

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	KETCHUP, PKT	1 PKT	20	0	26	2
12/1/2015	SWEET POTATOES	3/4 CUP	164	1.26	156	13.92
12/1/2015	TOASTED CHEESE SANDWICH	1 POR	344	10	1042	26
12/1/2015	CARROTS (3/4 CUP), FRESH	BAG	36	0	66	8
12/1/2015	RANCH DRESSING, PC	1 PC	70	1	100	1
12/1/2015	MEDIUM ORANGE	1 EACH	68	0	0	17.86
12/1/2015	MILK,VARIETY	8 OZ	110	0.64	139	15.91
12/2/2015	PENNE PASTA W/ MEAT SAUCE	1 EACH	400	4	364	49
12/2/2015	BROCCOLI	3/4 CUP	40	0	32	6
12/2/2015	BUFFALO CHIX SALAD ENTRÉE	POR	366	4	644	25
12/2/2015	DINNER ROLL, WW 1 OZ	1 OZ	70	0	132	14
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	MILK,VARIETY	8 OZ	110	0.64	139	15.91
12/3/2015	ORANGE GINGER CHICKEN W/ BROWN RICE	POR	276	2	410	30
12/3/2015	GREEN BEANS W/ SAUCE	3/4 CUP	58	0	106	9
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	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 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, CHEESESTICK	POR	390	5.5	450	33.5
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	214	2.5	750	25
12/7/2015	KAISER ROLL	1 EACH	150	0	260	31

12/7/2015	FIESTA CORN	3/4 CUP	190	4	570	26
12/7/2015	SUNBUTTER AND JELLY, CHEESESTICK	POR	390	5.5	450	33.5
12/7/2015	CORN AND RED PEPPER SALAD	3/4 CUP	134	1	368	16.5
12/7/2015	APPLES, FRESH MEDIUM	1 EACH	95	0.05	2	25.13
12/7/2015	MILK,VARIETY	8 OZ	110	0.64	139	15.91
12/8/2015	LEMON OREGANO CHICKEN W/ PASTA	POR	380	4	370	43
12/8/2015	BROCCOLI	3/4 CUP	80	0	64	13
12/8/2015	BUFFALO CHIX SALAD ENTREE	POR	366	4	644	25
12/8/2015	DINNER ROLL, WW	1 OZ	70	0	132	14
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	MILK,VARIETY	8 OZ	110	0.64	139	15.91
12/9/2015	SPANISH CHICKEN AND RICE BOWL	1 POR	262	2	646	30
12/9/2015	BLACK BEAN & TOMATO	.75 CUP	170	1	390	15
12/9/2015	TOASTED CHEESE SANDWICH	1 POR	344	10	1042	26
12/9/2015	CHICKPEA SALAD	3/4 CUP	120	0.5	300	14
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	3/4 CUP	58	0	106	9
12/10/2015	TURKEY HAM AND CHEESE ON WW BUN	1 EACH	292	5	1304	28
12/10/2015	GREEN BEAN SALAD	3/4 CUP	80	0.5	190	8
12/10/2015	CONDIMENT VARIETY MM	1 PACKET	38	0.5	48	0
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	36	0	66	8
12/11/2015	RANCH DRESSING, PC	1 PC	70	1	100	1
12/11/2015	GREEK SALAD ENTREE	1 EACH	296	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	MILK,VARIETY	8 OZ	110	0.64	139	15.91
12/14/2015	WG MAC & CHEESE	POR	440	8	770	31
12/14/2015	BROCCOLI, WCG	3/4 CUP	80	0	64	13
12/14/2015	BEEF MEATBALLS WW SUB	POR	412	5	766	175
12/14/2015	APPLES, FRESH MEDIUM	1 EACH	95	0.05	2	25.13
12/14/2015	MILK,VARIETY	8 OZ	110	0.64	139	15.91
12/15/2015	BEEF HAMBURGER WW BUN	POR	250	4	340	25
12/15/2015	CONDIMENT VARITEY	1 PACKET	28	0.2	40	0.33
12/15/2015	PEAS AND CARROTS	3/4 CUP	70	0	74	13
12/15/2015	CHIX CAESAR SALAD ENTREE	1 EACH	286	3	652	22
12/15/2015	DRESSING, CAESAR	1 OZ	94	0	318	4.7
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 BROWN RICE	POR	444	5	570	37
12/16/2015	BLACK BEAN & TOMATO	.75 CUP	170	1	390	15
12/16/2015	SUNBUTTER JELLY SANDWICH, CHEESE STICK	POR	390	5	450	33.5
12/16/2015	CHICKPEA SALAD	3/4 CUP	120	0.5	300	13
12/16/2015	BANANA,PETITE	1 EACH	90	0.11	1	23.07
12/16/2015	MILK,VARIETY	8 OZ	110	0.64	139	15.91
12/17/2015	ROAST TURKEY W/ ROLL	1 POR	218	0	666	22
12/17/2015	MASHED POTATOES	3/4 CUP	150	2.5	150	24
12/17/2015	TOASTED CHEESE SANDWICH	1 POR	344	10	1042	26
12/17/2015	WCG, CORN AND RED PEPPER SALAD	3/4 CUP	134	1	368	16.5
12/17/2015	APPLES, FRESH MEDIUM	1 EACH	95	0.05	2	25.13
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	36	0	66	8
12/18/2015	RANCH DRESSING, PC	1 PC	70	1	100	1
12/18/2015	COBB SALAD ENTREE	POR	148	3	140	9
12/18/2015	DRESSING, ITALIAN	1 OZ	24	0	260	2
12/18/2015	KAISER ROLL	1 EACH	150	0	260	31
12/18/2015	RAISINS	BOX	130	0	10	31
12/18/2015	MILK,VARIETY	8 OZ	110	0.64	139	15.91
12/21/2015	SUNBUTTER JELLY, CHEESE STICK	POR	390	5.5	450	33.5
12/21/2015	CORN AND RED PEPPER SALAD	3/4 CUP	134	1	368	16.5
12/21/2015	BEEF AND CHEESE BOWL	POR	140	3	456	10
12/21/2015	CORN MUFFIN	1 EACH	210	1	250	35
12/21/2015	APPLES, FRESH MEDIUM	1 EACH	95	0.05	2	25.13
12/21/2015	MILK,VARIETY	8 OZ	110	0.64	139	15.91
12/22/2015	PENNE PASTA W/ MEAT SAUCE	1 EACH	400	4	364	49
12/22/2015	BROCCOLI	3/4 CUP	40	0	32	6
12/22/2015	BUFFALO CHIX SALAD ENTRÉE	POR	366	4	644	25
12/22/2015	DINNER ROLL, WW 1 OZ	1 OZ	70	0	132	14
12/22/2015	RANCH DRESSING, PC	1 PC	70	1	100	1
12/22/2015	MEDIUM PEAR	1 EACH	101	0.04	2	27.11
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	KETCHUP, PKT	1 PKT	20	0	26	2
12/23/2015	SWEET POTATOES	3/4 CUP	164	1.26	156	13.92
12/23/2015	TOASTED CHEESE SANDWICH	1 POR	344	10	1042	26
12/23/2015	CARROTS (3/4 CUP), FRESH	BAG	36	0	66	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	MILK,VARIETY	8 OZ	110	0.64	139	15.91