

	Item	Portion	Calories	Fat (g)	Sat Fat (g)	Trans fat (g)	% cal fat	% cal sat fat	Fiber (g)	Sugar (g)	Soduim (mg)	Carb
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Monday

<b>Total</b>			0	0	0	0	0%	0%	0	0	0	0
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Tuesday

<b>Total</b>			0	0	0	0	0%	0%	0	0	0	0
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<b>Total</b>			0	0	0	0	0%	0%	0	0	0	0
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Thursday

<b>Total</b>			0	0	0	0	0%	0%	0	0	0	0
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1-Oct	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
	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

<b>Total</b>			591.1	19	5.5	0	29%	8%	5.88	31.33	905	77.67
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<b>Week 1 Option 1 Averages</b>			591.10	19.00	5.50	0.00	29%	8%	5.88	31.33	905.00	77.67
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	Item	Portion	Calories	Fat (g)	Sat Fat (g)	Trans fat (g)	% cal fat	% cal sat fat	Fiber (g)	Sugar (g)	Soduim (mg)	Carb
4-Oct	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
<b>Total</b>			<b>509</b>	<b>15</b>	<b>7</b>	<b>0</b>	<b>27%</b>	<b>12%</b>	<b>11.5</b>	<b>27.5</b>	<b>708</b>	<b>72.5</b>

5-Oct  
Tuesday

<b>Total</b>			<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0%</b>	<b>0%</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>
6-Oct	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
	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
<b>Total</b>			<b>468.5</b>	<b>12</b>	<b>7</b>	<b>0</b>	<b>23%</b>	<b>13%</b>	<b>6</b>	<b>32.5</b>	<b>1266.5</b>	<b>63</b>

7-Oct	Popcorn Chicken	12 ea	230	13	2.5	0	41%	16%	3	1	350	14
	Pretzel Rod	1 ea	70	0.5	0	0	51%	32%	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
<b>Total</b>			<b>540.5</b>	<b>18</b>	<b>4.5</b>	<b>0</b>	<b>30%</b>	<b>7%</b>	<b>8</b>	<b>36.5</b>	<b>654.5</b>	<b>73</b>

8-Oct  
Friday  
Option 1

<b>Total</b>			<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0%</b>	<b>0%</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>
<b>Week 2 Option 1 Averages</b>			<b>506.00</b>	<b>11.25</b>	<b>4.63</b>	<b>0.00</b>	<b>20%</b>	<b>8%</b>	<b>6.38</b>	<b>24.13</b>	<b>657.25</b>	<b>52.13</b>

	Item	Portion	Calories	Fat (g)	Sat Fat (g)	Trans fat (g)	% cal fat	% cal sat fat	Fiber (g)	Sugar (g)	Soduim (mg)	Carb
Monday	11-Oct 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
	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
	<b>Total</b>		<b>649</b>	<b>19</b>	<b>8.5</b>	<b>0</b>	<b>26%</b>	<b>12%</b>	<b>9.5</b>	<b>44.5</b>	<b>1028</b>	<b>95.5</b>
Tuesday	12-Oct 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
	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
	<b>Total</b>		<b>700</b>	<b>18.5</b>	<b>8.5</b>	<b>0</b>	<b>24%</b>	<b>11%</b>	<b>15</b>	<b>37</b>	<b>1785</b>	<b>100</b>
13-Oct	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
	<b>Total</b>		<b>528.5</b>	<b>17</b>	<b>6.5</b>	<b>0</b>	<b>29%</b>	<b>11%</b>	<b>7</b>	<b>32.5</b>	<b>846.5</b>	<b>70</b>
14-Oct	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
	<b>Total</b>		<b>577.5</b>	<b>17</b>	<b>5</b>	<b>0</b>	<b>26%</b>	<b>8%</b>	<b>7.5</b>	<b>36.5</b>	<b>702.5</b>	<b>81.5</b>
Friday Option 1	15-Oct 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
		<b>Total</b>		<b>591.1</b>	<b>19</b>	<b>5.5</b>	<b>0</b>	<b>29%</b>	<b>8%</b>	<b>5.88</b>	<b>31.33</b>	<b>905</b>
	<b>Week 2 Option 1 Averages</b>		<b>609.22</b>	<b>18.10</b>	<b>6.80</b>	<b>0.00</b>	<b>27%</b>	<b>10%</b>	<b>8.98</b>	<b>36.37</b>	<b>1053.40</b>	<b>84.93</b>

