion	Calories	Fat (g)	Sat Fat (g)	Trans fat (g)	% cal fat
31-Jan	Macaroni n Cheese	1 svg	280	11	5	0	35%
Monday	Cookie	1 ea	180	5	1.5	0	25%
	Steamed Broccoli	3/4 c.	29	0	0	0	0%
	Applesauce	1/2 c.	50	0	0	0	0%
	Milk	8 oz	110	3	2	0	25%
	Total		649	19	8.5	0	26%

Tuesday

Total			0	0	0	0	0%
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5-Jan

Total			0	0	0	0	0%
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6-Jan

Total			0	0	0	0	0%
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7-Jan

Friday

Option 1

Total			0	0	0	0	0%
	Week 2 Option 1 Averages		649.00	19.00	8.50	0.00	26%

% cal sat fat	Fiber (g)	Sugar (g)	Soduim (mg)	Carb
16%	2	6	670	29
8%	2	14	200	32
0%	4.5	1.5	33	7.5
0%	1	11	0	14
16%	0	12	125	13
12%	9.5	44.5	1028	95.5

0%	0	0	0	0
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0%	0	0	0	0
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0%	0	0	0	0
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0%	0	0	0	0
12%	9.50	44.50	1028.00	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