

2 Day/Weekend Meals 2021

Friday, Jan 1, 2021

Recipes	Portion Size	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
ON WED MPR	1 EA	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00

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2 Day/Weekend Meals 2021

Monday, Jan 4, 2021

Recipes	Portion Size	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Mon, Bk, Oatmeal Raisin	1 EACH	290	15	180	3.00	1.80	20.00	0	0.00	21.00	4.00	47.00	9.00	3.00
Tue, Bk, Cereal Assorted	1 EACH	440	0	640	10.00	13.50	550.00	1750	18.00	30.00	8.00	89.00	7.50	1.50
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Mon-String Cheese and Goldfish	SERVING	220	20	570	1.00	0.72	416.00	0	0.00	2.00	16.00	16.00	10.00	4.50
Tue-Pepperoni Pizza, PZA GUY	SLICE	360	42	491	4.16	2.89	417.94	819	2.08	2.44	21.75	39.37	15.59	7.50
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
1% Milk Quart	8 OZ SVG	120	15	150	0.00	0.00	350.00	500	2.40	14.00	11.00	16.00	2.50	1.50
Orange Juice Quart	SVG	55	0	15	0.00	0.00	0.00	0	30.00	14.00	1.00	14.00	0.00	0.00
L-Baby Carrots Indv-For 2 Days	3.0 OZ SVG.	35	0	65	2.00	0.36	20.01	6003	6.00	5.00	1.00	8.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00

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2 Day/Weekend Meals 2021

Tuesday, Jan 5, 2021

Recipes	Portion Size	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
ON MON MPR	1 EACH	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00

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2 Day/Weekend Meals 2021

Wednesday, Jan 6, 2021

Recipes	Portion Size	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Wed, Bk, Mini Pancakes	SERVING	210	10	320	4.00	2.70	59.93	499	0.00	10.99	4.00	34.96	5.99	1.00
Thur-Oatmeal Raisin Bar	1 EACH	290	15	180	3.00	1.80	20.00	0	0.00	21.00	4.00	47.00	9.00	3.00
Fri, Bk, Concha	1 EACH	200	5	90	2.00	1.80	40.00	0	0.00	8.00	5.00	34.00	6.00	1.50
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Wed-Turkey Pepperoni Ham Cheese	1 EACH	330	55	1080	3.00	2.50	300.00	0	0.00	4.00	20.00	32.00	14.00	6.00
Thur-Pepperoni Pizza, PZA LUNCH	SLICE	360	42	491	4.16	2.89	417.94	819	2.08	2.44	21.75	39.37	15.59	7.50
Fri-Bean&Cheese Burrito/WGR	1 EACH	350	15	480	6.00	5.40	150.00	100	0.00	4.00	14.00	45.00	11.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Chocolate Milk Quart	SVG	120	10	150	0.00	0.36	250.00	500	0.00	18.00	8.00	18.00	2.50	1.50
Orange Juice Quart	SVG	55	0	15	0.00	0.00	0.00	0	30.00	14.00	1.00	14.00	0.00	0.00
L-Baby Carrots Indv-For 4 Days	3.0 OZ SVG.	35	0	65	2.00	0.36	20.01	6003	6.00	5.00	1.00	8.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00

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2 Day/Weekend Meals 2021

Thursday, Jan 7, 2021

Recipes	Portion Size	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
ON WED MPR	1 EA	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00

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2 Day/Weekend Meals 2021

Friday, Jan 8, 2021

Recipes	Portion Size	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
ON WED MPR	1 EA	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00

