

	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
	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
	green beans	3/4 c.	28.5	0	0	0	0%	0%	3	1.5	1.5	6
	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
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
	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
	Seasoned Corn	3/4 c.	97.5	1.5	0	0	14%	0%	2.5	4.5	22.5	22.5
	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
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 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		641.1	19	5.5	0	27%	8%	6.88	42.33	905	91.67
	Week 2 Option 1 Averages		682.37	21.67	5.67	0.00	29%	8%	9.13	49.11	941.33	99.06

	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 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
	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
	Baked Beans	3/4 c.	195	0	0	0	0%	0%	7.5	18	775	44.5
	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			785	20	4	0	23%	5%	14.5	73	1605	134.5
Tuesday	11-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
	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
	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 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
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
	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
	Seasoned Corn	3/4 c.	97.5	1.5	0	0	14%	0%	2.5	4.5	22.5	22.5
	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			637.5	19	4.5	0	27%	6%	10.5	46.5	812.5	99.5
Friday	14-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
	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 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			671.1	23	8	0	31%	11%	7.88	49.33	875	92.67
Week 2 Option 1 Averages			695.65	20.13	5.75	0.00	26%	8%	11.35	55.08	1111.38	107.29

	Item	Portion	Calories	Fat (g)	Sat Fat (g)	Trans fat (g)	% cal fat	% cal sat fat	Fiber (g)	Sugar (g)	Sodium (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
	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		785	31	11	0	36%	13%	10	62	1490	113
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
	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
	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 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		785	26.5	8	0.5	30%	9%	14.5	64	1935	123.5
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
	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
	Steamed Broccoli	3/4 c.	29	0	0	0	0%	0%	4.5	1.5	33	7.5
	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		659	21	7	0	29%	10%	14.5	45.5	893	99.5
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 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		641.1	19	5.5	0	27%	8%	6.88	42.33	905	91.67
	Week 2 Option 1 Averages		717.53	24.38	7.88	0.13	30%	10%	11.47	53.46	1305.75	106.92

	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
	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
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
	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
	Seasoned Corn	3/4 c.	97.5	1.5	0	0	14%	0%	2.5	4.5	22.5	22.5
	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			782.5	23.5	10	0	27%	12%	10.5	50.5	1163.5	112.5
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
	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
	Seasoned Carrots	3/4 c.	40.5	1.5	0	0	33%	0%	3	4.5	64.5	9
	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
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 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			671.1	23	8	0	31%	11%	7.88	49.33	875	92.67
Week 2 Option 1 Averages			717.28	22.13	7.38	0.00	28%	9%	9.22	55.33	1262.00	104.79

	Item	Portion	Calories	Fat (g)	Sat Fat (g)	Trans fat (g)	% cal fat	% cal sat fat	Fiber (g)	Sugar (g)	Soduim (mg)	Carb
31-Jan	Macaroni n Cheese	1 svg	280	11	5	0	35%	16%	2	6	670	29
Monday	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												
	Total		0	0	0	0	0%	0%	0	0	0	0
	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		799.00	25.00	8.50	0.00	28%	10%	12.50	62.50	1213.00	122.50

	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