

May Week 3

Monday, Week 3										
Item	Amount	Calories	Fat	Sodium	Potassium	CHO	Sugar	Fiber	Protein	Allergens
Pierogies	3 each	170	3	460	0	31	1	1	5	Wheat, milk, soy, egg
Cinnamon Apples	¼ cup	39	0	0	48	11	9	1	0	N/A
Mixed Vegetables	½ cup	15	0	15	55	3	1	1	1	N/A
Tuesday, Week 3										
Spicy Chicken Patty Sandwich	1 each	610	17	910	0	47	3	2	21	Wheat, milk, soy
Tator Tots	~10 each	170	9	230	0	19	0	0	2	N/A
Mixed Vegetables	½ cup	15	0	15	55	3	1	1	1	N/A
Wednesday, Week 3										
Italian Hoagie	1 each; 2 ounce lunchmeat, 1 slice cheese	460	23	1050	0	42	3	1	20	Wheat, milk, soy
Potato Chips	1 ounce ~12 chips	160	10	150	350	15	0	1	2	N/A
Carrots and Celery	½ cup	18	0	40	164	4	3	2	1	N/A
Chocolate Chip Cookie	1 each	180	8	125	0	24	14	0	2	Wheat, milk, egg, soy
Thursday, Week 3										
Pulled Pork	1 each	460	12	1440	523	70	28	2	22	Wheat and soy
French Fries	1 ounce = ~5 each	40	1	7	0	6	0	0	1	N/A
Green Beans	1/2 cup	20	0	0	100	4	1	1	1	N/A
Friday, Week 3										
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
Pretzels	~20 each	110	0	250	0	25	0	0	3	Wheat
Daily Week 3										
Chicken Nuggets	5 each	220	13	470	0	15	0	1	12	Wheat
Tossed Salad	1 cup	10	0	0	116	2	0	1	1	N/A
Ranch	2 ounces	200	22	500	0	2	0	0	0	Egg, milk, soy
Italian	2 ounces	240	24	540	0	4	2	0	0	Soy
Cheese Rolls	1 each; ½ pizza dough	455	26	1210	0	44	6	4	28	Wheat, milk, egg, soy