

May Week 1

Wednesday, Week 1										
Item	Amount	Calories	Fat	Sodium	Potassium	CHO	Sugar	Fiber	Protein	Allergens
Pasta with Marinara	½ cup	102	1	240	180	21	6	3	3	Wheat
Pasta with Alfredo	½ cup	353	13	1238	0	43	11	1	7	Wheat and milk
Breadstick	1 each	140	5	260	0	20	1	1	4	Wheat and milk
Green Beans	½ cup	20	0	0	60	4	1	1	1	N/A
Thursday, Week 1										
Meatball Hoagie	1 each	495	22	900	180	51	8	3	23	Wheat, milk, egg, 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
Friday, Week 1										
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
Chocolate Pudding	4 ounces	130	3	190	0	26	17	0	1	Milk
Vanilla Pudding	4 ounces	140	3	220	0	28	17	0	0	Milk
Daily Week 5										
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
Chicken Patty Sandwich	1 each	380	19	560	0	44	3	2	17	Wheat and soy