Secondary Menu Nutritional Infomation

| Date | Menu | Srv/Wt | Calories | Carb gm | Sodium | Alergens |
|---|---|---|---|---|---|---|
| 7 | WG Pizza | 5.85 | 340 | 39 | 570 | w,m,s |
| | Three Bean Salad | 1/2 cup | 94 | 9 | 220 | s |
| | Corn Niblets | 1/2 cup | 78 | 17.74 | 16 | no |
| | | | | | | |
| 8 | Chicken Breast Filet | 3.6 oz | 78 | 0.6 | 324 | s,w |
| | on a Jr Sub Roll | 57 gm | 146 | 29 | 318 | w,s, |
| | Carrot Salad | | | | | |
| | Potato Wedges | 1/2 cup | 120 | 26.4 | 33.2 | no |
| | | | | | | |
| 9 | Romaine Caesar Salad | 1 .25 cup | 55 | 11 | 118 | no |
| | with Spicy Chicken | 3.6 oz | 78 | 0.6 | 324 | s,w |
| | and Chick peas | 1/4 cup | 83 | 13.5 | 70 | no |
| | Parmesan Cheese | | | | | |
| | WW Tortilla | 1- 8" | 120 | 20 | 340 | w |
| | | | | | | |
| 12 | WW Pizza Sticks | 3.86 oz | 300 | 32 | 800 | m,s,w |
| | Marinara Dip Sauce | 1.25 oz | 30 | 4 | 140 | w,s,m |
| | Romaine Tossed Salad | 1 .25 cup | 55 | 11 | 118 | no |
| | with Tomato and Cukes | | | | | |
| | | | | | | |
| 13 | Barbecue Beef Rib | 3.25 oz | 200 | 13 | 670 | w,s,m |
| | on a WG Bun | 57 gm | 146 | 29 | 318 | w,s, |
| | Steamed Broccoli | 1/2 cup | 26 | 4.93 | 22 | no |
| | Oven Fry Potatoes | 1/2 cup | 120 | 20 | 20 | s |
| | | | | | | |
| 14 | Deli Turkey Breast | 2.72 oz | 80 | 0 | 540 | none |
| | on a WG Bun | 57 gm | 146 | 29 | 318 | w,s, |
| | Lettuce and Tomato Slices | 1/2 cup | 9 | 2 | 5 | no |
| | Broccoli Salad | 1/2 cup | 154 | 31 | 172 | m,e,s |
| 15 | Potato Wedges | 1/2 cup | 120 | 26.4 | 33.2 | no |
| | | | | | | |
| 15 | Chicken Fajita over | 3.6 oz | 78 | 0.6 | 324 | s,w |
| | Spanish Rice with Beans | 1/2 cup | 105 | 20 | 205 | m,s |
| | BEANS GREEN FRZ | 1/2 cup | 19 | 4.35 | 6 | no |
| | WW Tortilla | 1- 8" | 120 | 20 | 340 | w |
| | Salsa | 1/4 cup | 22 | 4 | 20 | no |
| | Corn Niblets | 1/2 cup | 78 | 17.74 | 16 | no |
| | | | | | | |
| 18 | Colby Cheese Omelet | 2.10 oz | 130 | 1 | 260 | e,m,s |
| | on a WG Croissant | 2.2 oz | 200 | 26 | 290 | e,m,s,w |
| | Peas and Carrots | 1/2 cup | 39 | 8 | 140 | no |
| | Oven Fry Potatoes | 1/2 cup | 120 | 20 | 20 | s |
| | | | | | | |
| 19 | WW Pizza Wedge | 4.67 oz | 260 | 32 | 750 | m,s,w |
| | Greek Salad | 1 .25 cup | | 5 | | no |
| | with Tomato, Cukes | 1/2 cup | 9 | 2 | 5 | no |
| | and Chick Peas | 0.75 oz | 35 | 6 | 240 | no |
| | Feta Cheese | 1 oz | 60 | 1 | 350 | m |
| | | | | | | |
| | | | | | | |
| 20 | TURKEY TACO FILLING CTN-30 LB | 1.95 OZ | 90 | 2 | 150 | w |

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| Date | Menu | Srv/Wt | Calories | Carb gm | Sodium | Alergens |
