

Eat Enterprises

K-8 Menu Individual Meal Nutritional Analysis Week 1

Salami & Cheese	Serving Size	Calories	Protein	Carbs	Fiber	Fat	Sat Fat (gm)	Trans Fat (gm)	Cholesterol (mg)	Sodium (mg)
Turkey Salami	2.5oz	116.00	9.96	1.66	0.00	7.47	0.42	0.00	54.00	456.50
American Cheese	.5oz	50.00	3.00	1.00	0.00	4.50	2.50	0.00	12.50	225.00
WG Hoagie Roll	2oz	151.00	5.82	28.55	2.76	1.61	0.25	0.00	0.00	236.67
Fresh Broccoli	1/2c	25.00	2.00	5.50	2.50	0.25	0.00	0.00	0.00	32.50
Baby Carrots	1/4c	25.00	0.50	6.00	2.00	0.00	0.00	0.00	0.00	45.00
Fresh Orange	1/2c	81.00	1.50	21.00	3.60	0.20	0.00	0.00	0.00	1.70
Mayo	1ea	70.00	0.00	0.00	0.00	7.00	1.00	0.00	5.00	45.00
Ranch	1ea	30.00	0.00	2.00	0.00	2.50	0.00	0.00	5.00	55.00
1% White Milk	8oz	100.00	8.00	11.00	0.00	2.50	1.50	0.00	15.00	120.00
Totals:		648.00	30.78	76.71	10.86	26.03	5.67	0.00	91.50	1217.37

% Calories from:

Total Fat: 36.15%

Saturated fat% 7.88%

Grab N Go	Serving Size	Calories	Protein	Carbs	Fiber	Fat	Sat Fat (gm)	Trans Fat (gm)	Cholesterol (mg)	Sodium (mg)
Turkey Bites	1oz	90.00	7.00	1.00	0.00	5.00	1.50	0.00	30.00	340.00
Sunflower Seeds	1oz	180.00	5.00	5.00	2.00	15.00	1.00	0.00	0.00	150.00
Baby Carrots	1/2c	50.00	1.00	12.00	4.00	0.00	0.00	0.00	0.00	90.00
100% Sun Splash Juice	4.23oz	60.00	0.00	15.00	0.00	0.00	0.00	0.00	0.00	10.00
Flavored Applesauce	4.5oz	60.00	0.00	15.00	1.00	0.00	0.00	0.00	0.00	15.00

WG Crispy Cheese Cra	1oz	110.00	3.00	17.00	2.00	3.50	1.00	0.00	0.00	180.00
1% White Milk	8oz	100.00	8.00	11.00	0.00	2.50	1.50	0.00	15.00	120.00
Totals:		650.00	24.00	76.00	9.00	26.00	5.00	0.00	45.00	905.00

% Calories from:

Total Fat: 36.00%

Saturated fat: 6.92%

Turkey & Cheddar	Serving Size	Calories	Protein	Carbs	Fiber	Fat	Sat Fat (gm)	Trans Fat (gm)	Cholesterol (mg)	Sodium (mg)
Turkey	2.5	91.67	14.16	0.00	0.00	3.75	1.25	0.00	37.50	308.33
Cheddar Cheese	0.35	40.00	2.50	0.00	0.00	3.50	2.00	0.00	12.50	67.50
WG Bread	2oz	142.00	6.00	25.00	2.80	2.00	0.60	0.02	0.00	251.00
Potato Salad	1/2c	180.00	2.00	22.00	2.00	10.00	1.50	0.00	10.00	310.00
Baby Carrots	1/4c	25.00	0.50	6.00	2.00	0.00	0.00	0.00	0.00	45.00
Tropical Fruit Cup	1/2c	70.00	0.00	17.00	1.00	0.00	0.00	0.00	0.00	0.00
Mustard	1ea	5.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	65.00
1% White Milk	8oz	100.00	8.00	11.00	0.00	2.50	1.50	0.00	15.00	120.00
Totals:		653.67	33.16	81.00	7.80	21.75	6.85	0.00	47.00	1166.83

