

Nutrient Profile/ Portion Values
B-Fast Week 1 & 3

	Portion Size	Cal (kcal)	Sodm (mg)	S-Fat (g)	Carbs (g)
Monday					
WG Fruit Muffin	1ea	200	220	3	27
100% Juice Cup Apple/Orange	8oz	50	10	0	13
Milk-Dairywomen's 1%	8 oz	100	120	0	22
Total		350	350	3	62
% of Calories					
Nutrient Guideline		450-500	≤540	≤10.00	

Nutrient Profile/ Portion Values

	Portion Size	Cal (kcal)	Sodm (mg)	S-Fat (g)	Carbs (g)
Tuesday					
WG Banana Bread	1ea	260	240	1.5	45
100% Juice Cup Apple/Orange	8oz	50	10	0	13
Milk-Dairywomen's 1%	8 oz	100	120	0	22
Total		410	370	1.5	60
% of Calories					
Nutrient Guideline		450-500	≤540	≤10.00	

Nutrient Profile/ Portion Values

	Portion Size	Cal (kcal)	Sodm (mg)	S-Fat (g)	Carbs (g)
Wednesday					
WG Cocoa Puff Bar	1ea	160	105	0	30
100% Juice Cup Apple/Orange	8oz	50	10	0	13
Milk-Dairywomen's 1%	8 oz	100	120	0	22
Total		310	225	0	43
% of Calories					
Nutrient Guideline		450-500	≤540	≤10.00	

Nutrient Profile/ Portion Values

	Portion Size	Cal (kcal)	Sodm (mg)	S-Fat (g)	Carbs (g)
Thursday					
WG Fruite! (Apple/Cherry)	1ea	210	260	1	37
100% Juice Cup Apple/Orange	8oz	50	10	0	13
Milk-Dairywomen's 1%	8 oz	100	120	0	22
Total		360	390	1	72
% of Calories					
Nutrient Guideline		450-500	≤540	≤10.00	

Nutrient Profile/ Portion Values

	Portion Size	Cal (kcal)	Sodm (mg)	S-Fat (g)	Carbs (g)
Friday					
WG Maple Waffles	1ea	200	220	1.5	35
100% Juice Cup Apple/Orange	8oz	50	10	0	13
Milk-Dairywomen's 1%	8 oz	100	120	0	22
Total		350	350	1.5	70
% of Calories					
Nutrient Guideline		450-500	≤540	≤10.00	

This Week's Totals **356 339 5.8**

Nutrient Profile/ Portion Values
Lunch Week 2 & 4

	Portion Size	Cal (kcal)	Sodm (mg)	S-Fat (g)	Carbs (g)
Monday					
WG Cherry Cocoa Bar	1.8oz	200	40	7	33
100% Juice Cup Apple/Orange	8oz	50	10	0	13
Milk-Dairywomen's 1%	8 oz	100	120	0	22
Total		350	170	7	68
% of Calories					
Nutrient Guideline		450-500	≤540	≤10.00	

Nutrient Profile/ Portion Values

	Portion Size	Cal (kcal)	Sodm (mg)	S-Fat (g)	Carbs (g)
Tuesday					
WG Single Popart	1	180	190	2.5	38
100% Juice Cup Apple/Orange	8oz	50	10	0	13
Milk-Dairywomen's 1%	8 oz	100	120	0	22
Total		330	320	2.5	73
% of Calories					
Nutrient Guideline		450-500	≤540	≤10.00	

Nutrient Profile/ Portion Values

	Portion Size	Cal (kcal)	Sodm (mg)	S-Fat (g)	Carbs (g)
Wednesday					
WG Nutgrain Bar	1oz	150	135	0.5	30
100% Juice Cup Apple/Orange	8oz	50	10	0	13
Milk-Dairywomen's 1%	8 oz	100	120	0	22
Total		300	265	0.5	65
% of Calories					
Nutrient Guideline		450-500	≤540	≤10.00	

