

Monday Cycle 2	Cal	Fat	Sat Fat	Chol	Sodium	Carb	Fiber	Sugars	Protein	Wheat	Milk	Soy	Egg	Pork
Orange Chicken	170	3	0.5	40	361	23	0	13	11	X		X	X	
Brown Rice	100	1	0	0	75	21	1	0	2.5					
Grilled Cheese	280	10	5.5	30	600	32	3	6.5	19	X	X	X		
Oriental Blend	40	0	0	0	100	9	1	3	1					
Tuesday Cycle 2	Cal	Fat	Sat Fat	Chol	Sodium	Carb	Fiber	Sugars	Protein	Wheat	Milk	Soy	Egg	Pork
Cheesy Bites (4ea)	280	12	4	0	540	28	4	0	16	X	X	X		
Cracker Stacker Lunch Kit	415	17	6	70	1270	38	5	10	32					
Crackers	180	6	1	0	400	30	3	4	3	X				
Cheddar Cheese Cubes	90	7	4.5	20	190	0	0	0	7		X			
Turkey Slices	100	1.5	0.5	50	490	0	0	0	21					
Baby Carrots	35	0	0	0	65	8	2	5	1					
Ranch	10	2.5	0	0	125	0	0	1	0		X			
Corn	80	1	0	0	130	16	1	2	2					
Wednesday Cycle 2	Cal	Fat	Sat Fat	Chol	Sodium	Carb	Fiber	Sugars	Protein	Wheat	Milk	Soy	Egg	Pork
Crispy Chicken Sandwich	400	17	3	55	990	42	3	5	22	X	X			
Spicy Chicken Sandwich	370	13	2.5	55	750	41	4	4	22	X	X			
Chef Salad	290	9	3	55	940	35	3	7	21	X				
Lettuce, Carrots, Cabbage, Tomatoes	22	0	0.5	7	75	9	3	5	2					
Shredded Cheese (.5 oz)	35	2	1	8	215	1	0	0	3		X	X		
Diced Ham (2 oz)	83	3.5	1	40	360	0	0	0	11					
Flatbread (2 ea)	150	3.5	0.5	0	290	25	0	2	5	X	X	X		
Lite Ranch Dunk Cup	80	7	1	5	250	2	0	1	1		x	X	X	
Tator Tots	130	7	1	0	190	16	1	0	1					
Thursday Cycle 2	Cal	Fat	Sat Fat	Chol	Sodium	Carb	Fiber	Sugars	Protein	Wheat	Milk	Soy	Egg	Pork
Personal (Turkey) Pepperoni Pizza	310	10	3	0	480	38	4	8	17	X	X	X		
Personal Cheese Pizza	300	9	2.5	10	440	39	4	9	17	X	X	X		
Ham & Cheese on Bun	280	10	3.5	35	820	28	2	6	20	X	X	X		
Steamed Green Beans	20	0	0	0	80	5	2	1	1					
Friday Cycle 2	Cal	Fat	Sat Fat	Chol	Sodium	Carb	Fiber	Sugars	Protein	Wheat	Milk	Soy	Egg	Pork
Crispy Chicken Nuggets (4 pcs)	280	17	4	65	340	15	2	0	18	X				
Whole Grain Texas Toast	120	1.5	0	0	200	22	0	3	5	X				
Loaded Baked Potato	470	20	8	60	715	56.5	4	5	18					
Potato	225	0	0	0	15	50	4	2	6					
American Cheese (1oz)	100	9	5	25	260	2	0	1	5		X	X		
Turkey Bacon (.5 oz)	60	4	1	35	310	0.5	0	0	5					
Sour Cream	25	0	0	0	30	4	0	2	2		X			
Margarine	60	7	2	0	100	0	0	0	0		X	X		
Idahoan Mashed Potatoes	80	1	0	0	310	17	1	1	2		X			