

2017-2018

January 8 - January 12	Calories	Total Fat (g)	Saturated Fat (g)	Protein (g)	Meat/Meat Alt.	Grain/Bread	Carbs (g)	Sodium (mg)	Sugar (g)
Domino's Pizza	276	11 grams	5 grams	12 grams	2 oz	n/a	16 grams	327 mg	.38 grams
Mini 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
Breaded Chicken Patty	380	15.5 grams	2.5 grams	20 grams	2 oz	2 oz	41 grams	730 mg	4 grams
Jersey Giant Turkey Sub						1 oz			
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
					10 oz	8 oz		2493	

January 15 - January 19	Calories	Total Fat (g)	Saturated Fat (g)	Protein (g)	Meat/Meat Alt.	Grain/Bread	Carbs (g)	Sodium (mg)	Sugar (g)
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	
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
Corn Dog Nuggets	180	8 grams	3 grams	7 grams	2 oz	2 oz	20 grams	280 mg	4 grams
Popcorn Chicken Salad	237	16 grams	7.5 grams	13.5 grams	2 oz	1 oz	11 grams	380 mg	2 grams
Macaroni & Cheese	280	11 grams	5 grams	17 grams	2 oz	1 oz	29 grams	670 mg	6 grams
					10 oz	8 oz			

January 22 - January 26	Calories	Total Fat (g)	Saturated Fat (g)	Protein (g)	Meat/Meat Alt.	Grain/Bread	Carbs (g)	Sodium (mg)	Sugar (g)
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
Meatballs & Marinara	250	13.5 grams	4.5 grams	15 grams	2 oz	n/a	20 grams	370	11 grams
Bread Sticks	160	2 grams	0 grams	4 grams	n/a	2 oz	14 grams	200 mg	4 grams
Chicken Fries	230	13 grams	2.5 grams	13 grams	2 oz	1 oz	14 grams	340 mg	1 grams
French Toast	147	3.7 grams	1.1 grams	7.4 grams	1 oz	1 oz	22 grams	266 mg	8 grams
Sausage Patty	60	4 grams	1 gram	6 grams	1 oz	n/a	0 grams	80 mg	n/a
Stuffed Crust Pizza	350	11 grams	5 grams	20 grams	2 oz	2.75 oz	42 grams	580 mg	5 grams
Pepperoni	26	2.5 grams	.75 grams	1.13 grams			0 grams	86 mg	0 grams
					10 oz	7.75			

January 29 - January 31	Calories	Total Fat (g)	Saturated Fat (g)	Protein (g)	Meat/Meat Alt.	Grain/Bread	Carbs (g)	Sodium (mg)	Sugar (g)
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	
Cheese Burger	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

	Calories	Total Fat (g)	Saturated Fat (g)	Protein (g)	Meat/Meat Alt.	Grain/Bread	Carbs (g)	Sodium (mg)	Sugar (g)
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
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	2 oz	1 oz	20.25 grams	545 mg	2 grams

