



Nutritional Information provided is an approximate amount. It includes 1% milk. Additional fruit and veggie cups are not included.



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



Monday



Tuesday



Wednesday

Thursday

Friday

4

Macaroni & Cheese with popcorn chicken: Calories – 650, Fat- 26 gm,cholesterol-55g,sodium-1240mg,carbohydrates-72g,fiber-5g,protein-33g

5

BBQ Rib with sweet potato fries: calories-660,fat-22g,cholesterol-50g,sodium-1200mg,carbohydrate-87g,protein-26g,fiber-9g

6

Grilled cheese/soup: calories-910,fat-47g,cholesterol-100g,sodium-2000mg,carbohydrates-77g,fiber10g,protein35g

7

Beef Taco: calories-860,fat-34g,cholesterol-110g,sodium-1280mg,carbohydrates-108g,protein-43g, fiber10g

8

Bosco Sticks/marinara:calories-710,fat-20g,cholesterol-46g,sodium-500mg,carbohydrates-105,protein-44g, fiber-15g

11

Chicken tenders/roll/potato wedges:calories-690, fat-9g,cholesterol-40g,sodium-1600mg,carbohydrates-78g,fiber-9g, protein -22g

12

Nacho Grande/beans: calories-610,fat-21g,cholesterol-40g,sodium-1550mg,carbohydrates-80g,fiber-17g,protein-30g

13

Hotdog/beans:calories520,fat16g,cholesterol-50g,sodium-1820mg,carbohydrate-70g,fiber7g, protein-28g

14

Chicken teriyaki bowl: caloires-635,fat-10g,cholesterol-45g,sodium-1500mg,carbohydrates-103g,fiber-6g,protein-32g

15

French bread pizza:calories-660,fat-19g,cholesterol-55g,sodium-990mg,carbohydrate-98g,fiber-20g,protein-33g

18

Swedish meatballs/gravy:calories-655,fat-22g,cholesterol-50g,sodium-930mg,carbohydrates-77g,fiber-5g, protein-33g

19

Mac/Cheese/roll:calorie-570,fat13g,cholesterol-25, sodium 1230mg,carbohydrate-90g,protein-27g, fiber 8g

20

Hamburger/fries: calories-610, fat-34g,cholesterol-65g,sodium-920mg,carbohydrate-34g,protein-32g,fiber-6g

21

Beef taco/rice:calories-760,fat-40,cholesterol-110g,sodium-1280mg,carbohydrate-108g,protein-35g,fiber-10g

22

Bosco sticks:calories-710,fat-20g,cholesterol-46g,sodium-500mg,carbohydrates-105g,protein-44g, fiber-15g

25

Grilled chicken/roll/mashed:calories-440, fat-9g,cholesterol-90g,sodium-1400mg,carbohydrates45g,fiber-6g, protein-38g

26

Nacho Grande/rice:calories-610, fat-21g,cholesterol-40g,sodium-1550mg,carbohydrate-80g,fiber-17g,protein-30g

27

WWSpaghetti/meat sauce: calories-668,fat-34g,cholesterol-80g,sodium-660mg,carbohydrate-82g,fiber-12g, protein40g

28

Popcorn chicken bowl: calories-665,fat20g,cholesterol-40g,sodium-990mg,carbohydrate-90g,protein-31g,fiber-6g

29

French Bread Pizza:calories-570,fat-20g,cholesterol-55g,sodium-1000mg,carbohydrate-75g,fiber-20g,protein35g