Nutrient Profile/ Portion Values

	Portion Size	Cal (kcal)	Sodm (mg)	S-Fat (g)	Carbs (g)
Thursday					
WG Cinnamon Pullapart	1ea	240	270	1.5	40
100% Juice Cup Apple/Orange	8oz	50	10	0	13
Milk-Dairywomen's 1%	8 oz	100	120	0	22
Total		390	400	1.5	75
% of Calories					
Nutrient Guideline		450-500	≤540	≤10.00	

Nutrient Profile/ Portion Values

	Portion Size	Cal (kcal)	Sodm (mg)	S-Fat (g)	Carbs (g)
Friday					
WG Confetti Pancakes	1ea	220	300	1	36
100% Juice Cup Apple/Orange	8oz	50	10	0	13
Milk-Dairywomen's 1%	8 oz	100	120	0	22
Total		370	430	1	71
% of Calories					
Nutrient Guideline		450-500	≤540	≤10.00	

This Week's Totals **348 317 2.5 70.4**

Nutrient Profile/ Portion Values
Lunch Week 1 & 3

	Portion Size	Cal (kcal)	Sodium (mg)	S-Fat (g)	carbs (g)
Monday					
Chicken Patty	1ea	240	460	2.5	15
Whole Wheat Bun	1ea	130	240	0	24
Baked French Fries	1/2 cup	135	440	0	20
Ketchup Packet	1	10	85	0	3
BBQ PC	1oz	40	65	0	10
Fruit Cup	1cup	130	0	0	34
Weighted Daily Average		555	990	2.5	72
W/ Fat Free Chocolate Milk	8oz	694	1090	2.6	95
W/ White Milk	8oz	657	1057	6.9	84
Nutrient Guideline		550-650	≤1035	≤10	

Nutrient Profile/ Portion Values

	Portion Size	Cal (kcal)	Sodium (mg)	S-Fat (g)	carbs (g)
Tuesday					
Beef Taco	3oz	110	290	2	5
WG Nacho Doritos	1oz	130	260	1	20
Cilantro Lime Brown Rice	1/4c	170	0	0	36
Salsa Cups	3oz	15	100	0	3
Fresh Fruit	1cup	130	0	0	34
Weighted Daily Average		555	590	3	78
W/ Fat Free Chocolate Milk	8oz	694	690	3.1	121
W/ White Milk	8oz	657	657	5.4	100
Nutrient Guideline		550-650	≤1035	≤10	

Nutrient Profile/ Portion Values

	Portion Size	Cal (kcal)	Sodium (mg)	S-Fat (g)	carbs (g)
Wednesday					
Turkey Hot Dog	1ea	90	530	2	2
Whole Wheat Bun	1ea	100	200	0	21
BBQ Baked Beans	1/2c	150	550	0	30
Mustard Packet	1ea	5	85	0	0
Applesauce Cup	4oz	80	20	0	21
Weighted Daily Average		425	1385	2	75
W/ Fat Free Chocolate Milk	8oz	694	1485	2.1	97
W/ White Milk	8oz	627	1452	4.4	86
Nutrient Guideline		550-650	≤1035	≤10	

Nutrient Profile/ Portion Values

	Portion Size	Cal (kcal)	Sodium (mg)	S-Fat (g)	carbs (g)
Thursday					
WG Mac and Cheese	2/3c	280	670	5	29
Baby Carrots	1/2c	12	0	0	3
WG Mini Biscuit	1ea	100	210	3.5	14
Ranch PC	1ea	30	55	0	2
Fresh Fruit	1cup	130	0	0	34
Weighted Daily Average		552	935	8.5	82
W/ Fat Free Chocolate Milk	8oz	691	1035	8.6	105
W/ White Milk	8oz	654	1002	10.9	94
Nutrient Guideline		550-650	≤1035	≤10	