% Calories from:

Total Fat: 29.95%

Saturated Fat: 9.43%

Sunbutter Sandwich	Serving Size	Calories	Protein	Carbs	Fiber	Fat	Sat Fat (gm)	Trans Fat (gm)	Cholesterol (mg)	Sodium (mg)
Sunbutter Sandwich	2.6oz	310.00	9.00	33.00	4.00	15.00	2.00	0.00	0.00	300.00
Mozz Cheese Stick	1oz	80.00	8.00	0.00	0.00	6.00	3.50	0.00	15.00	200.00

Grape Tomatoes	1/2c	16.20	0.80	3.50	1.10	0.20	0.05	0.00	0.00	4.50
Celery Sticks	1/2c	15.00	1.00	3.00	2.00	0.00	0.00	0.00	0.00	80.00
Fresh Pear	1/2c	94.00	0.60	25.00	5.10	0.20	0.00	0.00	0.00	1.70
Ranch	1	30.00	0.00	2.00	0.00	2.50	0.00	0.00	5.00	55.00
1% White Milk	8oz	100.00	8.00	11.00	0.00	2.50	1.50	0.00	15.00	120.00
Totals:		645.20	18.00	77.50	12.20	26.40	3.00	0.00	70.00	761.20

%Calories from:

Total Fat: 36.83%

Saturated Fat: 4.18%

Grilled Chicken Pita	Serving Size	Calories	Protein	Carbs	Fiber	Fat	Sat Fat (gm)	Trans Fat (gm)	Cholesterol (mg)	Sodium (mg)
Diced Chicken	2oz	80.00	12.50	0.66	0.00	1.33	1.32	0.00	46.20	272.00
Cheddar Cheese	.5oz	40.00	2.50	0.00	0.00	3.50	2.00	0.00	12.50	67.50
WG Pita	2oz	190.00	7.00	35.00	4.00	2.50	0.50	0.00	0.00	30.00
Green Peppers	1/2c	30.00	1.00	7.00	3.00	0.00	0.00	0.00	0.00	0.00
Pinto Beans	1/2c	120.00	7.00	21.00	5.00	0.00	0.00	0.00	0.00	140.00
Mandarin Oranges	1/2c	80.00	1.00	16.00	1.00	0.00	0.00	0.00	0.00	0.00
Picante Sauce	1ea	0.00	0.00	1.00	0.00	0.00	0.00	0.00	5.00	125.00
1% White Milk	8oz	100.00	8.00	11.00	0.00	2.50	1.50	0.00	15.00	120.00
Totals:		640.00	39.00	91.66	13.00	9.83	2.50	0.00	78.70	754.50

% Calories from:

Total Fat : 13.82%

Saturated fat: 3.52%

Weekly Totals & Averages:

	Calories	Protein	Carbs	Fiber	Fat	Sat Fat (gm)	Trans Fat (gm)	Cholesterol (mg)	Sodium (mg)
Day1	648.00	30.78	76.71	10.86	26.03	5.67	0.00	91.50	1217.37
Day2	650.00	24.00	76.00	9.00	26.00	5.00	0.00	45.00	905.00
Day3	653.67	33.16	81.00	7.80	21.75	6.85	0.00	47.00	1166.83
Day4	645.20	18.00	77.50	12.20	26.40	3.00	0.00	70.00	761.20
Day5	640.00	39.00	91.66	13.00	9.83	2.50	0.00	78.70	754.50
Total:	3236.87	144.94	402.87	52.86	110.01	23.02	0.00	332.20	4804.90
5 day average per meal:	647.37	28.99	80.57	10.57	22.00	4.60	0.00	66.44	960.98

%Calories from:

