

WEEK 1 LUNCH

		calories	sat fat	carbs
MONDAY	3oz nathans hot dog	180	0	1
	ww hot dog bun	140	0	23
	3oz pasta salad	96	0.3	16.5
	6oz baked beans	159	0.16	36
	4oz diced melons	40	0	10
	8oz 1% milk	<u>110</u>	<u>1.5</u>	<u>13</u>
		725	1.96	99.5
TUESDAY	4oz BBQ chicken/ww bun	320	4.6	30
	2oz sweet potato w/apples	78	0.28	16.5
	4oz cole slaw	33	0.3	4.5
	4oz orange slices	62	0	15.5
	8oz 1% milk	<u>110</u>	<u>1.5</u>	<u>13</u>
		603	6.68	79.5
WEDNESDAY	2oz beef taco w/ l,t	299	5.8	20.3
	3oz spanish rice	69	0.15	13.7
	3oz blackbean salsa	118	0.2	12.5
	4oz peach halves	70	0	17
	8oz 1% milk	<u>110</u>	<u>1.5</u>	<u>13</u>
		666	7.65	76.5
THURSDAY	ww pizza slice	384	6	40
	8oz garden salad	70	0	10
	1.5oz low fat italian	15	0	5
	4oz baby carrots/1oz ranch	31	0	15
	4oz med banana	110	0	28
	8oz 1% milk	<u>110</u>	<u>1.5</u>	<u>13</u>
		720	7.5	111
FRIDAY	4oz turkey stromboli	221	2.7	21.5
	1oz marinara sauce	16	0.05	3
	3oz pasta salad	96	0.3	16.5
	4oz broccoli	40	0	5
	4oz diced melons	40	0	10
	8oz 1% milk	<u>110</u>	<u>1.5</u>	<u>13</u>
		523	4.55	69

WEEK 2 LUNCH

		calories	sat fat	carbs
MONDAY	3oz chicken patty	170	2	12
	1oz marinara	16	0.05	3
	1oz mozzarella	72	2.9	0.8
	ww bun	140	0	23
	8oz garden salad	65	0	12
	1.5 oz low fat italian	15	0	5
	cucumber sticks	10	0	2
	4oz apple slices	57	0	15
	8oz 1% milk	<u>110</u>	<u>1.5</u>	<u>13</u>
	655	6.45	85.8	
TUESDAY	4oz meatballs	195	4.2	8
	1oz brown gravy	23	0.33	2
	4oz mashed potatoes	101	0.59	16.7
	4oz corn	80	0	15
	4oz fruit cocktail	93	0	23
	8oz 1% milk	<u>110</u>	<u>1.5</u>	<u>13</u>
	602	6.62	77.7	
WEDNESDAY	3oz roasted turkey	192	2.1	0
	ww pita	75	0	15
	1oz lettuce/tomato,cheddar	66	0	2
	6oz baked beans	159	0.16	36
	4oz glazed carrots	50	0.39	9
	4oz diced melons	40	0	10
	8oz 1% milk	<u>110</u>	<u>1.5</u>	<u>13</u>
	692	4.15	85	
THURSDAY	ww pizza slice	384	6	40
	8oz garden salad	70	0	10
	1.5oz low fat italian	15	0	5
	4oz baby carrots/1oz ranch	31	0	15
	4oz grapes	78	0	20
	8oz 1% milk	<u>110</u>	<u>1.5</u>	<u>13</u>
	688	7.5	103	
FRIDAY	Honey lemon chicken	245	6	1.5
	sweet potato biscuit	200	4	34
	3oz potato tots	170	2	21
	8oz broccoli	80	0	10.5
	4oz peach halves	70	0	17
	8oz 1% milk	<u>110</u>	<u>1.5</u>	<u>13</u>
	875	13.5	97	

WEEK 3 LUNCH

		calories	sat fat	carbs
MONDAY	2oz chicken fajita	241	1.4	23
	3oz spanish rice	69	0.15	14
	lettuce ,tomato, cheddar	121	0	2
	2oz black bean salsa	77	0.13	8
	4oz orange slices	33	0	8
	8oz 1% milk	<u>110</u>	<u>1.5</u>	<u>13</u>
		651	3.18	68
TUESDAY	8oz spaghetti w/ meatsauce	322	4.3	35
	4oz garden salad	35	0	5
	1.5oz low fat italian	15	0	5
	ww bread slice	70	0	11
	4oz green beans	80	0	11
	4oz mixed fruit	93	0	23
	8oz 1% milk	<u>110</u>	<u>1.5</u>	<u>13</u>
	725	5.8	103	
WEDNESDAY	4oz chicken nuggets	250	3	15
	1oz bbq sauce	60	0	15
	3oz potato tots	170	2	21
	4oz corn	80	0	15
	4oz grapes	78	0	20
	8oz 1% milk	<u>110</u>	<u>1.5</u>	<u>13</u>
	748	6.5	99	
THURSDAY	ww pizza slice	384	6	40
	8oz garden salad	70	0	10
	1.5oz low fat italian	15	0	5
	4oz baby carrots/1oz ranch	31	0	15
	4oz diced melons	40	0	10
	8oz 1% milk	<u>110</u>	<u>1.5</u>	<u>13</u>
	650	7.5	93	
FRIDAY	4oz meatloaf	195	4	8
	4oz mashed potato	101	0.59	16.7
	1oz brown gravy	23	0.33	2
	4oz broccoli/cauliflower	92	1.2	9
	4oz peach halves	70	0	17
	8oz 1% milk	<u>110</u>	<u>1.5</u>	<u>13</u>
	591	7.62	65.7	

