



Nutritional Profiles 2017/2018

Note:
 *Dear Parents - Menu items and values can vary from region to region and provincial guidelines and are calculated a little differently in each province. While we are committed to providing the most complete data, we cannot guarantee 100% accuracy. However, we do review this listing several times throughout the school year and modify as necessary.
 *This report is divided into 2 sections - meals and side options. You may need to refer to both to get a complete nutritional picture of the meal. This is indicated for identified meals. For Ontario, food items deemed as **minor ingredients** are indicated by an * and the meal status under the guidelines indicated.
 *Most ingredients are based on the nutritional information provided by our food suppliers. Some are based on Health Canada's Canadian Nutrient File (CNF) database.
 *If you have additional questions about a particular food item, please contact your Lunch Lady kitchen directly or contact our Head Office via info@thelunchlady.ca
 *For a quicker search, press **CTRL F** and type in the **KEY WORD** to locate the menu item you are looking for.

Last updated - 14 SEP 2017

Quick Access Links

| |
|-------------|
| BEEF |
| POULTRY |
| VEGETARIAN |
| HALAL |
| GLUTEN FREE |
| HOT SIDES |
| COLD SIDES |
| BEVERAGES |
| FIXINGS |

MEALS AND ENTREES

BEEF

| | Food Item | Port Size | Cal (kcal) | Fat (g) | Sat Fat (g) | Tfat (g) | Sod (mg) | Carb (g) | Sugar (g) | Pro (g) | Fiber (g) | Iron (%) |
|--|----------------------------|----------------|---------------|---------------|--------------|-------------|---------------|---------------|--------------|--------------|--------------|---------------|
| Beef & Cheese Taco (Beef Burrito) | Ground beef - cooked (CNF) | 60g | 154.80 | 8.91 | 3.58 | 0.33 | 55.80 | 0.00 | 0.00 | 17.40 | 0.00 | 12.09% |
| | Spices and Seasonings * | DASH | | | | | | | | | | |
| | Rice - Brown (CNF) | 30 ml | 37.15 | 2.14 | 0.86 | 0.08 | 13.39 | 0.00 | 0.00 | 4.18 | 0.00 | 0.66% |
| | Tortilla - Whole Grain | 1 | 190.00 | 5.00 | 0.50 | 0.00 | 160.00 | 31.00 | 0.00 | 6.00 | 3.00 | 10.00% |
| | Cheese - Mozz Shredded | 1 tbspl/ 10 g | 27.00 | 1.67 | 1.17 | 0.03 | 67.00 | 0.00 | 0.00 | 2.67 | 0.00 | 0.00% |
| | Tomato Sauce | 30 ml | 8.00 | 0.06 | 0.01 | 0.00 | 43.50 | 1.90 | 1.36 | 0.17 | 0.36 | 1.38% |
| | No Fat Sour Cream * | 1 oz | 20.00 | 0.40 | 0.30 | 0.00 | 30.00 | 3.00 | 2.00 | 2.00 | 0.00 | 0.00% |
| Ont - M | TOTAL | | 436.95 | 18.18 | 6.42 | 0.44 | 369.69 | 35.90 | 3.36 | 32.42 | 3.36 | 24.13% |
| Beef Meatballs, Mashed Potato, Gravy & Corn (Potato Volcano) | Beef Meatballs | 6 ea/ 60 g | 144.00 | 9.60 | 4.20 | 0.24 | 348.00 | 3.60 | 0.00 | 10.80 | 0.00 | 13.20% |
| | Mashed Potatoes | 125 ml/ 4 oz | 85.34 | 2.08 | 0.27 | 0.00 | 204.65 | 15.70 | 0.68 | 1.46 | 1.56 | 1.71% |
| | Corn | 125 ml/ 50 g | 76.00 | 0.68 | 0.10 | 0.00 | 3.00 | 18.00 | 2.17 | 2.62 | 1.60 | 2.60% |
| | Low Sodium Beef Gravy * | 4 tbspl/ 60 ml | 20.00 | 0.10 | 0.00 | 0.00 | 135.00 | 5.00 | 1.00 | 0.30 | 0.00 | 0.43% |
| | Ont - M | TOTAL | | 325.34 | 12.46 | 4.57 | 0.24 | 690.65 | 42.30 | 3.85 | 15.18 | 3.16 |
| Beef Meatballs Poutine, Gravy & Corn Niblets | Beef Meatballs | 5 ea/ 50 g | 120.00 | 8.00 | 3.50 | 0.20 | 290.00 | 3.00 | 0.00 | 9.00 | 0.00 | 11.00% |
| | Potato Wedges | 6-10 ea/ 90 g | 124.20 | 3.50 | 0.30 | 0.05 | 32.85 | 21.60 | 0.00 | 1.62 | 1.53 | 3.21% |
| | Corn | 125 ml/ 50 g | 76.00 | 0.68 | 0.10 | 0.00 | 3.00 | 18.00 | 2.17 | 2.62 | 1.60 | 2.60% |
| | Cheese - Mozz Shredded | 1 tbspl/ 10 g | 27.00 | 1.67 | 1.17 | 0.03 | 67.00 | 0.00 | 0.00 | 2.67 | 0.00 | 0.00% |
| | Low Sodium Beef Gravy* | 4 tbspl/ 60 ml | 20.00 | 0.10 | 0.00 | 0.00 | 135.00 | 5.00 | 1.00 | 0.30 | 0.00 | 0.43% |
| | Ont - L | TOTAL | | 367.20 | 13.95 | 5.07 | 0.28 | 527.85 | 47.60 | 3.17 | 16.21 | 3.13 |
| Beef Meatball Sub with Cheese | Beef Meatballs | 6 ea/ 60 g | 144.00 | 9.60 | 4.20 | 0.24 | 348.00 | 3.60 | 0.00 | 10.80 | 0.00 | 13.20% |
| | Tomato Sauce | 60 ml | 16.00 | 0.12 | 0.02 | 0.00 | 87.00 | 3.80 | 2.71 | 0.34 | 0.73 | 2.75% |
| | Bun - Hoagie Whole Grain | 100 g | 260.00 | 3.00 | 0.50 | 0.00 | 130.00 | 47.00 | 5.00 | 10.00 | 4.00 | 18.71% |
| | Cheese - Mozz Shredded | 1 tbspl/ 10 g | 27.00 | 1.67 | 1.17 | 0.03 | 67.00 | 0.00 | 0.00 | 2.67 | 0.00 | 0.00% |
| | Ont - M | TOTAL | | 447.00 | 14.39 | 5.89 | 0.27 | 632.00 | 54.40 | 7.71 | 23.81 | 4.73 |
| Beef Hamburger (2 oz) | Beef - Burger cooked, 2 oz | 2 oz/ 57 g | 62.70 | 3.99 | 1.43 | 0.17 | 153.90 | 1.14 | 0.00 | 5.70 | 0.00 | 5.70% |
| | Bun - WW Burger | 1 | 160.00 | 2.00 | 0.50 | 0.00 | 220.00 | 29.00 | 3.00 | 6.00 | 3.00 | 10.00% |
| | Ont - M | TOTAL | | 222.70 | 5.99 | 1.93 | 0.17 | 373.90 | 30.14 | 3.00 | 11.70 | 3.00 |
| Beef Hamburger (3 oz) | Beef - Burger cooked, 3 oz | 3 oz/ 85 g | 153.00 | 9.00 | 4.07 | 0.41 | 357.00 | 3.51 | 0.17 | 14.45 | 2.42 | 19.00% |
| | Bun - WW Burger | 1 | 160.00 | 2.00 | 0.50 | 0.00 | 220.00 | 29.00 | 3.00 | 6.00 | 3.00 | 10.00% |
| | Ont - M | TOTAL | | 313.00 | 11.00 | 4.57 | 0.41 | 577.00 | 32.51 | 3.17 | 20.45 | 5.42 |
| Cheese Burger (2 oz) | Beef - Burger cooked, 2 oz | 2 oz/ 57 g | 62.70 | 3.99 | 1.43 | 0.17 | 153.90 | 1.14 | 0.00 | 5.70 | 0.00 | 5.70% |
| | Cheese - Cheddar Slice (1) | 1 sl/ 14 g | 60.00 | 4.50 | 3.00 | 0.10 | 95.00 | 0.00 | 0.00 | 3.00 | 0.00 | 0.00% |
| | Bun - WW Burger | 1 | 160.00 | 2.00 | 0.50 | 0.00 | 220.00 | 29.00 | 3.00 | 6.00 | 3.00 | 10.00% |
| | Ont - M | TOTAL | | 282.70 | 10.49 | 4.93 | 0.27 | 468.90 | 30.14 | 3.00 | 14.70 | 3.00 |
| Cheese Burger (3 oz) | Beef - Burger cooked, 3 oz | 3 oz/ 85 g | 153.00 | 9.00 | 4.07 | 0.41 | 357.00 | 3.51 | 0.17 | 14.45 | 2.42 | 19.00% |
| | Cheese - Cheddar Slice (1) | 1 sl/ 14 g | 60.00 | 4.50 | 3.00 | 0.10 | 95.00 | 0.00 | 0.00 | 3.00 | 0.00 | 0.00% |
| | Bun - WW Burger | 1 | 160.00 | 2.00 | 0.50 | 0.00 | 220.00 | 29.00 | 3.00 | 6.00 | 3.00 | 10.00% |
| | Ont - L | TOTAL | | 373.00 | 15.50 | 7.57 | 0.51 | 672.00 | 32.51 | 3.17 | 23.45 | 5.42 |
| Flying Nachos | Nacho Chips, Yellow Round | 7 ea/ 28 g | 142.80 | 7.84 | 0.56 | 0.00 | 98.00 | 17.36 | 0.28 | 1.68 | 1.68 | 3.64% |
| | Ground beef - cooked (CNF) | 25 g | 64.24 | 3.70 | 1.49 | 0.14 | 23.16 | 0.00 | 0.00 | 7.22 | 0.00 | 5.02% |
| | Cheese - Cheddar Shredded | 1/2 tbspl/ 5 g | 20.00 | 1.50 | 1.00 | 0.05 | 36.67 | 0.17 | 0.00 | 1.17 | 0.00 | 0.00% |
| | Tomato Sauce | 1 tbspl/ 15 ml | 8.00 | 0.06 | 0.01 | 0.00 | 43.50 | 1.90 | 1.36 | 0.17 | 0.36 | 1.38% |
| | Taco Seasoning * | DASH | | | | | | | | | | |
| | No Fat Sour Cream * | 30 ml/ 1 oz | 20.00 | 0.40 | 0.20 | 0.00 | 30.00 | 2.00 | 2.00 | 1.00 | 0.00 | 0.00% |
| | Salsa | 1 tbspl/ 15 ml | 6.50 | 0.00 | 0.00 | 0.00 | 135.00 | 1.50 | 0.50 | 0.25 | 0.25 | 1.00% |
| | Ont - L | TOTAL | | 261.54 | 13.50 | 3.26 | 0.19 | 366.33 | 22.93 | 4.14 | 11.49 | 2.29 |
| Smiling Shepherd's Pie (REGULAR PORTION) | Mashed Potatoes | 125 ml/ 4 oz | 85.34 | 2.08 | 0.27 | 0.00 | 204.65 | 15.70 | 0.68 | 1.46 | 1.56 | 1.71% |
| | Ground beef - cooked (CNF) | 50 g | 128.48 | 7.40 | 2.97 | 0.27 | 46.31 | 0.00 | 0.00 | 14.44 | 0.00 | 10.03% |

