

Secondary Menu Nutritional Information

Day	Menu	Srv/Wt	Calories	Carb gm	Sodium	Allergens
1	Hot & Spicy Chicken Patty	1 patty (105 g)	200	9	330	s, w
	On a Bun	57 gm	146	29	318	w,s,
	Sidewinder Fries	1/2 cup	200	30	400	s
	Fruit	1 PIECE	75	19	1	no
2	Chicken Breast Filet	1 (84 g)	120	1	320	s
	Side Caesar Salad	2 oz	9	2	3.5	no
	Parmesean Cheese	1 oz (2 slices)	110	2	270	m
	Caesar Salad Dressing	1 oz	130	1	350	e, m, s, may contain g
	Fruit	1 PIECE	75	19	1	no
5	Grilled Cheese Sandwich (prepacked)	1	280.32	30.96	580.79	w,s,m
	Tomato Soup	1/2 cup	60	8	860	s, may contain w
	Carrots	2 pks	100	28	50	no
	Strawberries	1/2 cup	90	23	0	no
	Whipped Cream	9 g	25	2	0	m
6	Pulled Pork	2.35 oz	80	0	160	no
	BBQ Sauce	1,2 oz	60	15	240	no
	Corn on the Cob	3/4 cup	95	22	20	no
	Corn Bread					
	Cinnamon Apple Slices	1 PIECE	75	19	1	no
7	Fish Wedges	1 portion or 4 nuggets	190	16	300	f, w, m, s
	Soft Shell Taco	2	240	41	440	w
	Cole Slaw	3/4 cup	170	20	225	e,s, m
	Bean bean and Corn Slada	1/2 cup	75	18	16	no
	Fruit	1 PIECE	75	19	1	no
8	Roasted Turkey	4oz	120	0	540	no
	Gravy	1/4 cup	20	3	270	w,s,m
	Mashed Potatoes	2/3 cup	80	17	310	s,m
	WW Dinner Roll	28 gm	72	14	159	w,s,
	Butternut Squash	1/2 cup	62	11.4	58	no
	Apple Crisp	-	-	-	-	Check with Manager
9	Beef Rib	3 oz	170	9	310	s, m, w
	On a Bun	57 gm	146	29	318	w,s,
	Carrot fries	1/2 cup	75	18	16	no
	Fruit	1 PIECE	75	19	1	no
12	WW Pizza Sticks	5.85	340	39	570	w,m,s
	w/ Marinara Dipping Sauce (prepacked)	2 oz	40	270	9	s, may contain w
	Carrot Pack	3/4 cup	100	28	50	no
	Bluberries	1/2 cup	90	23	0	no
	Whipped Cream	9 g	25	2	0	m
13	French Toast Sticks	3	150	22	270	w,e,m,s
	Maple Syrup	1 oz	80	21	20	no
	Egg Patty	1 oz	190	3	310	e, s, may contain g
	Potato Wedges	3/4 cup	100	24	130	s, may contain g
	Mixed Fruit	1 PIECE	75	19	1	no
14	WW Spaghetti	2 oz	200	42	0	w
	Tomato Sauce	1/2 cup	62	11.4	58	no
	Meatballs	3	140	6	230	m, s, w
	Green Beans	1/2 cup	62	11.4	58	no
	Fruit	1 PIECE	75	19	1	no
15	Burger	2.25 oz	150	0	190	
	Cheese	1 oz	85	0.75	158	m

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	On a Bun	57 gm	146	29	318	w,s
	Steamed Broccoli	1/2 cup	62	11.4	58	no
	Mixed Fruit	.2g	129	34	5	no
16	Chicken Breast Filet	1 (84 g)	120	1	320	s
	Chicken Bacon	1 slice	50	0	240	no
	Lettuce and Tomato	1/2 cup	62	11.4	58	no
	On a Bun	57 gm	146	29	318	w,s
	Vegetables for salad	3/4 cup	100	28	50	no
	Ranch; Blue Chs, Italian	1 oz	130	1	350	e, m, s, may contain g
	Mayo	15 g	50	2	125	s, e
	Fruit	1 PIECE	75	19	1	no
19	French Bread Pizza (prepacked)	4.94 oz	300	34	570	w,m,s
	Carrots	2 pks	100	28	50	no
	Strawberries	1/2 cup	90	23	0	no
	Whipped Cream	9 g	25	2	0	m
20	Ham	1.22 oz	37	2	232	no
	Cheesy Potatoes	3/4 cup	150	35	250	m,s
	WW Dinner Roll	28 gm	72	14	159	w,s
	Steamed Broccoli	1/2 cup	62	11.4	58	no
	Cinnamon Apple Slices	1 PIECE	75	19	1	no
21	Beef Crumble	2.1 oz	110	0	260	no
	Tortilla Boat					s
	Corn & Black Bean Salsa	3/4 cup	95	22	20	no
	Shredded Cheese	1 oz	110	2	270	m
	Mixed Fruit	.2g	129	34	5	no
	Salsa	1/4 cup	22	4	20	no
22	HS MEAL:					
	Beef Crumble	2.1 oz	110	0	260	no
	Corn & Black Bean	3/4 cup	95	22	20	no
	Corn Bread					
22	MS MEAL:					
	Diced Chicken					
	Mayo	15 g	50	2	125	s, e
	Jr Sub Roll	57 gm	146	29	318	w,s
	Pickles	1/2 cup	62	11.4	58	no
	Lettuce and Tomato	1/2 cup	62	11.4	58	no
	Potato Wedges	3/4 cup	100	24	130	s, may contain g

