

	Item	Portion	Calories	Fat (g)	Sat Fat (g)	Trans fat (g)	% cal fat	% cal sat fat	Fiber (g)	Sugar (g)	Soduim (mg)	Carb
Monday												
	<b>Total</b>		0	0	0	0	0%	0%	0	0	0	0
Tuesday												
	<b>Total</b>		0	0	0	0	0%	0%	0	0	0	0
Thursday												
	<b>Total</b>		0	0	0	0	0%	0%	0	0	0	0
Friday												
	<b>Total</b>		0	0	0	0	0%	0%	0	0	0	0
1-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
	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
	<b>Total</b>		741.1	25	5.5	0	30%	7%	8.88	49.33	1090	104.67
	<b>Week 1 Option 1 Averages</b>		741.10	25.00	5.50	0.00	30%	7%	8.88	49.33	1090.00	104.67

	Item	Portion	Calories	Fat (g)	Sat Fat (g)	Trans fat (g)	% cal fat	% cal sat fat	Fiber (g)	Sugar (g)	Soduim (mg)	Carb
Monday	4-Oct 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
<b>Total</b>			<b>659</b>	<b>21</b>	<b>7</b>	<b>0</b>	<b>29%</b>	<b>10%</b>	<b>14.5</b>	<b>45.5</b>	<b>893</b>	<b>99.5</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
	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
<b>Total</b>			<b>618.5</b>	<b>18</b>	<b>7</b>	<b>0</b>	<b>26%</b>	<b>10%</b>	<b>9</b>	<b>50.5</b>	<b>1451.5</b>	<b>90</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
	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
<b>Total</b>			<b>690.5</b>	<b>24</b>	<b>4.5</b>	<b>0</b>	<b>31%</b>	<b>6%</b>	<b>11</b>	<b>54.5</b>	<b>839.5</b>	<b>100</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>656.00</b>	<b>15.75</b>	<b>4.63</b>	<b>0.00</b>	<b>22%</b>	<b>6%</b>	<b>8.63</b>	<b>37.63</b>	<b>796.00</b>	<b>72.38</b>

	Item	Portion	Calories	Fat (g)	Sat Fat (g)	Trans fat (g)	% cal fat	% cal sat fat	Fiber (g)	Sugar (g)	Sodium (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
	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
<b>Total</b>			<b>799</b>	<b>25</b>	<b>8.5</b>	<b>0</b>	<b>28%</b>	<b>10%</b>	<b>12.5</b>	<b>62.5</b>	<b>1213</b>	<b>122.5</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
	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
<b>Total</b>			<b>850</b>	<b>24.5</b>	<b>8.5</b>	<b>0</b>	<b>26%</b>	<b>9%</b>	<b>18</b>	<b>55</b>	<b>1970</b>	<b>127</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
	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	
<b>Total</b>			<b>678.5</b>	<b>23</b>	<b>6.5</b>	<b>0</b>	<b>31%</b>	<b>9%</b>	<b>10</b>	<b>50.5</b>	<b>1031.5</b>	<b>97</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
	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	
<b>Total</b>			<b>727.5</b>	<b>23</b>	<b>5</b>	<b>0</b>	<b>28%</b>	<b>6%</b>	<b>10.5</b>	<b>54.5</b>	<b>887.5</b>	<b>108.5</b>
Friday	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
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
<b>Total</b>			<b>741.1</b>	<b>25</b>	<b>5.5</b>	<b>0</b>	<b>30%</b>	<b>7%</b>	<b>8.88</b>	<b>49.33</b>	<b>1090</b>	<b>104.67</b>
<b>Week 2 Option 1 Averages</b>			<b>759.22</b>	<b>24.10</b>	<b>6.80</b>	<b>0.00</b>	<b>29%</b>	<b>8%</b>	<b>11.98</b>	<b>54.37</b>	<b>1238.40</b>	<b>111.93</b>