| | | | | | | | | | | | | |
|--|----------------------------|------------------|-------------------|----------------|--------------------|-----------------|-----------------|-----------------|------------------|----------------|------------------|-----------------|
| | Peas and Corn | 125 ml/ 50 g | 38.00 | 0.00 | 0.00 | 0.00 | 1.00 | 8.00 | 2.00 | 2.00 | 2.00 | 3.00% |
| | Gravy and Seasonings * | 3/4 tsp | 38.00 | 0.00 | 0.00 | 0.00 | 11.25 | 8.00 | 2.00 | 2.00 | 2.00 | 3.00% |
| Ont - M | TOTAL | | 289.82 | 9.48 | 3.24 | 0.27 | 263.21 | 31.70 | 4.68 | 19.90 | 5.56 | 17.74% |
| Smiling Shepherd's Pie LARGER PORTION | Food Item | Port Size | Cal (kcal) | Fat (g) | Sat Fat (g) | Tfat (g) | Sod (mg) | Carb (g) | Sugar (g) | Pro (g) | Fiber (g) | Iron (%) |
| | Mashed Potatoes | 185 ml | 128.01 | 3.12 | 0.41 | 0.00 | 306.98 | 23.55 | 1.02 | 2.19 | 2.34 | 2.57% |
| | Ground beef - cooked (CNF) | 75 g | 192.72 | 11.10 | 4.46 | 0.41 | 69.47 | 0.00 | 0.00 | 21.66 | 0.00 | 15.05% |
| | Peas and Corn | 185 ml | 57.00 | 0.00 | 0.00 | 0.00 | 1.50 | 12.00 | 3.00 | 3.00 | 3.00 | 4.50% |
| | Gravy and Seasonings * | 1 1/4 tsp | 57.00 | 0.00 | 0.00 | 0.00 | 16.88 | 12.00 | 3.00 | 3.00 | 3.00 | 4.50% |
| Ont - L | TOTAL | | 434.73 | 14.22 | 4.86 | 0.41 | 394.82 | 47.55 | 7.02 | 29.85 | 8.34 | 26.61% |
| Smiling Shepherd's Pie with Peach Slices SMARTER MEAL | Food Item | Port Size | Cal (kcal) | Fat (g) | Sat Fat (g) | Tfat (g) | Sod (mg) | Carb (g) | Sugar (g) | Pro (g) | Fiber (g) | Iron (%) |
| | Mashed Potatoes | 125 ml/ 4 oz | 85.34 | 2.08 | 0.27 | 0.00 | 204.65 | 15.70 | 0.68 | 1.46 | 1.56 | 1.71% |
| | Ground beef - cooked (CNF) | 50 g | 128.48 | 7.40 | 2.97 | 0.27 | 46.31 | 0.00 | 0.00 | 14.44 | 0.00 | 10.03% |
| | Peas and Corn | 125 ml/ 50 g | 38.00 | 0.00 | 0.00 | 0.00 | 1.00 | 8.00 | 2.00 | 2.00 | 2.00 | 3.00% |
| | Gravy and Seasonings * | 3/4 tsp | 38.00 | 0.00 | 0.00 | 0.00 | 11.25 | 8.00 | 2.00 | 2.00 | 2.00 | 3.00% |
| | Peaches in Juice | 113 ml | 60.00 | 0.00 | 0.00 | 0.00 | 0.00 | 13.00 | 11.00 | 1.00 | 0.00 | 0.00 |
| Ont - M | TOTAL | | 349.82 | 9.48 | 3.24 | 0.27 | 263.21 | 44.70 | 15.68 | 20.90 | 5.56 | 17.74% |
| Spaghetti & Beef Meatballs in Tomato Sauce REGULAR PORTION | Food Item | Port Size | Cal (kcal) | Fat (g) | Sat Fat (g) | Tfat (g) | Sod (mg) | Carb (g) | Sugar (g) | Pro (g) | Fiber (g) | Iron (%) |
| | Pasta - Spaghetti WW | 250 ml | 252.00 | 1.40 | 0.28 | 0.00 | 3.50 | 50.40 | 2.10 | 9.10 | 7.00 | 0.00% |
| | Beef Meatballs | 6 ea/ 60 g | 144.00 | 9.60 | 4.20 | 0.24 | 348.00 | 3.60 | 0.00 | 10.80 | 0.00 | 13.20% |
| | Tomato Sauce | 125 ml | 32.00 | 0.23 | 0.03 | 0.00 | 174.00 | 7.59 | 5.42 | 0.68 | 1.45 | 5.50% |
| | Ont - M | TOTAL | | 428.00 | 11.23 | 4.51 | 0.24 | 525.50 | 61.59 | 7.52 | 20.58 | 8.45 |
| Spaghetti & Beef Meatballs LITTLE LUNCHES | Food Item | Port Size | Cal (kcal) | Fat (g) | Sat Fat (g) | Tfat (g) | Sod (mg) | Carb (g) | Sugar (g) | Pro (g) | Fiber (g) | Iron (%) |
| | Pasta - Spaghetti WW | 165 ml | 166.32 | 0.92 | 0.18 | 0.00 | 2.31 | 33.26 | 1.40 | 6.00 | 4.62 | 0.00% |
| | Beef Meatballs | 3 ea/ 30 g | 72.00 | 4.80 | 2.10 | 0.12 | 174.00 | 1.80 | 0.00 | 5.40 | 0.00 | 6.60% |
| | Tomato Sauce | 60 ml | 16.00 | 0.12 | 0.02 | 0.00 | 87.00 | 3.80 | 2.71 | 0.34 | 0.73 | 2.75% |
| Ont - M | TOTAL | | 254.32 | 5.84 | 2.30 | 0.12 | 263.31 | 38.86 | 4.11 | 11.74 | 5.35 | 9.35% |
| Topsy Turvy Lasagna LARGER PORTION | Food Item | Port Size | Cal (kcal) | Fat (g) | Sat Fat (g) | Tfat (g) | Sod (mg) | Carb (g) | Sugar (g) | Pro (g) | Fiber (g) | Iron (%) |
| | Pasta - Rotini | 1 1/2 c/ 375 ml | 319.50 | 1.07 | 0.32 | 0.00 | 1.05 | 67.50 | 4.20 | 12.00 | 3.00 | 21.30% |
| | Tomato Paste | 22.5 ml | 21.00 | 0.12 | 0.02 | 0.00 | 15.00 | 4.95 | 3.18 | 1.13 | 1.05 | 5.57% |
| | Diced Tomatoes | 185 ml | 25.50 | 0.29 | 0.00 | 0.00 | 7.50 | 5.55 | 3.75 | 1.26 | 1.80 | 2.73% |
| | Cheese - Mozz Shredded | 22.5 ml | 40.50 | 2.51 | 1.76 | 0.05 | 100.50 | 0.00 | 0.00 | 4.01 | 0.00 | 0.00% |
| | Beef - Lean Grd, cooked | 60 g | 153.26 | 8.82 | 3.54 | 0.33 | 55.25 | 0.00 | 0.00 | 17.22 | 0.00 | 12.00% |
| Ont - L | TOTAL | | 559.76 | 12.80 | 5.63 | 0.38 | 179.30 | 78.00 | 11.13 | 35.61 | 5.85 | 41.60% |
| Topsy Turvy Lasagna with Carrot Sticks & House Dip SMARTER MEAL | Food Item | Port Size | Cal (kcal) | Fat (g) | Sat Fat (g) | Tfat (g) | Sod (mg) | Carb (g) | Sugar (g) | Pro (g) | Fiber (g) | Iron (%) |
| | Pasta - Rotini | 1 cup/ 250 ml | 213.00 | 0.71 | 0.21 | 0.00 | 0.70 | 45.00 | 2.80 | 8.00 | 2.00 | 14.20% |
| | Tomato Paste | 15 ml | 14.00 | 0.08 | 0.02 | 0.00 | 10.00 | 3.30 | 2.12 | 0.75 | 0.70 | 3.71% |
| | Diced Tomatoes | 125 ml | 17.00 | 0.19 | 0.00 | 0.00 | 5.00 | 3.70 | 2.50 | 0.84 | 1.20 | 1.82% |
| | Cheese - Mozz Shredded | 1 tbs/ 10 g | 27.00 | 1.67 | 1.17 | 0.03 | 67.00 | 0.00 | 0.00 | 2.67 | 0.00 | 0.00% |
| | Beef - Lean Grd, cooked | 40 g | 102.17 | 5.88 | 2.36 | 0.22 | 36.83 | 0.00 | 0.00 | 11.48 | 0.00 | 8.00% |
| | House Ranch Dip * | 15 ml | 19.98 | 1.13 | 0.23 | 0.00 | 109.12 | 1.32 | 0.80 | 1.13 | 0.09 | 0.65% |
| | Carrot - Sticks or Baby | 66 g | 23.10 | 0.08 | 0.00 | 0.00 | 51.48 | 5.44 | 3.14 | 0.42 | 1.93 | 3.30% |
| Ont - M | TOTAL | | 416.25 | 9.74 | 3.99 | 0.25 | 280.13 | 58.76 | 11.36 | 25.29 | 5.92 | 31.68% |

