

May Week 4

Monday, Week 4										
Item	Amount	Calories	Fat	Sodium	Potassium	CHO	Sugar	Fiber	Protein	Allergens
Sweet and Sour Chicken	5 each	280	13	580	0	29	11	1	12	Wheat
Rice	½ cup	114	0	0	0	25	0	0	3	N/A
Broccoli	½ cup	10	0	10	105	2	1	2	1	N/A
Tuesday, Week 4										
Hamburger	1 each	400	23	460	0	31	3	1	19	Wheat and soy
Cheeseburger	1 each	450	28	710	0	32	3	1	22	Wheat, milk, soy
French Fries	1 ounce = ~5 each	40	1	7	0	6	0	0	1	N/A
Corn	½ cup	60	0	8	0	13	1	2	2	N/A
Wednesday, Week 4										
Chicken Tenders	4 ounces (2 each)	250	13	800	0	19	0	1	15	Wheat and egg
BBQ Sauce	2 TBS/1 ounce	46	0	293	0	12	10	0	0	N/A
Tator Tots	~10 each	170	9	230	0	19	0	0	2	N/A
Glazed Carrots	½ cup	60	0	40	133	16	0	0	1	N/A
Vanilla Pudding	½ cup	140	3	220	0	28	17	0	0	Milk
Thursday, Week 4										
Pierogies	3 each	170	3	460	0	31	1	1	5	Wheat, milk, soy, egg
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
Daily Week 4										
Chicken	5 each	220	13	470	0	15	0	1	12	Wheat

<b>Nuggets</b>										
<b>Tossed Salad</b>	1 cup	10	0	0	116	2	0	1	1	N/A
<b>Ranch</b>	2 ounces	200	22	500	0	2	0	0	0	Egg, milk, soy
<b>Italian</b>	2 ounces	240	24	540	0	4	2	0	0	Soy
<b>Hot Dog</b>	1 each	280	19	790	0	25	2	1	10	Wheat and soy