

	Item	Portion	Calories	Fat (g)	Sat Fat (g)	Trans fat (g)	% cal fat	% cal sat fat	Fiber (g)	Sugar (g)	Sodium (mg)	Carb	
Monday	1-Nov	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
		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		659	21	7	0	29%	10%	14.5	45.5	893	99.5	
Tuesday	2-Nov												
	Total		0	0	0	0	0%	0%	0	0	0	0	
3-Nov		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
		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		618.5	18	7	0	26%	10%	9	50.5	1451.5	90	
4-Nov		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	
Friday	5-Nov	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
		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		684.78	16.50	5.13	0.00	30%	10%	8.63	40.63	827.25	75.63	

	Item	Portion	Calories	Fat (g)	Sat Fat (g)	Trans fat (g)	% cal fat	% cal sat fat	Fiber (g)	Sugar (g)	Sodium (mg)	Carb
Monday	8-Nov 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	9-Nov 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
10-Nov	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	
11-Nov	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	12-Nov 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
15-Nov	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
16-Nov	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
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
	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		778.5	28	5.5	0	32%	6%	9	65.5	1006.5	103
18-Nov	Beef Rib Patty	1 ea	200	10	4	0	45%	18%	2	10	670	13
	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
19-Nov	Tonys cheese pizza	1 ea	320	12	6	0	34%	17%	3	10	480	35
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		744.82	23.10	6.10	0.00	28%	7%	11.18	62.37	1264.80	110.73

	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
	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			659	21	7	0	29%	10%	14.5	45.5	893	99.5

30-Nov
Tuesday

Total			0	0	0	0	0%	0%	0	0	0	0
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Total			0	0	0	0	0%	0%	0	0	0	0
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Total			0	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	0
Week 2 Option 1 Averages			659.00	21.00	7.00	0.00	29%	10%	14.50	45.50	893.00	99.50

	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