

<b>Monday Cycle 3</b>	<b>Cal</b>	<b>Fat</b>	<b>Sat Fat</b>	<b>Chol</b>	<b>Sodium</b>	<b>Carb</b>	<b>Fiber</b>	<b>Sugars</b>	<b>Protein</b>	<b>Wheat</b>	<b>Milk</b>	<b>Soy</b>	<b>Egg</b>	<b>Pork</b>
Cheeseburger	370	16	6	70	830	31	3	5	26	X	X			
Hamburger	320	11	4	56	700	30	3	4	24	X				
Grilled Cheese	280	10	5.5	30	600	32	3	6.5	19	X	X	X		
Corn	80	1	0	0	130	16	1	2	2					
<b>Tuesday Cycle 3</b>	<b>Cal</b>	<b>Fat</b>	<b>Sat Fat</b>	<b>Chol</b>	<b>Sodium</b>	<b>Carb</b>	<b>Fiber</b>	<b>Sugars</b>	<b>Protein</b>	<b>Wheat</b>	<b>Milk</b>	<b>Soy</b>	<b>Egg</b>	<b>Pork</b>
Bosco Stick	300	10	5	30	440	34	4	2	20	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			
Sweet Potato Crinkle Cut Fries	110	4.5	0.5	0	170	16	3	4	2					
<b>Wednesday Cycle 3</b>	<b>Cal</b>	<b>Fat</b>	<b>Sat Fat</b>	<b>Chol</b>	<b>Sodium</b>	<b>Carb</b>	<b>Fiber</b>	<b>Sugars</b>	<b>Protein</b>	<b>Wheat</b>	<b>Milk</b>	<b>Soy</b>	<b>Egg</b>	<b>Pork</b>
Oven Baked Chicken	260	17	4	60	570	10	1	0	16	X			X	
Whole Grain Texas Toast	120	1.5	0	0	200	22	0	3	5	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	
Idahoan Mashed Potatoes	80	1	0	0	310	17	1	1	2		X			
<b>Thursday Cycle 3</b>	<b>Cal</b>	<b>Fat</b>	<b>Sat Fat</b>	<b>Chol</b>	<b>Sodium</b>	<b>Carb</b>	<b>Fiber</b>	<b>Sugars</b>	<b>Protein</b>	<b>Wheat</b>	<b>Milk</b>	<b>Soy</b>	<b>Egg</b>	<b>Pork</b>
Four Cheese Pizza Slice	360	16	8	40	470	35	4	6	18	X	X	X		
Pepperoni (Turkey) Pizza Slice	360	17	8	45	570	34	4	6	19	X	X	X		
Ham & Cheese on Bun	280	10	3.5	35	820	28	2	6	20	X	X	X		
Steamed Carrots	40	0.5	0	0	110	8	3	3	0.5					
<b>Friday Cycle 3</b>	<b>Cal</b>	<b>Fat</b>	<b>Sat Fat</b>	<b>Chol</b>	<b>Sodium</b>	<b>Carb</b>	<b>Fiber</b>	<b>Sugars</b>	<b>Protein</b>	<b>Wheat</b>	<b>Milk</b>	<b>Soy</b>	<b>Egg</b>	<b>Pork</b>
Three Cheese Macaroni	320	16	9	50	800	27	2	3	16	X	X		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		
Garlic Bread Stick	100	3.5	0	0	95	15	1	0	1	X	X	X		
Parmesan Broccoli	72	3	1	5	255	7	2	0	3		X			