

Cal. 750-850
Sodium <1420 mg.

Lunch

All Lunch Menus should include 8 oz. of Milk options as well.

Week One							Weekly Standard Value 750-850 Cal.	Actual
780.18 cal. 4.05 Tuesday 810.33 839.88 3.23 Thursday 680.69 3.41 Friday 846.37 cal 4.1 Saturday 832.66 3.14 Sunday 703.68 2.97								784.83
Chicken Breast Burger 3 oz. baked Chicken Breast 1 each WW Bun 1/2 Cup Baked Crispy fries Lettuce, Tomato, Onion 1 tbsp. Mayonnaise 5 gm Mustard 9 gm Ketchup Fruit Plate	Ravioli /Tomato sauce 3 Cheese Ravioli 3 Beef Ravioli 2.0 oz. Tomato sauce 1/2 Cup Zucchini/Onion Vegi 2 oz. WG Garlic toast Fruit Plate	3 oz.Chicken Breast Strips 2 oz. Penne Pasta 1/4 cup French Cut Green Beans Fruit Plate	Cold Turkey Sand 2 Slice whole wheat bread 2 oz. Sliced Turkey Lettuce, Tomato, Onion 2 oz. Baked Tater Tots 4 oz. Green beans 1 tbsp Mayonnaise 5 gm Mustard Fruit Plate	Fish filet 2-3 oz Cod or Salmon Filet 1 Cup Cole Slaw 2 Slice ww Bread 4 oz. Broccoli 2 oz.sliced WW Bread Fruit Plate	Whole Grain Chicken Corn Dog 1 each Corn Dog 1/2 Cup Baked Crispy fries 1/2 Cup Baked Beans 2 oz. Squash 5 gm Mustard 9 gm Ketchup Fruit Plate	Cold Tuna Sandwich 2 Slices Whole Wheat Bread 2 oz Tuna Salad 1/2 cup Applesauce 4 oz. Oven roasted Potatoes Lettuce, Tomato,Onion Fruit Plate	Percent of WG	100%
1117.6 Sodium 1590.95 575.73 Sodium 1400.79 960.92 Sodium 1395.2 674.08 Sodium							Sodium Standard Value <1420	1102.18
Week Two							Weekly Standard Value 750-850 Cal.	Actual
777.18 cal. 3.95 Tuesday 756.2 2.78 Wednesday 866.09 5.72 Thursday 780.18 cal 4.05 Friday 941.42 4.64 Saturday 841.73 cal 3.24 Sunday 894.47 3.5								836.75
Baked Chicken Breast 5 oz. Chicken Breast 3/4 cup Fresh Vegetable mix 1/2 cup Baked potato wedges 2 Slice WW Bread	Cold turkey Sandwich 2 slices whole wheat bread 2 oz. sliced Turkey Fresh Celery and Carrot sticks 2 oz. Baked Tater Tots Lettuce, Tomato, Onion 1 tbsp. Mayonnaise 5 gm Mustard Fruit Plate	Calzone 7" Pizza sheet 2 oz. ground Turkey 1/8 cup Spinach 1/8 cup Tomatoes 1/4 cup Zucchini 1/4 cup Mushrooms 2 oz. Tomato Sauce 2 oz. WG Garlic toast Fruit Plate	Chicken Breast Burger 3 oz. baked Chicken Breast 1 each WW Bun 1/2 Cup Baked Crispy fries Lettuce, Tomato, Onion 1 tbsp. Mayonnaise 5 gm Mustard 9 gm Ketchup Fruit Plate	Pizza 7" Pizza sheet 2 oz. Slice Chicken Breast 1/8 cup spinach 1/8 cup Tomatoes 1/8 cup Black olives 1/8 cup Sliced fresh Mushrooms 1/8 cup sliced fresh green peppers 1/8 cup diced Onions Fruit Plate	Whole Grain Chicken Corn Dog 1 each hot dog 1/2 Cup Baked Crispy fries 1/2 cup Baked beans 2 oz. Fresh Broccoli 5 gm Mustard 9 gm Ketchup Fruit Plate	Chicken Breast Strips 3 oz. Chicken Strips 1/2 cup Baked potato wedges 1/4 cup French Cut Green Beans 2 oz. Garlic Toast 1/2 oz. Ranch dip 1/2 oz. BBQ Sauce Fruit Plate	Percent of WG	100%
774.95 Sodium 1428.54 602.68 1117.60 Sodium 828.32 1411.25 Sodium 1221.36							Sodium Standard Value <1420	1054.96