Nutrient Profile/ Portion Values

	Portion Size	Cal (kcal)	Sodium (mg)	S-Fat (g)	carbs (g)
Friday					
Personal Cheese Pizza	1ea	310	440	6	31
Garden Salad	3/4c	11	0	3	4
Italian Dressing	1ea	10	55	0	2
Applesauce Cup	4oz	80	20	0	21
Weighted Daily Average		411	515	9	77
W/ Fat Free Chocolate Milk	8oz	650	615	5.1	80
W/ White Milk	8oz	613	629	11.4	69
Nutrient Guideline		550-650	≤1035	≤10	

This Week's Totals **499.6 883 5 76.6**

Nutrient Profile/ Portion Values
Lunch Week 2 & 4

	Portion Size	Cal (kcal)	Sodium (mg)	S-Fat (g)	carbs (g)
Monday					
WG Chicken Nuggets	5ea	210	320	2	13
Roasted Broccoli	1ea	150	300	2	20
WG Sunchips	1ea	140	140	0.5	19
BBQ PC	1oz	40	65	0	10
Fresh Fruit	1cup	130	0	0	34
Weighted Daily Average		680	855	4.5	96
W/ Fat Free Chocolate Milk	8oz	820	955	6.6	110
W/ White Milk	8oz	782	862	8.9	108
Nutrient Guideline		600-650	≤1080	≤10	

Nutrient Profile/ Portion Values

	Portion Size	Cal (kcal)	Sodium (mg)	S-Fat (g)	carbs (g)
Tuesday					
Hamburger	2oz	130	135	4	2
WG French Fries	1/2 cup	135	140	0	20
Baked French Fries	1/2 cup	110	140	0	11
Ketchup Packet	1	10	85	0	3
Cheese Slice	.5oz	110	270	0.25	2
Fruit Cup	4oz	70	18	0	18
Weighted Daily Average		575	888	4.25	69
W/ Fat Free Chocolate Milk	8oz	754	760	4.35	92
W/ White Milk	8oz	677	955	6.6	81
Nutrient Guideline		600-650	≤1080	≤10	

Nutrient Profile/ Portion Values

	Portion Size	Cal (kcal)	Sodium (mg)	S-Fat (g)	carbs (g)
Wednesday					
WG Mini Chicken Corn Dogs	6ea	270	370	2	33
Baked Fries	1/4cup	135	140	0	24
Seasoned Mixed Veg	1/4cup	50	10	0	11
Mustard PC	1ea	5	85	0	0
Fresh Fruit	1cup	130	0	0	34
Weighted Daily Average		590	610	2	98
W/ Fat Free Chocolate Milk	8oz	729	710	2.1	121
W/ White Milk	8oz	692	717	4.4	110
Nutrient Guideline		600-650	≤1080	≤10	

Nutrient Profile/ Portion Values

	Portion Size	Cal (kcal)	Sodium (mg)	S-Fat (g)	carbs (g)
Thursday					
WG French Toast Sticks	3ea	315	390	1.5	45
WG French Fries	1ea	254	3176	6.1	100
Turkey Sausage	2ea	130	450	3	1
Fruit Cup	4oz	70	18	0	18
Weighted Daily Average		615	1078	6	77
W/ Fat Free Chocolate Milk	8oz	764	1078	6.1	100
W/ White Milk	8oz	727	1042	8.4	89
Nutrient Guideline		600-650	≤1080	≤10	

Nutrient Profile/ Portion Values

	Portion Size	Cal (kcal)	Sodium (mg)	S-Fat (g)	carbs (g)
Friday					
WG Bacon Cheese Sticks	2ea	300	440	5	17
Mariaraa Cup	2.5oz	20	100	0	4
Applesauce Cup	4oz	80	20	0	21
Weighted Daily Average		425	700	5	86
W/ Fat Free Chocolate Milk	8oz	664	800	5.1	69
W/ White Milk					