

October 2021 High School Lunch Nutritionals (Grades 9-12)

Fri - 10/01/2021	Portion Size	Cals	Mg Sodm	G Fiber	G Sugars	G Protn	G Carb	G T-Fat	G S-Fat
Wing Bar	5 Wings	625	1041	0.40	2.20	36.15	6.53	50.70	12.49
Chicken Sandwich	sandwich	390	886	3.75	7.60	27.48	46.63	10.61	2.02
Chicken Sandwich - Spicy	Sandwich	390	756	4.75	5.60	27.48	47.63	10.61	2.02
Cheeseburger on WW Bun	sandwiches	341	724	2.85	6.90	25.58	34.63	13.71	5.46
Chicken Smackers	4.3 oz	269	590	3.00	0.00	18.00	20.00	13.00	3.00
WG Roll - High School	2 oz rolls	160	200	3.00	5.00	5.00	30.00	2.00	0.00
Cheesy Bread-SmartMouth	5 oz Servings	414	664	4.91	7.75	18.99	44.60	18.80	8.08
Pizza, Cheese- Smartmouth	5 oz Pizzas	384	644	4.00	5.01	17.95	40.02	17.93	7.96
Pizza, Pepperoni-SmartMout	5 oz Pizzas	414	754	4.00	5.01	19.45	40.52	20.43	8.96
Pizza, Italian Combo-Smartm	5 oz Pizzas	418	811	4.51	4.76	18.99	41.04	21.25	8.23
Pizza, Italian Sausa-Smartm	5 oz Pizzas	442	872	5.01	4.81	20.01	41.65	23.45	8.90
Buffalo Chicken Salad	1 salad	527	1375	4.24	6.80	27.20	37.27	30.04	9.92
Crispy Chicken Salad	1 salad	489	1004	4.24	6.80	27.20	36.51	26.26	9.17
Garden Salad	6 OZ	80	207	1.09	1.91	3.99	5.38	4.69	3.03
Roasted Red Potatoes	1/2 cup	116	8	2.32	1.36	2.57	21.63	2.34	0.40
Carrots, Baby	1/2 cup	25	55	2.04	3.35	0.45	5.79	0.09	0.02
Assorted Melons	1/2 cup serving	50	18	1.05	11.14	0.97	12.49	0.24	0.05
Assorted Fresh Fruit	1/2 cup serving	58	1	2.24	11.11	0.74	14.77	0.21	0.05
Assorted Canned Fruit	4 ounce	76	7	1.18	16.99	0.43	19.53	0.05	0.01
Milk, Chocolate FF	1 cup	110	180	0.00	25.00	11.00	19.00	0.00	0.00
Milk, 1 % White	1 cup	100	125	0.00	12.00	8.00	12.00	2.50	1.50
Ketchup, Individual	Pkt 6g	10	85	0.00	2.00	0.00	3.00	0.00	0.00
Mustard	1 ea	5	93	0.00	0.00	0.00	0.00	0.00	0.00
Mayonnaise	1 ea	30	85	0.00	0.00	0.00	1.00	3.00	0.00
BBQ Packet	Packs	15	85	0.00	4.00	0.00	4.00	0.00	0.00
Honey Mustard Cup	1 oz	130	90	0.00	7.00	0.00	9.00	10.00	2.00
Ranch Cup	1 oz	80	230	0.00	1.00	1.00	2.00	7.00	1.00

Mon - 10/04/2021	Portion Size	Cals	Mg Sodm	G Fiber	G Sugars	G Protn	G Carb	G T-Fat	G S-Fat
Cheese Crunchers	4 Crunchers	420	800	4.00	2.00	20.00	42.00	20.00	9.00
Marinara Sauce -USDA	2 OZ	30	355	0.02	0.00	0.76	5.41	0.54	0.10
Chicken Sandwich	sandwich	390	886	3.75	7.60	27.48	46.63	10.61	2.02
Chicken Sandwich - Spicy	Sandwich	390	756	4.75	5.60	27.48	47.63	10.61	2.02
Cheeseburger on WW Bun	sandwiches	341	724	2.85	6.90	25.58	34.63	13.71	5.46
Chicken Smackers	4.3 oz	269	590	3.00	0.00	18.00	20.00	13.00	3.00
Breadstick Garlic WG	1 oz	110	200	2.00	2.00	3.00	17.00	4.00	1.00
Cheesy Bread-SmartMouth	5 oz Servings	414	664	4.91	7.75	18.99	44.60	18.80	8.08
Pizza, Cheese- Smartmouth	5 oz Pizzas	384	644	4.00	5.01	17.95	40.02	17.93	7.96
Pizza, Pepperoni-SmartMout	5 oz Pizzas	414	754	4.00	5.01	19.45	40.52	20.43	8.96
Pizza, Italian Combo-Smartm	5 oz Pizzas	418	811	4.51	4.76	18.99	41.04	21.25	8.23
Pizza, Italian Sausa-Smartm	5 oz Pizzas	442	872	5.01	4.81	20.01	41.65	23.45	8.90
Buffalo Chicken Salad	1 salad	527	1375	4.24	6.80	27.20	37.27	30.04	9.92
Crispy Chicken Salad	1 salad	489	1004	4.24	6.80	27.20	36.51	26.26	9.17
Garden Salad	6 OZ	80	207	1.09	1.91	3.99	5.38	4.69	3.03
Broccoli, Steamed	1/2 cup	23	71	2.78	0.93	2.78	3.71	0.00	0.00
Carrots, Steamed	1/2 cup	38	112	2.16	4.32	1.08	7.56	0.00	0.00
Assorted Melons	1/2 cup serving	50	18	1.05	11.14	0.97	12.49	0.24	0.05
Assorted Fresh Fruit	1/2 cup serving	58	1	2.24	11.11	0.74	14.77	0.21	0.05
Assorted Canned Fruit	4 ounce	76	7	1.18	16.99	0.43	19.53	0.05	0.01
Milk, Chocolate FF	1 cup	110	180	0.00	25.00	11.00	19.00	0.00	0.00
Milk, 1 % White	1 cup	100	125	0.00	12.00	8.00	12.00	2.50	1.50
Ketchup, Individual	Pkt 6g	10	85	0.00	2.00	0.00	3.00	0.00	0.00
Mustard	1 ea	5	93	0.00	0.00	0.00	0.00	0.00	0.00
Mayonnaise	1 ea	30	85	0.00	0.00	0.00	1.00	3.00	0.00
BBQ Packet	Packs	15	85	0.00	4.00	0.00	4.00	0.00	0.00
Honey Mustard Cup	1 oz	130	90	0.00	7.00	0.00	9.00	10.00	2.00

