

Eat Enterprises

9 -12 Menu Individual Meal Nutritional Analysis

Week 1

Chili Mac	Portion Size	Calories	Protein	Carbs	Fiber	Fat	Sat Fat (gm)	Trans Fat (gm)	Cholesterol (mg)	Sodium (mg)
Beef Chili	6oz	158.00	14.00	16.00	5.00	5.00	1.70	0.00	31.00	266.00
Pasta, Macaroni	3oz	300.00	10.50	63.00	3.00	1.50	0.00	0.00	0.00	0.00
Broccoli, Frozen	1/2c	35.00	2.00	4.00	2.00	0.00	0.00	0.00	0.00	20.00
Carrots, Frozen	1/2c	35.00	0.60	6.10	1.80	0.20	0.00	0.00	0.00	44.00
Fresh Orange	1ea	81.00	0.00	13.00	1.00	0.00	0.00	0.00	0.00	0.00
Flavored Applesauce	4.5oz	60.00	0.00	15.00	1.00	0.00	0.00	0.00	0.00	15.00
Breadstick	1oz (1ea)	60.00	2.00	12.00	1.00	0.50	0.00	0.00	0.00	80.00
1% White Milk	8oz	100.00	8.00	11.00	0.00	2.50	1.50	0.00	15.00	120.00
Totals:		829.00	37.10	140.10	14.80	9.70	3.20	0.00	46.00	545.00
% Calories from:										
Total Fat:		10.53%								
Saturated fat%		3.47%								

BBQ Chicken	Serving Size	Calories	Protein	Carbs	Fiber	Fat	Sat Fat (gm)	Trans Fat (gm)	Cholesterol (mg)	Sodium (mg)
Grilled Chicken Nuggets	2.6oz(4ea)	150.00	11.00	4.00	0.00	10.00	2.50	0.00	35.00	370.00
Green Beans, Frozen	1/2c	40.00	1.40	7.40	3.00	0.00	0.00	0.00	0.00	0.00
Baked Beans*	1/2c	125.00	6.00	26.70	5.20	0.50	0.00	0.00	0.00	434.00
Fresh Apple	1/2c	66.00	0.20	10.50	1.80	0.00	0.00	0.00	0.00	0.50
Diced Peaches	4.5oz	80.00	1.00	21.00	1.00	0.00	0.00	0.00	0.00	0.00

WG Cornbread	2oz(1ea)	180.00	3.00	28.00	1.00	6.00	0.50	0.00	15.00	90.00
BBQ Sauce	1oz	40.00	0.00	10.00	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:		781.00	30.60	118.60	12.00	19.00	4.50	0.00	65.00	1079.50

% Calories from:

Total Fat: 21.90%

Saturated fat: 5.19%

*Contains Brown Sugar

Tacos	Serving Size	Calories	Protein	Carbs	Fiber	Fat	Sat Fat (gm)	Trans Fat (gm)	Cholesterol (mg)	Sodium (mg)
Turkey Taco Meat	3.45oz	148.50	16.00	5.00	2.00	7.00	2.00	0.00	41.00	274.00
Shredded Cheddar Cheese	.75oz	41.25	4.50	0.75	0.00	6.75	2.25	0.00	22.50	71.25
Corn, Frozen	1/2c	90.00	1.50	21.00	1.00	0.50	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
Fresh Pear	1ea	94.00	0.40	16.00	2.00	0.10	0.00	0.00	0.00	5.00
Pineapple Tidbits	4.5oz	60.00	0.00	16.00	1.00	0.00	0.00	0.00	0.00	0.00
WG Tortilla	2oz(2ea)	180.00	4.00	30.00	4.00	5.00	3.00	0.00	0.00	150.00
1% White Milk	8oz	100.00	8.00	11.00	0.00	2.50	1.50	0.00	15.00	120.00
Totals:		833.75	41.40	120.75	15.00	21.85	8.75	0.00	78.50	760.25

% Calories from:

Total Fat: 23.59%

Saturated Fat: 9.45%

Pancakes & Sausage	Serving Size	Calories	Protein	Carbs	Fiber	Fat	Sat Fat (gm)	Trans Fat (gm)	Cholesterol (mg)	Sodium (mg)
WG Pancakes	4.2 oz(3ea)	240.00	5.00	42.00	5.00	6.00	1.00	0.00	10.00	340.00
Turkey Sausage	2oz(2ea)	120.00	12.00	0.00	0.00	8.00	2.00	0.00	60.00	180.00
Tater Tots	1c(16ea)	180.00	2.00	28.00	4.00	7.00	0.00	0.00	0.00	340.00
Banana	1ea	110.00	0.00	13.50	1.50	0.00	0.00	0.00	0.00	0.60
Tropical Fruit Cup	4.5oz	70.00	0.00	17.00	1.00	0.00	0.00	0.00	0.00	0.00
Syrup	1ea	15.00	0.00	4.00	0.00	0.00	0.00	0.00	0.00	40.00
1% White Milk	8oz	100.00	8.00	11.00	0.00	2.50	1.50	0.00	15.00	120.00
Totals:		835.00	27.00	115.50	11.50	# 23.50	4.50	0.00	85.00	1020.60
%Calories from:										
Total Fat:		25.33%								
Saturated Fat:		4.85%								