	Item	Portion	Calories	Fat (g)	Sat Fat (g)	Trans fat (g)	% cal fat	% cal sat fat	Fiber (g)	Sugar (g)	Sodium (mg)	Carb
Monday	18-Oct Sloppy Joe Sauce	3 oz	145	6	2.2	0	37%	14%	8	2	417	10
	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
	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
	<b>Total</b>		<b>790</b>	<b>16.5</b>	<b>4.2</b>	<b>0</b>	<b>19%</b>	<b>5%</b>	<b>21.5</b>	<b>67</b>	<b>1782</b>	<b>134.5</b>
Tuesday	19-Oct Chicken Tenders	3 ea	260	15	2.5	0	52%	9%	3	1	390	16
	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	
	<b>Total</b>		<b>818.5</b>	<b>30</b>	<b>5</b>	<b>0</b>	<b>33%</b>	<b>5%</b>	<b>11</b>	<b>66.5</b>	<b>866.5</b>	<b>113</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
	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	
	<b>Total</b>		<b>689</b>	<b>18.5</b>	<b>6.5</b>	<b>0</b>	<b>24%</b>	<b>8%</b>	<b>12.5</b>	<b>51.5</b>	<b>1153</b>	<b>102.5</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
	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
	<b>Total</b>		<b>620.5</b>	<b>17.5</b>	<b>4</b>	<b>0</b>	<b>25%</b>	<b>6%</b>	<b>13</b>	<b>50.5</b>	<b>914.5</b>	<b>100</b>
Friday	22-Oct 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
	<b>Total</b>		<b>771.1</b>	<b>29</b>	<b>8</b>	<b>0</b>	<b>34%</b>	<b>9%</b>	<b>9.88</b>	<b>56.33</b>	<b>1060</b>	<b>105.67</b>
	<b>Week 2 Option 1 Averages</b>		<b>737.82</b>	<b>22.30</b>	<b>5.54</b>	<b>0.00</b>	<b>27%</b>	<b>7%</b>	<b>13.58</b>	<b>58.37</b>	<b>1155.20</b>	<b>111.13</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	25-Oct	Corn Dog	1 ea	240	9	2.5	0	34%	9%	2	8	470	30
	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	
<b>Total</b>			<b>755</b>	<b>18</b>	<b>4.5</b>	<b>0</b>	<b>21%</b>	<b>5%</b>	<b>13.5</b>	<b>69</b>	<b>1705</b>	<b>131.5</b>	
Tuesday	26-Oct	Taco Sticks	1 ea	345	13	8	0		4	1	631	32	
	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	
	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	
	<b>Total</b>			<b>782.5</b>	<b>23.5</b>	<b>10</b>	<b>0</b>	<b>27%</b>	<b>12%</b>	<b>10.5</b>	<b>50.5</b>	<b>1163.5</b>	<b>112.5</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	
	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	
<b>Total</b>			<b>780</b>	<b>20.5</b>	<b>6</b>	<b>0</b>	<b>24%</b>	<b>7%</b>	<b>14</b>	<b>71</b>	<b>1425</b>	<b>118.5</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	
	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	
<b>Total</b>			<b>739</b>	<b>31</b>	<b>5.5</b>	<b>0</b>	<b>38%</b>	<b>7%</b>	<b>12.5</b>	<b>51.5</b>	<b>1008</b>	<b>98.5</b>	
Friday Option 1	29-Oct	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	
	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		
<b>Total</b>			<b>771.1</b>	<b>29</b>	<b>8</b>	<b>0</b>	<b>34%</b>	<b>9%</b>	<b>9.88</b>	<b>56.33</b>	<b>1060</b>	<b>105.67</b>	
<b>Week 2 Option 1 Averages</b>			<b>765.52</b>	<b>24.40</b>	<b>6.80</b>	<b>0.00</b>	<b>29%</b>	<b>8%</b>	<b>12.08</b>	<b>59.67</b>	<b>1272.30</b>	<b>113.33</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>