

Day	Menu	Srv/Wt	Calories	Carb gm	Sodium	Allergens
3	Grilled Cheese Sandwich	1	280.32	30.96	580.79	w,s,m
	Tomato Soup,	3/4 c	90	20	480	w, e, s,
	carrots and celery	2 oz	9	2	3.5	no
	Ranch Dipper	1 oz	130	1	350	e, m, s, may contain g
4	Baked Popcorn Chicken	10/.45	269	20	590	w,s,m
	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,
5	Deli Turkey Breast	2.72 oz	80	0	540	none
	on a WG Bun	57 gm	146	29	318	w,s,
	Lettuce,& Tomato,	1/2 cup	19	4.35	6	no
	Carrot Sticks	2 oz	9	2	3.5	no
	Potato Wedges	1/2 cup	120	26.4	33.2	no
6	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- 8"	120	20	340	w
	Spanish Rice	1/2 cup	105	20	205	m,s
	Mexican Bean Rice					
7	Meatballs	2.5	140	6	230	w,s,m
	Cheesy BreadSticks	5.22	300	36	580	e,s,w,m
	w/ Marinara Dipping Sauce	2 oz	40	270	9	s, may contian w
	Caesar Salad	2 oz	9	2	3.5	W
	Caesar Dressing	1 oz	130	1	350	e, m, s, may contain g
11	Bread Fish Sticks	4 oz	230	300	25	f,w,m, possible s
	Oven Fry Potatoes	1/2 cup	120	20	20	s
	WW Dinner Roll	28 gm	72	14	159	w,s,
12	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
	Side Salad	2 oz	9	2	3.5	no

13	Chicken	3.6 oz	78	0.6	324	s,w
	Broccoli/vegetables	1/2 cup	26	5	22	no
	Teriyaki sauce	1 TBSP	60	14	470	w,s sesame
	WW Noodles (WW Spghetti)	1 cup ckd	174	37	4	w
14	Hot & Spicy Chicken Wrap	3.05	190	13	241	w/s/e
	WW Tortiall Wrap	1- 8"	120	20	340	w
	w/ Lettuce, Tomato &	2 oz	9	2	3.5	no
	Blue Cheese Dressing	1 oz	130	1	350	e, m, s, may contain g
	Chickpea Salad					
17	WW Pizza Sticks	5.85	340	39	570	w,m,s
	w/ Marinara Dipping Sauce	2 oz	40	270	9	s, may contian w
	Romaine Tossed Salad	2 oz	9	2	3.5	no
	Feta Cheese	1 oz	60	1	350	m
18	Wings of Fire	4 PIECES	220	1	560	W,S
	Sidewinder Fries	1/2 cup	120	20	20	s,may contain W
	Side Caesar Salad	2 oz	9	2	3.5	no
19	Macaroni & Cheese	3/4 cup	523	48	758	m,w
	Cheese sauce	3	130	4	550	m,s
	Grilled Chicken	3.6 oz	78	0.6	324	s,w
	Buffalo Sauce	1 tsp	0	0	190	no
	Tomato, Mozzarella Basil Salad	1.03	180.00	1	270	e, m, s
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
21	Chicken	3.6 oz	78	0.6	324	s,w
	Alfredo	3	130	3	540	m
	Garlic Bread	1.5 oz	110	21	220	w,s









