

Date	Menu Component	Srv/Wt	Calories	Carb gm	Sodium	Allergens
3	Grilled Cheese Sandwich	1	280.32	30.96	580.79	w,s,m
	Baby Carrots Snack	1.6 oz	15	4.5	35	no
	Honey Soy Nuts	28 g	130	12	55	s
	Grapes	1 PIECE	75	19	1	no
5	WW Spaghetti	1/2 cup ckd	87	18.58	2	w
	Beef Meatballs	2.5	140	6	230	w,s,m
	Green Beans	1/2 cup	19	4.35	6	no
	WG dinner Roll	28 gm	72	14	159	w,s,
	Mixed Seasonal Fruit	1/2 cup	90	22	0	no
6	Chicken Fajita over	3.6 oz	78	0.6	324	s,w
	Spanish Rice with Red Beans	1/2 cup	105	20	205	m,s
	WG Tortilla	1- 8"	120	20	340	w
	Corn	1/2 cup	78	17.74	16	no
	Strawberry Cup	1/2 cup	90	22	0	no
7	Popcorn Chicken	10/.45	269	20	590	w,s,m
	Mashed Potatoes	2/3 cup	80	17	310	s,m
	Broccoli Florets	1/2 cup	26	4.93	22	no
	WG Dinner Roll	28 gm	72	14	159	w,s,
	Box of Crasains	.2g	129	34	5	no
12	Chicken Fritters	4 pieces 78g	210	13	320	s, w
	Waffles	1.3 iz (1)	70	12	120	w, s, m , e
	Corn Niblets	1/2 cup	78	17.74	16	no
	Fresh Seasonal Fruit	1 PIECE	75	19	1	no
13	Egg and					
	Cheese	1 oz	106	1.3	293	m
	on a Croissant	2.2 oz	200	26	290	e,m,s,w
	Sweet Potato Puffs	3 oz	120	17	190	s
	applesauce					
14	Ham &	1.22 oz	36.6	1.83	366	no
	Cheese	1 oz	106	1.3	293	m
	Pretzel Roll	2.07oz	130	21	95	w, s
	Smile Fries	1/2 cup	130	20	180	s, w
	Box of Raisins	.2g	129	34	5	no
17	WW Pizza Sticks	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
	Honey Soy Nuts	28 g	130	12	55	s
	Orange Slices	1 PIECE	75	19	1	no
19	Chicken Strips					
	Teriyaki sauce	30 g	60	14	470	w, s
	Steamed Broccoli	1/2 cup	26	4.93	22	no
	Applesauce	1 PIECE	75	19	1	no
20	French Toast Sticks	3	150	22	270	w,e,m,s
	Maple Syrup	1 oz	80	21	20	no

	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
21	Chicken with	2 oz	86	0	26	no
	Gravy	1/4 cup	20	3	270	w,s,m
	Mashed Poatoes	2/3 cup	80	17	310	s,m
	Green Beans	1/2 cup	19	4.35	6	no
	Dinner Roll	28 gm	72	14	159	w,s,
	Craisains	.2g	129	34	5	no
24	French Bread Pizza	4.94 oz	300	34	570	w,m,s
	Baby Carrot Snack Pack	1.6 oz	15	4.5	35	no
	Honey Soy Nuts	28 g	130	12	55	s
	1 PIECE	1 piece	75	19	1	no
26	Beef and	2.07 oz	120	0	135	none
	Tomato Sauce	1/2 cup	10.88	140	no	no
	WW Rotini	1/2 cup ckd	87	18.58	2	w
	Green Beans	1/2 cup	19	4.35	6	no
	WG Dinner Rolls	28 gm	72	14	159	w,s,
	Wild Blueberry Cups	1/2 cup	90	22	0	no
27	American Chop Suey	3/4 cup	147	8	332	
	Garlic Bread	28 gm	125	14	250	w,s,
	Steamed Broccoli	1/2 cup	26	4.93	22	no
	Apples Slices					
28	Popcorn Chicken	10/.45	269	20	590	w,s,m
	Roast Sweet Potatoes	2/3 cup	80	17	310	none
	Sweet and Sour Sauce	2 TBS	45	11	65	w,s
	Dinner Roll	28 gm	72	14	159	w,s,
	Box of Raisins	.2g	129	34	5	no
31	WG Round Personal Pizza	1	330	33	600	W/M
	Baby Carrots	1.6 oz	15	4.5	35	no
	Halloween Cookie	23 g	94	13.7	64.3	w, m
	Apple	1 PIECE	75	19	1	no