

	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>		<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>
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>
1-Sep	Beef Hot Dog	1 ea	170	16	6	0.5	85%	32%	0	0	500	1
	Hotdog Bun	1 ea	100	1.5	0	0	14%	0%	3	3	200	21
	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>635</b>	<b>20.5</b>	<b>2</b>	<b>0.5</b>	<b>29%</b>	<b>3%</b>	<b>11.5</b>	<b>46</b>	<b>1750</b>	<b>96.5</b>
2-Sep	Popcorn Chicken	1 1ea	230	13	2.5	0	51%	10%	3	1	350	14
Thursday	Fun Size Fritos	1 ea	120	8	1	0	13%	0%	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>579</b>	<b>24</b>	<b>5.5</b>	<b>0</b>	<b>37%</b>	<b>9%</b>	<b>9.5</b>	<b>33.5</b>	<b>703</b>	<b>69.5</b>
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
	<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>77.67</b>
	<b>Week 1 Option 1 Averages</b>		<b>601.70</b>	<b>21.17</b>	<b>4.33</b>	<b>0.17</b>	<b>32%</b>	<b>7%</b>	<b>8.96</b>	<b>36.94</b>	<b>1119.33</b>	<b>81.22</b>

	Item	Portion	Calories	Fat (g)	Sat Fat (g)	Trans fat (g)	% cal fat	% cal sat fat	Fiber (g)	Sugar (g)	Sodium (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	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
	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		509	15	7	0	27%	12%	11.5	27.5	708	72.5
9-Sep	Hamburger Patty	1 ea	110	5	2	0	41%	16%	1	0	270	1
	American Cheese	1 sl	35	2	1.25	0	51%	32%	1	0	210	1
	Hamburger Bun	1 ea	140	1.5	0	0	10%	0%	2	6	280	26
	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
	Lettuce	1 leaf	2	0	0	0	0%	0%	0	0	0	0
	Tomato	1 sl	7.5	0	0	0	0%	0%	0.5	1	2.5	1.75
	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		659.5	11.5	5.25	0	16%	7%	13	50	1812.5	104.25
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		596.53	16.50	6.75	0.00	25%	10%	10.46	38.61	1131.83	85.14

	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
	<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>
14-Sep	Mini Pancakes	1 pkg	200	5	1	0	23%	5%	3	13	170	37
Tuesday	Syrup	1 pkt	120	0	0	0	0%	0%	0	19	0	31
	Turkey Saus Patty	2 ea	120	8	2	0	60%	15%	0	0	160	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%	0%	1	11	0	14
	Milk	8 oz	110	3	2	0	25%	16%	0	12	125	13
	<b>Total</b>		<b>735</b>	<b>21.25</b>	<b>5</b>	<b>0</b>	<b>26%</b>	<b>6%</b>	<b>7</b>	<b>55</b>	<b>710</b>	<b>116</b>
15-Sep	Mozzarella Sticks	6 ea	310	11	3.5	0	32%	10%	3	2	580	33
	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>519</b>	<b>16</b>	<b>5.5</b>	<b>0</b>	<b>28%</b>	<b>10%</b>	<b>10.5</b>	<b>27.5</b>	<b>848</b>	<b>71.5</b>
16-Sep												
	<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>
17-Sep												
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>634.33</b>	<b>18.75</b>	<b>6.33</b>	<b>0.00</b>	<b>27%</b>	<b>9%</b>	<b>9.00</b>	<b>42.33</b>	<b>862.00</b>	<b>94.33</b>

	Item	Portion	Calories	Fat (g)	Sat Fat (g)	Trans fat (g)	% cal fat	% cal sat fat	Fiber (g)	Sugar (g)	Soduim (mg)	Carb
20-Sep	Bread, Sliced	2 sl	140	1	0	0	6%	0%	2	4	300	26
Monday	American Cheese	4 sl	140	8	5	0	51%	32%	0	4	840	4
	Tomato Soup	1 c.	80	1	0.5	0	11%	6%	1	10	410	30
	Celery Sticks	3 oz pkg	20	0	0	0	0%	0%	2	2	100	4
	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</b>	<b>13</b>	<b>7.5</b>	<b>0</b>	<b>22%</b>	<b>13%</b>	<b>6</b>	<b>43</b>	<b>1775</b>	<b>91</b>
21-Sep	Meatballs	4 ea	150	9	3.5	0	54%	21%	1	2	220	5
Tuesday	Marinara Sauce	2.8 oz	40	2	0	0	45%	0%	2	4	320	6
	Garlic Twist Breadstick	1 ea	150	3	1	0	18%	6%	0	2	180	26
	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>529</b>	<b>17</b>	<b>6.5</b>	<b>0</b>	<b>29%</b>	<b>11%</b>	<b>8.5</b>	<b>32.5</b>	<b>878</b>	<b>71.5</b>
22-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
	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>
23-Sep	Mini Corn Dogs	6 ea	270	11	2	0	37%	7%	3	12	370	33
	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
	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
	<b>Total</b>		<b>635</b>	<b>20.75</b>	<b>4</b>	<b>0</b>	<b>29%</b>	<b>6%</b>	<b>7</b>	<b>37</b>	<b>915</b>	<b>93</b>
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
	<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>598.72</b>	<b>19.55</b>	<b>6.20</b>	<b>0.00</b>	<b>29%</b>	<b>10%</b>	<b>7.28</b>	<b>39.87</b>	<b>1024.90</b>	<b>84.03</b>

	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	Chicken Patty	1 ea	270	15	2.5	0	50%	8%	3	1	400	16
Monday	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
	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>610.5</b>	<b>21</b>	<b>4.5</b>	<b>0</b>	<b>31%</b>	<b>7%</b>	<b>9</b>	<b>34.5</b>	<b>869.5</b>	<b>78</b>
28-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
	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>627.5</b>	<b>18.5</b>	<b>8</b>	<b>0</b>	<b>27%</b>	<b>11%</b>	<b>7.5</b>	<b>41.5</b>	<b>1197.5</b>	<b>92.5</b>
29-Sep	Beef Hot Dog	1 ea	170	16	6	0.5	85%	32%	0	0	500	1
	Hotdog Bun	1 ea	100	1.5	0	0	14%	0%	3	3	200	21
	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>635</b>	<b>20.5</b>	<b>8</b>	<b>0.5</b>	<b>29%</b>	<b>11%</b>	<b>11.5</b>	<b>46</b>	<b>1750</b>	<b>96.5</b>
30-Sep	Popcorn Chicken	1 1ea	230	13	2.5	0	51%	10%	3	1	350	14
	Fun Size Fritos	1 ea	120	8	1	0	13%	0%	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>579</b>	<b>24</b>	<b>5.5</b>	<b>0</b>	<b>37%</b>	<b>9%</b>	<b>9.5</b>	<b>33.5</b>	<b>703</b>	<b>69.5</b>
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>613.00</b>	<b>21.00</b>	<b>6.50</b>	<b>0.13</b>	<b>31%</b>	<b>9%</b>	<b>9.38</b>	<b>38.88</b>	<b>1130.00</b>	<b>84.13</b>