

Week A: All Meals Include Unlimited Fresh Fruit and Vegetable Bar and Low-Fat Milk

Day 1

Breakfast for lunch:

Pancakes (2) w/ Syrup (1)

Pork Sausage (2 patties)

Baked Hash Browned Potato

Calories 623	Iron 1.77mg	Total Fat 23.20g
Cholesterol NA	Calcium 70.1mg	Saturated Fat 8g
Sodium 1152mg	Vitamin A 66 UI	Trans Fat .1g
Dietary Fiber 4g	Vitamin C 5mg	Calories From Fat 246
Protein 5.6	Carbohydrates 77g	% Calories From Fat 39%

Day 2

Baked Chicken Nuggets (5) w/ Dipping Sauce (1 Sweet and Sour)

Hot Vegetable (1/4 Cup Green Beans)

WG Wheat Dinner Roll (1)

Calories 380	Iron 1.17mg	Total Fat 13g
Cholesterol 90mg	Calcium 40mg	Saturated Fat 2.5g
Sodium 650mg	Vitamin A 300 UI	Trans Fat 0
Dietary Fiber 3g	Vitamin C 10.2mg	Calories From Fat 118
Protein 19g	Carbohydrates 45g	% Calories From Fat 31%

Day 3

Individual Pan Pizza (1 Cheese)

Tossed Salad (1 Cup) Dressing Packet (1 Ranch)

Fresh Fruit (1 Medium Apple)

Calories 520	Iron 6.5mg	Total Fat 21.5g
Cholesterol 75mg	Calcium 377mg	Saturated Fat 6.5g
Sodium 1118mg	Vitamin A 13,333 UI	Trans Fat 0g
Dietary Fiber 11.36g	Vitamin C 64.4mg	Calories From Fat 157.5
Protein 21.6g	Carbohydrates 32g	% Calories From Fat 30%

Day 4

RF Beef Taco Nacho (2 oz.)

Baked WG Corn Tortilla Chips (2 oz.)

Shredded Cheddar Cheese (1 oz.)

Salsa (1 oz.) Shredded Lettuce (1/4 Cup) Diced Tomato (1/4 Cup)

Calories 345.8	Iron 3mg	Total Fat 12.6g
Cholesterol 24mg	Calcium 164.3mg	Saturated Fat 4.63g
Sodium 759mg	Vitamin A 662 UI	Trans Fat 0g
Dietary Fiber 6.2g	Vitamin C 3.7mg	Calories From Fat 112.5
Protein 16.66g	Carbohydrates 37.3g	% Calories From Fat 32%

Day 5

WG FR Toasted Cheese Sandwich (1) INFORMATION NOT AVAILABLE – NEW PRODUCT for 2009

Baked Chips (1)

Fresh Baby Carrots (2.6 oz.)

Calories	Iron	Total Fat
Cholesterol	Calcium	Saturated Fat
Sodium	Vitamin A	Trans Fat
Dietary Fiber	Vitamin C	Calories From Fat
Protein	Carbohydrates	% Calories From Fat

Week B: All Meals Include Unlimited Fresh Fruit and Vegetable Bar and Low-Fat Milk

Day 1

Breakfast for Lunch

Cinnamon French Toast (1 Slice) w/ Syrup (1)

Pork Sausage (1 Link)

100% Fruit Juice (1 4oz. Cup)

Calories 523	Iron 3.7mg	Total Fat 13.3g
Cholesterol 141.8mg	Calcium 8mg	Saturated Fat 3.5g
Sodium 670mg	Vitamin A 213.2 UI	Trans Fat 0g
Dietary Fiber 1g	Vitamin C 70.6mg	Calories From Fat 119
Protein 20g	Carbohydrates 83g	% Calories From Fat 23%

Day 2

Baked Chicken Tenders (3) w/ Dipping Sauce (1 BBQ)

Trans Fat Free Baked Crinkle Cut Fries (4 oz.)