TOP OF
PAGE

POULTRY

| | | | | | | | | | | | | |
|---|-------------------------|------------------|-------------------|----------------|--------------------|-----------------|-----------------|-----------------|------------------|----------------|------------------|-----------------|
| All Day Breakfast with Pancakes and Sausages <i>(scroll down for sides as per your menu)</i> | Food Item | Port Size | Cal (kcal) | Fat (g) | Sat Fat (g) | Tfat (g) | Sod (mg) | Carb (g) | Sugar (g) | Pro (g) | Fiber (g) | Iron (%) |
| | Pancakes - whole grain | 2 | 153.00 | 2.34 | 0.34 | 0.00 | 406.00 | 31.34 | 5.34 | 3.34 | 4.00 | 10.00% |
| | Syrup * - ind packet | 16 ml | 60.00 | 0.00 | 0.00 | 0.00 | 3.00 | 14.00 | 13.00 | 0.00 | 0.00 | 0.00% |
| | Turkey Sausage (1) | 35 g | 100.00 | 6.00 | 1.50 | 0.10 | 400.00 | 1.00 | 1.00 | 11.00 | 0.00 | 2.00% |
| Ont - M | TOTAL | | 313.00 | 8.34 | 1.84 | 0.10 | 809.00 | 46.34 | 19.34 | 14.34 | 4.00 | 12.00% |
| All Day Breakfast with Pancakes, Egg and Sausage <i>(scroll down for sides as per your menu)</i> | Food Item | Port Size | Cal (kcal) | Fat (g) | Sat Fat (g) | Tfat (g) | Sod (mg) | Carb (g) | Sugar (g) | Pro (g) | Fiber (g) | Iron (%) |
| | Pancakes - whole grain | 2 | 153.00 | 2.34 | 0.34 | 0.00 | 406.00 | 31.34 | 5.34 | 3.34 | 4.00 | 10.00% |
| | Egg - scrambled | 1 large | 76.00 | 5.27 | 1.60 | 0.04 | 66.00 | 0.52 | 0.41 | 6.22 | 0.00 | 5.21% |
| | 1% Milk * minor | 5 ml | 2.00 | 0.05 | 0.03 | 0.00 | 2.30 | 0.24 | 0.22 | 0.18 | 0.00 | 0.00% |
| | Turkey Sausage (1) | 35 g | 50.00 | 3.00 | 0.75 | 0.05 | 200.00 | 0.50 | 0.50 | 5.50 | 0.00 | 1.00% |
| Ont - M | TOTAL | | 341.00 | 10.66 | 2.72 | 0.09 | 677.30 | 46.60 | 19.47 | 15.24 | 4.00 | 16.21% |
| BBQ Chicken Drumstick Dinner with Potato Wedges & Corn | Food Item | Port Size | Cal (kcal) | Fat (g) | Sat Fat (g) | Tfat (g) | Sod (mg) | Carb (g) | Sugar (g) | Pro (g) | Fiber (g) | Iron (%) |
| | Chicken Drumstick (1) | 105 g | 201.00 | 10.66 | 2.88 | 0.58 | 129.00 | 0.00 | 0.00 | 24.52 | 0.00 | 8.36% |
| | Corn | 125 ml/ 50 g | 76.00 | 0.68 | 0.10 | 0.00 | 3.00 | 18.00 | 2.17 | 2.62 | 1.60 | 2.60% |
| | Potato Wedges | 6-10 ea/ 90 g | 124.20 | 3.50 | 0.30 | 0.05 | 32.85 | 21.60 | 0.00 | 1.62 | 1.53 | 3.21% |
| | BBQ Sauce * | 1 tbs/ 15 ml | 25.00 | 0.15 | 0.00 | 0.00 | 190.00 | 6.00 | 5.00 | 0.15 | 0.00 | 0.70% |
| | Spices and Seasonings * | DASH | | | | | | | | | | |
| Ont - L | TOTAL | | 426.20 | 14.99 | 3.28 | 0.63 | 354.85 | 45.60 | 7.17 | 28.91 | 3.13 | 14.87% |
| BBQ Crunchy Chicken Wrap | Food Item | Port Size | Cal (kcal) | Fat (g) | Sat Fat (g) | Tfat (g) | Sod (mg) | Carb (g) | Sugar (g) | Pro (g) | Fiber (g) | Iron (%) |
| | Tortilla - Whole Grain | 1 | 190.00 | 5.00 | 0.50 | 0.00 | 160.00 | 31.00 | 0.00 | 6.00 | 3.00 | 10.00% |
| | Chicken - Fingers | 65 g | 138.13 | 7.31 | 1.22 | 0.00 | 243.75 | 7.31 | 2.44 | 8.94 | 4.06 | 6.21% |
| | BBQ Sauce * | 1 tbs/ 15 ml | 25.00 | 0.15 | 0.00 | 0.00 | 190.00 | 6.00 | 5.00 | 0.15 | 0.00 | 0.70% |
| Ont - M | TOTAL | | 353.13 | 12.46 | 1.72 | 0.00 | 593.75 | 44.31 | 7.44 | 15.09 | 7.06 | 16.91% |
| Butter Chicken with Rice & Green Peas | Food Item | Port Size | Cal (kcal) | Fat (g) | Sat Fat (g) | Tfat (g) | Sod (mg) | Carb (g) | Sugar (g) | Pro (g) | Fiber (g) | Iron (%) |
| | Chicken Breast sliced | 60 g | 48.00 | 0.60 | 0.24 | 0.00 | 144.00 | 0.24 | 0.18 | 9.60 | 0.00 | 0.00% |
| | Rice - Brown (CNF) | 125 ml | 115.00 | 0.86 | 0.17 | 0.00 | 1.00 | 24.22 | 0.36 | 2.39 | 2.00 | 3.93% |
| | Butter Chicken Sauce | 85 ml | 85.00 | 4.25 | 2.83 | 0.00 | 708.33 | 8.50 | 2.83 | 2.83 | 2.83 | 0.00% |
| | Green Peas | 125 ml | 76.00 | 0.30 | 0.06 | 0.00 | 82.00 | 10.36 | 3.80 | 4.00 | 3.40 | 8.28% |
| Ont - M | TOTAL | | 324.00 | 6.01 | 3.30 | 0.00 | 935.33 | 43.32 | 7.17 | 18.82 | 8.23 | 12.21% |
| Chicken Burger | Food Item | Port Size | Cal (kcal) | Fat (g) | Sat Fat (g) | Tfat (g) | Sod (mg) | Carb (g) | Sugar (g) | Pro (g) | Fiber (g) | Iron (%) |
| | Chicken - Burger | 92 g | 180.00 | 6.00 | 3.50 | 0.00 | 360.00 | 16.00 | 1.00 | 14.00 | 1.00 | 6.43% |
| | Bun - WW Burger | 1 | 160.00 | 2.00 | 0.50 | 0.00 | 220.00 | 29.00 | 3.00 | 6.00 | 3.00 | 10.00% |
| Ont - M | TOTAL | | 340.00 | 8.00 | 4.00 | 0.00 | 580.00 | 45.00 | 4.00 | 20.00 | 4.00 | 16.43% |
| Chicken Alfredo Pasta with Green Peas | Food Item | Port Size | Cal (kcal) | Fat (g) | Sat Fat (g) | Tfat (g) | Sod (mg) | Carb (g) | Sugar (g) | Pro (g) | Fiber (g) | Iron (%) |
| | Pasta - Spaghetti WW | 185 ml | 189.00 | 1.05 | 0.21 | 0.00 | 2.63 | 37.80 | 1.58 | 6.83 | 5.25 | 0.00% |
| | Chicken Breast sliced | 60 g | 48.00 | 0.60 | 0.24 | 0.00 | 144.00 | 0.24 | 0.18 | 9.60 | 0.00 | 0.00% |
| | Green Peas | 125 ml | 76.00 | 0.30 | 0.06 | 0.00 | 82.00 | 10.36 | 3.80 | 4.00 | 3.40 | 8.28% |
| | Alfredo Sauce | 60 ml | 110.00 | 10.00 | 3.00 | 0.20 | 310.00 | 3.00 | 2.00 | 3.00 | 0.00 | 0.00% |
| Ont - M | TOTAL | | 423.00 | 11.95 | 3.51 | 0.20 | 538.63 | 51.40 | 7.56 | 23.43 | 8.65 | 8.28% |
| Chicken Caesar Salad & | Food Item | Port Size | Cal (kcal) | Fat (g) | Sat Fat (g | | | | | | | |

