

May Week 2

Monday, Week 2										
Item	Amount	Calories	Fat	Sodium	Potassium	CHO	Sugar	Fiber	Protein	Allergens
General TSO Chicken	6 ounces	358	13	1581	0	43	22	2	18	Wheat and soy
Rice	½ cup	113	0	0	0	25	0	0	3	N/A
Broccoli	½ cup	10	0	10	105	2	1	2	1	N/A
Tuesday, Week 2										
Hot Dog	1 each	280	19	790	0	25	2	1	10	Wheat and soy
French Fries	1 ounce = ~ 5 each	40	1	7	0	6	0	0	1	N/A
Mixed Vegetables	½ cup	15	0	15	55	3	1	1	1	N/A
Wednesday, Week 2										
Pepperoni Rolls	1 each	368	17	1058	180	42	6	3	17	Wheat, milk, soy, egg
Green Beans	½ cup	20	0	0	100	4	1	1	1	N/A
Thursday, Week 2										
Popcorn Chicken	4 ounces	250	13	780	0	18	2	2	16	Wheat
Mashed Potatoes and Gravy	½ cup	125	1	260	330	27	0	2	2	Wheat and milk
Corn	½ cup	60	0	8	0	13	1	2	2	N/A
Friday, Week 2										
Cheese Pizza	1 each	250	8	720	293	35	6	3	12	Wheat and milk
Pepperoni Pizza	1 each	276	10	806	293	35	6	3	13	Wheat and milk
Tossed Salad	1 cup	10	0	0	116	2	0	1	1	N/A
Carnival Cookie	1 each	160	7	120	0	22	14	0	2	Wheat, milk, egg, soy