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2 Day/Weekend Meals 2021

Monday, Jan 11, 2021

Recipes	Portion Size	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Mon, Bk, Mini Pancakes	SERVING	210	10	320	4.00	2.70	59.93	499	0.00	10.99	4.00	34.96	5.99	1.00
Tue, Bk, Bagel w/Cream Cheese	1 EACH	234	15	283	3.30	1.80	33.25	202	0.00	4.01	7.93	34.51	6.69	3.60
Wed, Oatmeal Raisin Bar	1 EACH	290	15	180	3.00	1.80	20.00	0	0.00	21.00	4.00	47.00	9.00	3.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Mon, Bean&Cheese Burrito/WGR	1 EACH	350	15	480	6.00	5.40	150.00	100	0.00	4.00	14.00	45.00	11.00	0.00
Tue, Turkey Pepperoni Ham Cheese	1 EACH	330	55	1080	3.00	2.50	300.00	0	0.00	4.00	20.00	32.00	14.00	6.00
Wed, Pepperoni Pizza, PZA Guy	SLICE	360	42	491	4.16	2.89	417.94	819	2.08	2.44	21.75	39.37	15.59	7.50
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Chocolate Milk-4 Each	8 OZ SVG	110	5	135	0.00	0.72	250.00	500	0.00	18.00	8.00	20.00	0.00	0.00
Bk- Juice/Appleberry 3 Each	1 EACH	55	0	15	0.00	0.00	0.00	0	0.00	18.00	0.00	13.50	0.00	0.00
L-Baby Carrots Indv-For 2 Days	3.0 OZ SVG.	35	0	65	2.00	0.36	20.01	6003	6.00	5.00	1.00	8.00	0.00	0.00
Celery Sticks W/Peanut Butter	1 EACH	209	0	193	2.85	0.11	21.33	39	1.71	5.00	6.37	10.60	17.10	4.02
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
L-Red Apple	1 EACH	125	0	2	4.90	0.18	10.00	100	0.00	22.00	0.60	30.00	0.40	0.00
L- Green Apple	1 EACH	76	0	2	2.37	0.00	0.00	0	0.00	14.23	0.00	18.97	0.00	0.00
L- Diced Peaches Cupped	1 EACH	51	0	4	4.00	0.00	20.00	0	0.00	7.20	0.40	12.00	0.00	0.00

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2 Day/Weekend Meals 2021

Tuesday, Jan 12, 2021

Recipes	Portion Size	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
ON MON MPR	1 EACH	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00

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2 Day/Weekend Meals 2021

Wednesday, Jan 13, 2021

Recipes	Portion Size	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
ON MON MPR	1 EACH	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00

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2 Day/Weekend Meals 2021

Thursday, Jan 14, 2021

Recipes	Portion Size	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Thur, Assorted Cereal	1 EACH	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Cinnamon Toast Crunch	1 EACH	233	0	324	6.07	8.20	404.99	1012	9.11	11.14	3.04	44.55	5.06	1.01
Honeynut Cheerios	1 EACH	210	0	320	4.00	5.40	150.00	750	9.00	19.00	5.00	45.00	2.50	0.50
Fri, Bk, Concha	1 EACH	200	5	90	2.00	1.80	40.00	0	0.00	8.00	5.00	34.00	6.00	1.50
Mon, Bk, Oatmeal Choc, Chip	1 EACH	290	20	240	3.00	1.80	20.00	0	0.00	22.00	5.00	47.00	9.00	3.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Thur, L, Baked Chic w/Cracker	SERVING	100	0	170	1.00	0.72	20.00	0	0.00	0.00	2.00	14.00	4.00	0.50
Fri, Cheeseburger WGR	1 EACH	425	78	826	3.00	3.44	215.08	46	0.00	5.01	24.54	31.96	21.02	8.27
Mon-Turkey & Cheese Hoagie	1 EACH	290	40	730	2.00	1.30	310.00	0	0.00	5.00	21.00	31.00	11.00	4.50
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
1% Milk-4 Each	CARTON	120	10	150	0.00	0.00	350.00	500	2.40	14.00	10.00	14.00	2.50	1.50
Bk- Juice/Appleberry 3 Each	1 EACH	55	0	15	0.00	0.00	0.00	0	0.00	18.00	0.00	13.50	0.00	0.00
L- Orange, Whole	1 EACH	70	0	0	2.62	0.00	52.46	87	68.20	12.24	0.87	16.61	0.00	0.00
L- Mandarin Oranges Cupped	1 EACH	45	0	5	3.00	0.00	10.00	0	0.00	1.30	0.00	11.00	0.00	0.00
L- Raisins, Box	1 EACH	120	0	5	2.00	0.00	0.00	0	0.00	27.00	1.00	29.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
L-Baby Carrots Individual	3.0 OZ SVG.	35	0	65	2.00	0.36	20.01	6003	6.00	5.00	1.00	8.00	0.00	0.00
Celery Sticks W/PB-2 Days	1 EACH	209	0	193	2.85	0.11	21.33	39	1.71	5.00	6.37	10.60	17.10	4.02