| | | | | | | | | | | | | |
|--|----------------------------|------------------|-------------------|----------------|--------------------|-----------------|-----------------|-----------------|------------------|----------------|------------------|-----------------|
| Chicken Caesar Salad & Bun | Croutons | 15 ml | 7.75 | 0.13 | 0.03 | 0.00 | 13.25 | 1.40 | 0.00 | 0.23 | 0.10 | 0.55% |
| | Cheese - Parmesan | 5 ml | 10.00 | 0.25 | 0.17 | 0.08 | 50.00 | 0.00 | 0.00 | 0.50 | 0.00 | 0.00% |
| | Caesar dressing | 18 ml | 70.00 | 8.00 | 1.00 | 0.00 | 175.00 | 1.00 | 1.00 | 0.00 | 0.00 | 0.00% |
| | Bun - WW Dinner | 1 | 100.00 | 1.50 | 0.40 | 0.00 | 210.00 | 19.00 | 2.00 | 4.00 | 2.00 | 4.00% |
| Ont - M | TOTAL | | 250.75 | 10.75 | 1.87 | 0.08 | 599.75 | 24.57 | 4.23 | 15.43 | 3.90 | 10.65% |
| Chicken Fingers with Rice & Corn | Food Item | Port Size | Cal (kcal) | Fat (g) | Sat Fat (g) | Tfat (g) | Sod (mg) | Carb (g) | Sugar (g) | Pro (g) | Fiber (g) | Iron (%) |
| | Chicken - Fingers (2) | 80 g | 170.00 | 9.00 | 1.50 | 0.00 | 300.00 | 3.00 | 3.00 | 11.00 | 5.00 | 7.64% |
| | Corn | 125 ml/ 50 g | 76.00 | 0.68 | 0.10 | 0.00 | 3.00 | 18.00 | 2.17 | 2.62 | 1.60 | 2.60% |
| | Rice - Brown (CNF) | 125 ml | 115.00 | 0.86 | 0.17 | 0.00 | 1.00 | 24.22 | 0.36 | 2.39 | 2.00 | 3.93% |
| Ont - M | TOTAL | | 384.68 | 10.54 | 1.77 | 0.00 | 388.90 | 57.07 | 10.48 | 16.02 | 8.60 | 14.17% |
| Chicken Fingers with Whole Wheat Roll | Food Item | Port Size | Cal (kcal) | Fat (g) | Sat Fat (g) | Tfat (g) | Sod (mg) | Carb (g) | Sugar (g) | Pro (g) | Fiber (g) | Iron (%) |
| | Chicken - Fingers (2) | 80 g | 170.00 | 9.00 | 1.50 | 0.00 | 300.00 | 9.00 | 3.00 | 11.00 | 5.00 | 7.64% |
| | Bun - WW Dinner | 1 | 100.00 | 1.50 | 0.40 | 0.00 | 210.00 | 19.00 | 2.00 | 4.00 | 2.00 | 4.00% |
| | Margarine - Becel bulk * | 1 tsp | 35.00 | 4.00 | 0.50 | 0.00 | 35.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00% |
| Ont - M | TOTAL | | 328.68 | 14.50 | 2.40 | 0.00 | 629.90 | 33.85 | 9.95 | 15.01 | 7.00 | 11.64% |
| Chicken Plum Wrap with Fresh Veggies SMARTER MEAL | Food Item | Port Size | Cal (kcal) | Fat (g) | Sat Fat (g) | Tfat (g) | Sod (mg) | Carb (g) | Sugar (g) | Pro (g) | Fiber (g) | Iron (%) |
| | Tortilla - Whole Grain | 1 | 190.00 | 5.00 | 0.50 | 0.00 | 160.00 | 31.00 | 0.00 | 6.00 | 3.00 | 10.00% |
| | Chicken Breast sliced | 60 g | 48.00 | 0.60 | 0.24 | 0.00 | 144.00 | 0.24 | 0.18 | 9.60 | 0.00 | 0.00% |
| | Lettuce - Romaine | 250 ml | 10.00 | 0.18 | 0.02 | 0.00 | 5.00 | 1.84 | 0.70 | 0.73 | 1.20 | 4.00% |
| Ont - M | TOTAL | | 328.68 | 14.50 | 2.40 | 0.00 | 629.90 | 33.85 | 9.95 | 15.01 | 7.00 | 11.64% |
| Chicken Nuggets (5) with Whole Wheat Roll & Plum Sauce | Food Item | Port Size | Cal (kcal) | Fat (g) | Sat Fat (g) | Tfat (g) | Sod (mg) | Carb (g) | Sugar (g) | Pro (g) | Fiber (g) | Iron (%) |
| | Chicken - Nuggets (5) | 110 g | 220.44 | 7.72 | 4.41 | 0.00 | 407.81 | 17.64 | 1.10 | 15.43 | 1.10 | 11.02% |
| | Bun - WW Dinner | 1 | 100.00 | 1.50 | 0.40 | 0.00 | 210.00 | 19.00 | 2.00 | 4.00 | 2.00 | 4.00% |
| | Margarine - Becel bulk * | 1 tsp | 35.00 | 4.00 | 0.50 | 0.00 | 35.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00% |
| Ont - M | TOTAL | | 379.12 | 13.22 | 5.31 | 0.00 | 737.71 | 42.49 | 8.05 | 19.44 | 3.10 | 15.02% |
| Chicken Nuggets (4) with Whole Wheat Roll & Plum Sauce | Food Item | Port Size | Cal (kcal) | Fat (g) | Sat Fat (g) | Tfat (g) | Sod (mg) | Carb (g) | Sugar (g) | Pro (g) | Fiber (g) | Iron (%) |
| | Chicken - Nuggets (4) | 88 g | 176.00 | 6.16 | 3.52 | 0.00 | 325.60 | 14.08 | 0.88 | 12.32 | 0.88 | 8.80% |
| | Bun - WW Dinner | 1 | 100.00 | 1.50 | 0.40 | 0.00 | 210.00 | 19.00 | 2.00 | 4.00 | 2.00 | 4.00% |
| | Margarine - Becel bulk * | 1 tsp | 35.00 | 4.00 | 0.50 | 0.00 | 35.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00% |
| Ont - M | TOTAL | | 334.68 | 11.66 | 4.42 | 0.00 | 655.50 | 38.93 | 7.83 | 16.33 | 2.88 | 12.80% |
| Chicken Nuggets (3) with Whole Wheat Roll & Plum Sauce LITTLE LUNCHES | Food Item | Port Size | Cal (kcal) | Fat (g) | Sat Fat (g) | Tfat (g) | Sod (mg) | Carb (g) | Sugar (g) | Pro (g) | Fiber (g) | Iron (%) |
| | Chicken - Nuggets (3) | 66 g | 132.00 | 4.62 | 2.64 | 0.00 | 244.20 | 10.56 | 0.66 | 9.24 | 0.66 | 6.60% |
| | Bun - WW Dinner | 1 | 100.00 | 1.50 | 0.40 | 0.00 | 210.00 | 19.00 | 2.00 | 4.00 | 2.00 | 4.00% |
| | Margarine - Becel bulk * | 1 tsp | 35.00 | 4.00 | 0.50 | 0.00 | 35.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00% |
| Ont - M | TOTAL | | 290.68 | 10.12 | 3.54 | 0.00 | 574.10 | 35.41 | 7.61 | 13.25 | 2.66 | 10.60% |
| Chicken Teriyaki Noodle Bowl and Orange Slices SMARTER MEAL | Food Item | Port Size | Cal (kcal) | Fat (g) | Sat Fat (g) | Tfat (g) | Sod (mg) | Carb (g) | Sugar (g) | Pro (g) | Fiber (g) | Iron (%) |
| | Chicken Breast sliced | 60g | 48.00 | 0.60 | 0.24 | 0.00 | 144.00 | 0.24 | 0.18 | 9.60 | 0.00 | 0.00% |
| | Pasta - Spaghetti WW | 125 ml | 126.00 | 0.70 | 0.14 | 0.00 | 1.75 | 25.20 | 1.05 | 4.05 | 3.50 | 0.00% |
| | California Mix Veg | 125 ml | 18.75 | 0.00 | 0.00 | 0.00 | 22.50 | 3.75 | 1.50 | 1.50 | 2.25 | 3.00% |
| Ont - M | TOTAL | | 246.75 | 1.42 | 0.38 | 0.00 | 410.05 | 50.19 | 11.03 | 16.51 | 8.72 | 4.50% |
| Chicken Teriyaki Rice Bowl and Orange Slices LARGER PORTION | Food Item | Port Size | Cal (kcal) | Fat (g) | Sat Fat (g) | Tfat (g) | Sod (mg) | Carb (g) | Sugar (g) | Pro (g) | Fiber (g) | Iron (%) |
| | Chicken Breast sliced | 80 g | 64.00 | 0.80 | 0.32 | 0.00 | 192.00 | 0.32 | 0.24 | 12.80 | 0.00 | 0.00% |
| | Rice - Brown (CNF) | 3/4 c or 187 ml | 172.50 | 1.29 | 0.26 | 0.00 | 1.50 | 36.33 | 0.54 | 3.59 | 3.00 | 5.90% |
| | California Mix Veg | 125 ml | 18.75 | 0.00 | 0.00 | 0.00 | 22.50 | 3.75 | 1.50 | 1.50 | 2.25 | 3.00% |
| Ont - M | TOTAL | | 292.75 | 2.09 | 0.58 | 0.00 | 576.00 | 49.40 | 7.53 | 18.64 | 5.25 | 10.40% |
| Chicken Teriyaki Rice Bowl and Orange Slices SMARTER MEAL | Food Item | Port Size | Cal (kcal) | Fat (g) | Sat Fat (g) | Tfat (g) | Sod (mg) | Carb (g) | Sugar (g) | Pro (g) | Fiber (g) | Iron (%) |
| | Chicken Breast sliced | 60 g | 48.00 | 0.60 | 0.24 | 0.00 | 144.00 | 0.24 | 0.18 | 9.60 | 0.00 | 0.00% |
| | Rice - Brown (CNF) | 125 ml | 115.00 | 0.86 | 0.17 | 0.00 | 1.00 | 24.22 | 0.36 | 2.39 | 2.00 | 3.93% |
| | California Mix Veg | 125 ml | 18.75 | 0.00 | 0.00 | 0.00 | 22.50 | 3.75 | 1.50 | 1.50 | 2.25 | 3.00% |
| Ont - M | TOTAL | | 235.75 | 1.58 | 0.41 | 0.00 | 409.30 | 49.21 | 10.34 | 14.85 | 7.22 | 8.43% |
| Crunchy Chicken Apple Salad with Harvest Dressing and a Whole Wheat Bun SMARTER MEAL | Food Item | Port Size | Cal (kcal) | Fat (g) | Sat Fat (g) | Tfat (g) | Sod (mg) | Carb (g) | Sugar (g) | Pro (g) | Fiber (g) | Iron (%) |
| | Lettuce - Romaine | 250 ml/ 45 g | 10.00 | 0.18 | 0.02 | 0.00 | 5.00 | 1.84 | 0.70 | 0.73 | 1.20 | 4.00% |
| | Apples - Sliced | 66 g | 33.00 | 0.14 | 0.00 | 0.00 | 0.00 | 9.00 | 6.50 | 0.20 | 1.58 | 0.00% |
| | Dried Cranberries | 15 ml/ 10 g | 32.50 | 0.00 | 0.00 | 0.00 | 0.00 | 8.25 | 7.25 | 0.00 | 0.75 | 0.00% |
| Ont - M | TOTAL | | 372.87 | 8.63 | 1.55 | 0.00 | 445.81 | 61.81 | 33.32 | 13.40 | 9.45 | 16.74% |
| Crunchy Chicken Ranch Wrap | Food Item | Port Size | Cal (kcal) | Fat (g) | Sat Fat (g) | Tfat (g) | Sod (mg) | Carb (g) | Sugar (g) | Pro (g) | Fiber (g) | Iron (%) |
| | Tortilla - Whole Grain | 1 | 190.00 | 5.00 | 0.50 | 0.00 | 160.00 | 31.00 | 0.00 | 6.00 | 3.00 | 10.00% |
| | Lettuce - Romaine | 250 ml | 10.00 | 0.18 | 0.02 | 0.00 | 5.00 | 1.84 | 0.70 | 0.73 | 1.20 | 4.00% |
| | Chicken - Fingers | 65 g | 138.13 | 7.31 | 1.22 | 0.00 | 243.75 | 7.31 | 2.44 | 8.94 | 4.06 | 6.21% |
| Ont - M | TOTAL | | 358.11 | 13.62 | 1.97 | 0.00 | 517.87 | 41.47 | 3.94 | 16.80 | 8.35 | 20.86% |
| French Toast, Turkey Sausages, Side Syrup & Applesauce | Food Item | Port Size | Cal (kcal) | Fat (g) | Sat Fat (g) | Tfat (g) | Sod (mg) | Carb (g) | Sugar (g) | Pro (g) | Fiber (g) | Iron (%) |
| | French Toast - Whole Grain | 1 x 73 g | 170.00 | 4.00 | 1.00 | 0.00 | 380.00 | 29.00 | 4.00 | 5.00 | 1.00 | 10.00% |
| | Turkey Sausage (2) | 70 g | 100.00 | 6.00 | 1.50 | 0.10 | 400.00 | 1.00 | 1.00 | 11.00 | 0.00 | 2.00% |
| | Apples - Fruit Sauce | 113 g | 60.00 | 0.00 | 0.00 | 0.00 | 25.00 | 17.00 | 13.00 | 0.00 | 2.00 | 0.00% |
| Ont - M | TOTAL | | 390.00 | 10.00 | 2.50 | 0.10 | 808.00 | 61.00 | 31.00 | 16.00 | 3.00 | 12.00% |
| Garlic Chicken Penne with Peas & Carrots REGULAR PORTION | Food Item | Port Size | Cal (kcal) | Fat (g) | Sat Fat (g) | Tfat (g) | Sod (mg) | Carb (g) | Sugar (g) | Pro (g) | Fiber (g) | Iron (%) |
| | Pasta - Penne | 250 ml | 213.00 | 0.71 | 0.21 | 0.00 | 0.70 | 45.00 | 2.80 | 8.00 | 2.00 | 14.20% |
| | Chicken Breast sliced | 60 g | 48.00 | 0.60 | 0.24 | 0.00 | 144.00 | 0.24 | 0.18 | 9.60 | 0.00 | 0.00% |
| | Cheese - Parmesan | 15 ml/ 8 g | 30.00 | 0.75 | 0.50 | 0.25 | 150.00 | 0.00 | 0.00 | 1.50 | 0.00 | 0.00% |
| Ont - M | TOTAL | | 300.00 | 10.00 | 2.50 | 0.10 | 808.00 | 61.00 | 31.00 | 16.00 | 3.00 | 12.00% |

