

	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
	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		655	7	2	0	10%	3%	10.5	55	1575	107.5
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
	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		589	25	5.5	0	38%	8%	9.5	33.5	823	71.5
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
	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
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	Total		591.1	19	5.5	0	29%	8%	5.88	31.33	905	77.67
	Week 1 Option 1 Averages		611.70	17.00	4.33	0.00	26%	7%	8.63	39.94	1101.00	85.56

	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
	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
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
	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		540.5	18	4.5	0	30%	7%	8	36.5	654.5	73
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
	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		598.87	19.92	6.50	0.00	30%	10%	6.96	35.28	1021.50	79.56

	Item	Portion	Calories	Fat (g)	Sat Fat (g)	Trans fat (g)	% cal fat	% cal sat fat	Fiber (g)	Sugar (g)	Soduim (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
	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
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
	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		700	18.5	8.5	0	24%	11%	15	37	1785	100
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
	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		528.5	17	6.5	0	29%	11%	7	32.5	846.5	70
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		625.83	18.17	7.83	0.00	26%	11%	10.50	38.00	1219.83	88.50

	Item	Portion	Calories	Fat (g)	Sat Fat (g)	Trans fat (g)	% cal fat	% cal sat fat	Fiber (g)	Sugar (g)	Soduim (mg)	Carb
20-Sep	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
	Total		640	10.5	4.2	0	15%	6%	18.5	49	1597	107.5
21-Sep	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
Total		668.5	24	5	0	32%	7%	8	48.5	681.5	86	
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
	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		539	12.5	6.5	0	21%	11%	9.5	33.5	968	75.5	
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
	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		645	20.75	7	0	29%	10%	7	29	1070	91
24-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
	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			622.72	18.15	6.14	0.00	26%	9%	9.98	39.67	1038.30	87.73

	Item	Portion	Calories	Fat (g)	Sat Fat (g)	Trans fat (g)	% cal fat	% cal sat fat	Fiber (g)	Sugar (g)	Soduim (mg)	Carb	
Monday	27-Sep	Corn Dog	1 ea	240	9	2.5	0	34%	9%	2	8	470	30
		Ketchup	1 pkt	10	0	0	0%	0%	0	2	85	3	
		Mustard	1 ea	0	0	0	0%	0%	0	0	65	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%	1	11	0	14	
		Milk	8 oz	110	3	2	0	25%	16%	0	12	125	13
		Total		545	17.25	4.5	0	28%	7%	6	33	1000	81
Tuesday	28-Sep	Mexican Rice	1/2 c.	100	1	0	0	9%	0%	1	0	150	21
		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
		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	26	11	0	32%	13%	8	44	1455	107	
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	
	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		655	7	2.5	0	10%	3%	10.5	55	1575	107.5	
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	
	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		589	25	5.5	0	38%	8%	9.5	33.5	823	71.5	
Friday													
Option 1													
Total			0	0	0	0	0%	0%	0	0	0	0	
Week 2 Option 1 Averages			631.00	18.81	5.88	0.00	27%	8%	8.50	41.38	1213.25	91.75	