Tue - 10/05/2021	Portion Size	Cals	Mg Sodm	G Fiber	G Sugars	G Protn	G Carb	G T-Fat	G S-Fat
Soft Shell Taco	2 tacos	290	660	1.97	3.08	20.44	10.78	16.85	9.11
Hard Shell Tacos	2 tacos	460	660	3.97	4.08	22.44	33.78	24.85	11.11
Chicken Soft Taco	2 each	223	695	1.02	4.41	18.97	9.44	11.44	7.19
Chicken Hard Taco	2 each	338	600	3.02	5.41	17.97	31.94	14.94	6.19
Chicken Sandwich	sandwich	390	886	3.75	7.60	27.48	46.63	10.61	2.02
Chicken Sandwich - Spicy	Sandwich	390	756	4.75	5.60	27.48	47.63	10.61	2.02
Cheeseburger on WW Bun	sandwiches	341	724	2.85	6.90	25.58	34.63	13.71	5.46
Chicken Smackers	4.3 oz	269	590	3.00	0.00	18.00	20.00	13.00	3.00
Breadstick Garlic WG	1 oz	110	200	2.00	2.00	3.00	17.00	4.00	1.00
Cheesy Bread-SmartMouth	5 oz Servings	414	664	4.91	7.75	18.99	44.60	18.80	8.08
Pizza, Cheese- Smartmouth	5 oz Pizzas	384	644	4.00	5.01	17.95	40.02	17.93	7.96
Pizza, Pepperoni-SmartMout	5 oz Pizzas	414	754	4.00	5.01	19.45	40.52	20.43	8.96
Pizza, Italian Combo-Smartm	5 oz Pizzas	418	811	4.51	4.76	18.99	41.04	21.25	8.23
Pizza, Italian Sausa-Smartm	5 oz Pizzas	442	872	5.01	4.81	20.01	41.65	23.45	8.90
Buffalo Chicken Salad	1 salad	527	1375	4.24	6.80	27.20	37.27	30.04	9.92
Crispy Chicken Salad	1 salad	489	1004	4.24	6.80	27.20	36.51	26.26	9.17
Garden Salad	6 OZ	80	207	1.09	1.91	3.99	5.38	4.69	3.03
Pinto Beans, Seasoned	4 oz	146	533	5.31	1.32	6.64	26.57	0.66	0.00
Corn, Seasoned	1/2 cup	67	48	1.99	2.54	2.11	15.98	0.55	0.09
Assorted Melons	1/2 cup serving	50	18	1.05	11.14	0.97	12.49	0.24	0.05
Assorted Fresh Fruit	1/2 cup serving	58	1	2.24	11.11	0.74	14.77	0.21	0.05
Assorted Canned Fruit	4 ounce	76	7	1.18	16.99	0.43	19.53	0.05	0.01
Milk, Chocolate FF	1 cup	110	180	0.00	25.00	11.00	19.00	0.00	0.00
Milk, 1 % White	1 cup	100	125	0.00	12.00	8.00	12.00	2.50	1.50
Ketchup, Individual	Pkt 6g	10	85	0.00	2.00	0.00	3.00	0.00	0.00
Mustard	1 ea	5	93	0.00	0.00	0.00	0.00	0.00	0.00
Mayonnaise	1 ea	30	85	0.00	0.00	0.00	1.00	3.00	0.00
BBQ Packet	Packs	15	85	0.00	4.00	0.00	4.00	0.00	0.00
Honey Mustard Cup	1 oz	130	90	0.00	7.00	0.00	9.00	10.00	2.00
Taco Sauce	packs	5	80	0.00	0.00	0.00	1.00	0.00	0.00

Wed - 10/06/2021	Portion Size	Cals	Mg Sodm	G Fiber	G Sugars	G Protn	G Carb	G T-Fat	G S-Fat
Chicken Tenders	5.4 oz	248	596	1.99	0.00	21.85	21.85	7.95	0.99
Chicken Sandwich	sandwich	390	886	3.75	7.60	27.48	46.63	10.61	2.02
Chicken Sandwich - Spicy	Sandwich	390	756	4.75	5.60	27.48	47.63	10.61	2.02
Cheeseburger on WW Bun	sandwiches	341	724	2.85	6.90	25.58	34.63	13.71	5.46
Chicken Smackers	4.3 oz	269	590	3.00	0.00	18.00	20.00	13.00	3.00
Cheesy Bread-SmartMouth	5 oz Servings	414	664	4.91	7.75	18.99	44.60	18.80	8.08
Pizza, Cheese- Smartmouth	5 oz Pizzas	384	644	4.00	5.01	17.95	40.02	17.93	7.96
Pizza, Pepperoni-SmartMout	5 oz Pizzas	414	754	4.00	5.01	19.45	40.52	20.43	8.96
Pizza, Italian Combo-Smartm	5 oz Pizzas	418	811	4.51	4.76	18.99	41.04	21.25	8.23
Pizza, Italian Sausa-Smartm	5 oz Pizzas	442	872	5.01	4.81	20.01	41.65	23.45	8.90
Buffalo Chicken Salad	1 salad	527	1375	4.24	6.80	27.20	37.27	30.04	9.92
Crispy Chicken Salad	1 salad	489	1004	4.24	6.80	27.20	36.51	26.26	9.17
Macaroni and Cheese	4 oz	187	447	1.33	4.00	11.34	19.34	7.34	3.34
Garden Salad	6 OZ	80	207	1.09	1.91	3.99	5.38	4.69	3.03
Green Beans	4 oz	32	315	2.10	1.48	1.45	5.69	0.40	0.00
Assorted Melons	1/2 cup serving	50	18	1.05	11.14	0.97	12.49	0.24	0.05
Assorted Fresh Fruit	1/2 cup serving	58	1	2.24	11.11	0.74	14.77	0.21	0.05
Assorted Canned Fruit	4 ounce	76	7	1.18	16.99	0.43	19.53	0.05	0.01
Assorted WG Cookie	1 ea	169	109	1.52	14.00	1.80	27.00	6.00	1.54
Milk, Chocolate FF	1 cup	110	180	0.00	25.00	11.00	19.00	0.00	0.00
Milk, 1 % White	1 cup	100	125	0.00	12.00	8.00	12.00	2.50	1.50
Ketchup, Individual	Pkt 6g	10	85	0.00	2.00	0.00	3.00	0.00	0.00
Mustard	1 ea	5	93	0.00	0.00	0.00	0.00	0.00	0.00
Mayonnaise	1 ea	30	85	0.00	0.00	0.00	1.00	3.00	0.00
BBQ Packet	Packs	15	85	0.00	4.00	0.00	4.00	0.00	0.00
Honey Mustard Cup	1 oz	130	90	0.00	7.00	0.00	9.00	10.00	2.00

Thu - 10/07/2021	Portion Size	Cals	Mg Sodm	G Fiber	G Sugars	G Protn	G Carb	G T-Fat	G S-Fat
BBQ Pork on WG Bun	sandwich	398	984	2.23	15.21	24.14	42.47	16.11	4.81
Chicken Sandwich	sandwich	390	886	3.75	7.60	27.48	46.63	10.61	2.02
Chicken Sandwich - Spicy	Sandwich	390	756	4.75	5.60	27.48	47.63	10.61	2.02
Cheeseburger on WW Bun	sandwiches	341	724	2.85	6.90	25.58	34.63	13.71	5.46
Chicken Smackers	4.3 oz	269	590	3.00	0.00	18.00	20.00	13.00	3.00
Breadstick Garlic WG	1 oz	110	200	2.00	2.00	3.00	17.00	4.00	1.00
Cheesy Bread-SmartMouth	5 oz Servings	414	664	4.91	7.75	18.99	44.60	18.80	8.08
Pizza, Cheese- Smartmouth	5 oz Pizzas	384	644	4.00	5.01	17.95	40.02	17.93	7.96
Pizza, Pepperoni-SmartMout	5 oz Pizzas	414	754	4.00	5.01	19.45	40.52	20.43	8.96
Pizza, Italian Combo-Smartm	5 oz Pizzas	418	811	4.51	4.76	18.99	41.04	21.25	8.23
Pizza, Italian Sausa-Smartm	5 oz Pizzas	442	872	5.01	4.81	20.01	41.65	23.45	8.90
Buffalo Chicken Salad	1 salad	527	1375	4.24	6.80	27.20	37.27	30.04	9.92
Crispy Chicken Salad	1 salad	489	1004	4.24	6.80	27.20	36.51	26.26	9.17
Garden Salad	6 OZ	80	207	1.09	1.91	3.99	5.38	4.69	3.03
Seasoned Fresh Potato Wed	1/2 cup	125	18	2.51	1.34	2.86	24.07	2.32	0.36
Baked Beans	1/2 cup	140	370	5.99	11.99	4.99	29.96	0.50	0.00
Assorted Melons	1/2 cup serving	50	18	1.05	11.14	0.97	12.49	0.24	0.05
Assorted Fresh Fruit	1/2 cup serving	58	1	2.24	11.11	0.74	14.77	0.21	0.05
Assorted Canned Fruit	4 ounce	76	7	1.18	16.99	0.43	19.53	0.05	0.01
Milk, Chocolate FF	1 cup	110	180	0.00	25.00	11.00	19.00	0.00	0.00
Milk, 1 % White	1 cup	100	125	0.00	12.00	8.00	12.00	2.50	1.50
Ketchup, Individual	Pkt 6g	10	85	0.00	2.00	0.00	3.00	0.00	0.00
Mustard	1 ea	5	93	0.00	0.00	0.00	0.00	0.00	0.00
Mayonnaise	1 ea	30	85	0.00	0.00	0.00	1.00	3.00	0.00
BBQ Packet	Packs	15	85	0.00	4.00	0.00	4.00	0.00	0.00
Honey Mustard Cup	1 oz	130	90	0.00	7.00	0.00	9.00	10.00	2.00