| | | | | | | | | | | | | |
|--|------------------------------|----------------|---------------|---------------|-------------|-------------|---------------|---------------|--------------|--------------|--------------|---------------|
| | Margarine - Becel bulk * | 1 tsp | 35.00 | 4.00 | 0.50 | 0.00 | 35.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00% |
| | Garlic Powder * | DASH | | | | | | | | | | |
| Ont - M | TOTAL | | 366.00 | 6.06 | 1.45 | 0.25 | 384.70 | 53.24 | 6.98 | 21.10 | 5.00 | 14.20% |
| | Food Item | Port Size | Cal (kcal) | Fat (g) | Sat Fat (g) | Tfat (g) | Sod (mg) | Carb (g) | Sugar (g) | Pro (g) | Fiber (g) | Iron (%) |
| Garlic Chicken Penne with Peas & Carrots LARGER PORTION | Pasta - Penne | 375 ml | 319.50 | 1.07 | 0.32 | 0.00 | 1.05 | 67.50 | 4.20 | 12.00 | 3.00 | 21.30% |
| | Chicken Breast sliced | 75 g | 60.00 | 0.75 | 0.30 | 0.00 | 180.00 | 0.30 | 0.23 | 12.00 | 0.00 | 0.00% |
| | Cheese - Parmesan | 30 ml/16 g | 60.00 | 1.50 | 1.00 | 0.50 | 300.00 | 0.00 | 0.00 | 3.00 | 0.00 | 0.00% |
| | Peas and Carrots | 125 ml | 40.00 | 0.00 | 0.00 | 0.00 | 55.00 | 8.00 | 4.00 | 2.00 | 3.00 | 0.00% |
| | Margarine - Becel bulk * | 2 tsp | 70.00 | 8.00 | 1.00 | 0.00 | 70.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00% |
| | Garlic Powder * | DASH | | | | | | | | | | |
| Ont - M | TOTAL | | 549.50 | 11.32 | 2.62 | 0.50 | 606.05 | 75.80 | 8.43 | 29.00 | 6.00 | 21.30% |
| | Food Item | Port Size | Cal (kcal) | Fat (g) | Sat Fat (g) | Tfat (g) | Sod (mg) | Carb (g) | Sugar (g) | Pro (g) | Fiber (g) | Iron (%) |
| Garlic Chicken Penne with Peas & Carrots SMARTER MEAL | Pasta - Penne | 250 ml | 213.00 | 0.71 | 0.21 | 0.00 | 0.70 | 45.00 | 2.80 | 8.00 | 2.00 | 14.20% |
| | Chicken Breast sliced | 60 g | 48.00 | 0.60 | 0.24 | 0.00 | 144.00 | 0.24 | 0.18 | 9.60 | 0.00 | 0.00% |
| | Cheese - Parmesan | 15 ml/8 g | 30.00 | 0.75 | 0.50 | 0.25 | 150.00 | 0.00 | 0.00 | 1.50 | 0.00 | 0.00% |
| | Peas and Carrots | 125 ml | 40.00 | 0.00 | 0.00 | 0.00 | 55.00 | 8.00 | 4.00 | 2.00 | 3.00 | 0.00% |
| | Margarine - Becel bulk * | 1 tsp | 35.00 | 4.00 | 0.50 | 0.00 | 35.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00% |
| | Garlic Powder * | DASH | | | | | | | | | | |
| Ont - M | TOTAL | | 399.00 | 6.20 | 1.45 | 0.25 | 384.70 | 62.24 | 13.48 | 21.30 | 6.58 | 14.20% |
| | Food Item | Port Size | Cal (kcal) | Fat (g) | Sat Fat (g) | Tfat (g) | Sod (mg) | Carb (g) | Sugar (g) | Pro (g) | Fiber (g) | Iron (%) |
| Mediterranean Greek Salad with Chicken and a Whole Wheat Bun | Lettuce - Romaine | 1 c/ 250 ml | 10.00 | 0.18 | 0.02 | 0.00 | 5.00 | 1.84 | 0.70 | 0.73 | 1.20 | 4.00% |
| | Cherry Tomatoes | 3.00 | 9.00 | 0.09 | 0.00 | 0.00 | 3.00 | 1.98 | 1.35 | 0.45 | 0.60 | 1.07% |
| | Cucumber - Sliced | 33 g | 5.00 | 0.04 | 0.00 | 0.00 | 0.50 | 1.20 | 0.28 | 0.21 | 0.25 | 1.00% |
| | Feta Cheese * | 1 tbsps | 37.00 | 3.00 | 2.10 | 0.00 | 0.00 | 0.00 | 0.00 | 2.00 | 0.00 | 0.00% |
| | Greek Dressing * | 15 ml | 45.00 | 4.00 | 0.50 | 0.00 | 135.00 | 2.00 | 1.00 | 0.20 | 0.00 | 1.00% |
| | Chicken Breast sliced | 60 g | 48.00 | 0.60 | 0.24 | 0.00 | 144.00 | 0.24 | 0.18 | 9.60 | 0.00 | 0.00% |
| | Bun - WW Dinner | 1 | 100.00 | 1.50 | 0.40 | 0.00 | 210.00 | 19.00 | 2.00 | 4.00 | 2.00 | 4.00% |
| Ont - M | TOTAL | | 254.00 | 9.41 | 3.26 | 0.00 | 497.50 | 26.26 | 5.51 | 17.19 | 4.05 | 11.07% |
| | Food Item | Port Size | Cal (kcal) | Fat (g) | Sat Fat (g) | Tfat (g) | Sod (mg) | Carb (g) | Sugar (g) | Pro (g) | Fiber (g) | Iron (%) |
| Sweet Plum Chicken Wrap with Fresh Veggies SMARTER MEAL | Tortilla - Whole Grain | 1 | 190.00 | 5.00 | 0.50 | 0.00 | 160.00 | 31.00 | 0.00 | 6.00 | 3.00 | 10.00% |
| | Chicken Breast sliced | 60 g | 48.00 | 0.60 | 0.24 | 0.00 | 144.00 | 0.24 | 0.18 | 9.60 | 0.00 | 0.00% |
| | Lettuce - Romaine | 250 ml | 10.00 | 0.18 | 0.02 | 0.00 | 5.00 | 1.84 | 0.70 | 0.73 | 1.20 | 4.00% |
| | Sauce - Plum ind | 11 g | 23.68 | 0.00 | 0.00 | 0.00 | 84.90 | 5.85 | 4.95 | 0.01 | 0.00 | 0.00% |
| | Assorted Veggies | 66 g | 50.00 | 0.00 | 0.00 | 0.00 | 3.60 | 8.40 | 4.80 | 0.00 | 1.20 | 2.40% |
| Ont - M | TOTAL | | 321.68 | 5.78 | 0.76 | 0.00 | 397.50 | 47.33 | 10.63 | 16.34 | 5.40 | 16.40% |
| | Food Item | Port Size | Cal (kcal) | Fat (g) | Sat Fat (g) | Tfat (g) | Sod (mg) | Carb (g) | Sugar (g) | Pro (g) | Fiber (g) | Iron (%) |
| Turkey Deli Sandwich | Bread - Whole Wheat Texas | 2 sl/ 84 g | 210.00 | 2.50 | 1.00 | 0.00 | 340.00 | 40.00 | 3.00 | 9.00 | 4.00 | 10.00% |
| | Deli - Roasted Turkey | 60 g | 55.86 | 0.65 | 0.21 | 0.01 | 355.86 | 2.13 | 0.64 | 10.34 | 0.00 | 2.00% |
| | Lettuce | 1 leaf | 2.00 | 0.03 | 0.00 | 0.00 | 1.00 | 0.33 | 0.12 | 0.13 | 0.20 | 0.71% |
| | Mayo - lite bulk | 1 tsp | 13.33 | 1.33 | 0.10 | 0.00 | 45.00 | 0.33 | 0.00 | 0.03 | 0.00 | 0.00% |
| | Ont - M | TOTAL | | 281.19 | 4.51 | 1.31 | 0.01 | 741.86 | 42.79 | 3.76 | 19.50 | 4.20 |
| | Food Item | Port Size | Cal (kcal) | Fat (g) | Sat Fat (g) | Tfat (g) | Sod (mg) | Carb (g) | Sugar (g) | Pro (g) | Fiber (g) | Iron (%) |