Pepperoni Pizza	Serving Size	Calories	Protein	Carbs	Fiber	Fat	Sat Fat (gm)	Trans Fat (gm)	Cholesterol (mg)	Sodium (mg)
Pepperoni Pizza	4.48oz	270.00	17.00	37.00	4.00	7.00	2.50	0.00	20.00	540.00
Romaine Salad	1c	6.00	0.40	1.20	0.80	0.00	0.00	0.00	0.00	2.50
Grape Tomatoes	1/4c	8.00	0.50	1.75	0.50	0.00	0.00	0.00	0.00	2.50
Cole Slaw	1/2c	180.00	1.00	19.00	2.00	11.00	1.50	0.00	10.00	380.00
Fresh Orange	1ea	81.00	0.00	13.00	1.00	0.00	0.00	0.00	0.00	0.00
Diced Peaches	4.5oz	80.00	1.00	21.00	1.00	0.00	0.00	0.00	0.00	0.00
Ranch Dressing	2ea	60.00	0.00	4.00	0.00	5.00	0.00	0.00	5.00	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:		785.00	27.90	107.95	9.30	25.50	5.50	0.00	50.00	1155.00

% Calories from:

Total Fat : 29.24%

Saturated fat: 6.31%

Weekly Totals & Averages:

	Calories	Protein	Carbs	Fiber	Fat	Sat Fat (gm)	Trans Fat (gm)	Cholesterol (mg)	Sodium (mg)
Day1	829.00	37.10	140.10	14.80	9.70	3.20	0.00	46.00	545.00
Day2	781.00	30.60	118.60	12.00	19.00	4.50	0.00	65.00	1079.50
Day3	833.75	41.40	120.75	15.00	21.85	8.75	0.00	78.50	760.25
Day4	835.00	27.00	115.50	11.50	23.50	4.50	0.00	85.00	1020.60
Day5	785.00	27.90	107.95	9.30	25.50	5.50	0.00	50.00	1155.00
Total:	4063.75	164.00	602.90	62.60	99.55	26.45	0.00	324.50	4560.35
5 day average per meal:	812.75	32.80	120.58	12.52	19.91	5.29	0.00	64.90	912.07

% Calories from:

Total Fat : 22.05%

Saturated fat: 5.86%

Eat Enterprises

9 -12 Menu Individual Meal Nutritional Analysis Week 2

	Serving Size	Calories	Protein	Carbs	Fiber	Fat	Sat Fat (gm)	Trans Fat (gm)	Cholesterol (mg)	Sodium (mg)
Mini Corn Dogs										
Mini Corn Dogs	4oz(6ea)	250.00	10.00	30.00	3.00	10.00	2.50	0.00	60.00	350.00
Green Peas, Frozen	1/4c	40.00	5.00	5.20	1.80	0.10	0.00	0.00	0.00	55.00
Carrots, Frozen	1/4c	17.00	0.30	4.00	1.50	0.00	0.00	0.00	0.00	35.00
Baked Beans*	1/2c	125.00	6.00	26.70	5.20	0.50	0.00	0.00	0.00	434.00
Fresh Apple	1ea	66.00	0.20	10.50	1.80	0.00	0.00	0.00	0.00	0.50
Mandarin Oranges	4.5oz	80.00	1.00	8.00	1.00	0.00	0.00	0.00	0.00	0.00
Sweet Potato Cracker	1ea	110.00	2.00	22.00	2.00	2.00	0.00	0.00	0.00	80.00
Ketchup	1ea	10.00	0.00	2.00	0.00	0.00	0.00	0.00	0.00	90.00
1% White Milk	8oz	100.00	8.00	11.00	0.00	2.50	1.50	0.00	15.00	120.00
Totals		798.00	32.50	119.40	16.30	15.10	4.00	0.00	75.00	# 1164.50
%Calories from:										
Total Fat: 17.03%										
Saturated Fat: 4.51%										

*Includes Brpwn Sugar

	Serving Size	Calories	Protein	Carbs	Fiber	Fat	Sat Fat (gm)	Trans Fat (gm)	Cholesterol (mg)	Sodium (mg)
Spaghetti & Meatball										
Meatballs	3oz (6ea)	150.00	14.00	4.00	1.00	9.00	3.50	0.00	35.00	250.00
Pasta	2oz	200.00	7.00	42.00	2.00	1.00	0.00	0.00	0.00	0.00

Spaghetti Sauce	3oz	45.00	2.00	12.00	1.00	0.50	0.00	0.00	0.00	80.00
Broccoli, Frozen	1/2c	35.00	2.00	4.00	2.00	0.00	0.00	0.00	0.00	20.00
Cauliflower, Frozen	1/2c	25.00	1.30	3.30	1.30	0.00	0.00	0.00	0.00	25.00
Fresh Pear	1ea	94.00	0.60	25.00	5.10	0.20	0.00	0.00	0.00	1.70
Pineapple Tidbits	4.5oz	60.00	0.00	16.00	1.00	0.00	0.00	0.00	0.00	0.00
Breadstick	1 oz (1ea)	60.00	2.00	12.00	1.00	0.50	0.00	0.00	0.00	80.00
1% White Milk	8oz	100.00	8.00	11.00	0.00	2.50	1.50	0.00	15.00	120.00

Totals: 769.00 36.90 129.30 14.40 13.70 5.00 0.00 50.00 # 576.70

%Calories from:
 Total Fat : 16.03%
 Saturated fat: 5.85%

	Serving Size	Calories	Protein	Carbs	Fiber	Fat	Sat Fat (gm)	Trans Fat (gm)	Cholesterol (mg)	Sodium (mg)
Cheeseburger										
Beef Patty	2.5oz	148.00	14.00	2.00	1.00	10.00	3.60	0.00	39.00	299.00
Cheddar Cheese	0.375	40.00	2.50	0.00	0.00	3.50	2.00	0.00	12.50	67.50
Hamburger Bun	2oz	147.00	6.20	26.50	2.70	1.90	0.30	0.00	0.00	248.00
Green Beans, Frozen	1/2c	40.00	0.70	3.70	1.50	0.00	0.00	0.00	0.00	0.00
Tater Tots	1/2c (8ea)	90.00	1.00	14.00	2.00	3.50	0.00	0.00	0.00	170.00
Applesauce	4.5oz	60.00	0.00	16.00	2.00	0.00	0.00	0.00	0.00	25.00
Watermelon	1/2c	23.00	0.00	15.00	1.00	0.00	0.00	0.00	0.00	15.00
Cheese Crackers	1oz(1ea)	110.00	3.00	17.00	2.00	3.50	1.00	0.00	0.00	150.00
Kethup	1ea	10.00	0.00	2.00	0.00	0.00	0.00	0.00	0.00	90.00
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:		773.00	35.40	107.20	12.20	24.90	8.40	0.00	66.50	# 1249.50