Fri - 10/08/2021	Portion Size	Cals	Mg Sodm	G Fiber	G Sugars	G Protn	G Carb	G T-Fat	G S-Fat
Chicken and Cheese Quesa	(2 quesadilla)	429	883	4.00	0.00	34.64	32.56	16.54	8.01
Chicken Sandwich	sandwich	390	886	3.75	7.60	27.48	46.63	10.61	2.02
Chicken Sandwich - Spicy	Sandwich	390	756	4.75	5.60	27.48	47.63	10.61	2.02
Cheeseburger on WW Bun	sandwiches	341	724	2.85	6.90	25.58	34.63	13.71	5.46
Chicken Smackers	4.3 oz	269	590	3.00	0.00	18.00	20.00	13.00	3.00
Breadstick Garlic WG	1 oz	110	200	2.00	2.00	3.00	17.00	4.00	1.00
Cheesy Bread-SmartMouth	5 oz Servings	414	664	4.91	7.75	18.99	44.60	18.80	8.08
Pizza, Cheese- Smartmouth	5 oz Pizzas	384	644	4.00	5.01	17.95	40.02	17.93	7.96
Pizza, Pepperoni-SmartMout	5 oz Pizzas	414	754	4.00	5.01	19.45	40.52	20.43	8.96
Pizza, Italian Combo-Smartm	5 oz Pizzas	418	811	4.51	4.76	18.99	41.04	21.25	8.23
Pizza, Italian Sausa-Smartm	5 oz Pizzas	442	872	5.01	4.81	20.01	41.65	23.45	8.90
Buffalo Chicken Salad	1 salad	527	1375	4.24	6.80	27.20	37.27	30.04	9.92
Crispy Chicken Salad	1 salad	489	1004	4.24	6.80	27.20	36.51	26.26	9.17
Garden Salad	6 OZ	80	207	1.09	1.91	3.99	5.38	4.69	3.03
Roasted Red Potatoes	1/2 cup	116	8	2.32	1.36	2.57	21.63	2.34	0.40
Carrots, Baby	1/2 cup	25	55	2.04	3.35	0.45	5.79	0.09	0.02
Assorted Melons	1/2 cup serving	50	18	1.05	11.14	0.97	12.49	0.24	0.05
Assorted Fresh Fruit	1/2 cup serving	58	1	2.24	11.11	0.74	14.77	0.21	0.05
Assorted Canned Fruit	4 ounce	76	7	1.18	16.99	0.43	19.53	0.05	0.01
Milk, Chocolate FF	1 cup	110	180	0.00	25.00	11.00	19.00	0.00	0.00
Milk, 1 % White	1 cup	100	125	0.00	12.00	8.00	12.00	2.50	1.50
Ketchup, Individual	Pkt 6g	10	85	0.00	2.00	0.00	3.00	0.00	0.00
Mustard	1 ea	5	93	0.00	0.00	0.00	0.00	0.00	0.00
Mayonnaise	1 ea	30	85	0.00	0.00	0.00	1.00	3.00	0.00
BBQ Packet	Packs	15	85	0.00	4.00	0.00	4.00	0.00	0.00
Honey Mustard Cup	1 oz	130	90	0.00	7.00	0.00	9.00	10.00	2.00
Taco Sauce	packs	5	80	0.00	0.00	0.00	1.00	0.00	0.00
Sour Cream-Low Fat	1 oz	25	30	0.00	2.03	2.03	4.05	0.00	0.00
Ranch Cup	1 oz	80	230	0.00	1.00	1.00	2.00	7.00	1.00

Mon - 10/11/2021	Portion Size	Cals	Mg Sodm	G Fiber	G Sugars	G Protn	G Carb	G T-Fat	G S-Fat
Stuffed Crust Dippers	2 ct	304	466	2.03	2.03	16.21	32.42	12.16	4.05
Marinara Sauce -USDA	2 OZ	30	355	0.02	0.00	0.76	5.41	0.54	0.10
Chicken Sandwich	sandwich	390	886	3.75	7.60	27.48	46.63	10.61	2.02
Chicken Sandwich - Spicy	Sandwich	390	756	4.75	5.60	27.48	47.63	10.61	2.02
Cheeseburger on WW Bun	sandwiches	341	724	2.85	6.90	25.58	34.63	13.71	5.46
Chicken Smackers	4.3 oz	269	590	3.00	0.00	18.00	20.00	13.00	3.00
Breadstick Garlic WG	1 oz	110	200	2.00	2.00	3.00	17.00	4.00	1.00
Cheesy Bread-SmartMouth	5 oz Servings	414	664	4.91	7.75	18.99	44.60	18.80	8.08
Pizza, Cheese- Smartmouth	5 oz Pizzas	384	644	4.00	5.01	17.95	40.02	17.93	7.96
Pizza, Pepperoni-SmartMout	5 oz Pizzas	414	754	4.00	5.01	19.45	40.52	20.43	8.96
Pizza, Italian Combo-Smartm	5 oz Pizzas	418	811	4.51	4.76	18.99	41.04	21.25	8.23
Pizza, Italian Sausa-Smartm	5 oz Pizzas	442	872	5.01	4.81	20.01	41.65	23.45	8.90
Buffalo Chicken Salad	1 salad	527	1375	4.24	6.80	27.20	37.27	30.04	9.92
Crispy Chicken Salad	1 salad	489	1004	4.24	6.80	27.20	36.51	26.26	9.17
Garden Salad	6 OZ	80	207	1.09	1.91	3.99	5.38	4.69	3.03
Mashed Potatoes	4 OZ	65	276	0.81	0.83	1.64	13.66	0.83	0.00
Green Beans	4 oz	32	315	2.10	1.48	1.45	5.69	0.40	0.00
Assorted Melons	1/2 cup serving	50	18	1.05	11.14	0.97	12.49	0.24	0.05
Assorted Fresh Fruit	1/2 cup serving	58	1	2.24	11.11	0.74	14.77	0.21	0.05
Assorted Canned Fruit	4 ounce	76	7	1.18	16.99	0.43	19.53	0.05	0.01
Milk, Chocolate FF	1 cup	110	180	0.00	25.00	11.00	19.00	0.00	0.00
Milk, 1 % White	1 cup	100	125	0.00	12.00	8.00	12.00	2.50	1.50
Ketchup, Individual	Pkt 6g	10	85	0.00	2.00	0.00	3.00	0.00	0.00
Mustard	1 ea	5	93	0.00	0.00	0.00	0.00	0.00	0.00
Mayonnaise	1 ea	30	85	0.00	0.00	0.00	1.00	3.00	0.00
BBQ Packet	Packs	15	85	0.00	4.00	0.00	4.00	0.00	0.00
Honey Mustard Cup	1 oz	130	90	0.00	7.00	0.00	9.00	10.00	2.00

