

Menu Date	Recipe Description	Portion Size	Calories	Sat Fat (g)	Sodium (mg)	Carb (g)
12/1/2015	CHICKEN TENDERS	POR	210	2	710	13
12/1/2015	DINNER ROLL, WW 1 OZ	1 OZ	70	0	132	14
12/1/2015	KETCHUP, PKT	1 PKT	5	0	13	1
12/1/2015	SWEET POTATOES	1 CUP	218	2	210	31
12/1/2015	TOASTED CHEESE SANDWICH	1 POR	344	10	1042	26
12/1/2015	CARROTS (3/4 CUP), FRESH	BAG	70	0	130	16
12/1/2015	RANCH DRESSING, PC	1 PC	140	2	200	2
12/1/2015	MEDIUM ORANGE	1 EACH	68	0	0	17.86
12/1/2015	DICED PINEAPPLE	POR	68	0	9	17
12/1/2015	MILK,VARIETY	8 OZ	110	0.64	139	15.91
12/2/2015	PASTA W/ MEATSAUCE	POR	436	7.56	528	45
12/2/2015	BROCCOLI	1 CUP	54	0	55	8
12/2/2015	BUFFALO CHIX SALAD ENTREE	POR	366	4	644	25
12/2/2015	KAISER ROLL	1 EACH	150	0	260	31
12/2/2015	RANCH DRESSING, PC	1 PC	70	1	100	1
12/2/2015	APPLES, FRESH MEDIUM	1 EACH	95	0.05	2	25.13
12/2/2015	WCG, SLICED PEACHES	POR	68	0	9	14
12/2/2015	MILK,VARIETY	8 OZ	110	0.64	139	15.91
12/3/2015	ORANGE GINGER CHICKEN BROWN RICE	POR	352	3	492	38
12/3/2015	GREEN BEANS W/ SAUCE	1 CUP	78	0	140	13
12/3/2015	COBB SALAD ENTREE	POR	148	3	140	9
12/3/2015	KAISER ROLL, WCG	1 EACH	150	0	260	31
12/3/2015	DRESSING, ITALIAN	1 OZ	24	0	260	2
12/3/2015	MEDIUM ORANGE	1 EACH	68	0	0	17.86
12/3/2015	APPLESAUCE	1 EACH	50	0.01	20	12.23
12/3/2015	MILK,VARIETY	8 OZ	110	0.64	139	15.91
12/4/2015	PIZZA GALAXY WHOLE WHEAT	POR	290	6	590	32
12/4/2015	CHICKPEA SALAD	3/4 CUP	120	0.5	300	13.99
12/4/2015	SUNBUTTER AND JELLY, CHEESE STICK	POR	390	5.5	450	33.5
12/4/2015	CHICKPEA SALAD	3/4 CUP	120	0.5	300	13.99

12/4/2015	MEDIUM PEAR	1 EACH	101	0.04	2	27.11
12/4/2015	BANANA,PETITE	1 EACH	90	0.11	1	23.07
12/4/2015	MILK,VARIETY	8 OZ	110	0.64	139	15.91
12/7/2015	BEAN CHILI	POR	280	3	948	31
12/7/2015	CORN MUFFIN	1 EACH	210	1	250	35
12/7/2015	FIESTA CORN	1 CUP	254	5	760	34
12/7/2015	SUNBUTTER AND JELLY, CHEESE STICK	POR	490	5.5	600	49.5
12/7/2015	CORN AND RED PEPPER SALAD	3/4 CUP	135	1.12	367	16.5
12/7/2015	APPLES, FRESH MEDIUM	1 EACH	95	0.05	2	25.13
12/7/2015	MIXED FRUIT CUP	POR	68	0	0	16
12/7/2015	MILK,VARIETY	8 OZ	110	0.64	139	15.91
			1024	9.61	1787	148.51
				3.80%		58.00%
12/8/2015	LEMON OREGANO CHICKEN W/ PASTA	1 POR	390	4	396	44
12/8/2015	BROCCOLI	1 CUP	54	0	43	8.6
12/8/2015	BUFFALO CHIX SALAD ENTREE	POR	366	4	644	25
12/8/2015	KAISER ROLL, WCG	1 EACH	150	0	260	31
12/8/2015	RANCH DRESSING, PC	1 PC	70	1	100	1
12/8/2015	MEDIUM ORANGE	1 EACH	68	0	0	17.86
12/8/2015	DICED PINEAPPLE	POR	68	0	9	17
12/8/2015	MILK,VARIETY	8 OZ	110	0.64	139	15.91
12/9/2015	SPANISH RICE AND CHICKEN BOWL	1 POR	352	2	888	43
12/9/2015	BLACK BEAN & TOMATO	1 CUP	226	1.34	520	20
12/9/2015	TOASTED CHEESE SANDWICH	1 POR	344	10	1042	26
12/9/2015	CHICKPEA SALAD	3/4 CUP	120	0.5	300	13.99
12/9/2015	MEDIUM PEAR	1 EACH	101	0.04	2	27.11
12/9/2015	BANANA,PETITE	1 EACH	90	0.11	1	23.07
12/9/2015	MILK,VARIETY	8 OZ	110	0.64	139	15.91
12/10/2015	CRISPY FISH SANDWICH	POR	340	2	530	38
12/10/2015	CONDIMENT VARIETY MAYO KET	1 PACKET	40	0.5	40	1
12/10/2015	GREEN BEANS W/ SAUCE	1 CUP	78	0	140	13

