

Date	Menu Component	Srv/Wt	Calories	Carb gm	Sodium	Allergens
2	Chicken Patty	3.05	216	13	370	w,s,e
	On a Bun	57 gm	146	29	318	w,s
	Marinara Dipping Sauce	1.25 oz	30	4	140	w,s,m
	Steamed Green Beans	1/2 cup	26	4.93	22	no
	Parm Cheese	1 oz	85	0.75	158	m
3	French Toast Sticks	3	150	22	270	w,e,m,s
	Maple Syrup	1 oz	80	21	20	no
	Turkey Sausage Links	3 links	150	3	375	no
	Potato Puffs	1/2 cup	120	20	20	s
	Applesauce Cup	1/2 cup	53	14	0	no
4	Burger	2.25 oz	150	0	190	no
	Cheese	1 oz	85	0.75	158	m
	On a Bun	57 gm	146	29	318	w,s
	Smile Fries	3 oz	160	25	230	s
	Box of Crasains	.2g	129	34	5	no
7	Grilled Cheese Sandwich (pre-packed)	1	280.32	30.96	580.79	w,s,m
	Baby Carrots Snack	1.6 oz	15	4.5	35	no
	Grapes	1 PIECE	75	19	1	no
9	Cereal Fun Pack (prepacked)	28 grams (1 pack)	100	25	150	c,w,s
	Fruit Yogurt Cup	4 oz	80	16	65	m
	Carrot Snack Pack	1.6 oz	15	4.5	35	no
	Box of Raisans	.2g	129	34	5	no
	Mixed Seasonal Fruit	1 PIECE	75	19	1	no
10	Fiesta Chicken	3.6 oz	78	0.6	324	s,w
	Sautéed Broccoli & Cauliflower Medley	1/2 cup	19	4.35	6	no
	Over a Bed of Brown Rice	1/2 cup ckd	210	45	10	no
	Carrot Snack Pack	1.6 oz	15	4.5	35	no
	Applesauce	1/2 cup	53	14	0	no
14	WW Pizza Sticks (prepacked)	3.86 oz	300	32	800	m,s,w
	Marinara Dipping Sauce	1.25 oz	30	4	140	w,s,m
	Baby Carrots Snack	1.6 oz	15	4.5	35	no
	Orange Slices	1 PIECE	75	19	1	no
16	Roast Turkey	4 oz	120	0	540	no
	& Gravy	1/4 cup	20	3	270	w,s,m
	Mashed Potatoes	2/3 cup	80	17	310	s,m
	Corn and Peas	1/2 cup	26	4.93	22	no
	WG Dinner Roll	28 gm	72	14	159	w,s
	Mixed Seasonal Fruit	1 PIECE	75	19	1	no
	Thanksgiving Cookie					
17	Chicken Nuggets	3.04	216	13	370	w/s/e
	Tator Tots	87 grams	156	17	125	s
	Steamed Green Beans	1/2 cup	26	4.93	22	no
	Applesauce	1/2 cup	53	14	0	no
18	Turkey Frank on a	2 oz	110	0	240	no
	WW Bun	57 gm	146	29	318	w,s