Tue - 10/12/2021	Portion Size	Cals	Mg Sodm	G Fiber	G Sugars	G Protn	G Carb	G T-Fat	G S-Fat
Nachos w/ Chili & Cheese	6 oz	495	958	5.53	4.48	17.85	50.25	24.26	9.12
Chicken Sandwich	sandwich	390	886	3.75	7.60	27.48	46.63	10.61	2.02
Chicken Sandwich - Spicy	Sandwich	390	756	4.75	5.60	27.48	47.63	10.61	2.02
Cheeseburger on WW Bun	sandwiches	341	724	2.85	6.90	25.58	34.63	13.71	5.46
Chicken Smackers	4.3 oz	269	590	3.00	0.00	18.00	20.00	13.00	3.00
Breadstick Garlic WG	1 oz	110	200	2.00	2.00	3.00	17.00	4.00	1.00
Cheesy Bread-SmartMouth	5 oz Servings	414	664	4.91	7.75	18.99	44.60	18.80	8.08
Pizza, Cheese- Smartmouth	5 oz Pizzas	384	644	4.00	5.01	17.95	40.02	17.93	7.96
Pizza, Pepperoni-SmartMout	5 oz Pizzas	414	754	4.00	5.01	19.45	40.52	20.43	8.96
Pizza, Italian Combo-Smartm	5 oz Pizzas	418	811	4.51	4.76	18.99	41.04	21.25	8.23
Pizza, Italian Sausa-Smartm	5 oz Pizzas	442	872	5.01	4.81	20.01	41.65	23.45	8.90
Buffalo Chicken Salad	1 salad	527	1375	4.24	6.80	27.20	37.27	30.04	9.92
Crispy Chicken Salad	1 salad	489	1004	4.24	6.80	27.20	36.51	26.26	9.17
Garden Salad	6 OZ	80	207	1.09	1.91	3.99	5.38	4.69	3.03
Pinto Beans, Seasoned	4 oz	146	533	5.31	1.32	6.64	26.57	0.66	0.00
Corn, Seasoned	1/2 cup	67	48	1.99	2.54	2.11	15.98	0.55	0.09
Assorted Melons	1/2 cup serving	50	18	1.05	11.14	0.97	12.49	0.24	0.05
Assorted Fresh Fruit	1/2 cup serving	58	1	2.24	11.11	0.74	14.77	0.21	0.05
Assorted Canned Fruit	4 ounce	76	7	1.18	16.99	0.43	19.53	0.05	0.01
Milk, Chocolate FF	1 cup	110	180	0.00	25.00	11.00	19.00	0.00	0.00
Milk, 1 % White	1 cup	100	125	0.00	12.00	8.00	12.00	2.50	1.50
Ketchup, Individual	Pkt 6g	10	85	0.00	2.00	0.00	3.00	0.00	0.00
Mustard	1 ea	5	93	0.00	0.00	0.00	0.00	0.00	0.00
Mayonnaise	1 ea	30	85	0.00	0.00	0.00	1.00	3.00	0.00
BBQ Packet	Packs	15	85	0.00	4.00	0.00	4.00	0.00	0.00
Honey Mustard Cup	1 oz	130	90	0.00	7.00	0.00	9.00	10.00	2.00
Taco Sauce	packs	5	80	0.00	0.00	0.00	1.00	0.00	0.00

Wed - 10/13/2021	Portion Size	Cals	Mg Sodm	G Fiber	G Sugars	G Protn	G Carb	G T-Fat	G S-Fat
Orange Chicken	4.3 oz(10 ct)	312	666	3.00	8.12	18.00	30.03	13.00	3.00
Chicken Sandwich	sandwich	390	886	3.75	7.60	27.48	46.63	10.61	2.02
Chicken Sandwich - Spicy	Sandwich	390	756	4.75	5.60	27.48	47.63	10.61	2.02
Cheeseburger on WW Bun	sandwiches	341	724	2.85	6.90	25.58	34.63	13.71	5.46
Chicken Smackers	4.3 oz	269	590	3.00	0.00	18.00	20.00	13.00	3.00
Cheesy Bread-SmartMouth	5 oz Servings	414	664	4.91	7.75	18.99	44.60	18.80	8.08
Pizza, Cheese- Smartmouth	5 oz Pizzas	384	644	4.00	5.01	17.95	40.02	17.93	7.96
Pizza, Pepperoni-SmartMout	5 oz Pizzas	414	754	4.00	5.01	19.45	40.52	20.43	8.96
Pizza, Italian Combo-Smartm	5 oz Pizzas	418	811	4.51	4.76	18.99	41.04	21.25	8.23
Pizza, Italian Sausa-Smartm	5 oz Pizzas	442	872	5.01	4.81	20.01	41.65	23.45	8.90
Buffalo Chicken Salad	1 salad	527	1375	4.24	6.80	27.20	37.27	30.04	9.92
Crispy Chicken Salad	1 salad	489	1004	4.24	6.80	27.20	36.51	26.26	9.17
Rice- Brown	1/2 cup serving	126	95	1.49	0.00	2.97	26.01	1.49	0.00
Garden Salad	6 OZ	80	207	1.09	1.91	3.99	5.38	4.69	3.03
Broccoli, Steamed	1/2 cup	23	71	2.78	0.93	2.78	3.71	0.00	0.00
Carrots, Steamed	1/2 cup	38	112	2.16	4.32	1.08	7.56	0.00	0.00
Assorted Melons	1/2 cup serving	50	18	1.05	11.14	0.97	12.49	0.24	0.05
Assorted Fresh Fruit	1/2 cup serving	58	1	2.24	11.11	0.74	14.77	0.21	0.05
Assorted Canned Fruit	4 ounce	76	7	1.18	16.99	0.43	19.53	0.05	0.01
Assorted WG Cookie	1 ea	169	109	1.52	14.00	1.80	27.00	6.00	1.54
Milk, Chocolate FF	1 cup	110	180	0.00	25.00	11.00	19.00	0.00	0.00
Milk, 1 % White	1 cup	100	125	0.00	12.00	8.00	12.00	2.50	1.50
Ketchup, Individual	Pkt 6g	10	85	0.00	2.00	0.00	3.00	0.00	0.00
Mustard	1 ea	5	93	0.00	0.00	0.00	0.00	0.00	0.00
Mayonnaise	1 ea	30	85	0.00	0.00	0.00	1.00	3.00	0.00
BBQ Packet	Packs	15	85	0.00	4.00	0.00	4.00	0.00	0.00
Honey Mustard Cup	1 oz	130	90	0.00	7.00	0.00	9.00	10.00	2.00

Thu - 10/14/2021	Portion Size	Cals	Mg Sodm	G Fiber	G Sugars	G Protn	G Carb	G T-Fat	G S-Fat
Meatball & Cheese Sub	sandwich	218	652	3.13	2.10	10.47	32.39	5.11	2.21
Chicken Sandwich	sandwich	390	886	3.75	7.60	27.48	46.63	10.61	2.02
Chicken Sandwich - Spicy	Sandwich	390	756	4.75	5.60	27.48	47.63	10.61	2.02
Cheeseburger on WW Bun	sandwiches	341	724	2.85	6.90	25.58	34.63	13.71	5.46
Chicken Smackers	4.3 oz	269	590	3.00	0.00	18.00	20.00	13.00	3.00
Breadstick Garlic WG	1 oz	110	200	2.00	2.00	3.00	17.00	4.00	1.00
Cheesy Bread-SmartMouth	5 oz Servings	414	664	4.91	7.75	18.99	44.60	18.80	8.08
Pizza, Cheese- Smartmouth	5 oz Pizzas	384	644	4.00	5.01	17.95	40.02	17.93	7.96
Pizza, Pepperoni-SmartMout	5 oz Pizzas	414	754	4.00	5.01	19.45	40.52	20.43	8.96
Pizza, Italian Combo-Smartm	5 oz Pizzas	418	811	4.51	4.76	18.99	41.04	21.25	8.23
Pizza, Italian Sausa-Smartm	5 oz Pizzas	442	872	5.01	4.81	20.01	41.65	23.45	8.90
Buffalo Chicken Salad	1 salad	527	1375	4.24	6.80	27.20	37.27	30.04	9.92
Crispy Chicken Salad	1 salad	489	1004	4.24	6.80	27.20	36.51	26.26	9.17
Garden Salad	6 OZ	80	207	1.09	1.91	3.99	5.38	4.69	3.03
Tater Tots	4 oz(12 pieces)	200	481	2.67	0.00	2.67	25.39	9.35	1.34
Baked Beans	1/2 cup	140	370	5.99	11.99	4.99	29.96	0.50	0.00
Assorted Melons	1/2 cup serving	50	18	1.05	11.14	0.97	12.49	0.24	0.05
Assorted Fresh Fruit	1/2 cup serving	58	1	2.24	11.11	0.74	14.77	0.21	0.05
Assorted Canned Fruit	4 ounce	76	7	1.18	16.99	0.43	19.53	0.05	0.01
Milk, Chocolate FF	1 cup	110	180	0.00	25.00	11.00	19.00	0.00	0.00
Milk, 1 % White	1 cup	100	125	0.00	12.00	8.00	12.00	2.50	1.50
Ketchup, Individual	Pkt 6g	10	85	0.00	2.00	0.00	3.00	0.00	0.00
Mustard	1 ea	5	93	0.00	0.00	0.00	0.00	0.00	0.00
Mayonnaise	1 ea	30	85	0.00	0.00	0.00	1.00	3.00	0.00
BBQ Packet	Packs	15	85	0.00	4.00	0.00	4.00	0.00	0.00
Honey Mustard Cup	1 oz	130	90	0.00	7.00	0.00	9.00	10.00	2.00

