

2016-2017

January 9 - January 13	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
Turkey Sausage	61	4 grams	1 gram	6 grams	2 oz	n/a	0 grams	122 mg	n/a
Popcorn Chicken	220	13 grams	3 grams	13 grams	2 oz	1 oz	14 grams	380 mg	2 grams
Meatballs in Marinara Sauce	250	13.5 grams	4.5 grams	15 grams	2 oz	n/a	20 grams	370 mg	11 grams
Bread Sticks	160	2 grams	0 grams	4 grams	n/a	2 oz	14 grams	200 mg	4 grams
Fun Fish Shapes	230	10 grams	2 grams	16 grams	2 oz	1.25 grams	18 grams	360 mg	1 gram
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

January 17 - January 20	Calories	Total Fat (g)	Saturated Fat (g)	Protein (g)	Meat/Meat Alt.	Grain/Bread	Carbs (g)	Sodium (mg)	Sugar (g)
Creamy Chicken Alfredo	389	7 grams	3.5 grams	41 grams	2 oz	2 oz	25 grams	732	5 grams
Chicken Nuggets	230	13 grams	2.5 grams	12 grams	2 oz	1 oz	15 grams	440 mg	1 gram
Nachos	251	20 grams	9 grams	22 grams	2 oz	1 oz	25 grams	502 mg	2 grams
Home Style Chili	179	7 grams	3 grams	23.75 grams	2 oz	n/a	18 grams	767 mg	3 grams
Combread	150	5 grams	1 gram	4 grams	n/a	1.5 oz	24 grams	280 mg	8 grams
Taco Salad	258	13 grams	5 grams	13 grams	2 oz	2 oz	25 grams	306 mg	2 grams

January 24 - January 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
Ham & Cheese Pasta Salad	266	13.25 grams	4 grams	33 grams	1.25 oz	1 oz	30 grams	638 mg	7 grams
Sweet Baby Ray's Shredded Chix	340	7.5	1.5 grams	26 grams	2 oz	2 oz	45 grams	675 mg	19 grams
Jersey Giant Turkey Sub									
Cheese Quesadilla	320	12 grams	6 grams	20 grams	2 oz	2 oz	32 grams	560 mg	1 grams
Taco Salad	258	13 grams	5 grams	13 grams	2 oz	2 oz	25 grams	306 mg	2 grams

January 30 - January 31	Calories	Total Fat (g)	Saturated Fat (g)	Protein (g)	Meat/Meat Alt.	Grain/Bread	Carbs (g)	Sodium (mg)	Sugar (g)
Waffles	210	6 grams	1 grams	4 grams	n/a	2 oz	38 grams	170 mg	13 grams
Turkey Sausage	61	4 grams	1 gram	6 grams	2 oz	n/a	0 grams	122 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	1 oz	1 oz	20.25 grams	545 mg	2 grams