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2 Day/Weekend Meals 2021

Friday, Jan 15, 2021

Recipes	Portion Size	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
ON THUR MPR	1 EA	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00

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2 Day/Weekend Meals 2021

Monday, Jan 18, 2021

Recipes	Portion Size	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
HOLIDAY	SERVING	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
ON THUR MPR	1 EA	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00

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2 Day/Weekend Meals 2021

Tuesday, Jan 19, 2021

Recipes	Portion Size	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Tue, Assorted Cereal	1 EACH	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Cinnamon Toast Crunch	1 EACH	233	0	324	6.07	8.20	404.99	1012	9.11	11.14	3.04	44.55	5.06	1.01
Honeynut Cherrios	1 EACH	210	0	320	4.00	5.40	150.00	750	9.00	19.00	5.00	45.00	2.50	0.50
Wed, Bk, Bagel Cream Cheese	1 EACH	234	15	283	3.30	1.80	33.25	202	0.00	4.01	7.93	34.51	6.69	3.60
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Tues, L, String Cheese w/Pretzel	1 EACH	210	20	600	1.00	0.72	396.00	0	0.00	2.00	16.00	18.00	7.50	4.00
Wed, L, Mini Cheeseburger	1 EACH	273	45	339	2.60	2.90	82.00	25	0.00	3.40	19.70	31.10	8.00	2.90
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
1% Milk Quart	8 OZ SVG	120	15	150	0.00	0.00	350.00	500	2.40	14.00	11.00	16.00	2.50	1.50
Orange Juice 12 oz 3-Days	SVG	51	0	1	0.23	0.24	10.00	67	37.80	9.53	0.79	11.79	0.23	0.00
L- Orange, Whole	1 EACH	70	0	0	2.62	0.00	52.46	87	68.20	12.24	0.87	16.61	0.00	0.00
L- Cherries	SVG	46	0	0	2.02	0.00	0.00	0	0.00	9.11	1.01	11.14	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
L-Baby Carrots Individual	3.0 OZ SVG.	35	0	65	2.00	0.36	20.01	6003	6.00	5.00	1.00	8.00	0.00	0.00
Celery Sticks W/Peanut Butter	1 EACH	209	0	193	2.85	0.11	21.33	39	1.71	5.00	6.37	10.60	17.10	4.02

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2 Day/Weekend Meals 2021

Wednesday, Jan 20, 2021

Recipes	Portion Size	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
ON TUE MPR	1 EA	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00

