

Eat Enterprises

9-12 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	1/2c	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% Apple Juice	4.25oz	60.00	0.00	14.00	0.00	0.00	0.00	0.00	0.00	10.00
WG Educational Snacks	1oz	120.00	2.00	22.00	2.00	4.00	0.00	0.00	0.00	65.00
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:		853.00	33.28	118.71	14.86	30.03	5.67	0.00	91.50	1337.37

% Calories from:

Total Fat: 31.68%

Saturated fat% 5.98%

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

Sun Splash Juice	4.5oz	60.00	0.00	15.00	0.00	0.00	0.00	0.00	0.00	10.00
Pineapple Tidbits	1/2c	60.00	0.00	16.00	1.00	0.00	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
WG Honey Graham	28g (2pk)	120.00	4.00	22.00	2.00	3.00	0.00	0.00	0.00	120.00
WG Crispy Cheese Cracke	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:		830.00	28.00	114.00	12.00	29.00	5.00	0.00	45.00	1025.00

% Calories from:

Total Fat: 31.45%

Saturated fat: 5.42%

	Serving						Sat	Trans	Cholesterol	Sodium
Turkey Sandwich	Size	Calories	Protein	Carbs	Fiber	Fat	Fat (gm)	Fat (gm)	(mg)	(mg)
Turkey	2.5	91.67	14.16	0.00	0.00	3.75	1.25	0.00	37.50	308.33
Cheddar Cheese	0.75	80.00	5.00	0.00	0.00	7.00	4.00	0.00	25.00	135.00
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	1/2c	50.00	1.00	12.00	4.00	0.00	0.00	0.00	0.00	90.00
Fresh Apple	1/2c	66.00	0.20	10.50	1.80	0.00	0.00	0.00	0.00	0.50
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
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:		814.67	36.36	99.50	11.60	27.75	8.85	0.00	47.00	1334.83

% Calories from:

Total Fat: 30.66%

Saturated Fat: 9.78%

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
100% Fruit Punch	4.25oz	60.00	0.00	14.00	0.00	0.00	0.00	0.00	0.00	10.00
WG Veggie Crackers	1oz	110.00	2.00	18.00	2.00	3.50	0.50	0.00	0.00	140.00
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:		815.20	18.00	109.50	14.20	29.90	3.00	0.00	70.00	911.20

%Calories from:

Total Fat: 33.01%

Saturated Fat: 3.31%

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
100% Berry Juice	4.25oz	60.00	0.00	14.00	0.00	0.00	0.00	0.00	0.00	10.00
WG Cheez Its	.75oz	100.00	2.00	14.00	1.00	3.50	1.00	0.00	0.00	150.00
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:	800.00	41.00	119.66	14.00	13.33	2.50	0.00	78.70	914.50
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% Calories from:

Total Fat : 15.00%

Saturated fat: 2.81%

Weekly Totals & Averages:

	Calories	Protein	Carbs	Fiber	Fat	Sat Fat (gm)	Trans Fat (gm)	Cholesterol (mg)	Sodium (mg)
Day1	853.00	33.28	118.71	14.86	30.03	5.67	0.00	91.50	1337.37
Day2	830.00	28.00	114.00	12.00	29.00	5.00	0.00	45.00	1025.00
Day3	814.67	36.36	99.50	11.60	27.75	8.85	0.00	47.00	1334.83
Day4	815.20	18.00	109.50	14.20	29.90	3.00	0.00	70.00	911.20
Day5	800.00	41.00	119.66	14.00	13.33	2.50	0.00	78.70	914.50
Total:	4112.87	156.64	561.37	66.66	130.01	25.02	0.00	332.20	5522.90
5 day average per meal:	822.57	31.33	112.27	13.33	26.00	5.00	0.00	66.44	1104.58

%Calories from:

Total Fat: **28.45%**

Saturated Fat: **5.48%**

Eat Enterprises

9-12 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	.75oz	80.00	5.00	0.00	0.00	7.00	4.00	0.00	20.00	135.00
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
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
100% Fruit Punch	4.23oz	60.00	0.00	14.00	0.00	0.00	0.00	0.00	0.00	10.00
WG Educational Cracker	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
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		765.00	31.67	104.83	10.40	29.03	8.56	0.00	60.00	1380.70
%Calories from:										
Total Fat:		34.15%								
Saturated Fat:		10.07%								

