

**2016-2017**

<b>February 1 - February 3</b>	Calories	Total Fat (g)	Saturated Fat (g)	Protein (g)	Meat/Meat Alt.	Grain/Bread	Carbs (g)	Sodium (mg)	Sugar (g)
Popcorn Chicken	220	13 grams	3 grams	13 grams	2 oz	1 oz	14 grams	380 mg	2 grams
Cheese Burger	380	17 grams	6.5 grams	20.5	2 oz	2 oz	26.5 grams	785 mg	3.5 grams
Popcorn Chicken Salad	237	16 grams	7.5 grams	13.5 grams	2 oz	1 oz	11 grams	380 mg	2 grams
Pepperoni Pizza Bagel	330	13 grams	6 grams	18 grams	2 oz	2 oz	32 grams	760 mg	5 grams

<b>February 6 - February 10</b>	Calories	Total Fat (g)	Saturated Fat (g)	Protein (g)	Meat/Meat Alt.	Grain/Bread	Carbs (g)	Sodium (mg)	Sugar (g)
French Toast Sticks	147	3.7 grams	1.1 grams	7.4 grams	1 oz	1 oz	22 grams	265 mg	8 grams
Sausage patty	60	4 grams	1 grams	6 grams	1 oz	n/a	0 grams	80 mg	n/a
Sweet Baby Ray's Shredded Chix	340	7.5	1.5 grams	26 grams	2 oz	2 oz	45 grams	675 mg	19 grams

<b>February 13 - February 17</b>	Calories	Total Fat (g)	Saturated Fat (g)	Protein (g)	Meat/Meat Alt.	Grain/Bread	Carbs (g)	Sodium (mg)	Sugar (g)
Chicken Quesadilla	300	11 grams	4.5 grams	19 grams	2 oz	2 oz	19 grams	560 mg	1 gram
Ham & Cheese Pasta Salad	266	13.25 grams	4 grams	33 grams	1.25 oz	1 oz	30 grams	638 mg	7 grams
Chicken Fries	230	13 grams	2.5 grams	13 grams	2 oz	1 oz	14 grams	340 mg	1 gram
Jersey Giant Ham Sub									
Bosco Sticks	220	6 grams	3 grams	12 grams	2 oz	2 oz	28 grams	560 mg	4 grams
Spaghetti Sauce	18	2 grams	0 grams	2 grams	n/a	n/a	6 grams	266 mg	4 grams

<b>February 20 - February 24</b>	Calories	Total Fat (g)	Saturated Fat (g)	Protein (g)	Meat/Meat Alt.	Grain/Bread	Carbs (g)	Sodium (mg)	Sugar (g)
Greek Chicken and Feta Salad	208	6 grams	.5 grams	23 grams	2 oz	n/a	5 grams	790 mg	1 gram
Bread Sticks	160	2 grams	0 grams	4 grams	n/a	2 oz	14 grams	200 mg	4 grams
Creamy Chicken Alfredo	389	7 grams	3.5 grams	41 grams	2 oz	2 oz	25 grams	732	5 grams
Italian Chicken Sandwich	435	21.25 grams	5.75 grams	26 grams	2 oz	2 oz	34.5 grams	860 mg	8 grams
Pancakes	220	7 grams	1.5 grams	4 grams	n/a	2 oz	35 grams	260 mg	11 grams
Turkey Sausage	61	4 grams	1 gram	6 grams	2 oz	n/a	0 grams	122 mg	n/a

<b>February 27 - February 28</b>	Calories	Total Fat (g)	Saturated Fat (g)	Protein (g)	Meat/Meat Alt.	Grain/Bread	Carbs (g)	Sodium (mg)	Sugar (g)
Spaghetti W/Meat Sauce	347	8 grams	3 grams	22 grams	2 oz	2 oz	50 grams	290 mg	9 grams

<b>Domino's Pizza</b>	Calories	Total Fat (g)	Saturated Fat (g)	Protein (g)	Meat/Meat Alt.	Grain/Bread	Carbs (g)	Sodium (mg)	Sugar (g)
Cheese	150	6 grams	3 grams	6 grams			18 grams	273 mg	n/a
Pepperoni	170	8 grams	3 grams	7 grams			18 grams	358 mg	1 gram
<b>Pizza Hut</b>									
Cheese	290	11 grams	6 grams	14 grams	2 oz	2 oz	30 grams	640 mg	
Pepperoni	300	13 grams	6 grams	13 grams	2 oz	2 oz	30 grams	750 mg	
Hot Dog	292	18 grams	6 grams	12 grams	2	2	24 grams	737 mg	3 grams
PBJ	300	16 grams	3 grams	10 grams	1	1	33 grams	330 mg	12 grams
Salad	17	0 grams	0 grams	1 gram	1	1	3 grams	5 mg	1 gram
Ham Wrap	280	16 grams	8 grams	10 grams	2 oz		20.25 grams	905 mg	2 grams
Turkey Wrap	263	13 grams	7 grams	18 grams	2.25		22 grams	1196 mg	2 grams
Fish Shapes	230	10 grams	2 grams	16 grams	2 oz	1.25 oz	18 grams	360 mg	1 gram
Fish Sandwich	310	9.5 grams	1 gram	16 grams	1.5 oz	2 oz	16 grams	580 mg	1 gram
Cheese/Veggie Wrap	210	12 grams	7 grams	8 grams	1 oz	1 oz	20.25 grams	545 mg	2 grams