Total Fat: **30.59%**
Saturated Fat: **6.40%**

Eat Enterprises

K-8 Menu Individual Meal Nutritional Analysis Week 2

Bologna & Cheese	Serving Size	Calories	Protein	Carbs	Fiber	Fat	Sat Fat (gm)	Trans Fat (gm)	Cholesterol (mg)	Sodium (mg)
Turkey Bologna	2.5oz	107.00	8.67	0.83	0.00	10.83	2.76	0.00	54.17	633.00
Colby Jack Cheese	.375oz	40.00	2.50	0.00	0.00	3.50	2.00	0.00	10.00	67.50
WG Bread	2oz	142.00	6.00	25.00	2.80	2.00	0.30	0.00	0.00	251.00
Cucumber Slices	3/4c	15.00	0.00	3.00	0.00	0.00	0.00	0.00	0.00	0.00
Fresh Orange	1/2c	81.00	1.50	21.00	3.60	0.20	0.00	0.00	0.00	1.70
WG Educational Snacks	1oz	120.00	2.00	22.00	2.00	4.00	0.00	0.00	0.00	65.00
Mustard	1ea	5.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	65.00
1% White Milk	8oz	100.00	8.00	11.00	0.00	2.50	1.50	0.00	15.00	120.00
Totals		610.00	28.67	82.83	8.40	23.03	6.56	0.00	60.00	1203.20
%Calories from:										
Total Fat:		33.98%								
Saturated Fat:		9.68%								

Hummus & Cracker	Serving Size	Calories	Protein	Carbs	Fiber	Fat	Sat Fat (gm)	Trans Fat (gm)	Cholesterol (mg)	Sodium (mg)
Hummus	3oz	110.00	6.00	18.00	5.00	2.00	0.00	0.00	0.00	100.00
Mozzarella Cheese Stick	1oz	80.00	8.00	0.00	0.00	6.00	3.50	0.00	15.00	200.00
WG Veggie Crackers	1oz	140.00	4.00	22.00	2.00	4.50	0.50	0.00	0.00	180.00
Green Peppers	1/2c	30.00	1.00	7.00	3.00	0.00	0.00	0.00	0.00	0.00
Baby Carrots	1/4c	25.00	0.50	6.00	2.00	0.00	0.00	0.00	0.00	45.00
Diced Peaches	1/2c	80.00	1.00	21.00	1.00	0.00	0.00	0.00	0.00	0.00

100% Apple Juice	4.23oz	60.00	0.00	14.00	0.00	0.00	0.00	0.00	0.00	10.00
1% White Milk	8oz	100.00	8.00	11.00	0.00	2.50	1.50	0.00	15.00	120.00
Totals:		625.00	28.50	99.00	13.00	15.00	5.50	0.00	30.00	655.00

%Calories from:

Total Fat: 21.60%

Saturated Fat: 7.92%

Turkey Ham & Swiss	Serving Size	Calories	Protein	Carbs	Fiber	Fat	Sat Fat (gm)	Trans Fat (gm)	Cholesterol (mg)	Sodium (mg)
Sliced Turkey Ham	2.5oz	91.67	11.67	0.83	0.00	4.16	1.25	0.00	45.83	400.00
Swiss Cheese	0.25	45.00	2.50	1.00	0.00	3.50	2.75	0.00	12.50	245.00
WG Hoagie Roll	2oz	151.00	5.82	28.55	2.76	1.61	0.25	0.00	0.00	236.67
Fresh Broccoli	3/4c	37.50	3.00	7.75	3.75	0.38	0.00	0.00	0.00	48.75
Fresh Pear	1/2c	94.00	0.60	25.00	5.10	0.20	0.00	0.00	0.00	1.70
Pineapple Tidbits	1/2c	60.00	0.00	16.00	1.00	0.00	0.00	0.00	0.00	0.00
Mustard	1ea	5.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	65.00
Ranch	1ea	30.00	0.00	2.00	0.00	2.50	0.00	0.00	10.00	55.00
1% White Milk	8oz	100.00	8.00	11.00	0.00	2.50	1.50	0.00	15.00	120.00
Totals:		614.17	31.59	92.13	12.61	14.85	5.75	0.00	35.00	1172.12

%Calories from:

Total Fat : 21.75%

Saturated fat: 8.43%

Fiesta Chicken Salad	Serving Size	Calories	Protein	Carbs	Fiber	Fat	Sat Fat (gm)	Trans Fat (gm)	Cholesterol (mg)	Sodium (mg)
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Diced Chicken	2oz	86.67	18.65	1.00	0.00	2.00	0.50	0.00	70.00	412.00
Cheddar Cheese	0.5	27.50	3.00	0.50	0.00	4.50	3.00	0.00	7.50	47.50
Romaine Lettuce	1c	6.00	0.40	1.20	0.80	0.00	0.00	0.00	0.00	2.50
Black Beans	1/2c	110.00	7.00	20.00	5.00	0.00	0.00	0.00	0.00	130.00
Corn	1/2c	90.00	3.00	21.00	2.00	1.00	0.00	0.00	0.00	0.00
Tropical Fruit Cup	1/2c	70.00	0.00	17.00	1.00	0.00	0.00	0.00	0.00	0.00
Breadstick	1oz (1ea)	60.00	2.00	12.00	1.00	0.50	0.00	0.00	0.00	80.00
Ranch	2ea	60.00	0.00	4.00	0.00	5.00	0.00	0.00	20.00	110.00
1% White Milk	8oz	100.00	8.00	11.00	0.00	2.50	1.50	0.00	15.00	120.00
Totals:		610.17	42.05	87.70	9.80	15.50	5.00	0.00	112.50	902.00

%Calories from:

Total Fat: 22.86%

Saturated Fat: 7.37%

	Serving Size	Calories	Protein	Carbs	Fiber	Fat	Sat Fat (gm)	Trans Fat (gm)	Cholesterol (mg)	Sodium (mg)
Yogurt Parfait										
Strawberry Yogurt	4oz	60.00	4.00	12.00	0.00	0.00	0.00	0.00	5.00	70.00
Sunflower Seeds	1oz	180.00	5.00	5.00	2.00	15.00	1.00	0.00	0.00	150.00
Granola	1oz	120.00	2.00	22.00	2.00	2.50	0.00	0.00	0.00	70.00
Grape Tomatoes	1/2c	16.20	0.80	3.50	1.10	0.20	0.05	0.00	0.00	4.50
Baby Carrots	1/4c	25.00	0.50	6.00	2.00	0.00	0.00	0.00	0.00	45.00
Flavored Applesauce	1/2c	60.00	0.00	15.00	1.00	0.00	0.00	0.00	0.00	15.00
WG Pretzels	1oz	90.00	2.00	16.00	1.00	1.50	0.00	0.00	0.00	200.00
1% White Milk	8oz	100.00	8.00	11.00	0.00	2.50	1.50	0.00	15.00	120.00
Totals:		651.20	22.30	90.50	9.10	21.70	2.55	0.00	25.00	674.50

%Calories from:

Total Fat: 29.99%

Saturated Fat: 3.52%

Weekly Totals & Averages:

	Calories	Protein	Carbs	Fiber	Fat	Sat Fat (gm)	Trans Fat (gm)	Cholesterol (mg)	Sodium (mg)
Day1	610.00	28.67	82.83	8.40	23.03	6.56	0.00	60.00	1203.20
Day2	625.00	28.50	99.00	13.00	15.00	5.50	0.00	30.00	655.00
Day3	614.17	31.59	92.13	12.61	14.85	5.75	0.00	35.00	1172.12
Day4	610.17	42.05	87.70	9.80	15.50	5.00	0.00	112.50	902.00
Day5	651.20	22.30	90.50	9.10	21.70	2.55	0.00	25.00	674.50
Total:	3110.54	153.11	452.16	52.91	90.08	25.36	0.00	262.50	4606.82
5 day average per meal:	622.11	30.62	90.43	10.58	18.02	5.07	0.00	52.50	921.36

%Calories from:

Total Fat: **26.06%**

Saturated Fat: **7.34%**

Eat Enterprises

K-8 Menu Individual Meal Nutritional Analysis Week 3

Honey Mustard Chicken Sandwich	Serving Size	Calories	Protein	Carbs	Fiber	Fat	Sat Fat (gm)	Trans Fat (gm)	Cholesterol(mg)	Sodium (mg)
Grilled Chicken Strips	2oz	80.00	12.50	0.66	0.00	1.33	1.32	0.00	46.20	272.00
Monterey Jack Cheese	.375oz	40.00	2.50	0.00	0.00	3.00	1.75	0.00	10.00	65.00
WG Hoagie Roll	2oz	151.00	5.82	28.55	2.76	1.61	0.25	0.00	0.00	236.67
Green Peppers	1/2c	15.00	0.50	3.50	1.50	0.00	0.00	0.00	0.00	0.00
Potato Salad	1/4c	95.00	1.00	11.00	1.00	5.00	0.75	0.00	5.00	155.00
Fresh Apple	1ea	66.60	0.30	18.00	3.10	0.20	0.00	0.00	0.00	1.30
Honey Mustard Sauce	.5oz	55.00	0.00	3.50	0.00	4.50	0.75	0.00	2.50	52.50
1% White Milk	8oz	100.00	8.00	11.00	0.00	2.50	1.50	0.00	15.00	120.00
Totals:		602.60	30.62	76.21	8.36	18.14	6.32	0.00	78.70	902.47

%Calories from:

Total Fat: 27.09%

Saturated Fat: 9.44%

Chips and Salsa	Serving Size	Calories	Protein	Carbs	Fiber	Fat	Sat Fat (gm)	Trans Fat (gm)	Cholesterol (mg)	Sodium (mg)
WG Tortilla Chips	2oz	240.00	2.00	40.00	2.00	9.00	1.00	0.00	0.00	150.00
Cheese Dip	2oz(1ea)	70.00	3.00	1.00	0.00	6.00	3.50	0.00	15.00	390.00
Salsa Cup	3oz	25.00	1.00	5.00	1.00	0.00	0.00	0.00	0.00	200.00
Black Beans	1/2c	110.00	7.00	20.00	5.00	0.00	0.00	0.00	0.00	130.00
Corn	1/4c	45.00	1.50	10.50	1.00	0.50	0.00	0.00	0.00	0.00
Flavored Applesauce	1/2c	60.00	0.00	15.00	1.00	0.00	0.00	0.00	0.00	15.00

1% White Milk	8oz	100.00	8.00	11.00	0.00	2.50	1.50	0.00	15.00	120.00
Totals:		650.00	22.50	102.50	10.00	18.00	6.00	0.00	30.00	1005.00

%Calories from:
 Total Fat : 24.92%
 Saturated fat: 8.31%

Cold Cut Combo	Serving Size	Calories	Protein	Carbs	Fiber	Fat	Sat Fat (gm)	Trans Fat (gm)	Cholesterol (mg)	Sodium (mg)
Turkey(Ham, Salami, Bologna)	3oz	160.00	10.00	1.00	0.00	13.00	3.50	0.00	65.00	950.00
WG Hoagie Roll	2oz	151.00	5.82	28.55	2.76	1.61	0.25	0.00	0.00	236.67
Broccoli	3/4c	52.50	3.00	6.00	3.00	0.00	0.00	0.00	0.00	30.00
Fresh Pear	1/2c	94.00	0.60	25.00	5.10	0.20	0.00	0.00	0.00	1.70
Mayo	1ea	70.00	0.00	0.00	0.00	7.00	1.00	0.00	5.00	45.00
1% White Milk	8oz	100.00	8.00	11.00	0.00	2.50	1.50	0.00	15.00	120.00
Totals:		627.50	27.42	71.55	10.86	24.31	6.25	0.00	85.00	1383.37