| Turkey Deli Submarine | Bun - Hoagie Whole Grain | 100 g | 260.00 | 3.00 | 0.50 | 0.00 | 130.00 | 47.00 | 5.00 | 10.00 | 4.00 | 18.71% |
| | Deli - Roasted Turkey | 60 g | 55.86 | 0.65 | 0.21 | 0.01 | 355.86 | 2.13 | 0.64 | 10.34 | 0.00 | 2.00% |
| | Lettuce | 1 leaf | 2.00 | 0.03 | 0.00 | 0.00 | 1.00 | 0.33 | 0.12 | 0.13 | 0.20 | 0.71% |
| | Mayo - lite bulk | 1 tsp | 13.33 | 1.33 | 0.10 | 0.00 | 45.00 | 0.33 | 0.00 | 0.03 | 0.00 | 0.00% |
| Ont - M | TOTAL | | 331.19 | 5.01 | 0.81 | 0.01 | 531.86 | 49.79 | 5.76 | 20.50 | 4.20 | 21.42% |
| | Food Item | Port Size | Cal (kcal) | Fat (g) | Sat Fat (g) | Tfat (g) | Sod (mg) | Carb (g) | Sugar (g) | Pro (g) | Fiber (g) | Iron (%) |
| Turkey Deli Wrap | Tortilla - Whole Grain | 1 | 190.00 | 5.00 | 0.50 | 0.00 | 160.00 | 31.00 | 0.00 | 6.00 | 3.00 | 10.00% |
| | Deli - Roasted Turkey | 60 g | 55.86 | 0.65 | 0.21 | 0.01 | 355.86 | 2.13 | 0.64 | 10.34 | 0.00 | 2.00% |
| | Lettuce | 1 leaf | 2.00 | 0.03 | 0.00 | 0.00 | 1.00 | 0.33 | 0.12 | 0.13 | 0.20 | 0.71% |
| | Mayo - lite bulk | 1 tsp | 13.33 | 1.33 | 0.10 | 0.00 | 45.00 | 0.33 | 0.00 | 0.03 | 0.00 | 0.00% |
| | Ont - M | TOTAL | | 261.19 | 7.01 | 0.81 | 0.01 | 561.86 | 33.79 | 0.76 | 16.50 | 3.20 |
| | Food Item | Port Size | Cal (kcal) | Fat (g) | Sat Fat (g) | Tfat (g) | Sod (mg) | Carb (g) | Sugar (g) | Pro (g) | Fiber (g) | Iron (%) |
| Turkey Holiday Dinner | Turkey (Butterball) - slices | 60 g | 66.00 | 0.60 | 0.24 | 0.00 | 84.00 | 1.80 | 0.00 | 13.20 | 0.00 | 4.80% |
| | Mashed Potatoes | 125 ml/ 4 oz | 85.34 | 2.08 | 0.27 | 0.00 | 204.65 | 15.70 | 0.68 | 1.46 | 1.56 | 1.71% |
| | Corn | 125 ml/ 50 g | 76.00 | 0.68 | 0.10 | 0.00 | 3.00 | 18.00 | 2.17 | 2.62 | 1.60 | 2.60% |
| | Stuffing * | 15 ml | 55.20 | 0.45 | 0.00 | 0.00 | 270.30 | 1.80 | 0.60 | 1.80 | 0.60 | 9.00% |
| | Low Sodium Beef Gravy * | 4 tbsps/ 60 ml | 20.00 | 0.10 | 0.00 | 0.00 | 135.00 | 5.00 | 1.00 | 0.30 | 0.00 | 0.43% |
| Ont - M | TOTAL | | 302.54 | 3.91 | 0.61 | 0.00 | 696.95 | 42.30 | 4.45 | 19.38 | 3.76 | 18.54% |
| | Food Item | Port Size | Cal (kcal) | Fat (g) | Sat Fat (g) | Tfat (g) | Sod (mg) | Carb (g) | Sugar (g) | Pro (g) | Fiber (g) | Iron (%) |
| Turkey Hot Dog | Turkey Frank | 56 g | 100.00 | 7.00 | 2.00 | 0.00 | 470.00 | 4.00 | 1.00 | 6.00 | 0.00 | 6.00% |
| | Hot Dog Bun - WW | 1 | 150.00 | 2.00 | 0.50 | 0.00 | 200.00 | 27.00 | 3.00 | 5.00 | 3.00 | 8.00% |
| Ont - M | TOTAL | | 250.00 | 9.00 | 2.50 | 0.00 | 670.00 | 31.00 | 4.00 | 11.00 | 3.00 | 14.00% |
| | Food Item | Port Size | Cal (kcal) | Fat (g) | Sat Fat (g) | Tfat (g) | Sod (mg) | Carb (g) | Sugar (g) | Pro (g) | Fiber (g) | Iron (%) |
| Turkey Hot Dog with Greek Yogurt Cup & Cucumber Slices SMARTER MEAL | Turkey Frank | 56 g | 100.00 | 7.00 | 2.00 | 0.00 | 470.00 | 4.00 | 1.00 | 6.00 | 0.00 | 6.00% |
| | Hot Dog Bun - WW | 1 | 150.00 | 2.00 | 0.50 | 0.00 | 200.00 | 27.00 | 3.00 | 5.00 | 3.00 | 8.00% |
| | Greek Yogurt Cup | 1 x 100 g | 57.14 | 0.00 | 0.00 | 0.00 | 48.57 | 4.00 | 4.00 | 10.29 | 0.00 | 0.00% |
| | Cucumber - Sliced | 66 g | 10.00 | 0.07 | 0.00 | 0.00 | 1.00 | 2.38 | 0.55 | 0.41 | 0.50 | 1.29% |
| Ont - M | TOTAL | | 317.14 | 9.07 | 2.50 | 0.00 | 719.57 | 37.38 | 8.55 | 21.70 | 3.50 | 15.29% |
| | Food Item | Port Size | Cal (kcal) | Fat (g) | Sat Fat (g) | Tfat (g) | Sod (mg) | Carb (g) | Sugar (g) | Pro (g) | Fiber (g) | Iron (%) |
| Turkey Hot Dog with Vanilla Yogurt & Berries Parfait SMARTER MEAL | Turkey Frank | 56 g | 100.00 | 7.00 | 2.00 | 0.00 | 470.00 | 4.00 | 1.00 | 6.00 | 0.00 | 6.00% |
| | Hot Dog Bun - WW | 1 | 150.00 | 2.00 | 0.50 | 0.00 | 200.00 | 27.00 | 3.00 | 5.00 | 3.00 | 8.00% |
| | Vanilla Yogurt | 100 g | 35.00 | 0.00 | 0.00 | 0.00 | 45.00 | 5.00 | 3.00 | 3.00 | 0.00 | 0.00% |
| | Berries - Mixed Frozen | 60 g | 30.00 | 0.30 | 0.30 | 0.00 | 0.60 | 6.60 | 4.20 | 0.60 | 2.40 | 2.40% |
| Ont - M | TOTAL | | 315.00 | 9.30 | 2.80 | 0.00 | 715.60 | 42.60 | 11.20 | 14.60 | 5.40 | 16.40% |
| TOP OF PAGE | | | | | | | | | | | | |
| PORK | | | | | | | | | | | | |
| | Food Item | Port Size | Cal (kcal) | Fat (g) | Sat Fat (g) | Tfat (g) | Sod (mg) | Carb (g) | Sugar (g) | Pro (g) | Fiber (g) | Iron (%) |
| Deli Ham Sandwich | Bread - Whole Wheat Texas | 2 sl/ 84 g | 210.00 | 2.50 | 1.00 | 0.00 | 340.00 | 40.00 | 3.00 | 9.00 | 4.00 | 10.00% |
| | Deli - Ham | 60 g | 64.29 | 2.14 | 0.54 | 0.00 | 342.86 | 2.14 | 1.07 | 9.64 | 0.00 | 13.8% |
| | Lettuce | 1 leaf | 2.00 | 0.03 | 0.00 | 0.00 | 1.00 | 0.33 | 0.12 | 0.13 | 0.20 | 0.71% |
| | Mayo - lite bulk | 1 tsp | 13.33 | 1.33 | 0.10 | 0.00 | 45.00 | 0.33 | 0.00 | 0.03 | 0.00 | 0.00% |
| Ont - M | TOTAL | | 289.62 | 6.00 | 1.64 | 0.00 | 728.86 | 42.80 | 4.19 | 18.80 | 4.20 | 24.49% |
| | Food Item | Port Size | Cal (kcal) | Fat (g) | Sat Fat (g) | Tfat (g) | Sod (mg) | Carb (g) | Sugar (g) | Pro (g) | Fiber (g) | Iron (%) |
| | Bun - Hoagie Whole Grain | 100 g | 260.00 | 3.00 | 0.50 | 0.00 | 130.00 | 47.00 | 5.00 | 10.00 | 4.00 | 18.71% |

