

2017-2018

February 1 - February 2	Calories	Total Fat (g)	Saturated Fat (g)	Protein (g)	Meat/Meat Alt.	Grain/Bread	Carbs (g)	Sodium (mg)	Sugar (g)
Pancakes	220	7 grams	1.5 grams	4 grams	n/a	2 oz	35 grams	260 mg	11 grams
Sausage Patties	120	8 grams	2 grams	12 grams	2 oz	n/a	0 grams	160 mg	n/a
Grilled Cheese	284	10 grams	6 grams	19 grams	2 oz	2 oz	31 grams	655 mg	7 grams
Tomato Soup	140	5 grams	25 grams	4 grams	n/a	n/a			

February 5 - February 9	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
Popcorn Chicken	220	13 grams	3 grams	13 grams	2 oz	1 oz	14 grams	380 mg	2 grams

February 12 - February 16	Calories	Total Fat (g)	Saturated Fat (g)	Protein (g)	Meat/Meat Alt.	Grain/Bread	Carbs (g)	Sodium (mg)	Sugar (g)
Mini Waffles	210	6 grams	1 gram	4 grams	n/a	2 oz	38 grams	170 mg	13 grams
Sausage Patties	120	8 grams	2 grams	12 grams	2 oz	n/a	0 grams	160 mg	n/a
Sacrificial Rice	530	3 grams	0 grams	10 grams			62 grams	84 mg	0 grams
French Bread Pizza	300	11 grams	4 grams	17 grams	2 oz	2 oz	34 grams	570 mg	4 grams
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

February 19 - February 23	Calories	Total Fat (g)	Saturated Fat (g)	Protein (g)	Meat/Meat Alt.	Grain/Bread	Carbs (g)	Sodium (mg)	Sugar (g)
Cheese Quesadilla	320	12 grams	6 grams	20 grams	2 oz	2 oz	32 grams	560 mg	1 grams
Chicken Fries	230	13 grams	2.5 grams	13 grams	2 oz	1 oz	14 grams	340 mg	1 grams
Beef & Cheese Nachos	251	17 grams	4 grams	22 grams	2 oz	1 oz	25 grams	502 mg	2 grams
Stuffed Crust Pizza	350	11 grams	5 grams	20 grams	2 oz	2.75 oz	42 grams	580 mg	5 grams

February 26 - February 28	Calories	Total Fat (g)	Saturated Fat (g)	Protein (g)	Meat/Meat Alt.	Grain/Bread	Carbs (g)	Sodium (mg)	Sugar (g)
Meatballs & Marinara	250	13.5 grams	4.5 grams	15 grams	2 oz	n/a	20 grams	370	11 grams
Bread Sticks	160	2 grams	0 grams	4 grams	n/a	2 oz	14 grams	200 mg	4 grams
Chicken Nuggets	230	13 grams	2.5 grams	12 grams	2 oz	1 oz	15 grams	440 mg	1 gram

	Calories	Total Fat (g)	Saturated Fat (g)	Protein (g)	Meat/Meat Alt.	Grain/Bread	Carbs (g)	Sodium (mg)	Sugar (g)
Pizza Hut									
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	
Domino's Pizza									
Cheese	150	6 grams	3 grams	6 grams	2 oz	1 oz	18 grams	273 mg	n/a
Pepperoni	170	8 grams	3 grams	7 grams	2 oz	1 oz	18 grams	358 mg	1 gram
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	2 oz	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	2 oz	1 oz	20.25 grams	545 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	2 oz	1 oz	20.25 grams	545 mg	2 grams

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