

2017-2018

April 9 - April 13	Calories	Total Fat (g)	Saturated Fat (g)	Protein (g)	Meat/Meat Alt.	Grain/Bread	Carbs (g)	Sodium (mg)	Sugar (g)
Waffles									
Sausage Patties	120	8 grams	2 grams	12 grams	2 oz	n/a	0 grams	160 mg	n/a
Popcorn Chicken	220	13 grams	3 grams	13 grams	2 oz	1 oz	14 grams	380 mg	2 grams
Cheese Quesadilla									
Stuffed Crust Pizza	350	11 grams	5 grams	20 grams	2 oz	2.75 oz	42 grams	580 mg	5 grams
Spaghetti Sauce	18	2 grams	0 grams	2 grams	n/a	n/a	6 grams	266 mg	4 grams

April 16 - April 20	Calories	Total Fat (g)	Saturated Fat (g)	Protein (g)	Meat/Meat Alt.	Grain/Bread	Carbs (g)	Sodium (mg)	Sugar (g)
Beef Nachos									
Chicken Nuggets	230	13 grams	2.5 grams	12 grams	2 oz	1 oz	15 grams	440 mg	1 gram
Jersey Giant Turkey 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
Macaroni & Cheese	280	11 grams	5 grams	17 grams	2 oz	1 oz	29 grams	670 mg	6 grams

April 23 - April 27	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 grams
French Toast	147	3.7 grams	1.1 grams	7.4 grams	1 oz	1 oz	22 grams	265.4 mg	8 grams
Sausage Patty	60	4 grams	1 gram	6 grams	1 oz	n/a	0 grams	80 mg	n/a
Macaroni & Cheese	280	11 grams	5 grams	17 grams	2 oz	1 oz	29 grams	670 mg	6 grams

	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

































