

Day	Menu	Srv/Wt	Calories	Carb gm	Sodium	Allergens
1	Baked Breaded Chicken Tenderloin	2 oz	230	12	330	s,w,corn
	Mashed Potatoes	2/3 cup	80	17	310	s,m
	Peas	1/2 cup	62	11.4	58	no
	ww Dinner Roll	28 gm	72	14	159	w,s,
2	Teriyaki Beef	2 oz	170	9	310	s,m,w
	Vegetable Medley Sauté	4 oz	30	6	40	no
	Over a Bed of Brown Rice	1/2 cup ckd	210	45	10	no
	Teriyaki Sauce	1 TBSP	60	14	470	w,s sesame
	WW Dinner Roll	28 gm	72	14	159	w,s,
3	Grilled Chicken Strips	3.6 oz	78	0.6	324	s,w
	Cheese	1 oz	85	0.75	158	m
	Salsa	1/4 cup	22	4	20	no
	Lettuce and Tomato, Diced	2 oz	9	2	3.5	no
	WG Tortilla Chips	1 oz	120	20	340	w
	Spanish Rice	1/2 cup	105	20	205	m,s
	Red beans	1/2 cup	120	26.85	140	no
4	Beef steak slices	2 oz	150	3	260	unable to determine
	American Cheese	1 oz (2 slices)	110	2	270	m
	WW Sub roll	57 gm	146	29	318	w,s,
	Cauliflower/garlic	1/2 cup	75	12	30	no
7	Grilled Cheese Sandwich (prepacked)	1	280.32	30.96	580.79	w,s,m
	Chicken Noodle Soup	1/2 cup	60	8	860	s, may contain w
	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
9	Chicken	3.6 oz	78	0.6	324	s,w
	Waffles	2 waffles	130	23	360	w, s, e, m
	Maple Syrup	1.5 oz	120	0	31	may contain w
	Peas & Corn Medley	1/2 cup	62	11.4	58	no
10	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
14	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
	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
	feta					
15	Turkey Sausage Patty	1 oz	60	0	80	no
	Egg	1.5 oz	90	3	410	e
	Cheese	1 oz (2 slices)	110	2	270	m
	on a Croissant	2.2 oz	200	26	290	e,m,s,w
	Tomato & Chickpea Salad	3/4 cup	100	28	50	no
16	Macaroni	2 oz	200	42	0	w
	Cheese sauce	3	130	4	550	m,s
	Breaded Chicken	3.6 oz	78	0.6	324	s,w
	Buffalo Sauce	1 tsp	0	0	190	no
20	Chicken Fajita	3.6 oz	78	0.6	324	s,w
	WW Tortilla	1- 8"	120	20	340	w
	w/ Spanish Rice,	1/2 cup	105	20	205	m,s
	BEANS RED KIDNEY CAN-6/10	1/4 cup	65	9.3	70	no
	Salsa	1/4 cup	22	4	20	no
	& Corn Niblets	1/2 cup	67	15.5	1	no
18	Salami					
	American Cheese	1 oz (2 slices)	110	2	270	m
	Ham	1.22 oz	37	2	232	no
	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
	Carrot & Celery	1/2 cup	62	11.4	58	no
	Ranch; Blue Chs, Italian	1 oz	130	1	350	e, m, s, may contain g
21	French Bread Pizza (prepacked)	4.94 oz	300	34	570	w,m,s
	Side Caesar Salad	2 oz	9	2	3.5	no
	Parmesean Cheese	1 oz (2 slices)	110	2	270	m