Fri - 10/15/2021	Portion Size	Cals	Mg Sodm	G Fiber	G Sugars	G Protn	G Carb	G T-Fat	G S-Fat
Wing Bar	5 Wings	625	1041	0.40	2.20	36.15	6.53	50.70	12.49
Chicken Sandwich	sandwich	390	886	3.75	7.60	27.48	46.63	10.61	2.02
Chicken Sandwich - Spicy	Sandwich	390	756	4.75	5.60	27.48	47.63	10.61	2.02
Cheeseburger on WW Bun	sandwiches	341	724	2.85	6.90	25.58	34.63	13.71	5.46
Chicken Smackers	4.3 oz	269	590	3.00	0.00	18.00	20.00	13.00	3.00
WG Roll - High School	2 oz rolls	160	200	3.00	5.00	5.00	30.00	2.00	0.00
Cheesy Bread-SmartMouth	5 oz Servings	414	664	4.91	7.75	18.99	44.60	18.80	8.08
Pizza, Cheese- Smartmouth	5 oz Pizzas	384	644	4.00	5.01	17.95	40.02	17.93	7.96
Pizza, Pepperoni-SmartMout	5 oz Pizzas	414	754	4.00	5.01	19.45	40.52	20.43	8.96
Pizza, Italian Combo-Smartm	5 oz Pizzas	418	811	4.51	4.76	18.99	41.04	21.25	8.23
Pizza, Italian Sausa-Smartm	5 oz Pizzas	442	872	5.01	4.81	20.01	41.65	23.45	8.90
Buffalo Chicken Salad	1 salad	527	1375	4.24	6.80	27.20	37.27	30.04	9.92
Crispy Chicken Salad	1 salad	489	1004	4.24	6.80	27.20	36.51	26.26	9.17
Garden Salad	6 OZ	80	207	1.09	1.91	3.99	5.38	4.69	3.03
Roasted Red Potatoes	1/2 cup	116	8	2.32	1.36	2.57	21.63	2.34	0.40
Carrots, Baby	1/2 cup	25	55	2.04	3.35	0.45	5.79	0.09	0.02
Assorted Melons	1/2 cup serving	50	18	1.05	11.14	0.97	12.49	0.24	0.05
Assorted Fresh Fruit	1/2 cup serving	58	1	2.24	11.11	0.74	14.77	0.21	0.05
Assorted Canned Fruit	4 ounce	76	7	1.18	16.99	0.43	19.53	0.05	0.01
Milk, Chocolate FF	1 cup	110	180	0.00	25.00	11.00	19.00	0.00	0.00
Milk, 1 % White	1 cup	100	125	0.00	12.00	8.00	12.00	2.50	1.50
Ketchup, Individual	Pkt 6g	10	85	0.00	2.00	0.00	3.00	0.00	0.00
Mustard	1 ea	5	93	0.00	0.00	0.00	0.00	0.00	0.00
Mayonnaise	1 ea	30	85	0.00	0.00	0.00	1.00	3.00	0.00
BBQ Packet	Packs	15	85	0.00	4.00	0.00	4.00	0.00	0.00
Honey Mustard Cup	1 oz	130	90	0.00	7.00	0.00	9.00	10.00	2.00
Ranch Cup	1 oz	80	230	0.00	1.00	1.00	2.00	7.00	1.00

Mon - 10/18/2021	Portion Size	Cals	Mg Sodm	G Fiber	G Sugars	G Protn	G Carb	G T-Fat	G S-Fat
Cheese Crunchers	4 Crunchers	420	800	4.00	2.00	20.00	42.00	20.00	9.00
Marinara Sauce -USDA	2 OZ	30	355	0.02	0.00	0.76	5.41	0.54	0.10
Chicken Sandwich	sandwich	390	886	3.75	7.60	27.48	46.63	10.61	2.02
Chicken Sandwich - Spicy	Sandwich	390	756	4.75	5.60	27.48	47.63	10.61	2.02
Cheeseburger on WW Bun	sandwiches	341	724	2.85	6.90	25.58	34.63	13.71	5.46
Chicken Smackers	4.3 oz	269	590	3.00	0.00	18.00	20.00	13.00	3.00
Breadstick Garlic WG	1 oz	110	200	2.00	2.00	3.00	17.00	4.00	1.00
Cheesy Bread-SmartMouth	5 oz Servings	414	664	4.91	7.75	18.99	44.60	18.80	8.08
Pizza, Cheese- Smartmouth	5 oz Pizzas	384	644	4.00	5.01	17.95	40.02	17.93	7.96
Pizza, Pepperoni-SmartMout	5 oz Pizzas	414	754	4.00	5.01	19.45	40.52	20.43	8.96
Pizza, Italian Combo-Smartm	5 oz Pizzas	418	811	4.51	4.76	18.99	41.04	21.25	8.23
Pizza, Italian Sausa-Smartm	5 oz Pizzas	442	872	5.01	4.81	20.01	41.65	23.45	8.90
Buffalo Chicken Salad	1 salad	527	1375	4.24	6.80	27.20	37.27	30.04	9.92
Crispy Chicken Salad	1 salad	489	1004	4.24	6.80	27.20	36.51	26.26	9.17
Garden Salad	6 OZ	80	207	1.09	1.91	3.99	5.38	4.69	3.03
Broccoli, Steamed	1/2 cup	23	71	2.78	0.93	2.78	3.71	0.00	0.00
Carrots, Steamed	1/2 cup	38	112	2.16	4.32	1.08	7.56	0.00	0.00
Assorted Melons	1/2 cup serving	50	18	1.05	11.14	0.97	12.49	0.24	0.05
Assorted Fresh Fruit	1/2 cup serving	58	1	2.24	11.11	0.74	14.77	0.21	0.05
Assorted Canned Fruit	4 ounce	76	7	1.18	16.99	0.43	19.53	0.05	0.01
Milk, Chocolate FF	1 cup	110	180	0.00	25.00	11.00	19.00	0.00	0.00
Milk, 1 % White	1 cup	100	125	0.00	12.00	8.00	12.00	2.50	1.50
Ketchup, Individual	Pkt 6g	10	85	0.00	2.00	0.00	3.00	0.00	0.00
Mustard	1 ea	5	93	0.00	0.00	0.00	0.00	0.00	0.00
Mayonnaise	1 ea	30	85	0.00	0.00	0.00	1.00	3.00	0.00
BBQ Packet	Packs	15	85	0.00	4.00	0.00	4.00	0.00	0.00
Honey Mustard Cup	1 oz	130	90	0.00	7.00	0.00	9.00	10.00	2.00

