

Monday & Friday Dinner

Spaghetti 2oz. 41g
Marinara sauce 1/2 cup 16g
Green beans 1/2 cup 3g
Meatballs 3 6g
Garlic Toast 1 slice 15g
chocolate chip cookie 37g

Wednesday Lunch

1 Pizza 48g

Wednesday Dinner

2 enchiladas 43g	1 rice krispy treat 28g
1/4 cup sauce 5g	1 cup shredded cheese 1g
2 oz. Taco meat 5g	1 T sour cream 0.3g
1 tortilla 16g	2 T pico de gallo 3g
1 taco shell 23g	3.5 oz guacamole 8g
1 cup pinto beans 23g	
1 cup rice 45g	
3 taguitoes 33g	
2 T salsa 2g	

Salad Bar - Each meal

1 cup lettuce 1g
1/2 cup peaches 18g
1/2 cup pineapple 16g
1 T olive 0.5g
2 T oriental dressing 7g
2 T Italian dressing 4g
2 T ranch dressing 2g
1 cup beets 14.56g
1 cup cherry tomato 1g
1 cup broccoli 6g
1 cup carrots 11g
1 cup cottage cheese 8g

Tuesday & Thursday & Saturday Breakfast

1 cup oatmeal 27g	Fruit bar each morning
2 T syrup 27g	1 cup Cantaloupe 13g
2 sausage 0g	1 cup Honeydew 15g
2 waffles 32g	1 cup oranges 21g
1 cup eggs 0.7g	1/2 grapefruit 13g
2 mini muffin 28g	8oz yogurt 34g
1 T ketchup 4.5g	1 cup milk 12g
	1 slice Banana bread 29g

Thursday Lunch

1 hamburger bun 31g
3oz. french fries 20g
1 hamburger 2g
1 slice cheese 1g
1 slice tomato 1g
1 slice onion 1g
1 leaf lettuce .5g
1 T ketchup 4.5g
1 t mustard .3g

Tuesday & Thursday & Saturday Dinner

1 biscuit 13g butter 0 / 1 packet honey 7g
1 breaded chicken tender 18g
! chicken leg 0
1 cup rice 45g
1/2 cup mashed potato 20g
1/2 cup corn 16g
1/2 cup stir fry vegetable 5g
ice cream cup 15g

Wednesday & Friday & Sunday Breakfast

3 pancakes 40g
9 tator tots 18g
2 sausage links 0g
1 cup oatmeal 27g
1 cup egg 0.7g
1 cinnamon roll 31g

Wednesday & Friday & Sunday Lunch - to go

1 croissant 25g
1 slice turkey .3g
1 slice cheese 1g
1 mayonnaise packet 1g
1 oreo 16g
1 package chips 8g
1 lemonade 14g