

Date		Total Calories	Fat (G)	Saturated Fat (G)	Trans Fat (G)	Cholesterol (Mg)	Carbs (G)	Sugar (G)	Sodium (Mg)	Fiber (G)	Protein (G)	Base Serving Size Amount
11/1/24	Homemade Mac and Cheese	290	8g	4.5g	0g	20mg	44g	2g	290mg	4g	12g	6oz
11/6/24	Maple Chicken and Biscuit sandwich	580	23g	10g	0g	35mg	73g	22g	1080mg	3g	20g	1 each
11/7/24	Beef Taco Filling	110	5g	2g	0g	35mg	5g	2g	300mg	2g	13g	1 serving
11/7/24	shedded cheese	45	3g	1.75g	0g	10mg	.5g	0g	105mg	0g	4g	2oz
11/7/24	Corn Chips	110	3g	0g	0g	0mg	19g	0g	95mg	2g	2g	1 each
11/8/24	Cheese stuffed Bread Sticks	300	12g	4g	0g	20mg	32g	0g	460mg	2g	16g	1 each
11/8/24	Marinara sauce	200	6g	0g	0g	0mg	32g	20g	1560mg	0g	8g	2 oz
11/11/24	Popcorn Chickem	270	13g	3g	0g	70mg	20g	0g	640mg	3g	19g	10 each
11/11/24	Mashed Potatoes	140	3.5g	1g	0g	5mg	26g	2g	115mg	2g	3g	4oz
11/12/24	Burger Patty	150	10g	3.5g	0g	40mg	2g	0g	270mg	1g	14g	1 each
11/12/24	Hamburger Bun	140	2g	0g	0g	0g	25g	3g	230mg	2g	6g	1 each
11/12/24	Sliced Cheese	40	3g	1.75g	0g	7.5g	1g	.5g	140mg	0g	3.5g	1 each
11/13/24	Whole Grain Mini Confetti Pancakes w. Tu	330	15g	3g	0g	40mg	37g	11g	690mg	6g	13g	1 serving
11/14/24	All Beef Hot Dog	170	16g	6g	.5g	35mg	1g	0g	500mg	0g	6g	1 each
	Hot Dog Bun	150	2.5g	0g	0g	0g	27g	0g	270mg	3g	6g	1 each
	Pickel	0	0	0	0	0	0	0	390mg	0	0	4 each
	Fries	150	8g	1g	0g	0mg	20g	1g	360mg	1g	2g	4 oz
11/15/24	Bosco sticks	300	10g	5g	0g	30mg	34g	4g	440mg	4g	20g	2 each
11/15/24	Marinara sauce	200	6g	0g	0g	0mg	32g	20g	1560mg	0g	8g	2 oz
11/18/24	Chicken Patty	200	10g	2g	0g	35mg	13g	0g	400mg	2g	15g	1 each
11/18/24	Hamburger Bun	140	2g	0g	0g	0g	25g	3g	230mg	2g	6g	1 each
11/19/24	Beef Taco Filling	110	5g	2g	0g	35mg	5g	2g	300mg	2g	13g	1 serving
11/19/24	shedded cheese	45	3g	1.75g	0g	10mg	.5g	0g	105mg	0g	4g	2oz
11/19/24	6in Tortilla	180	6g	4g	0g	0mg	30g	2g	150mg	4g	4g	2each
11/20/24	Mini Froot Loop Waffles	180	6g	1.5g	0g	0mg	32g	5g	210mg	3g	4g	1each
11/20/24	Turkey Sausage	110	8g	2g	0g	40mg	1g	0g	390mg	0g	9g	2 each
11/21/24	Meatball Sub Sandwich	340	15	5.5			34		690		14	1
	Fries	150	8g	1g	0g	0mg	20g	1g	360mg	1g	2g	4 oz
11/22/24	Cheese Calzone	250	5g	2g	0g	10mg	31g	4g	450mg	4g	19g	1 each
11/25/24	Burger Patty	150	10g	3.5g	0g	40mg	2g	0g	270mg	1g	14g	1 each
11/25	Hamburger Bun	140	2g	0g	0g	0g	25g	3g	230mg	2g	6g	1 each
11/25/24	Sliced Cheese	40	3g	1.75g	0g	7.5g	1g	.5g	140mg	0g	3.5g	1 each
11/25/24	Sweet Potato Fries	150	6g	1g	0g	0mg	23g	7g	190mg	1g	1g	4oz