%Calories from:
 Total Fat: 34.87%
 Saturated Fat: 8.96%

Chicken Tortellini Salad	Serving Size	Calories	Protein	Carbs	Fiber	Fat	Sat Fat (gm)	Trans Fat (gm)	Cholesterol (mg)	Sodium (mg)
Diced Chicken	2oz	86.67	18.65	1.00	0.00	2.00	0.50	0.00	70.00	412.00
Cheese Tortellini	1.62oz(10)	92.30	4.62	15.38	1.54	1.15	0.38	0.00	15.38	107.70
Green Peppers	1/2c	30.00	1.00	7.00	3.00	0.00	0.00	0.00	0.00	0.00
Baby Carrots	1/2c	50.00	0.50	6.00	2.00	0.00	0.00	0.00	0.00	45.00
Mandarin Oranges	1/2c	80.00	1.00	16.00	1.00	0.00	0.00	0.00	0.00	0.00

WG Cheese Crackers	1oz	110.00	3.00	17.00	2.00	3.50	1.00	0.00	0.00	180.00
Cole Slaw Dressing	1tbsp	65.00	0.00	6.50	0.00	4.50	0.75	0.00	5.00	120.00
1% White Milk	8oz	100.00	8.00	11.00	0.00	2.50	1.50	0.00	15.00	120.00
Totals:		613.97	36.77	79.88	9.54	13.65	4.13	0.00	105.38	984.70

%Calories from:
 Total Fat: 20.01%
 Saturated Fat: 6.05%

Turkey Croissant	Serving Size	Calories	Protein	Carbs	Fiber	Fat	Sat Fat (gm)	Trans Fat (gm)	Cholesterol (mg)	Sodium (mg)
Turkey	3oz	110.00	17.00	0.00	0.00	4.50	1.50	0.00	45.00	370.00
WG Croissant	2oz	200.00	5.00	27.00	3.00	11.00	4.00	0.00	0.00	240.00
Cucumber Slices	1/2c	10.00	0.00	2.00	0.00	0.00	0.00	0.00	0.00	0.00
Baby Carrots	1/2c	50.00	1.00	12.00	4.00	0.00	0.00	0.00	0.00	90.00
Fresh Orange	1/2c	81.00	1.50	21.00	3.60	0.20	0.00	0.00	0.00	1.70
100% Kiwi Straw Juice	4.23oz	60.00	0.00	15.00	0.00	0.00	0.00	0.00	0.00	5.00
Mustard	1ea	5.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	65.00
Ranch	1ea	30.00	0.00	2.00	0.00	2.50	0.00	0.00	5.00	55.00
1% White Milk	8oz	100.00	8.00	11.00	0.00	2.50	1.50	0.00	15.00	120.00
Totals:		646.00	32.50	90.00	10.60	20.70	7.00	0.00	65.00	946.70

%Calories from:
 Total Fat: 28.84%
 Saturated Fat: 9.75%

Weekly Totals & Averages:

	Calories	Protein	Carbs	Fiber	Fat	Sat Fat (gm)	Trans Fat (gm)	Cholesterol (mg)	Sodium (mg)
Day1	602.60	30.62	76.21	8.36	18.14	6.32	0.00	78.70	902.47
Day2	650.00	22.50	102.50	10.00	18.00	6.00	0.00	30.00	1005.00
Day3	627.50	27.42	71.55	10.86	24.31	6.25	0.00	85.00	1383.37
Day4	613.97	36.77	79.88	9.54	13.65	4.13	0.00	105.38	984.70
Day5	646.00	32.50	90.00	10.60	20.70	7.00	0.00	65.00	946.70
Total:	3140.07	149.81	420.14	49.36	94.80	29.70	0.00	364.08	5222.24

5 day average per meal: 628.01 29.96 84.03 9.87 18.96 5.94 0.00 72.82 1044.45

%Calories from:

Total Fat: 27.17%

Saturated Fat: 8.51%

Eat Enterprises

K-8 Menu Individual Meal Nutritional Analysis Week 4

Poor Boy Sandwich	Serving Size	Calories	Protein	Carbs	Fiber	Fat	Sat Fat (gm)	Trans Fat (gm)	Cholesterol (mg)	Sodium (mg)
Turkey Bologna	1.5oz	80.00	5.00	0.50	0.00	6.50	1.76	0.00	32.50	475.00
Turkey Salami	1.5oz	70.00	6.00	1.00	0.00	4.50	1.25	0.00	32.50	183.33
WG Hotdog Bun	2oz	150.00	5.73	27.16	2.70	2.18	0.41	0.01	0.00	263.00
Cucumber Slices	1/2c	10.00	0.00	2.00	0.00	0.00	0.00	0.00	0.00	0.00
Baby Carrots	1/4c	25.00	0.50	6.00	2.00	0.00	0.00	0.00	0.00	45.00
Fresh Orange	1/2c	81.00	1.50	21.00	3.60	0.20	0.00	0.00	0.00	1.70
WG Educational Snack	1oz	120.00	2.00	22.00	2.00	4.00	0.00	0.00	0.00	65.00
Mustard	1ea	5.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	65.00
1% White Milk	8oz	100.00	8.00	11.00	0.00	2.50	1.50	0.00	15.00	120.00
Totals:		641.00	28.73	90.66	10.30	19.88	4.92	0.01	80.00	1218.03

%Calories from:

Total Fat: 27.91%

Saturated Fat: 6.91%

Power Pack	Serving Size	Calories	Protein	Carbs	Fiber	Fat	Sat Fat (gm)	Trans Fat (gm)	Cholesterol (mg)	Sodium (mg)
Beef Stick	1oz	30.00	4.00	1.00	0.00	1.00	0.00	0.00	10.00	100.00
Mozzarella Cheese Stick	1oz	80.00	7.00	1.00	0.00	6.00	3.50	0.00	15.00	210.00
Sunflower Seeds	1oz	180.00	5.00	5.00	2.00	15.00	1.00	0.00	0.00	150.00
Celery Sticks	1/2c	15.00	1.00	3.00	2.00	0.00	0.00	0.00	0.00	40.00
Baby Carrots	1/4c	25.00	0.50	6.00	2.00	0.00	0.00	0.00	0.00	45.00

Flavored Applesauce	1/2c	60.00	0.00	15.00	1.00	0.00	0.00	0.00	0.00	15.00
WG Crispy Cheese Cracker	1oz	110.00	3.00	17.00	2.00	3.50	1.00	0.00	0.00	180.00
1% White Milk	8oz	100.00	8.00	11.00	0.00	2.50	1.50	0.00	15.00	120.00
Totals:		600.00	28.50	59.00	9.00	28.00	7.00	0.00	40.00	860.00

% Calories from:

Total Fat: 42.00%

Saturated fat: 10.50%

Meat Lovers Sandwich

	Serving Size	Calories	Protein	Carbs	Fiber	Fat	Sat Fat (gm)	Trans Fat (gm)	Cholesterol (mg)	Sodium (mg)
Turkey, Turkey Ham, Turkey	2.5oz	116.67	10.00	1.67	0.00	7.50	2.08	0.00	54.16	458.33
WG Bread	2oz	142.00	6.00	25.00	2.80	2.00	0.60	0.00	0.00	251.00
Potato Salad	1/2c	190.00	2.00	22.00	2.00	10.00	1.50	0.00	10.00	210.00
Baby Carrots	1/4c	25.00	0.50	6.00	2.00	0.00	0.00	0.00	0.00	45.00
Pineapple Tidbits	1/2c	60.00	0.00	16.00	1.00	0.00	0.00	0.00	0.00	0.00
Mustard	1ea	5.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	65.00
1% White Milk	8oz	100.00	8.00	11.00	0.00	2.50	1.50	0.00	15.00	120.00
Totals:		638.67	26.50	81.67	7.80	22.00	5.68	0.00	79.16	1149.33

% Calories from:

Total Fat: 31.00%

Saturated fat: 8.00%

Yogurt Parfait

	Serving Size	Calories	Protein	Carbs	Fiber	Fat	Sat Fat (gm)	Trans Fat (gm)	Cholesterol (mg)	Sodium (mg)
Vanilla Yogurt	4oz	60.00	4.00	12.00	0.00	0.00	0.00	0.00	5.00	70.00
Sunflower Seeds	1oz	180.00	5.00	5.00	2.00	15.00	1.00	0.00	0.00	150.00

Granola	1oz	120.00	2.00	22.00	2.00	2.50	0.00	0.00	0.00	70.00
Grape Tomatoes	1/2c	16.20	0.80	3.50	1.10	0.20	0.05	0.00	0.00	4.50
Baby Carrots	1/4c	25.00	0.50	6.00	2.00	0.00	0.00	0.00	0.00	45.00
Diced Peaches	1/2c	80.00	1.00	21.00	1.00	0.00	0.00	0.00	0.00	0.00
WG Honey Graham	1ea	60.00	1.00	11.00	0.00	1.50	0.00	0.00	0.00	60.00
1% White Milk	8oz	100.00	8.00	11.00	0.00	2.50	1.50	0.00	15.00	120.00
Totals:		641.20	22.30	91.50	8.10	21.70	2.55	0.00	25.00	519.50

%Calories from:

Total Fat: 30.46%

Saturated Fat: 3.58%

Chefs Salad	Serving Size	Calories	Protein	Carbs	Fiber	Fat	Sat Fat (gm)	Trans Fat (gm)	Cholesterol (mg)	Sodium (mg)
Diced Chicken & Ham	.5oz	21.66	4.17	0.00	0.00	0.42	0.17	0.00	11.67	7.50
Diced Turkey Ham	.5oz	18.33	3.50	0.00	0.00	0.83	0.25	0.00	9.16	40.00
Hardboiled Egg	1ea	70.00	6.00	0.60	0.00	4.00	2.00	0.00	190.00	110.00
Romaine Lettuce	1c	6.00	0.40	1.20	0.80	0.00	0.00	0.00	0.00	2.50
Grape Tomatoes	1/2c	16.20	0.40	1.75	0.55	0.10	0.00	0.00	0.00	2.25
Baby Carrots	1/2c	50.00	0.50	6.00	2.00	0.00	0.00	0.00	0.00	45.00
Fresh Pear	1/2c	94.00	0.60	25.00	5.10	0.20	0.00	0.00	0.00	1.70
WG Breadstick	1oz	60.00	2.00	12.00	1.00	0.50	0.00	0.00	0.00	80.00
WG Sweet Potato Crackers	1oz	110.00	2.00	22.00	2.00	2.00	0.00	0.00	0.00	80.00
Ranch	2ea	60.00	0.00	4.00	0.00	5.00	0.00	0.00	20.00	110.00
1% White Milk	8oz	100.00	8.00	11.00	0.00	2.50	1.50	0.00	15.00	120.00
Totals:		606.19	27.57	83.55	11.45	15.55	3.92	0.00	245.83	598.95

%Calories from:

Total Fat : 23.09%

Saturated fat: 5.82%

Weekly Totals & Averages:

	Calories	Protein	Carbs	Fiber	Fat	Sat Fat (gm)	Trans Fat (gm)	Cholesterol (mg)	Sodium (mg)
Day1	641.00	28.73	90.66	10.30	19.88	4.92	0.01	80.00	1218.03
Day2	600.00	28.50	59.00	9.00	28.00	7.00	0.00	40.00	860.00
Day3	638.67	26.50	81.67	7.80	22.00	5.68	0.00	79.16	1149.33
Day4	641.20	22.30	91.50	8.10	21.70	2.55	0.00	25.00	519.50
Day5	606.19	27.57	83.55	11.45	15.55	3.92	0.00	245.83	598.95
Total:	3127.06	133.60	406.38	46.65	107.13	24.07	0.01	469.99	4345.81
5 day average per meal:	625.41	26.72	81.28	9.33	21.43	4.81	0.00	94.00	869.16

%Calories from:

Total Fat: **30.83%**

Saturated Fat: **6.93%**