

2017-2018

June 1 - June 7	Calories	Total Fat (g)	Saturated Fat (g)	Protein (g)	Meat/Meat Alt.	Grain/Bread	Carbs (g)
Cheese Quesadilla	320	12 grams	6 grams	20 grams	2 oz	2 oz	32 grams
Domino's Pizza							
Cheese	150	6 grams	3 grams	6 grams	2 oz	1 oz	18 grams
Pepperoni	170	8 grams	3 grams	7 grams	2 oz	1 oz	18 grams
Chicken Variety							
Breakfast for lunch							
Hot Dog	292	18 grams	6 grams	12 grams	2	2	24 grams
PBJ	300	16 grams	3 grams	10 grams	1	1	33 grams
Salad	17	0 grams	0 grams	1 gram	1	1	3 grams
Ham Wrap	280	16 grams	8 grams	10 grams	2 oz		20.25 grams
Turkey Wrap	263	13 grams	7 grams	18 grams	2.25		22 grams

Sodium (mg)	Sugar (g)
560 mg	1 gram
273 mg	n/a
358 mg	1 gram
737 mg	3 grams
330 mg	12 grams
5 mg	1 gram
905 mg	2 grams
1196 mg	2 grams