%Calories from:

Total Fat: 28.99%
Saturated Fat: 9.78%

Chicken Nuggets	Serving Size	Calories	Protein	Carbs	Fiber	Fat	Sat Fat (gm)	Trans Fat (gm)	Cholesterol (mg)	Sodium (mg)
Chicken Nuggets	4oz (6ea)	288.00	15.60	19.20	3.60	16.80	3.00	0.00	24.00	564.00
Corn, Frozen	1c	180.00	4.20	31.70	3.90	1.10	0.20	0.00	0.00	1.60
Fresh Orange	1ea	81.00	0.00	13.00	1.00	0.00	0.00	0.00	0.00	0.00
Tropical Fruit	4.5oz	70.00	0.00	17.00	1.00	0.00	0.00	0.00	0.00	0.00
BBQ Sauce	1oz	40.00	0.00	10.00	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:		759.00	27.80	101.90	9.50	20.40	4.70	0.00	39.00	750.60

%Calories from:
Total Fat: 24.19%
Saturated Fat: 5.57%

Turkey Sausage Pizza	Serving Size	Calories	Protein	Carbs	Fiber	Fat	Sat Fat (gm)	Trans Fat (gm)	Cholesterol (mg)	Sodium (mg)
Sausage Pizza	5oz	260.00	15.00	15.00	4.00	8.00	2.50	0.00	15.00	710.00
Romaine Salad	1c	6.00	0.40	1.20	0.80	0.00	0.00	0.00	0.00	2.50
Baby Carrots	1/2c	50.00	1.00	12.00	4.00	0.00	0.00	0.00	0.00	90.00
Fresh Grapes	1/2c	53.00	1.00	22.00	1.00	0.00	0.00	0.00	0.00	0.00
Flavored Applesauce	4.5oz	60.00	0.00	15.00	1.00	0.00	0.00	0.00	0.00	15.00
Sunflower Seeds	1oz (1ea)	170.00	6.00	6.00	2.00	15.00	2.00	0.00	0.00	115.00
Ranch Packet	2	60.00	0.00	2.00	0.00	2.50	0.00	0.00	5.00	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:		759.00	31.40	84.20	12.80	28.00	6.00	0.00	35.00	1162.50
%Calories from:										
	Total Fat:	33.20%								
	Saturated Fat:	7.11%								

Weekly Totals & Averages:

	Calories	Protein	Carbs	Fiber	Fat	Sat Fat (gm)	Trans Fat (gm)	Cholesterol (mg)	Sodium (mg)
Day1	798.00	32.50	119.40	16.30	15.10	4.00	0.00	75.00	# 1164.50
Day2	769.00	36.90	129.30	14.40	13.70	5.00	0.00	50.00	576.70
Day3	773.00	35.40	107.20	12.20	24.90	8.40	0.00	66.50	1249.50
Day4	759.00	27.80	101.90	9.50	20.40	4.70	0.00	39.00	750.60
Day5	759.00	31.40	84.20	12.80	28.00	6.00	0.00	35.00	1162.50
Total:	3858.00	164.00	542.00	65.20	102.10	28.10	0.00	265.50	4903.80
5 day average per meal:	771.60	32.80	108.40	13.04	20.42	5.62	0.00	53.10	980.76
%Calories from:									
	Total Fat:	23.82%							
	Saturated Fat:	6.56%							

Eat Enterprises

9 -12 Menu Individual Meal Nutritional Analysis

Week 3

	Serving Size	Calories	Protein	Carbs	Fiber	Fat	Sat Fat (gm)	Trans Fat (gm)	Cholesterol (mg)	Sodium (mg)
Chicken Strips										
Chicken Strips	5.25oz(4ea)	320.00	22.50	13.50	1.50	10.50	2.25	0.00	52.50	375.00
Carrots, Frozen	1/2c	35.00	1.00	8.00	3.00	0.00	0.00	0.00	0.00	70.00
Baked Beans*	1/2c	125.00	6.00	26.70	5.20	0.50	0.00	0.00	0.00	434.00
Fresh Pear	1ea	94.00	0.40	16.00	2.00	0.10	0.00	0.00	0.00	5.00
Mandarin Oranges	4.5oz	80.00	1.00	8.00	1.00	0.00	0.00	0.00	0.00	0.00
BBQ Sauce	1ea	40.00	0.00	10.00	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:		794.00	38.90	93.20	12.70	13.60	3.75	0.00	67.50	1069.00
%Calories from:										
Total Fat :		15.42%								
Saturated fat:		4.25%								

	Serving Size	Calories	Protein	Carbs	Fiber	Fat	Sat Fat (gm)	Trans Fat (gm)	Cholesterol (mg)	Sodium (mg)
Meatball Sub										
Meatballs	3oz (6ea)	150.00	14.00	4.00	1.00	9.00	3.50	0.00	35.00	250.00
WG Hotdog Bun	2oz	150.00	5.73	27.16	2.70	2.18	0.41	0.00	0.00	262.80
Marinara Sauce	4oz	50.00	2.00	8.00	2.00	1.50	0.00	0.00	0.00	390.00
Green Beans, Frozen	1c	80.00	1.40	7.40	3.00	0.00	0.00	0.00	0.00	20.00
Fresh Apple	1ea	66.00	0.20	10.50	1.80	0.00	0.00	0.00	0.00	0.50

