

Secondary Menu Nutritional Information

Day	Menu	Srv/Wt	Calories	Carb gm	Sodium	Allergens
1	WW elbow	2oz	180	39	0	w
	LOL Cheddar Cheese Sauce	3 oz	137	4	548	m, s
	Green Beans	3/4 cup	40	5	25	no
	WW Dinner Roll	28 gm	72	14	159	w, s
	Fruit	1 piece	75	19	1	no
2	Bone in Chicken	2 z	120	0	50	no
	Mashed Potatoes	2/3 cup	80	17	310	s, m
	peas	3/4 cup	35	10	6	no
	WW dinner roll	28 gm	72	14	159	w, s
	Fruit	1 piece	75	19	1	no
3	Steak	2.53	150	3	260	no
	Mozz cheese	1 oz	60	1	170	m
	WW Sub Roll	57 gm	146	29	318	w,s
	chickpeas					
	sweet potato fries					
	Fruit	1 piece	75	19	1	no
6	WW Pizza Sticks	5.85 oz	340	39	570	w,m,s
	Marinara sauce	2 oz	40	9	270	s, may contain w
	Romaine	3/4 cup	35	10	6	no
	Fruit	1 piece	75	19	1	no
7	Glazed drumstick					
	Carrots					
	WW Dinner Roll	28 gm	72	14	159	w, s
	Fruit	1 piece	75	19	1	no
8	ww Spaghetti	2 oz	180	39	0	W
	Meatball & Marinara	2.5 oz (30)	140	6	230	M,S,W
	Broccoli	3/4 cup	35	10	6	no
	Fruit	1 piece	75	19	1	no
9	Ham slices	1.22 oz	37	2	2	no
	Salami	90 gr	90	2	620	no
	Mozz cheese	1 oz	60	1	170	m
	lettuce & tomat	3/4 cup	35	10	6	no
	Flatbread	62.4 g (1 piece)	180	29	330	w,m,s
	romaine lettuce	3/4 cup	35	10	6	no
	sprinkle of parm cheese	1 oz	85	0.75	158	m
	Cesar dressing	1 oz	130	1	350	e, m, s, may contain g
	Fruit	1 piece	75	19	1	no
10	Hot & Spicy Chicken Patty	1 patty (105 g)	200	9	330	s, w
	WW Wrap	57 gm	146	29	318	w, s
	Lettuce/Tomato	2 oz	9	2	3.5	no
	Blue cheese Dressing	1 oz	130	1	350	e, m, s, may contain g
	Smile Fries	3/4 cup	100	24	130	s, may contain g
13	Grilled cheese (pre-packed)	1	280	31	581	w,s,m
	Tomato soup	1/2 cup	90	20	480	w
	romaine lettuce	3/4 cup	35	10	6	no
	sprinkle of parm cheese	1 oz	85	0.75	158	m
	Cesar dressing	1 oz	130	1	350	e, m, s, may contain g
		Fruit	1 piece	75	19	1
14	Scrambles Eggs	1.5 tbsp	35	0	35	e
	Turkey sausage	1	60	1	200	no
	WW Croisant	2.2	190	26	270	w s m e
		Fruit	1 piece	75	19	1
15	Meatball & Marinara	2.5 oz (30)	140	6	230	M,S,W
	WW Sub Roll	57 gm	146	29	318	w,s
	Green Beans	3/4 cup	35	10	6	no
		Fruit	1 piece	75	19	1

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Day	Menu	Srv/Wt	Calories	Carb gm	Sodium	Allergens
16	Chicken filet	1 piece	120	1	320	s
	romaine lettuce	1.5 cup	70	15	12	no
	sprinkle of parm cheese	1 oz	85	0.75	158	m
	Ceasar dressing	1 oz	130	1	350	e, m, s, may contain g
	Fruit	1 piece	75	19	1	no
17	Pastrami	56 grams	70	3	500	
	WW Bulkie roll	57 gm	146	29	318	w,s
	Cole Slaw	3/4 cup	70	10	110	e s
	Fruit	1 piece	75	19	1	no
20	WW Stuffed Crust Pizza	4.84 oz	330	35	820	m,w,s
	Salad	3/4 cup	35	10	6	no
	Feta	1 oz	74	1.2	260	m
	Dressing	1 oz	130	1	350	e,m,s, may contain g
	Fruit	1 piece	75	19	1	no
21	Bone in Chicken	2 oz	140	0	60	no
	Teriyaki sauce	1 tbsp	128	7	240	s
	Steamed Broccoli	3/4 cup	35	10	6	no
	WW Dinner rOll	28 gram	72	14	159	w s
	Fruit	1 piece	75	19	1	no
22	Chicken	3.4 oz	122	2	550	no
	Pasta	2oz	180	39	0	w
	Steamed Broccoli	3/4 cup	35	10	6	no
	Texas Toast	1.20 oz	90	15	110	w s m
	Fruit	1 piece	75	19	1	no
23	Chicken strips	3.4 oz	122	2	550	no
	Teriyaki sauce	1 tbsp	128	7	240	s
	WW Noodles	2oz	180	39	0	w
	Fruit	1 piece	75	19	1	no
24	WW elbow	2oz	180	39	0	w
	LOL Cheddar Cheese Sauce	3 oz	137	4	548	m, s
	Peas	3/4 cup	40	5	25	no
	WW Dinner Roll	28 gm	72	14	159	w, s
	Fruit	1 piece	75	19	1	no
27	Sal's Pizza	7 oz	290	55	500	w,s,m
	Side Romaine Slad	3/4 cup	100	28	50	no
	Dressing	1 oz	130	1	350	e, m, s, may contain g
28	Turkey Deli	2.7	80	0	490	no
	Chicken Bacon	slice	50	0	240	s
	Lettuce/Tomato	1/2 cup	40	5	25	no
	Pretzel bun	2.7 oz	200	38	0	w
	Chickpeas	3/4 cup	35	10	6	no
	Fruit	1 piece	75	19	1	no
29	Glazed drumstick	1	150	17	290	no
	Carrots	1/2 cup	40	5	25	no
	WW Dinner Roll	28 gm	72	14	159	w, s
	Fruit	1 piece	75	19	1	no
30	Beef American Chop Suey	1 cup	350	37	575	s, w,
	Green Beans	1/2 cup	62	11.4	58	no
	WW Dinner Roll	28 gm	72	14	159	w,s,
	Fruit	1 piece	75	19	1	no
31	Beef Crumble					
	assorted vegetables	3/4 cup	40	5	25	no
	mashed potato	2/3 cup	80	17	310	s, m
	Corn Bread	45 gr	200	30	290	s w

