

2017-2018

| <b>April 9 - April 13</b> | 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 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       |
| 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    |
| 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   |

| <b>April 16 - April 20</b> | 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 Nuggets            | 230      | 13 grams      | 2.5 grams         | 12 grams    | 2 oz           | 1 oz        | 15 grams  | 440 mg      | 1 gram    |
| French Toast               | 147      | 3.7 grams     | 1.1 grams         | 7.4 grams   | 1 oz           | 1 oz        | 22 grams  | 265.4 mg    | 8 grams   |
| Sausage Patty              | 60       | 4 grams       | 1 gram            | 6 grams     | 1 oz           | n/a         | 0 grams   | 80 mg       | n/a       |
| 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   |

| <b>April 23 - April 27</b> | 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   |
| Chicken Fries              | 230      | 13 grams      | 2.5 grams         | 13 grams    | 2 oz           | 1 oz        | 14 grams  | 340 mg      | 1 grams   |
| Jersey Giant Turkey Sub    |          |               |                   |             |                |             |           |             |           |
| Macaroni & Cheese          | 280      | 11 grams      | 5 grams           | 17 grams    | 2 oz           | 1 oz        | 29 grams  | 670 mg      | 6 grams   |

| <b>Pizza Hut</b>      | 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      |           |
| <b>Domino's Pizza</b> |          |               |                   |             |                |             |             |             |           |
| 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   |

