

| 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 |
|---------|-----------------------------|----------------|---------|-------------------|---------------|------------------|-----------|-----------|-------------|-----------|-------------|--------------------------|
| 1/6/25 | Chicken Tenders | 260 | 15g | 2.5g | 0g | 25mg | 16g | 1g | 390mg | 3g | 15g | 3 each |
| 1/7/25 | Beef Taco Filling | 110 | 5g | 2g | 0g | 35mg | 5g | 2g | 300mg | 2g | 13g | 1 serving |
| | shedded cheese | 45 | 3g | 1.75g | 0g | 10mg | .5g | 0g | 105mg | 0g | 4g | 2oz |
| | Corn Chips | 110 | 3g | 0g | 0g | 0mg | 19g | 0g | 95mg | 2g | 2g | 1 each |
| 1/8/25 | Waffle | 170 | 5g | 1.5g | 0g | 0mg | 28g | 5g | 210mg | 4g | 4g | 2 each |
| | Turkey Sausage | 70 | 3.5g | 1.0g | 0g | 30mg | 2g | 1g | 160mg | 0g | 7g | 1 each |
| 1/9/25 | 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 |
| 1/10/25 | Bosco sticks | 300 | 10g | 5g | 0g | 30mg | 34g | 4g | 440mg | 4g | 20g | 2 each |
| | Marinara sauce | 200 | 6g | 0g | 0g | 0mg | 32g | 20g | 1560mg | 0g | 8g | 2 oz |
| 1/13/25 | Chicken Patty | 200 | 10g | 2g | 0g | 35mg | 13g | 0g | 400mg | 2g | 15g | 1 each |
| 1/13/25 | Hamburger Bun | 140 | 2g | 0g | 0g | 0g | 25g | 3g | 230mg | 2g | 6g | 1 each |
| 1/14/25 | Chicken Taco Filling | 150 | 7g | 2.0g | 0g | 40mg | 5g | 2g | 270mg | 2g | 16g | 3 oz |
| | shedded cheese | 45 | 3g | 1.75g | 0g | 10mg | .5g | 0g | 105mg | 0g | 4g | 2oz |
| | 6in Tortilla | 180 | 6g | 4g | 0g | 0mg | 30g | 2g | 150mg | 4g | 4g | 2each |
| 1/15/25 | Burger Patty | 150 | 10g | 3.5g | 0g | 40mg | 2g | 0g | 270mg | 1g | 14g | 1 each |
| | Hamburger Bun | 140 | 2g | 0g | 0g | 0g | 25g | 3g | 230mg | 2g | 6g | 1 each |
| | Sliced Cheese | 40 | 3g | 1.75g | 0g | 7.5g | 1g | .5g | 140mg | 0g | 3.5g | 1 each |
| 1/16/25 | Cheesy Baked Pasta | 270 | 4 | 0 | | | 53 | | 380 | | 9 | 1 |
| 1/17/25 | Pretzel | 140 | 1g | 0g | 0g | 0mg | 28g | 0g | 130mg | 2g | 4g | 2 each |
| | Cheese Sauce | 70 | 4.5g | 0g | 0g | 0mg | 6g | 2g | 570mg | 0g | 1g | 2 oz |
| 1/21/25 | Popcorn Chickem | 270 | 13g | 3g | 0g | 70mg | 20g | 0g | 640mg | 3g | 19g | 10 each |
| | Gold Fish | 90 | 1.5g | 0g | 0g | 0mg | 16g | 0g | 200mg | 1g | 2g | 1 package |
| 1/22/25 | French Toast Bites | 253 | 16g | 7g | 0g | 27mg | 26g | 9g | 347mg | 1g | 2g | 4 each |
| | Egg Pattie | 90 | 7g | 2g | 0g | 150mg | 2g | 0g | 180mg | 0g | 6g | 2 each |
| 1/23/25 | Pancake Wrapped Corn Dog | 190 | 10g | 2.5g | 0g | 25mg | 17g | 4g | 310mg | 3g | 7g | 1 each |
| 1/24/25 | Cheese Pizza | 310 | 13 g | 6g | 0g | 30mg | 31g | 9g | 440mg | 3g | 16g | 1 Serving |
| 1/27/25 | Sweet and Sour sauce | 35 | .5g | 0g | 0g | 0g | 7g | 12g | 160mg | 0g | 0g | 2tbsp |
| | Popcorn Chickem | 270 | 13g | 3g | 0g | 70mg | 20g | 0g | 640mg | 3g | 19g | 10 each |
| | Rice | 340 | 3g | 0g | 0g | 0mg | 72g | 0g | 0mg | 2g | 8g | 3 oz |
| 1/28/25 | Chicken Taco Filling | 150 | 7g | 2.0g | 0g | 40mg | 5g | 2g | 270mg | 2g | 16g | 3 oz |
| | shedded cheese | 45 | 3g | 1.75g | 0g | 10mg | .5g | 0g | 105mg | 0g | 4g | 2oz |
| | 6in Tortilla | 180 | 6g | 4g | 0g | 0mg | 30g | 2g | 150mg | 4g | 4g | 2each |
| 1/29/25 | Burger Patty | 150 | 10g | 3.5g | 0g | 40mg | 2g | 0g | 270mg | 1g | 14g | 1 each |
| | Hamburger Bun | 140 | 2g | 0g | 0g | 0g | 25g | 3g | 230mg | 2g | 6g | 1 each |
| | Sliced Cheese | 40 | 3g | 1.75g | 0g | 7.5g | 1g | .5g | 140mg | 0g | 3.5g | 1 each |
| 1/30/25 | Cheese Tortellini | 240 | 6g | 3.5g | 0g | 70mg | 36g | 3g | 420mg | 4g | 10g | 6oz |
| | Marinara sauce | 200 | 6g | 0g | 0g | 0mg | 32g | 20g | 1560mg | 0g | 8g | 2 oz |
| | Dinner Roll | 80 | 1.5g | 0g | 0g | 0mg | 14g | 2g | 70mg | 2g | 3g | 1 each |
| 1/31/25 | Cheese stuffed Bread Sticks | 300 | 12g | 4g | 0g | 20mg | 32g | 0g | 460mg | 2g | 16g | 1 each |
| | Marinara sauce | 200 | 6g | 0g | 0g | 0mg | 32g | 20g | 1560mg | 0g | 8g | 2 oz |