| | | | | | | | | | | | | |
|---|---------------------------|------------------|-------------------|----------------|--------------------|-----------------|-----------------|-----------------|------------------|----------------|------------------|-----------------|
| Deli Ham Submarine | Deli - Ham | 60 g | 64.29 | 2.14 | 0.54 | 0.00 | 342.86 | 2.14 | 1.07 | 9.64 | 0.00 | 13.8% |
| | Lettuce | 1 leaf | 2.00 | 0.03 | 0.00 | 0.00 | 1.00 | 0.33 | 0.12 | 0.13 | 0.20 | 0.71% |
| | Mayo - lite bulk | 1 tsp | 13.33 | 1.33 | 0.10 | 0.00 | 45.00 | 0.33 | 0.00 | 0.03 | 0.00 | 0.00% |
| Ont - M | TOTAL | | 339.62 | 6.50 | 1.14 | 0.00 | 518.86 | 49.80 | 6.19 | 19.80 | 4.20 | 33.20% |
| Deli Ham Wrap | Food Item | Port Size | Cal (kcal) | Fat (g) | Sat Fat (g) | Tfat (g) | Sod (mg) | Carb (g) | Sugar (g) | Pro (g) | Fiber (g) | Iron (%) |
| | Tortilla - Whole Grain | 1 | 190.00 | 5.00 | 0.50 | 0.00 | 160.00 | 31.00 | 0.00 | 6.00 | 3.00 | 10.00% |
| | Deli - Ham | 60 g | 64.29 | 2.14 | 0.54 | 0.00 | 342.86 | 2.14 | 1.07 | 9.64 | 0.00 | 13.8% |
| | Lettuce | 1 leaf | 2.00 | 0.03 | 0.00 | 0.00 | 1.00 | 0.33 | 0.12 | 0.13 | 0.20 | 0.71% |
| | Mayo - lite bulk | 1 tsp | 13.33 | 1.33 | 0.10 | 0.00 | 45.00 | 0.33 | 0.00 | 0.03 | 0.00 | 0.00% |
| Ont - M | TOTAL | | 269.62 | 8.50 | 1.14 | 0.00 | 548.86 | 33.80 | 1.19 | 15.80 | 3.20 | 24.49% |
| Pizzette - Hawaiian | Food Item | Port Size | Cal (kcal) | Fat (g) | Sat Fat (g) | Tfat (g) | Sod (mg) | Carb (g) | Sugar (g) | Pro (g) | Fiber (g) | Iron (%) |
| | Pizza Crust - Whole Wheat | 1 x 85 g | 170.00 | 1.00 | 0.00 | 0.00 | 390.00 | 36.00 | 0.00 | 6.00 | 4.00 | 15.00% |
| | Tomato Sauce | 30 ml | 8.00 | 0.06 | 0.01 | 0.00 | 43.50 | 1.90 | 1.36 | 0.17 | 0.36 | 1.38% |
| | Cheese - Mozz Shredded | 20 g | 54.00 | 3.34 | 2.34 | 0.06 | 134.00 | 0.00 | 0.00 | 5.34 | 0.00 | 0.00% |
| | Deli - Ham | 1 slice (14g) | 15.00 | 0.50 | 0.13 | 0.00 | 80.00 | 0.50 | 0.25 | 2.25 | 0.00 | 3.22% |
| | Diced Pineapple | 1 tbsp | 9.00 | 0.00 | 0.00 | 0.00 | 0.00 | 1.97 | 1.80 | 0.00 | 0.00 | 0.00% |
| | Carrot - Sticks or Baby | 66 g | 23.10 | 0.08 | 0.00 | 0.00 | 51.48 | 5.44 | 3.14 | 0.42 | 1.93 | 3.30% |
| Ont - M | TOTAL | | 279.10 | 4.98 | 2.48 | 0.06 | 698.98 | 45.81 | 6.55 | 14.18 | 6.29 | 22.90% |
| Pizzette - Pepperoni | Food Item | Port Size | Cal (kcal) | Fat (g) | Sat Fat (g) | Tfat (g) | Sod (mg) | Carb (g) | Sugar (g) | Pro (g) | Fiber (g) | Iron (%) |
| | Pizza Crust - Whole Wheat | 1 x 85 g | 170.00 | 1.00 | 0.00 | 0.00 | 390.00 | 36.00 | 0.00 | 6.00 | 4.00 | 15.00% |
| | Tomato Sauce | 30 ml | 8.00 | 0.06 | 0.01 | 0.00 | 43.50 | 1.90 | 1.36 | 0.17 | 0.36 | 1.38% |
| | Cheese - Mozz Shredded | 20 g | 54.00 | 3.34 | 2.34 | 0.06 | 134.00 | 0.00 | 0.00 | 5.34 | 0.00 | 0.00% |
| | Deli - Pepperoni | 15 g | 19.50 | 2.25 | 0.23 | 0.00 | 108.00 | 1.05 | 0.00 | 2.40 | 0.00 | 2.00% |
| | Carrot - Sticks or Baby | 66 g | 23.10 | 0.08 | 0.00 | 0.00 | 51.48 | 5.44 | 3.14 | 0.42 | 1.93 | 3.30% |
| Ont - M | TOTAL | | 274.60 | 6.73 | 2.58 | 0.06 | 726.98 | 44.39 | 4.50 | 14.33 | 6.29 | 21.68% |
| Pork Pizza Rolls | Food Item | Port Size | Cal (kcal) | Fat (g) | Sat Fat (g) | Tfat (g) | Sod (mg) | Carb (g) | Sugar (g) | Pro (g) | Fiber (g) | Iron (%) |
| | Pizza Rolls | 2.00 | 350.00 | 11.00 | 3.50 | 0.50 | 570.00 | 52.00 | 9.00 | 12.00 | 2.00 | 20.00% |
| Ont - L | TOTAL | | 350.00 | 11.00 | 3.50 | 0.50 | 570.00 | 52.00 | 9.00 | 12.00 | 2.00 | 20.00% |
| | | | | | | | | | | | | TOP OF PAGE |
| VEGETARIAN | | | | | | | | | | | | |
| Bagel with Cream Cheese and Sliced Cucumbers | Food Item | Port Size | Cal (kcal) | Fat (g) | Sat Fat (g) | Tfat (g) | Sod (mg) | Carb (g) | Sugar (g) | Pro (g) | Fiber (g) | Iron (%) |
| | Bagel - WW | 85 g | 210.00 | 2.50 | 0.00 | 0.00 | 230.00 | 41.00 | 4.00 | 8.00 | 4.00 | 10.00% |
| | Cheese - Cream lite | 30 ml | 59.70 | 4.35 | 2.73 | 0.15 | 148.50 | 2.46 | 2.46 | 2.61 | 0.06 | 0.00% |
| | Cucumber - Sliced | 66 g | 10.00 | 0.07 | 0.00 | 0.00 | 1.00 | 2.38 | 0.55 | 0.41 | 0.50 | 1.29% |
| Ont - L | TOTAL | | 279.70 | 6.92 | 2.73 | 0.15 | 379.50 | 45.84 | 7.01 | 11.02 | 4.56 | 11.29% |
| Breakfast Burrito | Food Item | Port Size | Cal (kcal) | Fat (g) | Sat Fat (g) | Tfat (g) | Sod (mg) | Carb (g) | Sugar (g) | Pro (g) | Fiber (g) | Iron (%) |
| | Tortilla - Whole Grain | 1 | 190.00 | 5.00 | 0.50 | 0.00 | 160.00 | 31.00 | 0.00 | 6.00 | 3.00 | 10.00% |
| | Egg - scrambled | 1 large | 76.00 | 5.27 | 1.60 | 0.04 | 66.00 | 0.52 | 0.41 | 6.22 | 0.00 | 5.21% |