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2 Day/Weekend Meals 2021

Thursday, Jan 21, 2021

Recipes	Portion Size	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Thur, Mini Maple Pancakes	SERVING	210	10	320	4.00	2.70	59.93	499	0.00	10.99	4.00	34.96	5.99	1.00
Fri, Bk, Concha	1 EACH	200	5	90	2.00	1.80	40.00	0	0.00	8.00	5.00	34.00	6.00	1.50
Sat, Yogurt & Granola Bk-4 oz.	1 EACH	226	4	106	2.28	0.98	323.00	681	1.67	26.71	6.03	46.47	2.37	0.60
Sun, Crumb Cake	1 EACH	283	32	215	3.00	1.20	16.00	0	0.10	24.00	3.40	47.00	9.00	1.20
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Thur- Pepperoni Pizza, PZA LUNCH	SLICE	360	42	491	4.16	2.89	417.94	819	2.08	2.44	21.75	39.37	15.59	7.50
Fri, L, Chic Nugget w/Goldfish	1 EACH	310	50	740	3.00	1.80	40.00	200	0.00	0.00	20.00	31.00	12.00	2.00
Sat, Baked Chic w/Cracker	SERVING	100	0	170	1.00	0.72	20.00	0	0.00	0.00	2.00	14.00	4.00	0.50
Sun, Turkey, Ham Pepperoni, Chs.	1 EACH	330	55	1080	3.00	2.50	300.00	0	0.00	4.00	20.00	32.00	14.00	6.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
1% Milk Quart-2 Each	8 OZ SVG	120	15	150	0.00	0.00	350.00	500	2.40	14.00	11.00	16.00	2.50	1.50
Orange Juice 12 oz 3-Days	SVG	51	0	1	0.23	0.24	10.00	67	37.80	9.53	0.79	11.79	0.23	0.00
Bk- Applesauce Cup	1 EACH	53	0	2	1.05	0.00	0.00	0	0.00	11.50	0.00	14.64	0.00	0.00
L- Mandarin Oranges Cupped	1 EACH	45	0	5	3.00	0.00	10.00	0	0.00	1.30	0.00	11.00	0.00	0.00
L- Orange, Whole	1 EACH	70	0	0	2.62	0.00	52.46	87	68.20	12.24	0.87	16.61	0.00	0.00
L- Raisins, Box	1 EACH	120	0	5	2.00	0.00	0.00	0	0.00	27.00	1.00	29.00	0.00	0.00
L-Red Apple	1 EACH	125	0	2	4.90	0.18	10.00	100	0.00	22.00	0.60	30.00	0.40	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
L-Baby Carrots Indv-For 2 Days	3.0 OZ SVG.	35	0	65	2.00	0.36	20.01	6003	6.00	5.00	1.00	8.00	0.00	0.00
Celery Sticks W/PB-2 Days	1 EACH	209	0	193	2.85	0.11	21.33	39	1.71	5.00	6.37	10.60	17.10	4.02

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2 Day/Weekend Meals 2021

Friday, Jan 22, 2021

Recipes	Portion Size	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
ON THUR MPR	1 EA	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00

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2 Day/Weekend Meals 2021

Monday, Jan 25, 2021

Recipes	Portion Size	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Mon, Mini Maple Pancakes	SERVING	210	10	320	4.00	2.70	59.93	499	0.00	10.99	4.00	34.96	5.99	1.00
Tue, Bk, Bagel w/Cream Cheese	1 EACH	234	15	283	3.30	1.80	33.25	202	0.00	4.01	7.93	34.51	6.69	3.60
Wed, Oatmeal Raisin Bar	1 EACH	290	15	180	3.00	1.80	20.00	0	0.00	21.00	4.00	47.00	9.00	3.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Mon, Bean&Cheese Burrito/WGR	1 EACH	350	15	480	6.00	5.40	150.00	100	0.00	4.00	14.00	45.00	11.00	0.00
Tue, Turkey Pepperoni Ham Cheese	1 EACH	330	55	1080	3.00	2.50	300.00	0	0.00	4.00	20.00	32.00	14.00	6.00
Wed, Pepperoni Pizza, PZA Guy	SLICE	360	42	491	4.16	2.89	417.94	819	2.08	2.44	21.75	39.37	15.59	7.50
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
1% Milk Quart-2 Each	8 OZ SVG	120	15	150	0.00	0.00	350.00	500	2.40	14.00	11.00	16.00	2.50	1.50
Orange Juice 12 oz 3-Days	SVG	51	0	1	0.23	0.24	10.00	67	37.80	9.53	0.79	11.79	0.23	0.00
L-Baby Carrots Indv-For 2 Days	3.0 OZ SVG.	35	0	65	2.00	0.36	20.01	6003	6.00	5.00	1.00	8.00	0.00	0.00
Celery Sticks W/Peanut Butter	1 EACH	209	0	193	2.85	0.11	21.33	39	1.71	5.00	6.37	10.60	17.10	4.02
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
L-Red Apple	1 EACH	125	0	2	4.90	0.18	10.00	100	0.00	22.00	0.60	30.00	0.40	0.00
L- Green Apple	1 EACH	76	0	2	2.37	0.00	0.00	0	0.00	14.23	0.00	18.97	0.00	0.00
L- Diced Peaches Cupped	1 EACH	51	0	4	4.00	0.00	20.00	0	0.00	7.20	0.40	12.00	0.00	0.00

