

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	
2nd lunch Option	Grab and go Bag												
	Chocolate Muffins	200	8g	1.5g	0g	10mg	29g	28g	125mg	2g	3g	1 each	1 package
	Cheese Stick	60	3.0g	2.0g	0g	10mg	0g	0g	200mg	0g	7g	1 each	
	Yogurt	45	.5g	0g	0g	5mg	8g	5g	30mg	0g	2g	1 each	
6/2/25	Popcorn Chicken	270	13g	3g	0g	70mg	20g	0g	640mg	3g	19g	10 each	
	Gold Fish	90	1.5g	0g	0g	0mg	16g	0g	200mg	1g	2g	1 package	
6/3/25	Cheese Pizza	260	8g	3.0g	0g	15mg	32g	4g	660mg	6g	15g	1 each	