Tue - 10/19/2021	Portion Size	Cals	Mg Sodm	G Fiber	G Sugars	G Protn	G Carb	G T-Fat	G S-Fat
Soft Shell Taco	2 tacos	290	660	1.97	3.08	20.44	10.78	16.85	9.11
Hard Shell Tacos	2 tacos	460	660	3.97	4.08	22.44	33.78	24.85	11.11
Chicken Soft Taco	2 each	223	695	1.02	4.41	18.97	9.44	11.44	7.19
Chicken Hard Taco	2 each	338	600	3.02	5.41	17.97	31.94	14.94	6.19
Chicken Sandwich	sandwich	390	886	3.75	7.60	27.48	46.63	10.61	2.02
Chicken Sandwich - Spicy	Sandwich	390	756	4.75	5.60	27.48	47.63	10.61	2.02
Cheeseburger on WW Bun	sandwiches	341	724	2.85	6.90	25.58	34.63	13.71	5.46
Chicken Smackers	4.3 oz	269	590	3.00	0.00	18.00	20.00	13.00	3.00
Breadstick Garlic WG	1 oz	110	200	2.00	2.00	3.00	17.00	4.00	1.00
Cheesy Bread-SmartMouth	5 oz Servings	414	664	4.91	7.75	18.99	44.60	18.80	8.08
Pizza, Cheese- Smartmouth	5 oz Pizzas	384	644	4.00	5.01	17.95	40.02	17.93	7.96
Pizza, Pepperoni-SmartMout	5 oz Pizzas	414	754	4.00	5.01	19.45	40.52	20.43	8.96
Pizza, Italian Combo-Smartm	5 oz Pizzas	418	811	4.51	4.76	18.99	41.04	21.25	8.23
Pizza, Italian Sausa-Smartm	5 oz Pizzas	442	872	5.01	4.81	20.01	41.65	23.45	8.90
Buffalo Chicken Salad	1 salad	527	1375	4.24	6.80	27.20	37.27	30.04	9.92
Crispy Chicken Salad	1 salad	489	1004	4.24	6.80	27.20	36.51	26.26	9.17
Garden Salad	6 OZ	80	207	1.09	1.91	3.99	5.38	4.69	3.03
Pinto Beans, Seasoned	4 oz	146	533	5.31	1.32	6.64	26.57	0.66	0.00
Corn, Seasoned	1/2 cup	67	48	1.99	2.54	2.11	15.98	0.55	0.09
Assorted Melons	1/2 cup serving	50	18	1.05	11.14	0.97	12.49	0.24	0.05
Assorted Fresh Fruit	1/2 cup serving	58	1	2.24	11.11	0.74	14.77	0.21	0.05
Assorted Canned Fruit	4 ounce	76	7	1.18	16.99	0.43	19.53	0.05	0.01
Milk, Chocolate FF	1 cup	110	180	0.00	25.00	11.00	19.00	0.00	0.00
Milk, 1 % White	1 cup	100	125	0.00	12.00	8.00	12.00	2.50	1.50
Ketchup, Individual	Pkt 6g	10	85	0.00	2.00	0.00	3.00	0.00	0.00
Mustard	1 ea	5	93	0.00	0.00	0.00	0.00	0.00	0.00
Mayonnaise	1 ea	30	85	0.00	0.00	0.00	1.00	3.00	0.00
BBQ Packet	Packs	15	85	0.00	4.00	0.00	4.00	0.00	0.00
Honey Mustard Cup	1 oz	130	90	0.00	7.00	0.00	9.00	10.00	2.00
Taco Sauce	packs	5	80	0.00	0.00	0.00	1.00	0.00	0.00

Wed - 10/20/2021	Portion Size	Cals	Mg Sodm	G Fiber	G Sugars	G Protn	G Carb	G T-Fat	G S-Fat
Chicken Tenders	5.4 oz	248	596	1.99	0.00	21.85	21.85	7.95	0.99
Chicken Sandwich	sandwich	390	886	3.75	7.60	27.48	46.63	10.61	2.02
Chicken Sandwich - Spicy	Sandwich	390	756	4.75	5.60	27.48	47.63	10.61	2.02
Cheeseburger on WW Bun	sandwiches	341	724	2.85	6.90	25.58	34.63	13.71	5.46
Chicken Smackers	4.3 oz	269	590	3.00	0.00	18.00	20.00	13.00	3.00
Cheesy Bread-SmartMouth	5 oz Servings	414	664	4.91	7.75	18.99	44.60	18.80	8.08
Pizza, Cheese- Smartmouth	5 oz Pizzas	384	644	4.00	5.01	17.95	40.02	17.93	7.96
Pizza, Pepperoni-SmartMout	5 oz Pizzas	414	754	4.00	5.01	19.45	40.52	20.43	8.96
Pizza, Italian Combo-Smartm	5 oz Pizzas	418	811	4.51	4.76	18.99	41.04	21.25	8.23
Pizza, Italian Sausa-Smartm	5 oz Pizzas	442	872	5.01	4.81	20.01	41.65	23.45	8.90
Buffalo Chicken Salad	1 salad	527	1375	4.24	6.80	27.20	37.27	30.04	9.92
Crispy Chicken Salad	1 salad	489	1004	4.24	6.80	27.20	36.51	26.26	9.17
Macaroni and Cheese	4 oz	187	447	1.33	4.00	11.34	19.34	7.34	3.34
Garden Salad	6 OZ	80	207	1.09	1.91	3.99	5.38	4.69	3.03
Green Beans	4 oz	32	315	2.10	1.48	1.45	5.69	0.40	0.00
Assorted Melons	1/2 cup serving	50	18	1.05	11.14	0.97	12.49	0.24	0.05
Assorted Fresh Fruit	1/2 cup serving	58	1	2.24	11.11	0.74	14.77	0.21	0.05
Assorted Canned Fruit	4 ounce	76	7	1.18	16.99	0.43	19.53	0.05	0.01
Assorted WG Cookie	1 ea	169	109	1.52	14.00	1.80	27.00	6.00	1.54
Milk, Chocolate FF	1 cup	110	180	0.00	25.00	11.00	19.00	0.00	0.00
Milk, 1 % White	1 cup	100	125	0.00	12.00	8.00	12.00	2.50	1.50
Ketchup, Individual	Pkt 6g	10	85	0.00	2.00	0.00	3.00	0.00	0.00
Mustard	1 ea	5	93	0.00	0.00	0.00	0.00	0.00	0.00
Mayonnaise	1 ea	30	85	0.00	0.00	0.00	1.00	3.00	0.00
BBQ Packet	Packs	15	85	0.00	4.00	0.00	4.00	0.00	0.00
Honey Mustard Cup	1 oz	130	90	0.00	7.00	0.00	9.00	10.00	2.00

Thu - 10/21/2021	Portion Size	Cals	Mg Sodm	G Fiber	G Sugars	G Protn	G Carb	G T-Fat	G S-Fat
BBQ Pork on WG Bun	sandwich	398	984	2.23	15.21	24.14	42.47	16.11	4.81
Chicken Sandwich	sandwich	390	886	3.75	7.60	27.48	46.63	10.61	2.02
Chicken Sandwich - Spicy	Sandwich	390	756	4.75	5.60	27.48	47.63	10.61	2.02
Cheeseburger on WW Bun	sandwiches	341	724	2.85	6.90	25.58	34.63	13.71	5.46
Chicken Smackers	4.3 oz	269	590	3.00	0.00	18.00	20.00	13.00	3.00
Breadstick Garlic WG	1 oz	110	200	2.00	2.00	3.00	17.00	4.00	1.00
Cheesy Bread-SmartMouth	5 oz Servings	414	664	4.91	7.75	18.99	44.60	18.80	8.08
Pizza, Cheese- Smartmouth	5 oz Pizzas	384	644	4.00	5.01	17.95	40.02	17.93	7.96
Pizza, Pepperoni-SmartMout	5 oz Pizzas	414	754	4.00	5.01	19.45	40.52	20.43	8.96
Pizza, Italian Combo-Smartm	5 oz Pizzas	418	811	4.51	4.76	18.99	41.04	21.25	8.23
Pizza, Italian Sausa-Smartm	5 oz Pizzas	442	872	5.01	4.81	20.01	41.65	23.45	8.90
Buffalo Chicken Salad	1 salad	527	1375	4.24	6.80	27.20	37.27	30.04	9.92
Crispy Chicken Salad	1 salad	489	1004	4.24	6.80	27.20	36.51	26.26	9.17
Garden Salad	6 OZ	80	207	1.09	1.91	3.99	5.38	4.69	3.03
Seasoned Fresh Potato Wed	1/2 cup	125	18	2.51	1.34	2.86	24.07	2.32	0.36
Baked Beans	1/2 cup	140	370	5.99	11.99	4.99	29.96	0.50	0.00
Assorted Melons	1/2 cup serving	50	18	1.05	11.14	0.97	12.49	0.24	0.05
Assorted Fresh Fruit	1/2 cup serving	58	1	2.24	11.11	0.74	14.77	0.21	0.05
Assorted Canned Fruit	4 ounce	76	7	1.18	16.99	0.43	19.53	0.05	0.01
Milk, Chocolate FF	1 cup	110	180	0.00	25.00	11.00	19.00	0.00	0.00
Milk, 1 % White	1 cup	100	125	0.00	12.00	8.00	12.00	2.50	1.50
Ketchup, Individual	Pkt 6g	10	85	0.00	2.00	0.00	3.00	0.00	0.00
Mustard	1 ea	5	93	0.00	0.00	0.00	0.00	0.00	0.00
Mayonnaise	1 ea	30	85	0.00	0.00	0.00	1.00	3.00	0.00
BBQ Packet	Packs	15	85	0.00	4.00	0.00	4.00	0.00	0.00
Honey Mustard Cup	1 oz	130	90	0.00	7.00	0.00	9.00	10.00	2.00

