

Nutrient Profile/ Portion Values

	Portion Size	Cal (kcal)	Sodium (mg)	S-Fat (g)	
Breakfast	WG French Toast Sticks	3ea	315	345	1.5
	Syrup PC	1ea	120	0	0
	or Fruit Frudel	1ea	210	260	1
	100% fruit Juice	1/2c	60	5	0
	W/ Fat Free Chocolate Milk				
	W/ White Milk				

Nutrient Profile/ Portion Values

	Portion Size	Cal (kcal)	Sodium (mg)	S-Fat (g)	
Mission Week	Monday				
	Green Dragon Sweet & Sour Chicken	3.9oz	200	350	1
	Brown Rice	1/2cup	170	0	0
	Steamed Broccoli	1/2cup	55	50	1
	Fresh Fruit	1cup	130	0	0
	Weighted Daily Average		555	400	2
	W/ Fat Free Chocolate Milk				
	W/ White Milk				
Nutrient Guideline		750-850	≤1080	≤10	

	Portion Size	Cal (kcal)	Sodium (mg)	S-Fat (g)
Monday				
WG Chicken Nuggets	5ea	210	320	2
Au gratin Potatoes	2/3c	120	270	0

Dietary Week	Steamed Carrots	1/2c	25	45	0
	WG Roll	1ea	140	190	0.5
	Fresh Fruit	1cup	130	0	0
Weighted Daily Average			625	825	2.5
W/ Fat Free Chocolate Milk					
W/ White Milk					
Nutrient Guideline			750-850	≤1035	≤10

Nutrient Profile/ Portion Values

	Portion Size	Cal (kcal)	Sodium (mg)	S-Fat (g)
The Met Grill				
WG Hamburger	1ea	250	375	4
WG Cheeseburger	1ea	360	645	4.25
WG Veggie Burger	1ea	300	700	3
WG Chicken Sandwich	1ea	370	710	4.5
WG Spicy Chicken Sandwich	1ea	330	570	2
Baked Fries	1/4c	65	135	0.75

carbs (g)		Portion Size	Cal (kcal)	Sodium (mg)
45	WG English Muffin w/ Egg & Cheese	1ea	240	570
31	or			
36	Cinnamon Pull apart roll	1ea	240	270
14	100% fruit Juice	1/2c	60	5
23	W/ Fat Free Chocolate Milk			
12	W/ White Milk			

carbs (g)		Portion Size	Cal (kcal)	Sodium (mg)
Tuesday				
27	WG Popcorn Chicken	11ea	230	350
36	Mashed Potatoes	1/2c	70	15
5	Seasoned Corn	1/4c	35	0
	Gravy	2T	40	115
	WG Biscuit	1ea	230	500
34	Fresh Fruit	1cup	130	0
102	Weighted Daily Average		735	980
125	W/ Fat Free Chocolate Milk			
114	W/ White Milk			
	Nutrient Guideline		750-850	≤1080

carbs (g)		Portion Size	Cal (kcal)	Sodium (mg)
Tuesday				
13	Gyro	3oz	280	860
25	WG Pita	1ea	190	360

6	Assorted vegetable toppings	1/2c	45	215
24	Baked Fries	1/4c	65	135
34	Fresh Fruit	1cup	130	0
102	Weighted Daily Average		710	1570
125	W/ Fat Free Chocolate Milk	8oz	849	1670
114	W/ White Milk	8oz	812	1677
	Nutrient Guideline		750-850	≤1035

carbs (g)		Portion Size	Cal (kcal)	Sodium (mg)
	Piazza			
26	WG Pepperoni Pizza	1ea	360	570
26	WG Cheese Pizza	1ea	370	550
50	WG Beef Calzone	1ea	280	590
39	WG Bosco Bread Sticks	2ea	300	440
33	WG Specialty Pizzas	1ea	370	550
	WG Fiestada Pizza	1ea	360	710
8.5				

S-Fat (g) carbs (g)

6	22
1.5	40
0	14
	23
	12

Portion Size Cal (kcal)

Fresh WG Cinnamon Rolls	1ea	170
100% fruit Juice	1/2c	60
W/ Fat Free Chocolate Milk		
W/ White Milk		

Nutrient Profile/ Portion Valu

S-Fat (g) carbs (g)

2.5	14
0	15
0	16
0	6
6	32
0	34
8.5	117
	140
	129
≤10	

Portion Size Cal (kcal)

Wednesday		
Wg Grilled Cheese	1ea	225
Tomato Soup	1/2c	90
WG Sunchips	1ea	140
Fresh Fruit	1cup	130
Weighted Daily Average		585
W/ Fat Free Chocolate Milk		
W/ White Milk		
Nutrient Guideline		750-850

S-Fat (g) carbs (g)

9	4
0.5	35

Portion Size Cal (kcal)

Wednesday		
WG French Toast	3ea	315
Eggs	1ea	120

0.7	13
0.75	8.5
0	34
10.95	94.5
11.05	117.5
13.35	106.5
≤10	

Turkey Sausage	2ea	65
Hash Browns	1	100
Fresh Fruit	1cup	130
Weighted Daily Average		730
W/ Fat Free Chocolate Milk		869
W/ White Milk		832
Nutrient Guideline		750-850

