

Date	Day	Menu Item	Calories (kcal)	Sodium (mg)	Fiber (g)	Protein (g)	Carbohydrates (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)
3/1/23	Wednesday	Chicken Fajitas	294.53	536.89	5.10	21.97	31.21	8.78	0.00	0.00
3/1/23	Wednesday	Turkey Breast Sandwich	270.00	750.00	0.00	15.00	29.00	11.00	4.50	0.00
3/2/23	Thursday	Chicken Tamale	394.50	416.52	2.94	13.83	43.84	17.94	7.00	0.00
3/2/23	Thursday	Breakfast for Lunch: Links, Potatoes	401.21	1228.90	17.18	18.18	43.44	17.27	4.09	0.00
3/2/23	Thursday	Chicken Tamale	394.50	416.52	2.94	13.83	43.84	17.94	7.00	0.00
3/3/23	Friday	Pizza Friday	350.00	770.00	3.00	20.00	37.00	15.00	5.00	0.00
3/6/23	Monday	Turkey & Cheese Torta w/ Side of Fries	325.13	631.77	3.00	19.24	35.05	13.62	4.55	0.00
3/6/23	Monday	Cheese burger w/ Oven Baked Fries	352.37	563.87	5.26	16.14	34.06	19.69	4.55	0.00
3/6/23	Monday	Hot Dog w/ Oven Baked Fries	511.13	736.26	4.49	13.42	62.80	23.38	8.78	0.00
3/7/23	Tuesday	Cheese Lasagna w/ Tomato Basil Sauce	274.01	668.93	2.96	15.08	40.14	6.55	2.16	0.00
3/7/23	Tuesday	Smoked Turkey & Cheese Sandwich on Knott Roll	250.00	790.00	1.00	12.00	29.00	11.00	3.50	0.00
3/7/23	Tuesday	Chicken Alfredo Pasta	486.04	902.98	7.71	29.84	53.77	18.87	4.87	0.02
3/7/23	Tuesday	Cheesy Penne Alfredo	404.34	767.13	4.88	21.13	38.37	19.97	8.37	0.02
3/8/23	Wednesday	Turkey Breast Sandwich	270.00	750.00	0.00	15.00	29.00	11.00	4.50	0.00
3/8/23	Wednesday	Beef Nachos	337.65	566.86	6.51	21.65	31.39	13.37	6.65	0.00
3/9/23	Thursday	Chicken Teriyaki	486.53	734.22	4.47	23.34	74.23	11.86	1.90	0.00
3/9/23	Thursday	Chicken Tamale	394.50	416.52	2.94	13.83	43.84	17.94	7.00	0.00
3/10/23	Friday	Pizza Friday	350.00	770.00	3.00	20.00	37.00	15.00	5.00	0.00
3/13/23	Monday	Cheese burger w/ Oven Baked Fries	352.37	563.87	5.26	16.14	34.06	19.69	4.55	0.00
3/13/23	Monday	Chicken Patty Burger w/ Oven Baked Fries	527.87	694.24	8.78	20.80	77.72	17.89	4.16	0.00
3/14/23	Tuesday	Cheese burger w/ Oven Baked Fries	352.37	563.87	5.26	16.14	34.06	19.69	4.55	0.00
3/14/23	Tuesday	Smoked Turkey & Cheese Sandwich on Knott Roll	250.00	790.00	1.00	12.00	29.00	11.00	3.50	0.00
3/14/23	Tuesday	Chicken w/ Yakisoba Noodles	372.92	959.49	5.73	22.19	60.96	5.40	1.35	0.00
3/15/23	Wednesday	Turkey Breast Sandwich	270.00	750.00	0.00	15.00	29.00	11.00	4.50	0.00
3/15/23	Wednesday	Beef Nachos	337.65	566.86	6.51	21.65	31.39	13.37	6.65	0.00
3/16/23	Thursday	Chicken Tamale	394.50	416.52	2.94	13.83	43.84	17.94	7.00	0.00
3/16/23	Thursday	Chicken Nuggets w/ Mashed Potatoes	462.59	894.94	3.00	15.00	53.99	20.69	2.85	0.00
3/16/23	Thursday	Italian Turkey Submarine	270.00	730.00	0.00	14.00	29.00	11.00	4.50	0.00
3/17/23	Friday	Pizza Friday	350.00	770.00	3.00	20.00	37.00	15.00	5.00	0.00

Fruit										
		100% Fruit Juice	60.00	10.00	0.00	0.00	15.00	0.00	0.00	0.00
		Orange	61.57	0.00	3.14	1.23	15.39	0.16	0.02	0.00
		Banana	105.02	1.18	3.07	1.29	26.95	0.39	0.13	0.00
		Apple	57.79	1.11	2.67	0.29	15.35	0.19	0.03	0.00
		Apple Sauce	53.33	2.08	1.03	0.00	14.63	0.00	0.00	0.00

Vegetable										
		Baby Carrots	28.35	49.61	2.13	0.71	7.09	0.00	0.00	0.00
		Cucumber Slices w/ Tajin	8.17	185.82	0.21	0.27	1.49	0.05	0.02	0.00
		Celery Sticks	4.56	26.08	0.52	0.22	0.97	0.06	0.01	0.00

Milk										
		Fat Free White Milk	90.00	130.00	0.00	9.00	12.00	0.00	0.00	0.00
		Fat Free Chocolate Milk	120.00	100.00	0.00	8.00	22.00	0.00	0.00	0.00
		1% White Milk	120.00	135.00	0.00	10.00	16.00	2.50	1.50	0.00