	Item	Portion	Calories	Fat (g)	Sat Fat (g)	Trans fat (g)	% cal fat	% cal sat fat	Fiber (g)	Sugar (g)	Soduim (mg)	Carb
18-Oct	Sloppy Joe Sauce	3 oz	145	6	2.2	0	37%	14%	8	2	417	10
Monday	Hamburger Bun	1 ea	140	1.5	0	0	10%	0%	2	6	280	26
	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
	<b>Total</b>		<b>640</b>	<b>10.5</b>	<b>4.2</b>	<b>0</b>	<b>15%</b>	<b>6%</b>	<b>18.5</b>	<b>49</b>	<b>1597</b>	<b>107.5</b>
19-Oct	Chicken Tenders	3 ea	260	15	2.5	0	52%	9%	3	1	390	16
Tuesday	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
<b>Total</b>		<b>668.5</b>	<b>24</b>	<b>5</b>	<b>0</b>	<b>32%</b>	<b>7%</b>	<b>8</b>	<b>48.5</b>	<b>681.5</b>	<b>86</b>	
20-Oct	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
	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
	<b>Total</b>		<b>539</b>	<b>12.5</b>	<b>6.5</b>	<b>0</b>	<b>21%</b>	<b>11%</b>	<b>9.5</b>	<b>33.5</b>	<b>968</b>	<b>75.5</b>
21-Oct	Cheese Calzone	1 ea	250	5	2	0	37%	7%	4	4	430	33
	Marinara Sauce	1 ea	20	2	0	0	90%	0%	2	1	110	4
	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
	<b>Total</b>		<b>470.5</b>	<b>11.5</b>	<b>4</b>	<b>0</b>	<b>22%</b>	<b>8%</b>	<b>10</b>	<b>32.5</b>	<b>729.5</b>	<b>73</b>
22-Oct	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
	<b>Total</b>		<b>621.1</b>	<b>23</b>	<b>8</b>	<b>0</b>	<b>33%</b>	<b>12%</b>	<b>6.88</b>	<b>38.33</b>	<b>875</b>	<b>78.67</b>
<b>Week 2 Option 1 Averages</b>			<b>587.82</b>	<b>16.30</b>	<b>5.54</b>	<b>0.00</b>	<b>25%</b>	<b>9%</b>	<b>10.58</b>	<b>40.37</b>	<b>970.20</b>	<b>84.13</b>

	Item	Portion	Calories	Fat (g)	Sat Fat (g)	Trans fat (g)	% cal fat	% cal sat fat	Fiber (g)	Sugar (g)	Soduim (mg)	Carb
25-Oct	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
	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
	<b>Total</b>		<b>605</b>	<b>12</b>	<b>4.5</b>	<b>0</b>	<b>18%</b>	<b>7%</b>	<b>10.5</b>	<b>51</b>	<b>1520</b>	<b>104.5</b>
26-Oct	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
	<b>Total</b>		<b>632.5</b>	<b>17.5</b>	<b>10</b>	<b>0</b>	<b>25%</b>	<b>14%</b>	<b>7.5</b>	<b>32.5</b>	<b>978.5</b>	<b>85.5</b>
27-Oct	Beef Rib Patty	1 ea	200	10	4	0	85%	32%	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 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
	<b>Total</b>		<b>630</b>	<b>14.5</b>	<b>6</b>	<b>0</b>	<b>21%</b>	<b>9%</b>	<b>11</b>	<b>53</b>	<b>1240</b>	<b>91.5</b>
28-Oct	Chicken Nuggets	5 ea	240	14	2.5	0	53%	9%	3	1	470	16
	Fun Size Fritos	1 ea	120	8	1	0	60%	8%	1	0	120	12
	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
	<b>Total</b>		<b>589</b>	<b>25</b>	<b>5.5</b>	<b>0</b>	<b>38%</b>	<b>8%</b>	<b>9.5</b>	<b>33.5</b>	<b>823</b>	<b>71.5</b>
29-Oct	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%	0.88	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
	<b>Total</b>		<b>621.1</b>	<b>23</b>	<b>8</b>	<b>0</b>	<b>33%</b>	<b>12%</b>	<b>6.88</b>	<b>38.33</b>	<b>875</b>	<b>78.67</b>
	<b>Week 2 Option 1 Averages</b>		<b>615.52</b>	<b>18.40</b>	<b>6.80</b>	<b>0.00</b>	<b>27%</b>	<b>10%</b>	<b>9.08</b>	<b>41.67</b>	<b>1087.30</b>	<b>86.33</b>

	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
<b>Total</b>			<b>250</b>	<b>5.5</b>	<b>1</b>	<b>0</b>	<b>20%</b>	<b>4%</b>	<b>2</b>	<b>4</b>	<b>670</b>	<b>26</b>
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
<b>Total</b>			<b>280</b>	<b>9</b>	<b>5</b>	<b>0</b>	<b>29%</b>	<b>16%</b>	<b>2</b>	<b>6</b>	<b>1140</b>	<b>30</b>
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
<b>Total</b>			<b>480</b>	<b>24</b>	<b>6</b>	<b>0</b>	<b>45%</b>	<b>11%</b>	<b>6</b>	<b>21</b>	<b>620</b>	<b>52</b>
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
<b>Total</b>			<b>210</b>	<b>3.5</b>	<b>0</b>	<b>0</b>	<b>15%</b>	<b>0%</b>	<b>4</b>	<b>24</b>	<b>75</b>	<b>42</b>
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
	<b>Total</b>			<b>364.1</b>	<b>19.5</b>	<b>9</b>	<b>0</b>	<b>48%</b>	<b>22%</b>	<b>1.88</b>	<b>3.33</b>	<b>585</b>