Tropical Fruit Cup	4.5oz	70.00	0.00	17.00	1.00	0.00	0.00	0.00	0.00	0.00
Cheese Crackers	1oz(1ea)	110.00	3.00	17.00	2.00	3.50	1.00	0.00	0.00	150.00
1% White Milk	8oz	100.00	8.00	11.00	0.00	2.50	1.50	0.00	15.00	120.00
Totals:		776.00	34.33	102.06	13.50	18.68	6.41	0.00	50.00	1193.30

%Calories from:

Total Fat: 21.66%

Saturated Fat: 7.43%

*Contains Brown Sugar

Chicken Tortellini Alfredo	Serving Size	Calories	Protein	Carbs	Fiber	Fat	Sat Fat (gm)	Trans Fat (gm)	Cholesterol (mg)	Sodium (mg)
Diced Chicken	3oz	120.00	18.65	1.00	0.00	2.00	0.50	0.00	70.00	412.00
Cheese Tortellini	2.27oz(13ea)	120.00	6.00	20.00	2.00	1.50	0.50	0.00	20.00	140.00
Alfredo Sauce	4oz	80.00	2.00	14.00	0.00	2.00	1.00	0.00	10.00	380.00
Broccoli, Frozen	1/2c	35.00	2.00	4.00	2.00	0.00	0.00	0.00	0.00	20.00
Cauliflower, Frozen	1/2c	35.00	1.30	3.30	1.30	0.00	0.00	0.00	0.00	25.00
Fresh Orange	1ea	81.00	0.00	13.00	1.00	0.00	0.00	0.00	0.00	0.00
Diced Peaches	4.5oz	80.00	1.00	21.00	1.00	0.00	0.00	0.00	0.00	0.00
Breadstick	1oz	60.00	2.00	12.00	1.00	0.50	0.00	0.00	0.00	80.00
1% White Milk	8oz	100.00	8.00	11.00	0.00	2.50	1.50	0.00	15.00	120.00
Totals:		711.00	40.95	99.30	8.30	8.50	3.50	0.00	115.00	1177.00

%Calories from:

Total Fat: 10.76%

Saturated Fat: 4.43%

French Toast Sticks	Serving Size	Calories	Protein	Carbs	Fiber	Fat	Sat Fat (gm)	Trans Fat (gm)	Cholesterol (mg)	Sodium (mg)
French Toast Stix	3.2 oz(4ea)	260.00	6.00	38.00	3.00	10.00	1.50	0.00	0.00	300.00
Turkey Sausage	2oz(2ea)	120.00	12.00	0.00	0.00	8.00	2.00	0.00	60.00	180.00
Tater Tots	1c(16ea)	180.00	2.00	28.00	4.00	7.00	0.00	0.00	0.00	340.00
Blueberries	1/2c	40.00	0.50	10.50	2.00	0.25	0.00	0.00	0.00	0.00
Diced Pear	4.5oz	55.00	0.00	14.00	1.00	0.00	0.00	0.00	0.00	0.00
Syrup	1ea	15.00	0.00	4.00	0.00	0.00	0.00	0.00	0.00	40.00
1% White Milk	8oz	100.00	8.00	11.00	0.00	2.50	1.50	0.00	15.00	120.00
Totals:		770.00	28.50	105.50	10.00	27.75	5.00	0.00	75.00	980.00

%Calories from:

Total Fat: 32.44%
Saturated Fat: 5.84%

Cheese Pizza	Serving Size	Calories	Protein	Carbs	Fiber	Fat	Sat Fat (gm)	Trans Fat (gm)	Cholesterol (mg)	Sodium (mg)
Cheese Pizza	4.5oz	300.00	16.00	33.00	4.00	11.00	5.00	0.00	25.00	440.00
Cole Slaw	1/2c	180.00	1.00	19.00	2.00	11.00	1.50	0.00	10.00	380.00
Baby Carrots	1/2c	50.00	1.00	12.00	4.00	0.00	0.00	0.00	0.00	90.00
Pineapple Tidbits	4.5oz	60.00	0.00	16.00	1.00	0.00	0.00	0.00	0.00	0.00
Flavored Applesauce	4.5oz	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:		750.00	26.00	106.00	12.00	24.50	8.00	0.00	50.00	1045.00

%Calories from:

Total Fat: 29.40%

Saturated Fat: 9.60%

Weekly Totals & Averages:

	Calories	Protein	Carbs	Fiber	Fat	Sat Fat (gm)	Trans Fat (gm)	Cholesterol (mg)	Sodium (mg)
Day1	794.00	38.90	93.20	12.70	13.60	3.75	0.00	67.50	1069.00
Day2	776.00	34.33	102.06	13.50	18.68	6.41	0.00	50.00	1193.30
Day3	711.00	40.95	99.30	8.30	8.50	3.50	0.00	115.00	1177.00
Day4	770.00	28.50	105.50	10.00	27.75	5.00	0.00	75.00	980.00
Day5	750.00	26.00	106.00	12.00	24.50	8.00	0.00	50.00	1045.00
Total:	3801.00	168.68	506.06	56.50	93.03	26.66	0.00	357.50	5464.30
5 day average per meal:	760.20	33.74	101.21	11.30	18.61	5.33	0.00	71.50	1092.86

%Calories from:

Total Fat: 22.03%

Saturated Fat: 6.31%

Eat Enterprises

9 -12 Menu Individual Meal Nutritional Analysis Week 4

Sweet n Sour Chicken	Serving Size	Calories	Protein	Carbs	Fiber	Fat	Sat Fat (gm)	Trans Fat (gm)	Cholesterol (mg)	Sodium (mg)
Popcorn Chicken	3.6oz(12ea)	200.00	16.00	19.00	0.00	7.00	1.50	0.00	30.00	640.00
Sweet n Sour Sauce	1oz	60.00	0.00	14.00	0.00	0.00	0.00	0.00	0.00	110.00
Brown Rice	1/2c	240.00	8.00	62.00	2.00	3.00	0.00	0.00	0.00	0.00
Broccoli, Frozen	1/2c	35.00	2.00	4.00	2.00	0.00	0.00	0.00	0.00	20.00
Cauliflower, Frozen	1/2c	25.00	2.00	5.00	3.02	0.00	0.00	0.00	0.00	25.00
Fresh Apple	1ea	66.00	0.20	10.50	1.80	0.00	0.00	0.00	0.00	0.50
Mandarin Oranges	4.5oz	80.00	1.00	20.00	1.00	0.00	0.00	0.00	0.00	0.00
1% White Milk	8oz	100.00	8.00	11.00	0.00	2.50	1.50	0.00	15.00	120.00
Totals:		806.00	37.20	145.50	9.82	12.50	3.00	0.00	45.00	915.50

%Calories from:

Total Fat: 13.96%

Saturated Fat: 3.35%

Cheese Lasagna	Serving Size	Calories	Protein	Carbohydrate	Fiber	Fat	Sat Fat (gm)	Trans Fat (gm)	Cholesterol (mg)	Sodium (mg)
Cheese Lasagna	4.3oz (1ea)	240.00	15.00	29.00	2.00	6.00	3.50	0.00	20.00	390.00
Spaghetti Sauce	2oz	30.00	2.00	12.00	1.00	0.50	0.00	0.00	0.00	0.00
Green Peas, Frozen	1c	160.00	6.00	18.00	6.00	0.00	0.00	0.00	0.00	4.80
Fresh Pear	1ea	94.00	0.00	14.00	0.00	0.00	0.00	0.00	0.00	0.00
Pineapple Tidbits	4.5oz	60.00	0.00	16.00	1.00	0.00	0.00	0.00	0.00	0.00

WW Bread	1oz (1ea)	71.00	2.00	12.00	1.00	0.50	0.00	0.00	0.00	80.00
Margarine	1ea	20.00	0.00	0.00	0.00	2.30	0.67	0.00	0.00	32.00
1% White Milk	8oz	100.00	8.00	11.00	0.00	2.50	1.50	0.00	15.00	120.00
Totals:		775.00	33.00	112.00	11.00	11.80	5.67	0.00	35.00	626.80

% Calories from:

Total Fat:

13.70%

Saturated fat:

6.58%

Swedish Meatballs	Serving Size	Calories	Protein	Carbs	Fiber	Fat	Sat Fat (gm)	Trans Fat (gm)	Cholesterol (mg)	Sodium (mg)
Meatballs	3oz (6ea)	150.00	14.00	4.00	1.00	9.00	3.50	0.00	35.00	250.00
Egg Noodles	2oz	220.00	8.00	40.00	2.00	2.50	0.50	0.00	60.00	15.00
Beef Gravy	2oz	30.00	1.00	4.00	0.00	1.50	0.50	0.00	0.00	360.00
Green Beans, Frozen	1c	80.00	1.40	7.40	3.00	0.00	0.00	0.00	0.00	0.00
Fresh Peach	1ea	61.00	1.40	15.00	2.40	0.39	0.03	0.00	0.00	0.00
Flavored Applesauce	4.5oz	60.00	0.00	16.00	2.00	0.00	0.00	0.00	0.00	25.00
Breadstick	1oz (1ea)	60.00	2.00	12.00	1.00	0.50	0.00	0.00	0.00	80.00
1% White Milk	8oz	100.00	8.00	11.00	0.00	2.50	1.50	0.00	15.00	120.00
Totals:		761.00	35.80	109.40	11.40	16.39	6.03	0.00	110.00	850.00

%Calories from:

Total Fat :

19.38%

Saturated fat:

7.13%

BBQ Rib Patty	Serving Size	Calories	Protein	Carbs	Fiber	Fat	Sat Fat (gm)	Trans Fat (gm)	Cholesterol (mg)	Sodium (mg)
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BBQ Beef Rib Patty	3oz	200.00	13.00	12.00	1.00	11.00	5.00	0.50	30.00	650.00
Hoagie	2oz(1ea)	150.00	6.00	27.00	2.70	2.20	0.40	0.00	0.00	263.00
Corn, Frozen	1/2c	90.00	2.10	15.85	1.95	0.55	0.10	0.00	0.00	0.80
Pinto Beans	1/2c	120.00	7.00	21.00	5.00	0.00	0.00	0.00	0.00	140.00
Fresh Orange	1ea	81.00	0.00	13.00	1.00	0.00	0.00	0.00	0.00	0.00
Cantaloupe	1/2c	30.00	0.75	7.00	0.80	0.15	0.05	0.00	0.00	14.15
1% White Milk	8oz	100.00	8.00	11.00	0.00	2.50	1.50	0.00	15.00	120.00
Totals:		771.00	36.85	106.85	12.45	16.40	7.05	0.50	45.00	1187.95

% Calories from:

Total Fat: 19.14%

Saturated fat: 8.23%

	Serving Size	Calories	Protein	Carbs	Fiber	Fat	Sat Fat (gm)	Trans Fat (gm)	Cholesterol (mg)	Sodium (mg)
Bosco Sticks										
Bosco Sticks	4.28oz(2ea)	300.00	20.00	34.00	4.00	10.00	5.00	0.00	15.00	220.00
Marinara Sauce	4oz	50.00	2.00	8.00	2.00	1.50	0.00	0.00	0.00	390.00
Carrots, Frozen	1/2c	35.00	0.60	6.10	1.80	0.20	0.00	0.00	0.00	44.00
Grapes	3/4c	79.50	1.00	22.13	1.00	0.00	0.00	0.00	0.00	0.00
Tropical Fruit Cup	4.5oz	70.00	0.00	17.00	1.00	0.00	0.00	0.00	0.00	0.00
Educational Snack	1oz (1ea)	120.00	2.00	22.00	2.00	4.00	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:		754.50	33.60	120.23	11.80	18.20	6.50	0.00	30.00	839.00

% Calories from:

Total Fat: 21.71%

Saturated fat: 7.75%

RD notes:

Weekly Totals & Averages:

	Calories	Protein	Carbs	Fiber	Fat	Sat Fat (gm)	Trans Fat (gm)	Cholesterol (mg)	Sodium (mg)
Day1	806.00	37.20	145.50	9.82	12.50	3.00	0.00	45.00	915.50
Day2	775.00	33.00	112.00	11.00	11.80	5.67	0.00	35.00	626.80
Day3	761.00	35.80	109.40	11.40	16.39	6.03	0.00	110.00	850.00
Day4	771.00	36.85	106.85	12.45	16.40	7.05	0.50	45.00	1187.95
Day5	754.50	33.60	120.23	11.80	18.20	6.50	0.00	30.00	839.00
Total:	3867.50	176.45	593.98	56.47	75.29	28.25	0.50	265.00	4419.25
5 day average per meal:	773.50	35.29	118.80	11.29	15.06	5.65	0.10	53.00	883.85

% Calories from:

Total Fat: 17.52%

Saturated fat: 6.57%

Eat Enterprises

9 -12 Menu Individual Meal Nutritional Analysis Week 5

Nachos	Serving Size	Calories	Protein	Carbs	Fiber	Fat	Sat Fat (gm)	Trans Fat (gm)	Cholesterol (mg)	Sodium (mg)
Turkey Taco Meat	3.45oz	148.00	16.00	5.00	2.00	7.00	2.00	0.00	41.00	274.00
Cheddar Cheese Sauce	1oz	60.00	0.00	0.50	0.00	3.50	1.00	0.00	0.00	430.00
Carrots, Frozen	1/2c	35.00	1.00	8.00	3.00	0.00	0.00	0.00	0.00	70.00
Black Beans	1/2c	110.00	7.00	20.00	5.00	0.00	0.00	0.00	0.00	130.00
Fresh Orange	1ea	81.00	0.00	13.00	1.00	0.00	0.00	0.00	0.00	0.00
Flavored Applesauce	4.5oz	60.00	0.00	15.00	1.00	0.00	0.00	0.00	0.00	15.00
Tortilla Chips	2oz	240.00	4.00	36.00	4.00	9.00	1.00	0.00	0.00	150.00
1% White Milk	8oz	100.00	8.00	11.00	0.00	2.50	1.50	0.00	15.00	120.00
Totals:		834.00	36.00	108.50	16.00	22.00	5.50	0.00	56.00	1189.00

% Calories from:

Total Fat: 23.74%

Saturated fat: 5.94%

Cheese Ravioli	Serving Size	Calories	Protein	Carbs	Fiber	Fat	Sat Fat (gm)	Trans Fat (gm)	Cholesterol (mg)	Sodium (mg)
Cheese Ravioli	4.3oz(7ea)	230.00	15.00	29.00	2.00	6.00	3.50	0.00	20.00	390.00
Spaghetti Sauce	4oz	60.00	2.00	12.00	1.00	0.50	0.00	0.00	0.00	0.00
Broccoli, Frozen	1/2c	35.00	2.00	4.00	2.00	0.00	0.00	0.00	0.00	20.00
Sweet Potato Tots	1/2c	170.00	1.00	34.00	3.00	4.00	0.00	0.00	0.00	230.00
Fresh Apple	1ea	66.00	0.20	10.50	1.80	0.00	0.00	0.00	0.00	0.50

Tropical Fruit	4.5oz	70.00	0.00	17.00	1.00	0.00	0.00	0.00	0.00	0.00
Breadstick	1oz	60.00	2.00	12.00	1.00	0.50	0.00	0.00	0.00	80.00
1% White Milk	8oz	100.00	8.00	11.00	0.00	2.50	1.50	0.00	15.00	120.00
Totals:		791.00	30.20	129.50	11.80	13.50	5.00	0.00	35.00	840.50

% Calories from:

Total Fat: 15.36%

Saturated fat: 5.69%

	Serving Size	Calories	Protein	Carbs	Fiber	Fat	Sat Fat (gm)	Trans Fat (gm)	Cholesterol (mg)	Sodium (mg)
Meatloaf										
Meatloaf	3oz	170.00	11.00	10.00	1.00	10.00	4.50	0.50	25.00	410.00
Green Beans, Frozen	1/2c	40.00	1.40	7.40	3.00	0.00	0.00	0.00	0.00	0.00
Mashed Potato	1/2c	90.00	3.00	19.00	2.00	0.00	0.00	0.00	0.00	170.00
Fresh Pear	1ea	94.00	0.60	25.00	5.10	0.20	0.00	0.00	0.00	1.70
Diced Peaches	4.5oz	80.00	1.00	21.00	1.00	0.00	0.00	0.00	0.00	0.00
WG Bread	2oz (2ea)	142.00	4.00	24.00	2.00	1.00	0.00	0.00	0.00	125.60
Margarine	2ea	40.00	0.00	0.00	0.00	4.60	1.34	0.00	0.00	64.00
Ketchup	1ea	10.00	0.00	2.00	0.00	0.00	0.00	0.00	0.00	90.00
1% White Milk	8oz	100.00	8.00	11.00	0.00	2.50	1.50	0.00	15.00	120.00
Totals:		766.00	29.00	119.40	14.10	18.30	7.34	0.50	40.00	981.30