Nutrient Profile/ Portion Valu

S-Fat (g)	carbs (g)
8	34
6	54
6	32
5	17
6	54
6	43

Daily Lunch boxes		
	Portion Size	Cal (kcal)
WG Uncrustable Sandwich	1ea	300
WG Turkey & Cheese	1ea	280
WG Italian Sub	1ea	330

Sodium (mg)	S-Fat (g)	carbs (g)
190	1	32
5	0	14
		23
		12

Thursday		Portion Size
WG Sausage Cheese Biscuit or WG Cinnamon Pretzel		
100% fruit Juice		1/2c
W/ Fat Free Chocolate Milk		
W/ White Milk		

es

Sodium (mg)	S-Fat (g)	carbs (g)
640	1	19
480	0	20
140	0.5	19
0	0	34
1260	1.5	92
		115
		104
≤1080	≤10	

Thursday		Portion Size
Chicken or Beef		4oz
Sauteed Peppers & Onions		1/4c
Baked Fries		1/4c
White Cheese		1ea
WG Hoagy Bun		1ea
Fresh Fruit		1cup
Weighted Daily Average		
W/ Fat Free Chocolate Milk		
W/ White Milk		
Nutrient Guideline		

Sodium (mg)	S-Fat (g)	carbs (g)
345	1.5	45
300	3.5	1

Thursday		Portion Size
Baked "Fried" Chicken		3oz
Red Beans & Rice		1cup

225	1.5	0.5
220	1.5	13
0	0	34
1090	8	93.5
1190	8.1	116.5
1197	10.4	105.5
≤1035	≤10	

Onions & Peppers	1/4c
Whole Wheat Dinner Roll	1ea
Fresh Fruit	1cup
Weighted Daily Average	
W/ Fat Free Chocolate Milk	
W/ White Milk	
Nutrient Guideline	

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Sodium (mg)	S-Fat (g)	carbs (g)
280	3.5	33
590	5	31
570	6	34

AGAVE	
Lime Cilantro Rice	1c
Califlower Cilantro Rice	1/2c
Black Beans	1/2c
Pinto Beans	1/3c
Corn Salsa	1oz
10" WG Tortilla	1ea
Corn tortilla Chips	1oz

Cal (kcal)	Sodium (mg)	S-Fat (g)	carbs (g)
380	900	11	23
150	115	1	30
60	5	0	14
			23
			12

Friday
WG Waffle with Turkey Sausage
Syrup PC
100% fruit Juice
W/ Fat Free Chocolate Milk
W/ White Milk

Nutrient Profile,

Cal (kcal)	Sodium (mg)	S-Fat (g)	carbs (g)
120	600	2	2
20	82	0.1	3
65	135	0.75	8.5
55	220	5	2
150	320	1.5	30
130	0	0	34
540	1357	9.35	79.5
			102.5
			91.5
750-850	≤1080	≤10	

Friday
Pasta Bake
Green Beans
WG Roll
Fresh Fruit
Weighted Daily Average
W/ Fat Free Chocolate Milk
W/ White Milk
Nutrient Guideline

Cal (kcal)	Sodium (mg)	S-Fat (g)	carbs (g)
110	65	1.5	0
230	417	0	40

Friday
Mac & Cheese
Vegetarian Baked Beans

20	82	0.1	3
90	170	0	17
130	0	0	34
580	734	1.6	94
			117
			106
750-850	≤1035	≤10	

Mixed Vegetables
WG Roll
Fresh Fruit
Weighted Daily Average
W/ Fat Free Chocolate Milk
W/ White Milk
Nutrient Guideline

Cal (kcal)	Sodium (mg)	S-Fat (g)	carbs (g)
230	5	0	48
40	150	0.5	3
140	360	0	26
80	95	0	14
20	190	0	5
200	400	3	34
120	75	0.5	20

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Portion Size	Cal (kcal)	Sodium (mg)	S-Fat (g)	carbs (g)
1ea	355	385	7.5	37.5
1ea	120	0	0	31
1/2c	60	5	0	14
				23
				12

/ Portion Values

Portion Size	Cal (kcal)	Sodium (mg)	S-Fat (g)	carbs (g)
1c	313	355	3.6	25
1/2c	25	140	0	4
1ea	140	190	0.5	24
1cup	130	0	0	34
	608	685	4.1	87
				110
				99
	750-850	≤1080	≤10	

Portion Size	Cal (kcal)	Sodium (mg)	S-Fat (g)	carbs (g)
2/3c	280	670	5	29
1/2c	150	550	0	30

1/2c	50	15	0	11
1ea	140	190	0.5	24
1cup	130	0	0	34
	750	1425	5.5	128
				151
				140
	750-850	≤1035	≤10	

Portion Size	Cal (kcal)	Sodium (mg)	S-Fat (g)	carbs (g)