12/10/2015	TURKEY AND CHEESE ON WW BUN	1 EACH	438	5.5	1304	28
12/10/2015	GREEN BEAN SALAD	3/4 CUP	80	0.5	190	7.99
12/10/2015	WCG, CONDIMENT VARIETY MM	1 PACKET	38	0.5	48	0
12/10/2015	APPLESAUCE	1 EACH	50	0.01	20	12.23
12/10/2015	MEDIUM ORANGE	1 EACH	68	0	0	17.86
12/10/2015	MILK,VARIETY	8 OZ	110	0.64	139	15.91
12/11/2015	PIZZA GALAXY WHOLE WHEAT	POR	290	6	590	32
12/11/2015	CARROTS (3/4 CUP), FRESH	BAG	70	0	130	16
12/11/2015	RANCH DRESSING, PC	1 PC	70	1	100	1
12/11/2015	WCG, GREEK SALAD ENTREE	1 EACH	196	8	666	11
12/11/2015	DRESSING, ITALIAN	1 OZ	24	0	260	2
12/11/2015	KAISER ROLL, WCG	1 EACH	150	0	260	31
12/11/2015	APPLES, FRESH MEDIUM	1 EACH	95	0.05	2	25.13
12/11/2015	MEDIUM ORANGE	1 EACH	68	0	0	17.86
12/11/2015	MILK,VARIETY	8 OZ	110	0.64	139	15.91
12/14/2015	MACARONI AND CHEESE	POR	614	22	1082	44
12/14/2015	BROCCOLI	1 CUP	54	0	43	8.6
12/14/2015	MEATBALL SUB ON WW ROLL	POR	470	6	870	64
12/14/2015	APPLES, FRESH MEDIUM	1 EACH	95	0.05	2	25.13
12/14/2015	SLICED PEACHES	POR	68	0	9	14
12/14/2015	MILK,VARIETY	8 OZ	110	0.64	139	15.91
12/15/2015	HAMBURGER AND WW BUN	POR	250	4	340	25
12/15/2015	CONDIMENT VARITEY (3)	1 PACKET	28	0.2	40	0.66
12/15/2015	PEAS AND CARROTS	1 CUP	94	0	100	16
12/15/2015	CHICKEN CAESAR SALAD ENTREE	1 EACH	148	1.6	326	11
12/15/2015	DRESSING, CAESAR	1 OZ	94	0	318	4
12/15/2015	KAISER ROLL	1 EACH	150	0	130	31
12/15/2015	MEDIUM ORANGE	1 EACH	68	0	0	17.86
12/15/2015	MEDIUM PEAR	1 EACH	101	0.04	2	27.11
12/15/2015	MILK,VARIETY	8 OZ	110	0.64	139	15.91