% Calories from:

Total Fat: 21.50%

Saturated fat: 8.62%

RD notes:

	Serving Size	Calories	Protein	Carbs	Fiber	Fat	Sat Fat (gm)	Trans Fat (gm)	Cholesterol (mg)	Sodium (mg)
Chicken & Waffle										
Chicken Strips	5.24oz (4ea)	320.00	22.50	13.50	1.50	10.50	2.25	0.00	52.50	375.00
Waffle	1.25oz (1ea)	65.00	2.00	11.50	1.50	1.80	0.30	0.00		180.00
Corn	1/2c	90.00	2.10	15.80	2.00	0.50	0.10	0.00	0.00	0.80
Tater Tots	1/2c (8ea)	90.00	1.00	14.00	2.00	3.50	0.00	0.00	0.00	170.00
Blueberries	1/2c	40.00	1.00	21.00	4.00	0.00	0.00	0.00	0.00	0.00
Pineapple Tidbits	4.5oz	60.00	0.00	16.00	1.00	0.00	0.00	0.00	0.00	0.00
Syrup, Sugar Free	1ea	15.00	0.00	4.00	0.00	0.00	0.00	0.00	0.00	40.00
1% White Milk	8oz	100.00	8.00	11.00	0.00	2.50	1.50	0.00	15.00	120.00
Totals:		780.00	36.60	106.80	12.00	18.80	4.15	0.00	67.50	885.80

% Calories from:

Total Fat: 21.69%

Saturated fat: 4.79%

	Serving Size	Calories	Protein	Carbs	Fiber	Fat	Sat Fat (gm)	Trans Fat (gm)	Cholesterol (mg)	Sodium (mg)
Cheese Pizza Wedge										
Cheese Pizza Wedge	4.6oz	300.00	16.00	33.00	4.00	11.00	5.00	0.00	25.00	440.00
Romaine Salad	1c	6.00	0.40	1.20	0.80	0.00	0.00	0.00	0.00	2.50
Grape Tomatoes	1/4c	8.00	0.30	3.05	0.90	0.10	0.00	0.00	0.00	22.00
Baby Carrots	1/4c	25.00	0.25	3.00	1.00	0.00	0.00	0.00	0.00	22.50
Fresh Orange	1ea	81.00	0.00	13.00	1.00	0.00	0.00	0.00	0.00	0.00
Flavored Applesauce	4.5oz	60.00	0.00	15.00	1.00	0.00	0.00	0.00	0.00	15.00
Sunflower Seeds	1oz	170.00	6.00	6.00	2.00	15.00	2.00	0.00	0.00	115.00
Italian Dressing	2ea	20.00	0.00	4.00	0.00	0.00	0.00	0.00	0.00	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:	770.00	30.95	89.25	10.70	28.60	8.50	0.00	40.00	847.00
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% Calories from:

Total Fat: 33.43%

Saturated fat: 9.94%

Weekly Totals & Averages:

	Calories	Protein	Carbs	Fiber	Fat	Sat Fat (gm)	Trans Fat (gm)	Cholesterol (mg)	Sodium (mg)
Day1	834.00	36.00	108.50	16.00	22.00	5.50	0.00	56.00	1189.00
Day2	791.00	30.20	129.50	11.80	13.50	5.00	0.00	35.00	840.50
Day3	766.00	29.00	119.40	14.10	18.30	7.34	0.50	40.00	981.30
Day4	780.00	36.60	106.80	12.00	18.80	4.15	0.00	67.50	885.80
Day5	770.00	30.95	89.25	10.70	28.60	8.50	0.00	40.00	847.00
Total:	3941.00	162.75	553.45	64.60	101.20	30.49	0.50	238.50	4743.60
5 day average per meal:	788.20	32.55	110.69	12.92	20.24	6.10	0.10	47.70	948.72

% Calories from:

Total Fat: 23.11%

Saturated fat: 6.96%

Eat Enterprises

9 -12 Menu Individual Meal Nutritional Analysis Week 6

Taco Mac & Cheese	Serving Size	Calories	Protein	Carbs	Fiber	Fat	Sat Fat (gm)	Trans Fat (gm)	Cholesterol (mg)	Sodium (mg)
Turkey Taco Meat	3oz	128.70	13.91	4.35	1.80	6.09	1.74	0.00	31.00	238.26
WG Mac & Cheese	4oz	193.33	11.33	18.67	1.33	8.00	5.33	0.00	26.67	366.67
Green Peas, Frozen	1/2c	80.00	5.00	28.00	3.00	0.00	0.00	0.00	0.00	220.00
Carrots, Frozen	1/2c	35.00	1.00	8.00	3.00	0.00	0.00	0.00	0.00	70.00
Fresh Pear	1ea	94.00	0.00	13.00	1.00	0.00	0.00	0.00	0.00	0.00
Flavored Applesauce	4.5oz	60.00	0.00	15.00	1.00	0.00	0.00	0.00	0.00	15.00
Tortilla Chips	1oz	120.00	2.00	18.00	2.00	4.50	0.50	0.00	0.00	75.00
1% White Milk		100.00	8.00	11.00	0.00	2.50	1.50	0.00	15.00	120.00
Totals:		811.03	41.24	116.02	13.13	21.09	9.07	0.00	72.67	1104.93

% Calories from:

Total Fat: 23.40%

Saturated fat: 10.06%

Chicken Drumstick	Serving Size	Calories	Protein	Carbs	Fiber	Fat	Sat Fat (gm)	Trans Fat (gm)	Cholesterol (mg)	Sodium (mg)
Chicken Drumstick	5oz (1ea)	220.00	22.00	4.00	0.00	13.00	3.00	0.00	120.00	510.00
Green Beans, Frozen	1/2c	40.00	0.70	7.40	3.00	0.00	0.00	0.00	0.00	1.60
Black Beans	1/2c	110.00	7.00	20.00	5.00	0.00	0.00	0.00	0.00	130.00
Fresh Orange	1ea	81.00	0.00	13.00	1.00	0.00	0.00	0.00	0.00	0.00
Tropical Fruit	4.5oz	70.00	0.00	17.00	1.00	0.00	0.00	0.00	0.00	0.00

Corn Bread	2oz (1ea)	180.00	3.00	38.00	1.00	6.00	0.50	0.00	15.00	90.00
1% White Milk	8oz	100.00	8.00	11.00	0.00	2.50	1.50	0.00	15.00	120.00
Totals:		801.00	40.70	110.40	11.00	21.50	5.00	0.00	150.00	851.60

%Calories from:

Total Fat: 24.16%

Saturated Fat: 5.62%

RD suggestion:

Sloppy Joe	Serving Size	Calories	Protein	Carbs	Fiber	Fat	Sat Fat (gm)	Trans Fat (gm)	Cholesterol (mg)	Sodium (mg)
Sloppy Joe	4oz	158.00	14.00	11.00	2.00	6.00	2.00	0.00	47.00	459.00
Broccoli, Frozen	1/2c	35.00	2.00	4.00	2.00	0.00	0.00	0.00	0.00	20.00
Sweet Potato Tots	1/2c (10ea)	170.00	1.00	34.00	3.00	4.00	0.00	0.00	0.00	230.00
Fresh Apple	1ea	66.00	0.20	10.50	1.80	0.00	0.00	0.00	0.00	0.50
Mandarin Oranges	4.5oz	80.00	1.00	8.00	1.00	0.00	0.00	0.00	0.00	0.00
Hamburger Bun	2oz	147.00	6.00	26.00	3.00	2.00	0.30	0.00	0.00	248.00
1% White Milk	8oz	100.00	8.00	11.00	0.00	2.50	1.50	0.00	15.00	120.00
Totals:		756.00	32.20	104.50	12.80	14.50	3.80	0.00	62.00	1077.50

% Calories from:

Total Fat: 17.26%

Saturated fat: 4.52%

RD notes:

Breaded Chicken Sandwich	Serving Size	Calories	Protein	Carbs	Fiber	Fat	Sat Fat (gm)	Trans Fat (gm)	Cholesterol (mg)	Sodium (mg)
Breaded Chicken Patty	3oz	200.00	15.00	13.00	2.00	10.00	2.00	0.00	35.00	400.00
Hamburger Bun	2oz	149.00	6.20	26.50	2.70	1.90	0.30	0.00	0.00	248.00
Corn, Frozen	1c	180.00	4.20	31.70	3.90	1.10	0.20	0.00	0.00	1.60
Fresh Peach	1ea	61.00	1.40	15.00	2.40	0.39	0.03	0.00	0.00	0.00
Flavored Applesauce	4.5oz	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:		750.00	34.80	112.20	12.00	15.89	4.03	0.00	50.00	784.60

%Calories from:

Total Fat: 19.07%

Saturated Fat: 4.84%

Cheese Quesadilla Pizza	Serving Size	Calories	Protein	Carbs	Fiber	Fat	Sat Fat (gm)	Trans Fat (gm)	Cholesterol (mg)	Sodium (mg)
Cheese Quesadilla Pizza	4.83oz	300.00	16.00	39.00	4.00	10.00	3.00	0.00	10.00	670.00
Baby Carrots	1/2c	50.00	1.00	12.00	4.00	0.00	0.00	0.00	0.00	90.00
Cole Slaw	1/2c	180.00	1.00	19.00	2.00	11.00	1.50	0.00	10.00	380.00
Cantaloupe	1/2c	30.00	1.50	14.00	1.60	0.30	0.10	0.00	0.00	28.30
Fresh Pear	1ea	94.00	0.00	13.00	1.00	0.00	0.00	0.00	0.00	0.00
1% White Milk	8oz	100.00	8.00	11.00	0.00	2.50	1.50	0.00	15.00	120.00
Totals:		754.00	27.50	108.00	12.60	23.80	6.10	0.00	35.00	1288.30

%Calories from:

Total Fat: 28.41%

Saturated Fat: 7.28%

RD note:

Weekly Totals & Averages:

	Calories	Protein	Carbs	Fiber	Fat	Sat Fat (gm)	Trans Fat (gm)	Cholesterol (mg)	Sodium (mg)
Day1	811.03	41.24	116.02	13.13	21.09	9.07	0.00	72.67	1104.93
Day2	801.00	40.70	110.40	11.00	21.50	5.00	0.00	150.00	851.60
Day3	756.00	32.20	104.50	12.80	14.50	3.80	0.00	62.00	1077.50
Day4	750.00	34.80	112.20	12.00	15.89	4.03	0.00	50.00	784.60
Day5	754.00	27.50	108.00	12.60	23.80	6.10	0.00	35.00	1288.30
Total:	3872.03	176.44	551.12	61.53	96.78	28.00	0.00	369.67	5106.93
5 day average per meal:	774.41	35.29	110.22	12.31	19.36	5.60	0.00	73.93	1021.39

%Calories from:

Total Fat: 22.50%

Saturated Fat: 6.51%