

Date		Total Calories	Fat (G)	Saturated Fat (G)	Trans Fat (G)	Cholesterol (Mg)	Carbs (G)	Sugar (G)	Sodium (Mg)	Fiber (G)	Protein (G)	Base Serving Size Amount
Weekly Choices												
Monday	Grilled Cheese	190	5	4			30		460		13	
Tuesday	Cheese Quesadilla	230	12	7.5			22		440		10	
Wednesday	Bosco sticks	300	10g	5g	0g	30mg	34g	4g	440mg	4g	20g	2 each
	Marinara sauce	200	6g	0g	0g	0mg	32g	20g	1560mg	0g	8g	2 oz
Thursday	Cheese Tortellini w/Marinara	280	6.5	2.5			48		770	2	11	6oz
Friday	Cheese Pizza	310	13 g	6g	0g	30mg	31g	9g	440mg	3g	16g	1 Serving
Grab and Go												
	Turkey Sandwich	260	6g	2.25g	0g	47.5g	27g	.5g	850mg	2g	28.5g	1 Serving
	Wowbutter and Jelly	390	17g	3g	0g	0mg	47g	25g	355mg	4g	13g	1 Serving
12/2/24	Popcorn Chicken	270	13g	3g	0g	70mg	20g	0g	640mg	3g	19g	10 each
12/2/24	Gold Fish	90	1.5g	0g	0g	0mg	16g	0g	200mg	1g	2g	1 package
12/3/24	Turkey Taco Filling	150	7g	2.0g	0g	40mg	5g	2g	270mg	2g	16g	3 oz
	shedded cheese	45	3g	1.75g	0g	10mg	.5g	0g	105mg	0g	4g	2oz
	6in Tortilla	180	6g	4g	0g	0mg	30g	2g	150mg	4g	4g	2each
12/4/24	Burger Patty	150	10g	3.5g	og	40mg	2g	0g	270mg	1g	14g	1 each
	Hamburger Bun	140	2g	0g	0g	0g	25g	3g	230mg	2g	6g	1 each
	Sliced Cheese	40	3g	1.75g	0g	7.5g	1g	.5g	140mg	0g	3.5g	1 each
12/5/24	Mini Cinnamon Waffles	190	5g	1.5g	0g	0mg	34g	8g	210mg	4g	4g	1 each
	Turkey Sausage	70	3.5g	1.0g	0g	30mg	2g	1g	160mg	0g	7g	1 each
12/6/24	Pepperoni Pizza	470	27g	11g	0g	60mg	33g	10g	930mg	3g	23g	1 each
12/9/24	Maple Chicken and Biscuits	580	23g	10g	0g	35mg	73g	22g	1080mg	3g	20g	1 each
12/10/24	Beef Taco Filling	110	5g	2g	og	35mg	5g	2g	300mg	2g	13g	1 serving
	shedded cheese	45	3g	1.75g	0g	10mg	.5g	0g	105mg	0g	4g	2oz
	Corn Chips	110	3g	0g	0g	0mg	19g	0g	95mg	2g	2g	1 each
12/11/24	Warm Mini Confetti Pancakes	220	7	1			36		300		4	1 each
	Turkey Sausage	70	3.5g	1.0g	0g	30mg	2g	1g	160mg	0g	7g	1 each
12/12/24	Homemade Mac and Cheese	290	8g	4.5g	0g	20mg	44g	2g	290mg	4g	12g	6oz
	Dinner Roll	80	1.5g	0g	0g	0mg	14g	2g	70mg	2g	3g	1 each
12/13/24	Meatball Sub Sandwich	340	15	5.5			34		690		14	1
12/16/24	Sweet and Sour sauce	35	.5g	0g	0g	0g	7g	12g	160mg	0g	0g	2tbsp
	Popcorn Chickem	270	13g	3g	0g	70mg	20g	0g	640mg	3g	19g	10 each
	Rice	340	3g	0g	0g	0mg	72g	0g	0mg	2g	8g	3 oz
12/17	Mini Maple Waffle	180	6g	1.5g	0g	0mg	32g	5g	210mg	3g	4g	1each
	Turkey Sausage	70	3.5g	1.0g	0g	30mg	2g	1g	160mg	0g	7g	1 each
12/18/24	Burger Patty	150	10g	3.5g	og	40mg	2g	0g	270mg	1g	14g	1 each
	Hamburger Bun	140	2g	0g	0g	0g	25g	3g	230mg	2g	6g	1 each
	Sliced Cheese	40	3g	1.75g	0g	7.5g	1g	.5g	140mg	0g	3.5g	1 each
12/19/24	Cheesy Baked Pasta	270	4	0			53		380		9	1
12/20/24	Pretzel	140	1g	0g	0g	0mg	28g	0g	130mg	2g	4g	2 each
12/20	Cheese Sauce	70	4.5g	0g	0g	0mg	6g	2g	570mg	0g	1g	2 oz