

2016-2017

Oct. 3 - Oct. 7	Calories	Total Fat (g)	Saturated Fat (g)	Protein (g)	Meat/Meat Alt.	Grain/Bread	Carbs (g)	Sodium (mg)	Sugar (g)
Corn Dog Nuggets	180	8 grams	2.5 grams	7 grams	2 oz	2 oz	20 grams	280 mg	4 grams
Ham & Cheese Pasta Salad	266	13.25 grams	4 grams	33 grams	1.25 oz	1 oz	30 grams	638 mg	7 grams
Popcorn Chicken	220	13 grams	3 grams	13 grams	2 oz	1 oz	14 grams	380 mg	2 grams

Oct. 10 - Oct. 14	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	61	4 grams	1 gram	6 grams	2 oz	n/a	0 grams	122 mg	n/a
Chicken Nuggets	230	13 grams	2.5 grams	12 grams	2 oz	1 oz	15 grams	440 mg	1 gram
Jesey Giant Ham 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

Oct. 17 - Oct. 21	Calories	Total Fat (g)	Saturated Fat (g)	Protein (g)	Meat/Meat Alt.	Grain/Bread	Carbs (g)	Sodium (mg)	Sugar (g)
Soft Shell Taco	331	14 grams	9.5 grams	23 grams	3 oz	1.5 oz	25 grams	597 mg	3 grams
Marinated Chix Breast Sandwich	250	5 grams	.5 grams	27 grams	2 oz	2 oz	26 grams	450 mg	3 grams
Taco Salad	258	13 grams	5 grams	13 grams	2 oz	2 oz	25 grams	306 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

Oct. 24 - Oct. 28	Calories	Total Fat (g)	Saturated Fat (g)	Protein (g)	Meat/Meat Alt.	Grain/Bread	Carbs (g)	Sodium (mg)	Sugar (g)
Cheese Burger	393	20 grams	9 grams	27 grams	2 oz	2 oz	28 grams	981 mg	6 grams
Popcorn Chicken	220	13 grams	3 grams	13 grams	2 oz	1 oz	14 grams	380 mg	2 grams
Mini Waffles	210	6 grams	1 gram	4 grams	n/a	2 oz	38 grams	170 mg	13 grams
Sausage Patties	61	4 grams	1 gram	6 grams	2 oz	n/a	0 grams	122 mg	n/a
Popcorn Chicken Salad	237	16 grams	7.5 grams	13.5 grams	1 oz	1 oz	11 grams	380 mg	2 grams
Stuffed Crust Pizza	350	11 grams	5 grams	20 grams	2	2.75	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

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