|---|---|---|---|---|---|---|
| | Tortilla Tub | 22 g | 110 | 13 | 0 | no |
| | Cheese | 1 oz | 80 | 0.5 | 170 | m |
| | TOMATO SALSA CAN-6/10 | 1/4 cup | 22 | 4 | 20 | no |
| | BEANS REFRIED CAN-6/10 | 1/2 cup | 114 | 19.57 | 140 | no |
| | Chopped Lettuce and Tomato | 2 oz | 9 | 2 | 3.5 | no |
| | Corn Niblet | 1/2 cup | 78 | 17.74 | 16 | no |
| | | | | | | |
| 21 | Beef Burger with | 2.5 oz | 110 | 1 | 270 | s |
| | Cheese | 1 oz | 106 | 1.3 | 293 | m |
| | on a Bun | 57 gm | 146 | 29 | 318 | w,s, |
| | Oven Fry Potatoes | 1/2 cup | 120 | 20 | 20 | s |
| | Watermelon Slices | | | | | |
| | | | | | | |
| 22 | WW Pasta Salad with | 3/4 cup ckd | 130 | 27.75 | 3 | w |
| | Zucchini , Cherry Tomatoes | 1/2 cup | 9 | 2 | 5 | no |
| | and Broccoli Florets | | | | | |
| | Boneless Chicken Tenders | 1.7 oz | 173 | 10.6 | 260 | w,s |
| | WG Dinner Roll | 28 gm | 72 | 14 | 159 | w,s, |
| | | | | | | |
| 23 | Beef Meatballs | 2.5 | 140 | 6 | 230 | w,s,m |
| | Tomato Sauce | 1/2 cup | 80 | 10 | 125 | ? |
| | on a Jr Sub Roll | 57 gm | 146 | 29 | 318 | w,s, |
| | Green and Red Beans | | | | | |
| | Carrot/Celery Sticks | 188 gms | 146 | 0 | 318 | no |
| | | | | | | |
| 21 | North End Style Pizza | 7 oz | 290 | 55 | 500 | w,s,m |
| | Romaine Tossed Salad | 1 .25 cup | 55 | 11 | 118 | no |
| | with Tomato and Cukes | 2 oz | 9 | 2 | 3.5 | no |
| | | | | | | |
| 27 | Grilled Hot Dog | 8:lb 1 | 160 | 3 | 490 | s,w |
| | on a Bun | 43 gm/rl | 100 | 20 | 230 | w,s,m |
| | Baked Beans | 1/2 cup | 120 | 26.85 | 140 | no |
| | Cabbage and Carrot Coleslaw | 1/2 cup | 131 | 14 | 381 | e,s,m |
| | | | | | | |
| 28 | Potato | 1 med | 120 | 27 | 5 | no |
| | Broccoli | 1/2 cup | 26 | 5 | 22 | no |
| | Cheese Sauce | 3 | 130 | 4 | 550 | m,s |
| | Chicken Tenders | 3.9 | 278 | 17 | 491 | w |
| | WG Dinner Roll | 28 gm | 72 | 14 | 159 | w,s, |
| | | | | | | |
| 29 | WG Pasta with | 1 cup ckd | 174 | 37 | 4 | w |
| | Ground Beef and | 2.07 oz | 120 | 0 | 135 | none |
| | Tomato Sauce | 1/2 cup | 60 | 10.88 | 140 | no |
| | Green Beans | 1/2 cup | 14 | 2.8 | 140 | no |
| | Bosco Cheese Stick | 60gm | 150 | 16 | 230 | w,m |
| | | | | | | |
| 30 | CHICKEN OVEN ROASTED | 2 oz mma | 100 | 0 | 200 | no |
| | Mashed Potatoes, | 1/4 c | 35 | 6 | 260 | no |
| | PEAS GREEN FRZ | 1/2 cup | 62 | 11.4 | 58 | no |
| | Gravy | 1/4 c | 35 | 6 | 260 | no |
| | WG Dinner Roll | 28 gm | 72 | 14 | 159 | w,s, |
| | Cranberry Sauce | | | | | |
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| Date | Menu | Srv/Wt | Calories | Carb gm | Sodium | Alergens |
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