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
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	1.00	12.00	4.00	0.00	0.00	0.00	0.00	90.00
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
WG Veggie Crackers	1oz	110.00	2.00	18.00	2.00	3.50	0.50	0.00	0.00	140.00
WG Educational Snack	1oz	120.00	2.00	22.00	2.00	4.00	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:		770.00	29.00	125.00	17.00	20.50	5.50	0.00	35.00	780.00

%Calories from:

Total Fat: 23.96%

Saturated Fat: 6.43%

	Serving Size	Calories	Protein	Carbs	Fiber	Fat	Sat Fat (gm)	Trans Fat (gm)	Cholesterol (mg)	Sodium (mg)
Turkey Ham & Swiss										
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	.5oz	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
100% Mango Juice	4.5oz	60.00	0.00	15.00	0.00	0.00	0.00	0.00	0.00	10.00
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
WG Honey Graham	!8g (2pk)	120.00	4.00	22.00	2.00	3.00	0.00	0.00	0.00	120.00
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:		794.17	35.59	129.13	14.61	17.85	5.75	0.00	35.00	1302.12

%Calories from:

Total Fat : 20.22%

Saturated fat: 6.52%

Fiesta Chicken 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
Cheddar Cheese	1oz	55.00	6.00	1.00	0.00	9.00	6.00	0.00	15.00	95.00
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
100% Berry Juice	6.23oz	80.00	0.00	14.00	0.00	0.00	0.00	0.00	0.00	10.00
WG Breadsticks	2oz (2ea)	120.00	4.00	24.00	2.00	1.00	0.00	0.00	0.00	160.00
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:		747.67	47.05	112.20	10.80	18.00	8.00	0.00	110.00	984.50

%Calories from:

Total Fat: 21.67%

Saturated Fat: 9.63%

Yogurt Parfait	Serving Size	Calories	Protein	Carbs	Fiber	Fat	Sat Fat (gm)	Trans Fat (gm)	Cholesterol (mg)	Sodium (mg)
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	1/2c	50.00	1.00	12.00	4.00	0.00	0.00	0.00	0.00	90.00
Fresh Pear	1/2c	94.00	0.60	25.00	5.10	0.20	0.00	0.00	0.00	1.70

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:		770.20	23.40	121.50	16.20	21.90	2.55	0.00	25.00	721.20

%Calories from:

Total Fat: 25.59%

Saturated Fat: 2.98%

Weekly Totals & Averages:

	Calories	Protein	Carbs	Fiber	Fat	Sat Fat (gm)	Trans Fat (gm)	Cholesterol (mg)	Sodium (mg)
Day1	765.00	31.67	104.83	10.40	29.03	8.56	0.00	60.00	1380.70
Day2	770.00	29.00	125.00	17.00	20.50	5.50	0.00	35.00	780.00
Day3	794.17	35.59	129.13	14.61	17.85	5.75	0.00	35.00	1302.12
Day4	747.67	47.05	112.20	10.80	18.00	8.00	0.00	110.00	984.50
Day5	770.20	23.40	121.50	16.20	21.90	2.55	0.00	25.00	721.20
Total:	3847.04	166.71	592.66	69.01	107.28	30.36	0.00	265.00	5168.52
5 day average per meal:	769.41	33.34	118.53	13.80	21.46	6.07	0.00	53.00	1033.70

%Calories from:

Total Fat: **25.10%**

Saturated Fat: **7.10%**

Eat Enterprises

9-12 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	1.26	0.00	46.20	272.00
Monterey Jack Cheese	.75oz	80.00	5.00	0.00	0.00	6.00	3.50	0.00	20.00	130.00
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	1/2c	180.00	1.00	12.00	2.00	5.00	1.50	0.00	10.00	310.00
Fresh Apple	1ea	66.60	0.30	18.00	3.10	0.20	0.00	0.00	0.00	1.30
100% Grape Juice	4.25oz	60.00	0.00	14.00	0.00	0.00	0.00	0.00	0.00	10.00
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:		787.60	33.12	91.21	9.36	21.14	8.76	0.00	93.70	1132.47

%Calories from:

Total Fat: 24.16%

Saturated Fat: 10.01%

Chips and Salsa	Serving Size	Calories	Protein	Carbs	Fiber	Fat	Sat Fat (gm)	Trans Fat (gm)	Cholesterol (mg)	Sodium (mg)
Cheese Dip	4oz (2ea)	140.00	6.00	2.00	0.00	12.00	6.20	0.00	15.00	680.00
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