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2 Day/Weekend Meals 2021

Tuesday, Jan 26, 2021

Recipes	Portion Size	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
ON MON MPR	1 EACH	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00

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2 Day/Weekend Meals 2021

Wednesday, Jan 27, 2021

Recipes	Portion Size	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
ON MON MPR	1 EACH	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00

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2 Day/Weekend Meals 2021

Thursday, Jan 28, 2021

Recipes	Portion Size	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Thur, Assorted Cereal	1 EACH	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Cinnamon Toast Crunch	1 EACH	233	0	324	6.07	8.20	404.99	1012	9.11	11.14	3.04	44.55	5.06	1.01
Honeynut Cheerios	1 EACH	210	0	320	4.00	5.40	150.00	750	9.00	19.00	5.00	45.00	2.50	0.50
Fri, Bk, Concha	1 EACH	200	5	90	2.00	1.80	40.00	0	0.00	8.00	5.00	34.00	6.00	1.50
Sat, Yogurt & Granola Bk-4 oz.	1 EACH	226	4	106	2.28	0.98	323.00	681	1.67	26.71	6.03	46.47	2.37	0.60
Sun, Oatmeal Choc. Chip Bar	1 EACH	290	20	240	3.00	1.80	20.00	0	0.00	22.00	5.00	47.00	9.00	3.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Thur-Pepperoni Pizza, PZA LUNCH	SLICE	360	42	491	4.16	2.89	417.94	819	2.08	2.44	21.75	39.37	15.59	7.50
Fri, Mini Cheese Burger/WGR	1 EACH	273	45	339	2.60	2.90	82.00	25	0.00	3.40	19.70	31.10	8.00	2.90
Sat, Baked Chic w/Cracker	SERVING	100	0	170	1.00	0.72	20.00	0	0.00	0.00	2.00	14.00	4.00	0.50
Sun, Turkey, Ham Pepperoni, Chs.	1 EACH	330	55	1080	3.00	2.50	300.00	0	0.00	4.00	20.00	32.00	14.00	6.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
1% Milk Quart-2 Each	8 OZ SVG	120	15	150	0.00	0.00	350.00	500	2.40	14.00	11.00	16.00	2.50	1.50
Orange Juice 12 oz 3-Days	SVG	51	0	1	0.23	0.24	10.00	67	37.80	9.53	0.79	11.79	0.23	0.00
Bk- Applesauce Cup	1 EACH	53	0	2	1.05	0.00	0.00	0	0.00	11.50	0.00	14.64	0.00	0.00
L- Mandarin Oranges Cupped	1 EACH	45	0	5	3.00	0.00	10.00	0	0.00	1.30	0.00	11.00	0.00	0.00
L- Orange, Whole	1 EACH	70	0	0	2.62	0.00	52.46	87	68.20	12.24	0.87	16.61	0.00	0.00
L- Raisins, Box	1 EACH	120	0	5	2.00	0.00	0.00	0	0.00	27.00	1.00	29.00	0.00	0.00
L-Red Apple	1 EACH	125	0	2	4.90	0.18	10.00	100	0.00	22.00	0.60	30.00	0.40	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
L-Baby Carrots Indv-For 2 Days	3.0 OZ SVG.	35	0	65	2.00	0.36	20.01	6003	6.00	5.00	1.00	8.00	0.00	0.00

Celery Sticks W/PB-2 Days	1 EACH	209	0	193	2.85	0.11	21.33	39	1.71	5.00	6.37	10.60	17.10	4.02
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