WEEK 4 LUNCH

		calories	sat fat	carbs
MONDAY	4oz bbq chicken	295	3.7	16
	3oz corn bread	108	0.5	18
	6oz baked beans	159	0.16	36
	4oz coleslaw	33	0.3	4.5
	4oz diced melons	40	0	10
	8oz 1% milk	<u>110</u>	<u>1.5</u>	<u>13</u>
		745	6.16	97.5
TUESDAY	6oz macaroni & cheese	296	6	27
	2oz ham	194	6	1
	8oz broccoli	80	0	10.5
	4oz peaches	70	0	17
	8oz 1% milk	<u>110</u>	<u>1.5</u>	<u>13</u>
		750	13.5	68.5
WEDNESDAY	3oz sloppy joe	345	5	35
	3oz potato tots	170	2	21
	4oz corn	80	0	15
	4oz sliced apples	57	0	15
	8oz 1% milk	<u>110</u>	<u>1.5</u>	<u>13</u>
		762	8.5	99
THURSDAY	ww pizza slice	384	6	40
	8oz garden salad	70	0	10
	1.5oz low fat italian	15	0	5
	4oz baby carrots/1oz ranch	31	0	15
	medium banana	110	0	28
	8oz 1% milk	<u>110</u>	<u>1.5</u>	<u>13</u>
		720	7.5	111
FRIDAY	3oz nathans hot dog	180	0	1
	ww bun	140	0	23
	3oz pasta salad	96	0.3	16.5
	4oz broccoli	40	0	5
	6oz baked beans	159	0.16	36
	4oz diced melons	40	0	10
	8oz 1% milk	<u>110</u>	<u>1.5</u>	<u>13</u>
		765	1.96	104.5

WEEK 5 LUNCH

		calories	sat fat	carbs
MONDAY	6oz mexican macaroni	283	4.4	26.5
	2oz sweet potato w/apple	78	0.28	16.5
	2oz mexicali corn	42	0.25	8
	4oz orange slices	62	0	15.5
	8oz 1% milk	<u>110</u>	<u>1.5</u>	<u>13</u>
		575	6.43	79.5
TUESDAY	2oz chicken fajita	241	1.4	23
	3oz spanish rice	69	0.15	14
	2oz black bean salsa	77	0.13	8
	4oz diced melons	40	0	10
	8oz 1% milk	<u>110</u>	<u>1.5</u>	<u>13</u>
		537	3.18	68
WEDNESDAY	lasagna roll up	200	4.5	21
	1oz marinara	16	0.05	3.01
	8oz garden salad	70	0	10
	1.5oz low fat italian	40	0	5.3
	4oz broccoli	15	0	5
	4oz grapes	78	0	20
	8oz 1% milk	<u>110</u>	<u>1.5</u>	<u>13</u>
		529	6.05	77.31
THURSDAY	ww pizza slice	384	6	40
	8oz garden salad	70	0	10
	1.5oz low fat italian	15	0	5
	4oz baby carrots/1oz ranch	31	0	15
	medium banana	110	0	28
	8oz 1% milk	<u>110</u>	<u>1.5</u>	<u>13</u>
		720	7.5	111
FRIDAY	6oz shepards pie	294	5.09	24
	ww bread slice	70	0	11
	4oz corn	80	0	15
	4oz pineapple	70	0	17
	8oz 1% milk	<u>110</u>	<u>1.5</u>	<u>13</u>
		624	6.59	80

WEEK 6 LUNCH

		calories	sat fat	carbs
MONDAY	3oz Cheeseburger w/l,t	234	6	1
	ww bun	140	0	23
	6oz baked beans	159	1.5	36
	3oz tator tots	170	2	21
	4oz diced melons	40	0	10
	8oz 1% milk	<u>110</u>	<u>1.5</u>	<u>13</u>
		853	11	104
TUESDAY	Calazone w/marinara	196	3	24
	1oz marinara	16	0.05	3
	8oz garden salad	70	0	10
	1.5oz low fat italian	15	0	5
	4oz Broccoli	15	0	5
	4oz orange slices	60	0	14
	8oz 1% milk	<u>110</u>	<u>1.5</u>	<u>13</u>
	482	4.55	74	
WEDNESDAY	4oz chicken nuggets	250	3	15
	1oz bar-b-que sauce	60	0	15
	3oz potatoe tots	170	2	21
	4oz corn	80	0	15
	4oz peach halves	70	0	17
	8oz 1% milk	<u>110</u>	<u>1.5</u>	<u>13</u>
	740	6.5	96	
THURSDAY	ww pizza slice	384	6	40
	8oz garden salad	70	0	10
	1.5oz low fat italian	15	0	5
	4oz baby carrots/1oz ranch	31	0	15
	4oz grapes	78	0	20
	8oz 1% milk	<u>110</u>	<u>1.5</u>	<u>13</u>
	688	7.5	103	
FRIDAY	3oz fish nuggets	230	1.5	22
	4oz sweet potatoes	110	0	20
	8oz green beans	160	0	22
	4oz mixed fruit	93	0	23
	8oz 1% milk	<u>110</u>	<u>1.5</u>	<u>13</u>
	703	3	100	