

2017-2018

| May 1 - May 4 | Calories | Total Fat (g) | Saturated Fat (g) | Protein (g) | Meat/Meat Alt. | Grain/Bread | Carbs (g) | Sodium (mg) | Sugar (g) |
|----------------------|----------|---------------|-------------------|-------------|----------------|-------------|-----------|-------------|-----------|
| Pancakes | | | | | | | | | |
| 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 | 320 | 12 grams | 6 grams | 20 grams | 2 oz | 2 oz | 32 grams | 560 mg | 1 gram |
| 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 |

| May 7 - May 11 | Calories | Total Fat (g) | Saturated Fat (g) | Protein (g) | Meat/Meat Alt. | Grain/Bread | Carbs (g) | Sodium (mg) | Sugar (g) |
|-----------------------|----------|---------------|-------------------|-------------|----------------|-------------|-----------|-------------|-----------|
| Meatballs in Marinara | 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 gram |
| Chicken Nuggets | 230 | 13 grams | 2.5 grams | 12 grams | 2 oz | 1 oz | 15 grams | 440 mg | 1 gram |
| Jersey Giant Ham Sub | | | | | | | | | |
| French Bread Pizza | 300 | 11 grams | 4 grams | 17 grams | 2 oz | 2 oz | 34 grams | 570 mg | 4 grams |

| May 14 - may 18 | Calories | Total Fat (g) | Saturated Fat (g) | Protein (g) | Meat/Meat Alt. | Grain/Bread | Carbs (g) | Sodium (mg) | Sugar (g) |
|------------------------|----------|---------------|-------------------|-------------|----------------|-------------|-----------|-------------|-----------|
| Beef Nachos | 251 | 17 grams | 4 grams | 22 grams | 2 oz | 1 oz | 25 grams | 502 mg | 2 grams |
| Chicken Fries | 230 | 13 grams | 2.5 grams | 13 grams | 2 oz | 1 oz | 14 grams | 340 mg | 1 grams |
| Waffles | 210 | 6 grams | 1 gram | 4 grams | n/a | 2 oz | 38 grams | 170 mg | 13 grams |
| Sausage Patties | 120 | 8 grams | 2 grams | 12 grams | 2 oz | n/a | 0 grams | 160 mg | n/a |
| Chicken Alfredo | 389 | 7 grams | 3.5 grams | 41 grams | 2 oz | 2 oz | 25 grams | 732 mg | 5 grams |

| May 21 - May 25 | 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 |
| Popcorn Chicken | 220 | 13 grams | 3 grams | 13 grams | 2 oz | 1 oz | 14 grams | 380 mg | 2 grams |
| Soft Shell Taco | 331 | 14 grams | 9.5 grams | 23 grams | 2 oz | 1.5 oz | 25 grams | 597 mg | 3 grams |
| 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 |

| May 29 - May 31 | Calories | Total Fat (g) | Saturated Fat (g) | Protein (g) | Meat/Meat Alt. | Grain/Bread | Carbs (g) | Sodium (mg) | Sugar (g) |
|-------------------------|----------|---------------|-------------------|-------------|----------------|-------------|-----------|-------------|-----------|
| Cheeseburger | 400 | 15 grams | 4.5 grams | 21 grams | 2 oz | 2 oz | 48 grams | 550 mg | 4 grams |
| Chicken Nuggets | 230 | 13 grams | 2.5 grams | 12 grams | 2 oz | 1 oz | 15 grams | 440 mg | 1 gram |
| Jersey Giant Turkey Sub | | | | | | | | | |

| Pizza Hut | Calories | Total Fat (g) | Saturated Fat (g) | Protein (g) | Meat/Meat Alt. | Grain/Bread | Carbs (g) | Sodium (mg) | Sugar (g) |
|-----------------------|----------|---------------|-------------------|-------------|----------------|-------------|-------------|-------------|-----------|
| 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 |

