

Secondary Menu Nutritional Information

Day	Menu	Srv/Wt	Calories	Carb gm	Sodium	Allergens
1	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
2	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 & tomato	3/4 cup	35	10	6	no
	Flatbread	62.4 g (1 piece)	180	29	330	w,m,s
	Carrots	3/4 cup	35	10	6	no
	Fruit	1 piece	75	19	1	no
3	Chicken Patty	1 patty	270	16	400	s,w
	Ham slices	1.22 oz	37	2	2	no
	Melted Cheese	1 oz	60	1	170	m
	Mayo	15 grams	50		2	s, e
	WW Bun	57 gm/one bun	146	29	318	w, s
	Onion Rings					
	Fruit	1 piece	75	19	1	no
4	Roast Beef	2 oz	207	1	140	no
	Sliced Cheese	1 oz	60	1	170	m
	Potato Wedges	.5 cup	102	16	100	no
	Fruit	1 piece	75	19	1	no
5	Fajita Chicken	1.7 oz	61	1	303	no
	cheddar melted	1/4 cup	100	3	270	m
	lettuce	1/2 cup	35	10	6	no
	salsa	.25 cp	20	4	70	no
	Tortilla Chips	1.5 oz	200	27	170	w
	corn & black beans salsa	3/4 cup	40	5	25	no
	Fruit	1 piece	75	19	1	no
8	WW Stuffed Crust Pizza	4.84 oz	330	35	820	m
	Salad	3/4 cup	35	10	6	no
	Feta	1 oz	74	1.2	260	no
	Dressing	1 oz	130	1	350	e, m, s, may contain g
	Fruit	1 piece	75	19	1	no
9	Egg	1.5 TBSP	35	0	35	e
	chicken bacon	slice	50	0	240	s
	Am Cheese	1 oz	60	1	170	m
	WW Croissant	2.2 oz	190	26	270	e, s, m, w,
	Sweet potato puffs	84 gram	120	17	260	s
	Fruit	1 piece	75	19	1	no
10	Breaded Chicken	3-5 pieces	230	12	330	s, w, e
	Waffles	1.3 (2 slcies	140	24	240	w, s, m, e
	Syrup	1 oz	80	21	20	no
	Turkey Sausage	1.03 oz	60	1	80	no
	Green Beans	1/2 cup	40	5	25	no
	Fruit	1 piece	75	19	1	no
11	Deli Turkey	56 gr	60	2	480	no
	Avocado	1.2 cup	117	6	5	no
	Lettuce/Tomoato	2 oz	9	2	3.5	no
	WW Wrap	7 inch wrap	280	44	680	w, s
	French Fries	3/4 cup	100	24	130	s
	Fruit	1 piece	75	19	1	no
12	Hot & Spicy Chicken Patty	1 patty (105 g)	200	9	330	s, w

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	WW Bun	57 gm/one bun	146	29	318	w, s
	Broccoli Slaw	3/4 cup	260	21	360	e, m, s, may contain g
	Fruit	1 piece	75	19	1	no
15	French Bread Pizza	4.94 oz	399	34	570	w, m, s
	romaine lettuce	3/4 cup	35	10	6	no
	dressing	1 oz	130	1	350	e, m, s, may contain g
	Fruit	1 piece	75	19	1	no
16	Hot & Spicy Chicken Patty	1 patty (105 g)	200	9	330	s, w
	WW elbow	2oz	180	39	0	no
	LOL Cheddar Cheese Sauce	3 oz	137	4	548	w, s
	Carrot Fries	3/4 cup	40	5	25	no
	Fruit	1 piece	75	19	1	no
17	Mini Ravioli and sauce	14 pieces	240	30	260	w, e, m
	Texas Garlic Toast	1 slice	90	15	110	s, m, w
	Green Beans	1/2 cup	40	5	25	no
	Fruit	1 piece	75	19	1	no
18	Chicken roasted	2 oz	120	0	50	no
	BBQ Sauce	1 oz	45	10	210	no
	Fries	3/4 cup	100	24	130	s
	WW Dinner Roll	28 gm	72	14	159	w, s
	Fruit	1 piece	75	19	1	no
19	Deli Turkey	56 gr	60	2	480	no
	chicken bacon	slice	50	0	240	s
	Lettuce/Tomato	2 oz	9	2	3.5	no
	Pretzel roll	2.7 oz roll	200	38	0	w
	Kidney Beans	1/2 cup	104	19	140	no
	Fruit	1 piece	75	19	1	no
22	Big Daddy's Pizza	1 slice	400	43	440	s, m, w,
	Salad	3/4 cup	35	10	6	no
	Feta	1 oz	74	1.2	260	no
	Dressing	1 oz	130	1	350	e, m, s, may contain g
	Fruit	1 piece	75	19	1	no
23	Diced Chicken	2 oz	70	0	50	no
	Mayo	15 grams	50		2	s, e
	Sub Roll	1	146	29	318	w
	Sweet potato Chunks	84 gram	120	17	260	s
	Fruit	1 piece	75	19	1	no
24	Diced Chicken	2 oz	70	0	50	no
	Fresh Tomatoes	2 oz	9	2	3.5	no
	Feta	1 oz	74	1.2	260	no
	Celery	3/4 cup	35	10	6	no
	Dressing	1 oz	130	1	350	e, m, s, may contain g
	Flatbread	62.4 g (1 piece)	180	29	330	w,m,s
	Fruit	1 piece	75	19	1	no
25	Roasted 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 Bread					
	Peas	1/2 cup	59	11	140	no
	Fruit	1 piece	75	19	1	no
26	Chicken Diced	2 oz	70	0	50	no
	Shredded cheese	1 oz	60	1	170	m
	lettuce	1/2 cup	35	10	6	no
	Salsa	1/2 cup	40	8	140	no

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	WW Wrap	7 inch wrap	280	44	680	w, s
	corn & black beans salsa	3/4 cup	400	41	25	no
	Fruit	1 piece	75	19	1	no
30	Deli Turkey	56 gr	60	2	480	no
	Am Cheese	1 oz	60	1	170	m
	Pretzel roll	2.7 oz roll	200	38	0	w
	Tomato, Basil Mozz Salad	3/4 cup	100	8	3.5	m
	Fruit	1 piece	75	19	1	no
31	Beef Meatballs w/ Sauce	2.4 oz (3)	140	6	230	m, s, w
	Steamed Green Beans	3/4 cup	35	10	0	no
	Sub Roll	1	146	29	318	w
	Fruit	1 PIECE	75	19	1	no