

Secondary Menu Nutritional Information

Day	Menu	Srv/Wt	Calories	Carb gm	Sodium	Allergens
3	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
4	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
5	ww Spaghetti	2 oz	180	39	0	W
	Meatball & Marinara	2.5 oz (30)	140	6	230	M,S,W
	green beans	3/4 cup	35	10	6	no
	Fruit	1 piece	75	19	1	no
6	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
	Fries	3/4 cup	100	24	130	s
	Fruit	1 piece	75	19	1	no
7	Beef Crumble	2.10 oz	110	0	260	no
	cheddar melted	1/4 cup	100	60	270	m
	lettuce	1/2 cup	35	10	6	no
	salsa					
	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
10	Grilled cheese (pre-packed)	1	280	31	581	m, s
	Tomato soup	1/2 cup	90	20	480	m
	romaine lettuce	3/4 cup	35	10	6	no
	feta	1 oz	85	0.75	158	m
	dressing	1 oz	130	1	350	e, m, s, may contain g
	Fruit	1 piece	75	19	1	no
11	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
12	Chicken Fritters	2 pieces	200	12	250	s, w
	WW elbow	2oz	180	39	0	no
	LOL Cheddar Cheese Sauce	3 oz	137	4	548	w, s
	Green Beans	3/4 cup	40	5	25	no
	WW Dinner Roll	28 gm	72	14	159	
	Fruit	1 piece	75	19	1	no
13	Burger	2.25 oz paty	150	0	190	no
	slice of cheese	1 oz	85	0.75	158	m
	WW Bun	57 gm/one bun	146	29	318	w, s
	Garlic Roasted Chickpeas	1/2 cup	378	50	25	no
	Smile Fries	3 oz	160	25	230	s
	Fruit	1 piece	75	19	1	no
24	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
25	Hot & Spicy Chicken Patty	1 patty (105 g)	200	9	330	s, w
	Flatbread	62.4 g (1 piece)	180	29	330	w,m,s