Fri - 10/22/2021	Portion Size	Cals	Mg Sodm	G Fiber	G Sugars	G Protn	G Carb	G T-Fat	G S-Fat
Chicken and Cheese Quesa	(2 quesadilla)	429	883	4.00	0.00	34.64	32.56	16.54	8.01
Chicken Sandwich	sandwich	390	886	3.75	7.60	27.48	46.63	10.61	2.02
Chicken Sandwich - Spicy	Sandwich	390	756	4.75	5.60	27.48	47.63	10.61	2.02
Cheeseburger on WW Bun	sandwiches	341	724	2.85	6.90	25.58	34.63	13.71	5.46
Chicken Smackers	4.3 oz	269	590	3.00	0.00	18.00	20.00	13.00	3.00
Breadstick Garlic WG	1 oz	110	200	2.00	2.00	3.00	17.00	4.00	1.00
Cheesy Bread-SmartMouth	5 oz Servings	414	664	4.91	7.75	18.99	44.60	18.80	8.08
Pizza, Cheese- Smartmouth	5 oz Pizzas	384	644	4.00	5.01	17.95	40.02	17.93	7.96
Pizza, Pepperoni-SmartMout	5 oz Pizzas	414	754	4.00	5.01	19.45	40.52	20.43	8.96
Pizza, Italian Combo-Smartm	5 oz Pizzas	418	811	4.51	4.76	18.99	41.04	21.25	8.23
Pizza, Italian Sausa-Smartm	5 oz Pizzas	442	872	5.01	4.81	20.01	41.65	23.45	8.90
Buffalo Chicken Salad	1 salad	527	1375	4.24	6.80	27.20	37.27	30.04	9.92
Crispy Chicken Salad	1 salad	489	1004	4.24	6.80	27.20	36.51	26.26	9.17
Garden Salad	6 OZ	80	207	1.09	1.91	3.99	5.38	4.69	3.03
Roasted Red Potatoes	1/2 cup	116	8	2.32	1.36	2.57	21.63	2.34	0.40
Carrots, Baby	1/2 cup	25	55	2.04	3.35	0.45	5.79	0.09	0.02
Assorted Melons	1/2 cup serving	50	18	1.05	11.14	0.97	12.49	0.24	0.05
Assorted Fresh Fruit	1/2 cup serving	58	1	2.24	11.11	0.74	14.77	0.21	0.05
Assorted Canned Fruit	4 ounce	76	7	1.18	16.99	0.43	19.53	0.05	0.01
Milk, Chocolate FF	1 cup	110	180	0.00	25.00	11.00	19.00	0.00	0.00
Milk, 1 % White	1 cup	100	125	0.00	12.00	8.00	12.00	2.50	1.50
Ketchup, Individual	Pkt 6g	10	85	0.00	2.00	0.00	3.00	0.00	0.00
Mustard	1 ea	5	93	0.00	0.00	0.00	0.00	0.00	0.00
Mayonnaise	1 ea	30	85	0.00	0.00	0.00	1.00	3.00	0.00
BBQ Packet	Packs	15	85	0.00	4.00	0.00	4.00	0.00	0.00
Honey Mustard Cup	1 oz	130	90	0.00	7.00	0.00	9.00	10.00	2.00
Taco Sauce	packs	5	80	0.00	0.00	0.00	1.00	0.00	0.00
Sour Cream-Low Fat	1 oz	25	30	0.00	2.03	2.03	4.05	0.00	0.00
Ranch Cup	1 oz	80	230	0.00	1.00	1.00	2.00	7.00	1.00

Mon - 10/25/2021	Portion Size	Cals	Mg Sodm	G Fiber	G Sugars	G Protn	G Carb	G T-Fat	G S-Fat
Stuffed Crust Dippers	2 ct	304	466	2.03	2.03	16.21	32.42	12.16	4.05
Marinara Sauce -USDA	2 OZ	30	355	0.02	0.00	0.76	5.41	0.54	0.10
Chicken Sandwich	sandwich	390	886	3.75	7.60	27.48	46.63	10.61	2.02
Chicken Sandwich - Spicy	Sandwich	390	756	4.75	5.60	27.48	47.63	10.61	2.02
Cheeseburger on WW Bun	sandwiches	341	724	2.85	6.90	25.58	34.63	13.71	5.46
Chicken Smackers	4.3 oz	269	590	3.00	0.00	18.00	20.00	13.00	3.00
Breadstick Garlic WG	1 oz	110	200	2.00	2.00	3.00	17.00	4.00	1.00
Cheesy Bread-SmartMouth	5 oz Servings	414	664	4.91	7.75	18.99	44.60	18.80	8.08
Pizza, Cheese- Smartmouth	5 oz Pizzas	384	644	4.00	5.01	17.95	40.02	17.93	7.96
Pizza, Pepperoni-SmartMout	5 oz Pizzas	414	754	4.00	5.01	19.45	40.52	20.43	8.96
Pizza, Italian Combo-Smartm	5 oz Pizzas	418	811	4.51	4.76	18.99	41.04	21.25	8.23
Pizza, Italian Sausa-Smartm	5 oz Pizzas	442	872	5.01	4.81	20.01	41.65	23.45	8.90
Buffalo Chicken Salad	1 salad	527	1375	4.24	6.80	27.20	37.27	30.04	9.92
Crispy Chicken Salad	1 salad	489	1004	4.24	6.80	27.20	36.51	26.26	9.17
Garden Salad	6 OZ	80	207	1.09	1.91	3.99	5.38	4.69	3.03
Mashed Potatoes	4 OZ	65	276	0.81	0.83	1.64	13.66	0.83	0.00
Green Beans	4 oz	32	315	2.10	1.48	1.45	5.69	0.40	0.00
Assorted Melons	1/2 cup serving	50	18	1.05	11.14	0.97	12.49	0.24	0.05
Assorted Fresh Fruit	1/2 cup serving	58	1	2.24	11.11	0.74	14.77	0.21	0.05
Assorted Canned Fruit	4 ounce	76	7	1.18	16.99	0.43	19.53	0.05	0.01
Milk, Chocolate FF	1 cup	110	180	0.00	25.00	11.00	19.00	0.00	0.00
Milk, 1 % White	1 cup	100	125	0.00	12.00	8.00	12.00	2.50	1.50
Ketchup, Individual	Pkt 6g	10	85	0.00	2.00	0.00	3.00	0.00	0.00
Mustard	1 ea	5	93	0.00	0.00	0.00	0.00	0.00	0.00
Mayonnaise	1 ea	30	85	0.00	0.00	0.00	1.00	3.00	0.00
BBQ Packet	Packs	15	85	0.00	4.00	0.00	4.00	0.00	0.00
Honey Mustard Cup	1 oz	130	90	0.00	7.00	0.00	9.00	10.00	2.00

