

	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
1-Sep	Grilled Chicken Brst	1 ea	120	2.5	0.5	0	19%	4%	0	0	320	1
	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
	Baked Beans	3/4 c.	195	0	0	0	0%	0%	7.5	18	775	44.5
	Carrots, baby	3 oz	30	0	0	0	0%	0%	2	4	70	8
	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		805	13	2	0	15%	2%	13.5	73	1760	134.5
2-Sep	Chicken Nuggets	5 ea	240	14	2.5	0	53%	9%	3	1	470	16
Thursday	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
	Carrots, baby	3 oz	30	0	0	0	0%	0%	2	4	70	8
	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		739	31	5.5	0	38%	7%	12.5	51.5	1008	98.5
3-Sep	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
	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		671.1	19	5.5	0	25%	7%	8.88	46.33	975	99.67
	Week 1 Option 1 Averages		738.37	21.00	4.33	0.00	26%	5%	11.63	56.94	1247.67	110.89

	Item	Portion	Calories	Fat (g)	Sat Fat (g)	Trans fat (g)	% cal fat	% cal sat fat	Fiber (g)	Sugar (g)	Soduim (mg)	Carb
6-Sep												
Monday												
	Total		0	0	0	0	0%	0%	0	0	0	0
7-Sep												
Tuesday												
	Total		0	0	0	0	0%	0%	0	0	0	0
8-Sep	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
	Smile Fries	6 ea	195	6.75	0	0	31%	0%	3	0	270	30
	Carrots, baby	3 oz	30	0	0	0	0%	0%	2	4	70	8
	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		785	24.75	7	0	28%	8%	9	49	1720	114
9-Sep	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
	Total		690.5	24	4.5	0	31%	6%	11	54.5	839.5	100
10-Sep	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
	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		701.1	23	8	0	30%	10%	9.88	53.33	945	100.67
	Week 2 Option 1 Averages		725.53	23.92	6.50	0.00	30%	8%	9.96	52.28	1168.17	104.89

	Item	Portion	Calories	Fat (g)	Sat Fat (g)	Trans fat (g)	% cal fat	% cal sat fat	Fiber (g)	Sugar (g)	Sodium (mg)	Carb
13-Sep	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
	Carrots, baby	3 oz	30	0	0	0	0%	0%	2	4	70	8
	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			799	25	8.5	0	28%	10%	12.5	62.5	1213
14-Sep	Fiestada	1 ea	340	14	6	0	37%	16%	4	10	850	39
Tuesday	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
	Carrots, baby	3 oz	30	0	0	0	0%	0%	2	4	70	8
	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			850	24.5	8.5	0	26%	9%	18	55	1970
15-Sep	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
16-Sep												
	Total		0	0	0	0	0%	0%	0	0	0	0
17-Sep												
Friday												
Option 1												
	Total		0	0	0	0	0%	0%	0	0	0	0
	Week 2 Option 1 Averages		775.83	24.17	7.83	0.00	28%	9%	13.50	56.00	1404.83	115.50

	Item	Portion	Calories	Fat (g)	Sat Fat (g)	Trans fat (g)	% cal fat	% cal sat fat	Fiber (g)	Sugar (g)	Sodium (mg)	Carb
Monday	20-Sep 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
	Carrots, baby	3 oz	30	0	0	0	0%	0%	2	4	70	8
	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			790	16.5	4.2	0	19%	5%	21.5	67	1782	134.5
Tuesday	21-Sep 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
	Carrots, baby	3 oz	30	0	0	0	0%	0%	2	4	70	8
	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			818.5	30	5	0	33%	5%	11	66.5	866.5	113
22-Sep	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
	Carrots, baby	3 oz	30	0	0	0	0%	0%	2	4	70	8
	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			689	18.5	6.5	0	24%	8%	12.5	51.5	1153	102.5
23-Sep	Turkey ham n Cheese pocket	1 ea	280	11	5	0	35%	16%	3	4	590	31
	Ketchup	1 pkt	10	0	0	0	0%	0%	0	2	85	3
	Smile Fries	6 ea	195	6.75	0	0	31%	0%	3	0	270	30
	Carrots, baby	3 oz	30	0	0	0	0%	0%	2	4	70	8
	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			795	26.75	7	0	30%	8%	10	47	1255	118
Friday	24-Sep 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
	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			701.1	23	8	0	30%	10%	9.88	53.33	945	100.67
Week 2 Option 1 Averages			758.72	22.95	6.14	0.00	27%	7%	12.98	57.07	1200.30	113.73

	Item	Portion	Calories	Fat (g)	Sat Fat (g)	Trans fat (g)	% cal fat	% cal sat fat	Fiber (g)	Sugar (g)	Soduim (mg)	Carb
27-Sep	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
	Tator Tots	12 ea	135	5.25	0	0	35%	0%	3	0	255	21
	Carrots, baby	3 oz	30	0	0	0	0%	0%	2	4	70	8
	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		695	23.25	4.5	0	30%	6%	9	51	1185	108
28-Sep	Mexican Rice	1/2 c.	100	1	0	0	9%	0%	1	0	150	21
Tuesday	Taco Meat	3.17 oz	110	5	2	0	41%	16%	2	2	290	5
	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
	Carrots, baby	3 oz	30	0	0	0	0%	0%	2	4	70	8
	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		885	32	11	0	33%	11%	11	62	1640	134	
29-Sep	Grilled Chicken Brst	1 ea	120	2.5	0.5	0	19%	4%	0	0	320	1
	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
	Baked Beans	3/4 c.	195	0	0	0	0%	0%	7.5	18	775	44.5
	Carrots, baby	3 oz	30	0	0	0	0%	0%	2	4	70	8
	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		805	13	2.5	0	15%	3%	13.5	73	1760	134.5
30-Sep	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
	Carrots, baby	3 oz	30	0	0	0	0%	0%	2	4	70	8
	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		739	31	5.5	0	38%	7%	12.5	51.5	1008	98.5
Friday												
Option 1												
Total		0	0	0	0	0%	0%	0	0	0	0	
Week 2 Option 1 Averages		781.00	24.81	5.88	0.00	29%	7%	11.50	59.38	1398.25	118.75	