Warm Soft Pretzel (1)

Calories 450	Iron 2.9mg	Total Fat 15g
Cholesterol 45mg	Calcium 20mg	Saturated Fat 3.5g
Sodium 955mg	Vitamin A 200 UI	Trans Fat 0g
Dietary Fiber 4g	Vitamin C 10.2mg	Calories From Fat 135
Protein 18g	Carbohydrates 62g	% Calories From Fat 30%

Day 3

WG French Bread RF Cheese Pizza (1)

Hot Vegetable (1/4 Cup Corn)

Fresh Fruit (Grapes)

Calories 435	Iron 3.36mg	Total Fat 11.34g
Cholesterol 10mg	Calcium 420mg	Saturated Fat 3g
Sodium 590mg	Vitamin A 600 UI	Trans Fat 2.5g
Dietary Fiber 4.34g	Vitamin C 12.8mg	Calories From Fat 102
Protein 20g	Carbohydrates 66.6g	% Calories From Fat 23%

Day 4

Pasta (WG Rotini 1 Cup) w/ RF Italian Meat Sauce (2 oz.)

Tossed Salad (1 Cup) Dressing Packet (1 Ranch)

Garlic Bread (1 Slice)

Calories 295	Iron 3.66mg	Total Fat 9.81g
Cholesterol 11.48mg	Calcium 74mg	Saturated Fat 1.5g
Sodium 542mg	Vitamin A 13,550 UI	Trans Fat 0g
Dietary Fiber 10.62g	Vitamin C 62.8mg	Calories From Fat 134
Protein 13.88g	Carbohydrates 44.9g	% Calories From Fat 45%

Day 5

All Beef Eisenberg Hotdog (1) on a WG Bun (1)

Trans Fat Free Baked Shoestring Potatoes (4 Oz)

Fresh Apple (1 Medium)

Calories 489	Iron 1.05mg	Total Fat 22.5g
Cholesterol 35mg	Calcium 37.16mg	Saturated Fat 7g
Sodium 425mg	Vitamin A NA	Trans Fat NA
Dietary Fiber 5g	Vitamin C 4.8mg	Calories From Fat 199
Protein 19g	Carbohydrates 52g	% Calories From Fat 41%

Week C: All Meals Include Unlimited Fresh Fruit and Vegetable Bar and Low-Fat Milk

Day 1

Breakfast for Lunch

French Toast Sticks (3) w/ Syrup (1)

Pork Sausage (1 Patty)

Baked Hash Browned Potato

Calories 465	Iron 4.4mg	Total Fat 12.6g
Cholesterol 110mg	Calcium 110.6mg	Saturated Fat 1.5g
Sodium 356mg	Vitamin A 209.9 UI	Trans Fat 1g
Dietary Fiber 1.8g	Vitamin C 2.6mg	Calories From Fat 112.5
Protein 15.9g	Carbohydrates 72.5g	% Calories From Fat 24%

Day 2

Special

Day 3

RF WG Stuffed Crust Cheese Pizza (1 Slice)

Tossed Salad (1 cup) 1 Dressing Packet (1)

Fresh Fruit (watermelon cubes 2 oz)

Calories 460	Iron 7.59mg	Total Fat 15g
Cholesterol 15mg	Calcium 98mg	Saturated Fat 5g
Sodium 1271mg	Vitamin A 14,333 UI	Trans Fat 0g
Dietary Fiber 10.36g	Vitamin C 63.5mg	Calories From Fat 135
Protein 21.14g	Carbohydrates 67.5g	% Calories From Fat 29%

Day 4

RF Breaded Mozzarella Cheese Sticks (6) w/ Marinara Sauce (1 2 oz. Portion Cup)

Hot Vegetable (1/4 Cup Steamed Broccoli)

Fruit Cup (1 applesauce cup)

Calories 550	Iron 2.7mg	Total Fat 9g
Cholesterol 30mg	Calcium 468mg	Saturated Fat 9g
Sodium 1140mg	Vitamin A 847 UI	Trans Fat 0g
Dietary Fiber 3g	Vitamin C 45mg	Calories From Fat 81
Protein 23g	Carbohydrates 55g	% Calories From Fat 15%

Day 5

RF All Beef Hamburger (1 patty) on a WG Bun (1)

Trans fat Free Baked Potato Wedges (2 oz.)

Orange Smiles (1/2 orange)

Calories 457	Iron 3.5	Total Fat 32g
Cholesterol 39mg	Calcium 67mg	Saturated Fat 6.6g
Sodium 905mg	Vitamin A NA	Trans Fat 3.6g
Dietary Fiber 8.5g	Vitamin C 34.4mg	Calories From Fat 166
Protein 22.5g	Carbohydrates 55.5g	% Calories From Fat 36%