100% Fruit Punch	4.25oz	60.00	0.00	14.00	0.00	0.00	0.00	0.00	0.00	10.00
WG Tortilla Chips	2oz	240.00	2.00	40.00	2.00	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:		780.00	25.50	117.50	10.00	24.00	8.70	0.00	30.00	1305.00

%Calories from:

Total Fat : 27.69%

Saturated fat: 10.04%

Cold Cut Combo	Serving Size	Calories	Protein	Carbs	Fiber	Fat	Sat Fat (gm)	Trans Fat (gm)	Cholesterol (mg)	Sodium (mg)
Turkey(Ham, Salami, Bolo)	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
Baby Carrots	1/2c	50.00	1.00	12.00	4.00	0.00	0.00	0.00	0.00	90.00
Fresh Pear	1/2c	94.00	0.60	25.00	5.10	0.20	0.00	0.00	0.00	1.70
100% Apple Juice	4.25oz	60.00	0.00	14.00	0.00	0.00	0.00	0.00	0.00	10.00
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:		737.50	28.42	97.55	14.86	24.31	6.25	0.00	85.00	1483.37

%Calories from:

Total Fat: 29.67%

Saturated Fat: 7.63%

Chicken Tortellini Salad	Serving Size	Calories	Protein	Carbs	Fiber	Fat	Sat Fat (gm)	Trans Fat (gm)	Cholesterol (mg)	Sodium (mg)
Diced Chicken	2oz	80.00	12.43	0.75	0.00	1.33	0.33	0.00	46.67	274.67

Cheese Tortellini	2.27oz (13ea)	120.00	6.00	20.00	2.00	1.50	0.50	0.00	20.00	140.00
Green Peppers	1/2c	30.00	1.00	7.00	3.00	0.00	0.00	0.00	0.00	0.00
Baby Carrots	1/2c	50.00	1.00	12.00	4.00	0.00	0.00	0.00	0.00	90.00
Mandarin Oranges	1/2c	80.00	1.00	16.00	1.00	0.00	0.00	0.00	0.00	0.00
Raisins	1/4c	130.00	1.00	33.00	2.00	0.00	0.00	0.00	0.00	10.00
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:		765.00	33.43	123.25	14.00	13.33	4.08	0.00	86.67	934.67

%Calories from:

Total Fat: 15.68%

Saturated Fat: 4.80%

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	5.00	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
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
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:		766.00	34.50	112.00	12.60	24.70	8.00	0.00	65.00	1011.70

%Calories from:

Total Fat: 29.02%

Saturated Fat: 9.40%

Weekly Totals & Averages:

	Calories	Protein	Carbs	Fiber	Fat	Sat Fat (gm)	Trans Fat (gm)	Cholesterol (mg)	Sodium (mg)
Day1	787.60	33.12	91.21	9.36	21.14	8.76	0.00	93.70	1132.47
Day2	780.00	25.50	117.50	10.00	24.00	8.70	0.00	30.00	1305.00
Day3	737.50	28.42	97.55	14.86	24.31	6.25	0.00	85.00	1483.37
Day4	765.00	33.43	123.25	14.00	13.33	4.08	0.00	86.67	934.67
Day5	766.00	34.50	112.00	12.60	24.70	8.00	0.00	65.00	1011.70
Total:	3836.10	154.97	541.51	60.82	107.48	35.79	0.00	360.37	5867.21
5 day average per meal:	767.22	30.99	108.30	12.16	21.50	7.16	0.00	72.07	1173.44

%Calories from:

Total Fat: 25.22%

Saturated Fat: 8.40%

Eat Enterprises

9-12 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	1/2c	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% Apple Juice	4.25oz	60.00	0.00	14.00	0.00	0.00	0.00	0.00	0.00	10.00
WG Educational Snack	1oz	120.00	2.00	22.00	2.00	4.00	0.00	0.00	0.00	65.00
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:		791.00	29.23	110.66	12.30	26.88	5.92	0.01	85.00	1253.03

%Calories from:

Total Fat: 30.58%

Saturated Fat: 6.74%

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	1/2c	50.00	1.00	12.00	4.00	0.00	0.00	0.00	0.00	90.00
Raisins	1/4c	130.00	1.00	33.00	2.00	0.00	0.00	0.00	0.00	10.00
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:		755.00	30.00	98.00	13.00	28.00	7.00	0.00	40.00	915.00

% Calories from:

Total Fat: 33.38%

Saturated fat: 8.34%

Meat Lovers Sandwich	Serving Size	Calories	Protein	Carbs	Fiber	Fat	Sat Fat (gm)	Trans Fat (gm)	Cholesterol (mg)	Sodium (mg)
Turkey, Turkey Ham, Turkey Salad	3oz	140.00	12.00	2.00	0.00	9.00	2.50	0.00	65.00	550.00
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	1/2c	50.00	1.00	12.00	4.00	0.00	0.00	0.00	0.00	90.00
Pineapple Tidbits	1/2c	60.00	0.00	16.00	1.00	0.00	0.00	0.00	0.00	0.00
100% Grape Juice	4.25oz	60.00	0.00	14.00	0.00	0.00	0.00	0.00	0.00	10.00
Mustard	2ea	10.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	130.00
1% White Milk	8oz	100.00	8.00	11.00	0.00	2.50	1.50	0.00	15.00	120.00
Totals:		752.00	29.00	102.00	9.80	23.50	6.10	0.00	90.00	1361.00

% Calories from:

Total Fat: 28.13%

Saturated fat: 7.30%

Yogurt Parfait	Serving Size	Calories	Protein	Carbs	Fiber	Fat	Sat Fat (gm)	Trans Fat (gm)	Cholesterol (mg)	Sodium (mg)
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Vanilla Yogurt	4oz	60.00	4.00	12.00	0.00	0.00	0.00	0.00	5.00	70.00
Granola	1oz	120.00	2.00	22.00	2.00	2.50	0.00	0.00	0.00	70.00
Sunflower Seeds	1oz	180.00	5.00	5.00	2.00	15.00	1.00	0.00	0.00	150.00
Grape Tomatoes	1/2c	16.20	0.80	3.50	1.10	0.20	0.05	0.00	0.00	4.50
Baby Carrots	1/2c	50.00	1.00	12.00	4.00	0.00	0.00	0.00	0.00	90.00
Diced Peaches	1/2c	80.00	1.00	21.00	1.00	0.00	0.00	0.00	0.00	0.00
100% Orange Juice	4.25oz	60.00	0.00	14.00	0.00	0.00	0.00	0.00	0.00	10.00
WG Honey Graham	2ea	120.00	2.00	22.00	0.00	3.00	0.00	0.00	0.00	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:		786.20	23.80	122.50	10.10	23.20	2.55	0.00	25.00	634.50

%Calories from:

Total Fat: 26.56%

Saturated Fat: 2.92%

	Serving Size	Calories	Protein	Carbs	Fiber	Fat	Sat Fat (gm)	Trans Fat (gm)	Cholesterol (mg)	Sodium (mg)
Chefs Salad										
Diced Chicken & Ham	1.5oz	65.00	13.00	0.00	0.00	1.25	0.50	0.00	35.00	27.50
Diced Turkey Ham	1.5oz	55.00	7.00	0.00	0.00	2.50	0.75	0.00	27.50	240.00
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	2-Jan	16.20	0.80	3.50	1.10	0.20	0.00	0.00	0.00	4.50
Baby Carrots	1/2c	50.00	1.00	12.00	4.00	0.00	0.00	0.00	0.00	90.00
Fresh Pear	1/2c	94.00	0.60	25.00	5.10	0.20	0.00	0.00	0.00	1.70
100% Fruit Punch	4.25oz	60.00	0.00	14.00	0.00	0.00	0.00	0.00	0.00	10.00
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:	746.20	40.80	105.30	14.00	18.15	4.75	0.00	287.50	876.20
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%Calories from:

Total Fat : 21.89%

Saturated fat: 5.73%

Weekly Totals & Averages:

	Calories	Protein	Carbs	Fiber	Fat	Sat Fat (gm)	Trans Fat (gm)	Cholesterol (mg)	Sodium (mg)
Day1	791.00	29.23	110.66	12.30	26.88	5.92	0.01	85.00	1253.03
Day2	755.00	30.00	98.00	13.00	28.00	7.00	0.00	40.00	915.00
Day3	752.00	29.00	102.00	9.80	23.50	6.10	0.00	90.00	1361.00
Day4	786.20	23.80	122.50	10.10	23.20	2.55	0.00	25.00	634.50
Day5	746.20	40.80	105.30	14.00	18.15	4.75	0.00	287.50	876.20
Total:	3830.40	152.83	538.46	59.20	119.73	26.32	0.01	527.50	5039.73
5 day average per meal:	766.08	30.57	107.69	11.84	23.95	5.26	0.00	105.50	1007.95

%Calories from:

Total Fat: **28.13%**

Saturated Fat: **6.18%**