12/16/2015	CHICKEN THIGH AND RICE	POR	444	4.5	570	37
12/16/2015	BLACK BEAN & TOMATO	1 CUP	226	1.3	520	20
12/16/2015	SUNBUTTER JELLY, CHEESE STICK	POR	490	5.5	600	49.5
12/16/2015	CHICKPEA SALAD	1.5 CUP	120	0.5	300	13.99
12/16/2015	BANANA,PETITE	1 EACH	90	0.11	1	23.07
12/16/2015	MEDIUM PEAR	1 EACH	101	0.04	2	27.11
12/16/2015	MILK,VARIETY	8 OZ	110	0.64	139	15.91
12/17/2015	ROAST TURKEY DINNER	POR	294	0	866	37.8
12/17/2015	MASHED POTATOES	1 CUP	200	3	200	32
12/17/2015	TOASTED CHEESE SANDWICH	1 POR	344	10	1042	26
12/17/2015	CORN AND RED PEPPER SALAD	3/4 CUP	135	1.12	367	16.5
12/17/2015	APPLES, FRESH MEDIUM	1 EACH	95	0.05	2	25.13
12/17/2015	MEDIUM ORANGE	1 EACH	68	0	0	17.86
12/17/2015	MILK,VARIETY	8 OZ	110	0.64	139	15.91
12/18/2015	PIZZA GALAXY WHOLE WHEAT	POR	290	6	590	32
12/18/2015	CARROTS (3/4 CUP), FRESH	BAG	35	0	65	8
12/18/2015	RANCH DRESSING, PC	1 PC	70	1	100	1
12/18/2015	WCG, COBB SALAD ENTREE	POR	148	3	140	14
12/18/2015	DRESSING, ITALIAN	1 OZ	24	0	260	2
12/18/2015	KAISER ROLL, WCG	1 EACH	150	0	260	31
12/18/2015	WCG, RAISINS	BOX	130	0	10	31
12/18/2015	BANANA,PETITE	1 EACH	90	0.11	1	23.07
12/18/2015	MILK,VARIETY	8 OZ	110	0.64	139	15.91
12/21/2015	SUNBUTTER AND JELLY, CHEESE STICK	POR	490	5.5	600	50
12/21/2015	CORN AND RED PEPPER SALAD	3/4 CUP	135	1.12	367	16.5
12/21/2015	BEEF & BEAN CHEESE BOWL	POR	222	5	648	12
12/21/2015	CORN MUFFIN	1 EACH	210	1	250	35
12/21/2015	FIESTA CORN	1 CUP	127	2.67	380	17.33
12/21/2015	APPLES, FRESH MEDIUM	1 EACH	95	0.05	2	25.13
12/21/2015	WCG, SLICED PEACHES	POR	68	0	9	14
12/21/2015	MILK,VARIETY	8 OZ	110	0.64	139	15.91

12/22/2015	PASTA W/ MEATSAUCE	POR	436	7	528	44
12/22/2015	BROCCOLI	1 CUP	54	0	44	8
12/22/2015	BUFFALO CHIX SALAD ENTREE	POR	366	4	644	24
12/22/2015	KAISER ROLL	1 EACH	150	0	260	31
12/22/2015	RANCH DRESSING, PC	1 PC	35	0.5	50	0.5
12/22/2015	MEDIUM PEAR	1 EACH	101	0.04	2	27.11
12/22/2015	MEDIUM ORANGE	1 EACH	68	0	0	17.86
12/22/2015	MILK,VARIETY	8 OZ	110	0.64	139	15.91
12/23/2015	CHICKEN TENDERS	POR	210	2	710	13
12/23/2015	DINNER ROLL, WW 1 OZ	1 OZ	70	0	132	14
12/23/2015	KETCHUP, PKT	1 PKT	5	0	13	1
12/23/2015	SWEET POTATOES	1 CUP	218	1.68	210	31
12/23/2015	TOASTED CHEESE SANDWICH	1 POR	344	10	1042	26
12/23/2015	CARROTS (3/4 CUP), FRESH	BAG	35	0	65	8
12/23/2015	RANCH DRESSING, PC	1 PC	70	1	100	1
12/23/2015	MEDIUM ORANGE	1 EACH	68	0	0	17.86
12/23/2015	DICED PINEAPPLE	POR	68	0	9	17
12/23/2015	MILK,VARIETY	8 OZ	110	0.64	139	15.91