Tue - 10/26/2021	Portion Size	Cals	Mg Sodm	G Fiber	G Sugars	G Protn	G Carb	G T-Fat	G S-Fat
Nachos w/ Chili &Cheese	6 oz	495	958	5.53	4.48	17.85	50.25	24.26	9.12
Chicken Sandwich	sandwich	390	886	3.75	7.60	27.48	46.63	10.61	2.02
Chicken Sandwich - Spicy	Sandwich	390	756	4.75	5.60	27.48	47.63	10.61	2.02
Cheeseburger on WW Bun	sandwiches	341	724	2.85	6.90	25.58	34.63	13.71	5.46
Chicken Smackers	4.3 oz	269	590	3.00	0.00	18.00	20.00	13.00	3.00
Breadstick Garlic WG	1 oz	110	200	2.00	2.00	3.00	17.00	4.00	1.00
Cheesy Bread-SmartMouth	5 oz Servings	414	664	4.91	7.75	18.99	44.60	18.80	8.08
Pizza, Cheese- Smartmouth	5 oz Pizzas	384	644	4.00	5.01	17.95	40.02	17.93	7.96
Pizza, Pepperoni-SmartMout	5 oz Pizzas	414	754	4.00	5.01	19.45	40.52	20.43	8.96
Pizza, Italian Combo-Smartm	5 oz Pizzas	418	811	4.51	4.76	18.99	41.04	21.25	8.23
Pizza, Italian Sausa-Smartm	5 oz Pizzas	442	872	5.01	4.81	20.01	41.65	23.45	8.90
Buffalo Chicken Salad	1 salad	527	1375	4.24	6.80	27.20	37.27	30.04	9.92
Crispy Chicken Salad	1 salad	489	1004	4.24	6.80	27.20	36.51	26.26	9.17
Garden Salad	6 OZ	80	207	1.09	1.91	3.99	5.38	4.69	3.03
Pinto Beans, Seasoned	4 oz	146	533	5.31	1.32	6.64	26.57	0.66	0.00
Corn, Seasoned	1/2 cup	67	48	1.99	2.54	2.11	15.98	0.55	0.09
Assorted Melons	1/2 cup serving	50	18	1.05	11.14	0.97	12.49	0.24	0.05
Assorted Fresh Fruit	1/2 cup serving	58	1	2.24	11.11	0.74	14.77	0.21	0.05
Assorted Canned Fruit	4 ounce	76	7	1.18	16.99	0.43	19.53	0.05	0.01
Milk, Chocolate FF	1 cup	110	180	0.00	25.00	11.00	19.00	0.00	0.00
Milk, 1 % White	1 cup	100	125	0.00	12.00	8.00	12.00	2.50	1.50
Ketchup, Individual	Pkt 6g	10	85	0.00	2.00	0.00	3.00	0.00	0.00
Mustard	1 ea	5	93	0.00	0.00	0.00	0.00	0.00	0.00
Mayonnaise	1 ea	30	85	0.00	0.00	0.00	1.00	3.00	0.00
BBQ Packet	Packs	15	85	0.00	4.00	0.00	4.00	0.00	0.00
Honey Mustard Cup	1 oz	130	90	0.00	7.00	0.00	9.00	10.00	2.00
Taco Sauce	packs	5	80	0.00	0.00	0.00	1.00	0.00	0.00

Wed - 10/27/2021	Portion Size	Cals	Mg Sodm	G Fiber	G Sugars	G Protn	G Carb	G T-Fat	G S-Fat
Orange Chicken	4.3 oz(10 ct)	312	666	3.00	8.12	18.00	30.03	13.00	3.00
Chicken Sandwich	sandwich	390	886	3.75	7.60	27.48	46.63	10.61	2.02
Chicken Sandwich - Spicy	Sandwich	390	756	4.75	5.60	27.48	47.63	10.61	2.02
Cheeseburger on WW Bun	sandwiches	341	724	2.85	6.90	25.58	34.63	13.71	5.46
Chicken Smackers	4.3 oz	269	590	3.00	0.00	18.00	20.00	13.00	3.00
Cheesy Bread-SmartMouth	5 oz Servings	414	664	4.91	7.75	18.99	44.60	18.80	8.08
Pizza, Cheese- Smartmouth	5 oz Pizzas	384	644	4.00	5.01	17.95	40.02	17.93	7.96
Pizza, Pepperoni-SmartMout	5 oz Pizzas	414	754	4.00	5.01	19.45	40.52	20.43	8.96
Pizza, Italian Combo-Smartm	5 oz Pizzas	418	811	4.51	4.76	18.99	41.04	21.25	8.23
Pizza, Italian Sausa-Smartm	5 oz Pizzas	442	872	5.01	4.81	20.01	41.65	23.45	8.90
Buffalo Chicken Salad	1 salad	527	1375	4.24	6.80	27.20	37.27	30.04	9.92
Crispy Chicken Salad	1 salad	489	1004	4.24	6.80	27.20	36.51	26.26	9.17
Rice- Brown	1/2 cup serving	126	95	1.49	0.00	2.97	26.01	1.49	0.00
Garden Salad	6 OZ	80	207	1.09	1.91	3.99	5.38	4.69	3.03
Broccoli, Steamed	1/2 cup	23	71	2.78	0.93	2.78	3.71	0.00	0.00
Carrots, Steamed	1/2 cup	38	112	2.16	4.32	1.08	7.56	0.00	0.00
Assorted Melons	1/2 cup serving	50	18	1.05	11.14	0.97	12.49	0.24	0.05
Assorted Fresh Fruit	1/2 cup serving	58	1	2.24	11.11	0.74	14.77	0.21	0.05
Assorted Canned Fruit	4 ounce	76	7	1.18	16.99	0.43	19.53	0.05	0.01
Assorted WG Cookie	1 ea	169	109	1.52	14.00	1.80	27.00	6.00	1.54
Milk, Chocolate FF	1 cup	110	180	0.00	25.00	11.00	19.00	0.00	0.00
Milk, 1 % White	1 cup	100	125	0.00	12.00	8.00	12.00	2.50	1.50
Ketchup, Individual	Pkt 6g	10	85	0.00	2.00	0.00	3.00	0.00	0.00
Mustard	1 ea	5	93	0.00	0.00	0.00	0.00	0.00	0.00
Mayonnaise	1 ea	30	85	0.00	0.00	0.00	1.00	3.00	0.00
BBQ Packet	Packs	15	85	0.00	4.00	0.00	4.00	0.00	0.00
Honey Mustard Cup	1 oz	130	90	0.00	7.00	0.00	9.00	10.00	2.00

Thu - 10/28/2021	Portion Size	Cals	Mg Sodm	G Fiber	G Sugars	G Protn	G Carb	G T-Fat	G S-Fat
Meatball & Cheese Sub	sandwich	218	652	3.13	2.10	10.47	32.39	5.11	2.21
Chicken Sandwich	sandwich	390	886	3.75	7.60	27.48	46.63	10.61	2.02
Chicken Sandwich - Spicy	Sandwich	390	756	4.75	5.60	27.48	47.63	10.61	2.02
Cheeseburger on WW Bun	sandwiches	341	724	2.85	6.90	25.58	34.63	13.71	5.46
Chicken Smackers	4.3 oz	269	590	3.00	0.00	18.00	20.00	13.00	3.00
Breadstick Garlic WG	1 oz	110	200	2.00	2.00	3.00	17.00	4.00	1.00
Cheesy Bread-SmartMouth	5 oz Servings	414	664	4.91	7.75	18.99	44.60	18.80	8.08
Pizza, Cheese- Smartmouth	5 oz Pizzas	384	644	4.00	5.01	17.95	40.02	17.93	7.96
Pizza, Pepperoni-SmartMout	5 oz Pizzas	414	754	4.00	5.01	19.45	40.52	20.43	8.96
Pizza, Italian Combo-Smartm	5 oz Pizzas	418	811	4.51	4.76	18.99	41.04	21.25	8.23
Pizza, Italian Sausa-Smartm	5 oz Pizzas	442	872	5.01	4.81	20.01	41.65	23.45	8.90
Buffalo Chicken Salad	1 salad	527	1375	4.24	6.80	27.20	37.27	30.04	9.92
Crispy Chicken Salad	1 salad	489	1004	4.24	6.80	27.20	36.51	26.26	9.17
Garden Salad	6 OZ	80	207	1.09	1.91	3.99	5.38	4.69	3.03
Tater Tots	4 oz(12 pieces)	200	481	2.67	0.00	2.67	25.39	9.35	1.34
Baked Beans	1/2 cup	140	370	5.99	11.99	4.99	29.96	0.50	0.00
Assorted Melons	1/2 cup serving	50	18	1.05	11.14	0.97	12.49	0.24	0.05
Assorted Fresh Fruit	1/2 cup serving	58	1	2.24	11.11	0.74	14.77	0.21	0.05
Assorted Canned Fruit	4 ounce	76	7	1.18	16.99	0.43	19.53	0.05	0.01
Ice Cream Cup	3 oz serving	70	60	0.00	9.00	2.00	14.00	1.00	0.50
Milk, Chocolate FF	1 cup	110	180	0.00	25.00	11.00	19.00	0.00	0.00
Milk, 1 % White	1 cup	100	125	0.00	12.00	8.00	12.00	2.50	1.50
Ketchup, Individual	Pkt 6g	10	85	0.00	2.00	0.00	3.00	0.00	0.00
Mustard	1 ea	5	93	0.00	0.00	0.00	0.00	0.00	0.00
Mayonnaise	1 ea	30	85	0.00	0.00	0.00	1.00	3.00	0.00
BBQ Packet	Packs	15	85	0.00	4.00	0.00	4.00	0.00	0.00
Honey Mustard Cup	1 oz	130	90	0.00	7.00	0.00	9.00	10.00	2.00

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.