Week Three							Weekly Standard Value 750-850 Cal.	Actual
790.21 3.58 Tuesday 801.30 cal. 2.89 Wednesday 858.76 Thursday 842.68 4.06 Friday 665.62 3.29 Saturday 776.77 3.53 Sunday 737.39 3.41								781.82
Sweet & Sour Pork Bites 2oz. Pork tips 1/8 cup Broccoli 1/8 cup carrots 1/8 cup Snow peas 1/8 chives 1/8 cup onions 1/8 cup Green peppers 1/2 cup Brown Rice Fruit Plate	Taco/Tostada 2 oz. ground Turkey 1 WW tortilla 1/2 cup Refried beans 1 oz. Shredded Cheddar 1 oz. Shredded iceberg lettuce 1 oz. Diced Tomatoes 1/8 cup Black olives 3 oz. Corn, cut Fruit Plate	French Dip 2 oz. Sliced Beef 1 each French Roll 1/2 Cup Baked Crispy fries 1/4 cup Au Jus 1 cup Green Beans Fruit Plate	Lasagna 2 oz. Ground Turkey 2 oz. Whole Grain Pasta 1/2 oz. Motz. Cheese 1/4 cup fresh spinach 1/8 cup diced tomatoes 1/8 cup sliced zucchini 1/8 cup diced onions 1/8 cup sliced b.olives 1/8 oz. Parmesan Cheese Fruit Plate	Wrap 2 oz. Tortilla wrap 2 oz. sliced Turkey 1/8 oz. Cream Cheese 1/8 cup shredded Lettuce or Spinach 1/8 cup Diced Tomatoes 1/8 cup sliced Peppers 1/8 cup b. olives Fruit Plate	Teriyaki Chicken Breast 3 oz. Chicken breast 1/2 cup Broccoli 1/2 cup Brown Rice 1 oz. Teriyaki Sauce Fruit Plate	Cold Turkey Sandwich 2 Slice whole wheat bread 2 oz. Sliced Turkey Lettuce, Tomato, Onion 4 oz. Baked Tater Tots 4 oz. Green beans 1 tbsp Mayonnaise 5 gm Mustard Fruit Plate	Percent of WG	100%
746.98 Sodium 1194.69 Sodium 1232.67 Sodium 921.18 1660.56 1332.78 Sodium 1482.51							Sodium Standard Value <1420	1244.48
Week Four							Weekly Standard Value 750-850 Cal.	Actual
872.76 cal. 3.52 Tuesday 941.42 4.64 Wednesday 916.69 3.16 Thursday 680.75 cal. 3.77 Friday 836.61 3.43 Saturday 848.05 cal. 4.26 Sunday 777.86 cal. 4.46								826.41
Sloppy Joes 2 oz. Turkey Sloppy Joe 1 each hamburger bun 1/2 Cup Baked Crispy fries 1/8 cup pickles 1/8 cup diced onions Fruit Plate	7" Pizza sheet 2 oz. Slice Chicken Breast 1/8 cup spinach 1/8 cup Tomatoes 1/8 cup Black olives 1/8 cup Sliced fresh Mushrooms 1/8 cup sliced fresh green peppers 1/8 cup diced Onions Fruit Plate	Spaghetti/ Meat sauce 1/2 cup Turkey meat sauce 3 oz. Whole grain pasta 1/2 cup Fresh broccoli 1/8 oz. Parmesan Cheese 2 oz. WG Garlic toast Fruit Plate	Turkey French dip 2.5 oz. sliced Turkey 1 each French roll 1/4 oz. Turkey au jus 1/2 Cup Baked Crispy fries Fruit Plate	5 oz.Mongolian Beef 3 oz. Brown Rice 3 oz. Fresh Veg 2 Fruit Plate	Cheeseburger 1 each Beef patty 2.5 oz. 1 each w.w. Bun 1/2 Cup Baked Crispy fries Lettuce, Tomato, Onion 1 tbsp. Mayonnaise 5 gm Mustard 9 gm Ketchup Fruit Plate	Fish n Chips 4 oz. Cod portion 1/2 cup sliced browned potatoes 1/2 Cup Cole Slaw 4oz. Broccoli 3 oz. Potato Wedges 2 oz Sliced WW Fruit Plate	Percent of WG	100%
913.99 Sodium 828.32 941.31 1386.89 Sodium 659.65 Sodium 780.79 Sodium 846.01 Sodium							Sodium Standard Value <1420	876.92