

| | Item | Portion | Calories | Fat (g) | Sat Fat (g) | Trans fat (g) | % cal fat | % cal sat fat | Fiber (g) | Sugar (g) | Soduim (mg) | Carb |
|---------------------------------|---------------------|--------------------|---------------|--------------|-------------|---------------|------------|---------------|-------------|--------------|----------------|---------------|
| 1-Nov | Bosco Sticks | 1 ea | 300 | 10 | 5 | 0 | 30% | 15% | 4 | 2 | 440 | 34 |
| Monday | 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 |
| 2-Nov | 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 |
| 3-Nov | 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 |
| 4-Nov | 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 |
| | 5-Nov | Tonys cheese pizza | 1 ea | 320 | 12 | 6 | 0 | 34% | 17% | 3 | 10 | 480 |
| 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 | | | 592.12 | 15.90 | 7.35 | 0.00 | 24% | 11% | 9.38 | 36.37 | 1062.10 | 82.98 |

| | Item | Portion | Calories | Fat (g) | Sat Fat (g) | Trans fat (g) | % cal fat | % cal sat fat | Fiber (g) | Sugar (g) | Soduim (mg) | Carb |
|---------------------------------|--------------------|------------|---------------|--------------|-------------|---------------|------------|---------------|-------------|--------------|----------------|---------------|
| 8-Nov | 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 |
| | 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 | | 649 | 19 | 8.5 | 0 | 26% | 12% | 9.5 | 44.5 | 1028 | 95.5 |
| 9-Nov | Mini Pancakes | 1 pkg | 200 | 5 | 1 | 0 | 23% | 5% | 3 | 13 | 170 | 37 |
| Tuesday | 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 | |
| 10-Nov | | | | | | | | | | | | |
| Total | | | 0 | 0 | 0 | 0 | 0% | 0% | 0 | 0 | 0 | 0 |
| 11-Nov | 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 |
| | 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 | | | 705 | 18 | 4.5 | 0 | 23% | 6% | 12.5 | 52 | 1540 | 110.5 |
| 12-Nov | 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 | | | 677.53 | 20.31 | 6.50 | 0.00 | 27% | 9% | 8.97 | 47.46 | 1038.25 | 100.17 |

| | Item | Portion | Calories | Fat (g) | Sat Fat (g) | Trans fat (g) | % cal fat | % cal sat fat | Fiber (g) | Sugar (g) | Soduim (mg) | Carb |
|----------|---------------------------------|-----------|---------------|--------------|-------------|---------------|------------|---------------|-------------|--------------|----------------|--------------|
| 15-Nov | | | | | | | | | | | | |
| Monday | | | | | | | | | | | | |
| | Total | | 0 | 0 | 0 | 0 | 0% | 0% | 0 | 0 | 0 | 0 |
| 16-Nov | Bread, Sliced | 2 sl | 140 | 1 | 0 | 0 | 6% | 0% | 2 | 4 | 300 | 26 |
| Tuesday | American Cheese | 4 sl | 140 | 8 | 5 | 0 | 51% | 32% | 0 | 4 | 840 | 4 |
| | Smile Fries | 6 ea | 195 | 6.75 | 0 | 0 | 31% | 0% | 3 | 0 | 270 | 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 |
| | Total | | 635 | 18.75 | 7 | 0 | 27% | 10% | 6 | 31 | 1535 | 87 |
| 17-Nov | 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 |
| | 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 | | 628.5 | 22 | 5.5 | 0 | 32% | 8% | 6 | 47.5 | 821.5 | 76 |
| 18-Nov | 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 |
| 19-Nov | 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 | | 622.40 | 18.44 | 5.50 | 0.00 | 27% | 8% | 7.35 | 41.21 | 1170.38 | 87.04 |

| | 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 | Bosco Sticks | 1 ea | 300 | 10 | 5 | 0 | 30% | 15% | 4 | 2 | 440 | 34 |
| Monday | 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 |
| 30-Nov | 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 |

| | | | | | | | | | | | |
|--------------|--|----------|----------|----------|----------|----------------|----------------|----------|----------|----------|----------|
| Total | | 0 | 0 | 0 | 0 | #DIV/0! | #DIV/0! | 0 | 0 | 0 | 0 |
|--------------|--|----------|----------|----------|----------|----------------|----------------|----------|----------|----------|----------|

| | | | | | | | | | | | |
|--------------|--|----------|----------|----------|----------|----------------|----------------|----------|----------|----------|----------|
| Total | | 0 | 0 | 0 | 0 | #DIV/0! | #DIV/0! | 0 | 0 | 0 | 0 |
|--------------|--|----------|----------|----------|----------|----------------|----------------|----------|----------|----------|----------|

Friday
Option 1

| | | | | | | | | | | | |
|---------------------------------|--|---------------|-------------|-------------|-------------|----------------|----------------|-------------|--------------|---------------|--------------|
| Total | | 0 | 0 | 0 | 0 | #DIV/0! | #DIV/0! | 0 | 0 | 0 | 0 |
| Week 2 Option 1 Averages | | 228.30 | 6.50 | 3.40 | 0.00 | #DIV/0! | #DIV/0! | 3.80 | 12.00 | 337.30 | 31.60 |

| | 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 |