

2017-2018

December 1	Calories	Total Fat (g)	Saturated Fat (g)	Protein (g)	Meat/Meat Alt.	Grain/Bread	Carbs (g)	Sodium (mg)	Sugar (g)
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	32 grams	746 mg	30 grams

December 4 - December 7	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
Breaded Chicken Patty	380	15.5 grams	2.5 grams	20 grams	2 oz	2 oz	41 grams	730 mg	4 grams
Corn Dog Nuggets	180	8 grams	3 grams	7 grams	2 oz	2 oz	20 grams	280 mg	4 grams
Jersey Giant Ham Sub									

December 11 - December 15	Calories	Total Fat (g)	Saturated Fat (g)	Protein (g)	Meat/Meat Alt.	Grain/Bread	Carbs (g)	Sodium (mg)	Sugar (g)
Greek Chicken & Feta Salad	208	6 grams	.5 grams	23 grams	2 oz	n/a	5 grams	790 mg	1 grams
Bread Sticks	160	2 grams	0 grams	4 grams	n/a	2 oz	14 grams	200 mg	4 grams
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
Quesadilla									
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

December 18 - December 22	Calories	Total Fat (g)	Saturated Fat (g)	Protein (g)	Meat/Meat Alt.	Grain/Bread	Carbs (g)	Sodium (mg)	Sugar (g)
Chicken Alfredo	389	7 grams	3.5 grams	41 grams	2 oz	2 oz	25 grams	732 mg	5 grams
Chicken Variety									
Breakfast Variety									
Sausage Patties	120	8 grams	2 grams	12 grams	2 oz	n/a	0 grams	160 mg	n/a

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

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