

2016-2017

| April 10 - April 14 | 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 | 265.4 grams | 8 grams |
| Turkey Sausage | 61 | 4 grams | 1 gram | 6 grams | 2 oz | n/a | 0 grams | 122 mg | n/a |
| Sweet Baby Ray's Shredded Chix | 340 | 7.5 grams | 1.5 grams | 26 grams | 2 oz | 2 oz | 45 grams | 675 mg | 19 grams |
| Ham & Cheese Pasta Salad | 266 | 13.25 grams | 4 grams | 33 grams | 1.25 oz | 1 oz | 30 grams | 638 mg | 7 grams |
| Creamy Chicken Alfredo | 389 | 7 grams | 3.5 grams | 41 grams | 2 oz | 2 oz | 25 grams | 732 | 5 grams |
| | 937 | | 7.1 grams | | 9 | 4 oz | | 1794 mg | |

| April 17 - April 21 | Calories | Total Fat (g) | Saturated Fat (g) | Protein (g) | Meat/Meat Alt. | Grain/Bread | Carbs (g) | Sodium (mg) | Sugar (g) |
|----------------------------|----------|---------------|-------------------|-------------|----------------|-------------|-----------|-------------|-----------|
| Cheese Burger | 393 | 20 grams | 9 grams | 27 grams | 2 oz | 2 oz | 28 grams | 981 mg | 6 grams |
| Popcorn Chicken | 220 | 13 grams | 3 grams | 13 grams | 2 oz | 1 oz | 14 grams | 380 mg | 2 grams |
| Jersey Giant Ham Sub | | | | | | | | | |
| Popcorn Chicken Salad | 237 | 16 grams | 7.5 grams | 13.5 grams | 2 oz | 1 oz | 11 grams | 380 mg | 2 grams |
| Stuffed Crust Pizza | 350 | 11 grams | 5 grams | 20 grams | 2 oz | 2.75 oz | 42 grams | 580 mg | 5 grams |
| Pepperoni | 26 | 2.5 grams | .75 grams | 1.13 grams | | | 0 grams | 86 mg | 0 grams |
| | | | | | | | | | |

| April 24 - April 28 | 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 |
| Chicken Fries | 230 | 13 grams | 2.5 grams | 13 grams | 2 oz | 1 oz | 14 grams | 340 mg | 1 gram |
| 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 |
| 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 |

| Domino's Pizza | 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 |
| 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 | |
| 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 | 2 oz | 1 oz | 20.25 grams | 545 mg | 2 grams |