| | Salsa | 2 tbsp/ 30 ml | 13.00 | 0.00 | 0.00 | 0.00 | 270.00 | 3.00 | 1.00 | 0.50 | 0.50 | 2.00% |
| | Shredded Cheddar Cheese * | 1/2 tbsp/ 3.5 g | 20.00 | 1.50 | 1.00 | 0.05 | 36.67 | 0.17 | 0.00 | 1.17 | 0.00 | 0.00% |
| Ont - M | TOTAL | | 299.00 | 11.77 | 3.10 | 0.09 | 532.67 | 34.69 | 1.41 | 13.89 | 3.50 | 17.21% |
| Breakfast Burrito and Yogurt and Berry Parfait SMARTER MEAL | Food Item | Port Size | Cal (kcal) | Fat (g) | Sat Fat (g) | Tfat (g) | Sod (mg) | Carb (g) | Sugar (g) | Pro (g) | Fiber (g) | Iron (%) |
| | Tortilla - Whole Grain | 1 | 190.00 | 5.00 | 0.50 | 0.00 | 160.00 | 31.00 | 0.00 | 6.00 | 3.00 | 10.00% |
| | Egg White - scrambled | 1 large | 16.00 | 0.00 | 0.00 | 0.00 | 22.00 | 0.39 | 0.23 | 3.30 | 0.00 | 0.00% |
| | Salsa | 2 tbsp/ 30 ml | 13.00 | 0.00 | 0.00 | 0.00 | 270.00 | 3.00 | 1.00 | 0.50 | 0.50 | 2.00% |
| | Shredded Cheddar Cheese * | 1/2 tbsp/ 3.5 g | 20.00 | 1.50 | 1.00 | 0.05 | 36.67 | 0.17 | 0.00 | 1.17 | 0.00 | 0.00% |
| | Greek Yogurt | 118ml | 80.00 | 0.00 | 0.00 | 0.00 | 45.00 | 13.00 | 12.00 | 8.00 | 0.00 | 0.00% |
| Berries - Mixed Frozen | 60 g | 30.00 | 0.30 | 0.30 | 0.00 | 0.60 | 6.60 | 4.20 | 0.60 | 2.40 | 2.40% | |
| Ont - M | TOTAL | | 349.00 | 6.80 | 1.80 | 0.05 | 534.27 | 54.16 | 17.43 | 19.57 | 5.90 | 14.40% |
| Buttery Pasta Parmesan REGULAR PORTION | Food Item | Port Size | Cal (kcal) | Fat (g) | Sat Fat (g) | Tfat (g) | Sod (mg) | Carb (g) | Sugar (g) | Pro (g) | Fiber (g) | Iron (%) |
| | Pasta - Penne | 250 ml | 213.00 | 0.71 | 0.21 | 0.00 | 0.70 | 45.00 | 2.80 | 8.00 | 2.00 | 14.20% |
| | Cheese - Parmesan | 30 ml | 60.00 | 4.00 | 2.50 | 0.10 | 380.00 | 1.00 | 0.00 | 6.00 | 0.00 | 0.00% |
| | Margarine - Becel bulk * | 1 tsp | 35.00 | 4.00 | 0.50 | 0.00 | 35.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00% |
| Ont - M | TOTAL | | 308.00 | 8.71 | 3.21 | 0.10 | 415.70 | 46.00 | 2.80 | 14.00 | 2.00 | 14.20% |
| Buttery Pasta Parmesan LARGER PORTION | Food Item | Port Size | Cal (kcal) | Fat (g) | Sat Fat (g) | Tfat (g) | Sod (mg) | Carb (g) | Sugar (g) | Pro (g) | Fiber (g) | Iron (%) |
| | Pasta - Penne | 375 ml | 319.50 | 1.07 | 0.32 | 0.00 | 1.05 | 67.50 | 4.20 | 12.00 | 3.00 | 21.30% |
| | Cheese - Parmesan | 45 ml | 90.00 | 6.00 | 3.75 | 0.15 | 570.00 | 1.50 | 0.00 | 9.00 | 0.00 | 0.00% |
| | Margarine - Becel bulk * | 2 tsp | 52.50 | 6.00 | 0.75 | 0.00 | 52.50 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00% |
| Ont - M | TOTAL | | 462.00 | 13.07 | 4.82 | 0.15 | 623.55 | 69.00 | 4.20 | 21.00 | 3.00 | 21.30% |
| Buttery Pasta Parmesan with Power Mix Veggies & Apple Slices SMARTER MEAL | Food Item | Port Size | Cal (kcal) | Fat (g) | Sat Fat (g) | Tfat (g) | Sod (mg) | Carb (g) | Sugar (g) | Pro (g) | Fiber (g) | Iron (%) |
| | Pasta - Penne | 250 ml | 213.00 | 0.71 | 0.21 | 0.00 | 0.70 | 45.00 | 2.80 | 8.00 | 2.00 | 14.20% |
| | Cheese - Parmesan | 30 ml | 60.00 | 4.00 | 2.50 | 0.10 | 380.00 | 1.00 | 0.00 | 6.00 | 0.00 | 0.00% |
| | Margarine - Becel bulk * | 1 tsp | 35.00 | 4.00 | 0.50 | 0.00 | 35.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00% |
| | Power Mix Veggies | 1/2 cup | 90.00 | 1.50 | 0.00 | 0.00 | 0.00 | 14.00 | 4.00 | 5.00 | 4.00 | 6.00% |
| | Apples - Sliced | 66 g | 33.00 | 0.14 | 0.00 | 0.00 | 0.00 | 9.00 | 6.50 | 0.20 | 1.58 | 0.00% |
| Ont - M | TOTAL | | 431.00 | 10.35 | 3.21 | 0.10 | 415.70 | 69.00 | 13.30 | 19.20 | 7.58 | 20.20% |
| California Sushi | Food Item | Port Size | Cal (kcal) | Fat (g) | Sat Fat (g) | Tfat (g) | Sod (mg) | Carb (g) | Sugar (g) | Pro (g) | Fiber (g) | Iron (%) |
| | Nishiki Rice | 75 g | 266.00 | 0.00 | 0.00 | 0.00 | 0.00 | 60.00 | 0.00 | 5.00 | 1.00 | 0.00% |
| | Rice Vinegar* | 1 tbsp | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00% |
| | Spices and Seasonings * | DASH | | | | | | | | | | |
| | Seaweed Paper | 1 each | 10.00 | 0.00 | 0.00 | 0.00 | 5.00 | 0.00 | 0.00 | 1.00 | 1.00 | 0.00% |
| | Cucumber Sticks | 2 | 2.00 | 0.00 | 0.00 | 0.00 | 0.36 | 0.38 | 0.00 | 0.10 | 0.00 | 0.00% |
| | Fake Crab | 30 g | 30.00 | 0.20 | 0.06 | 0.00 | 159.00 | 4.50 | 1.90 | 2.30 | 0.15 | 0.80% |
| | Shredded Carrot | 3 tsp | 2.00 | 0.00 | 0.00 | 0.00 | 3.70 | 0.52 | 0.00 | 0.05 | 0.16 | 0.01% |
| Soy Sauce * | 9 ml | 5.00 | 0.00 | 0.00 | 0.00 | 520.00 | 1.00 | 0.00 | 0.00 | 0.00 | 0.80% | |
| Ont - L | TOTAL | | 315.00 | 0.20 | 0.06 | 0.00 | 688.06 | 66.40 | 1.90 | 8.45 | 2.31 | 1.61% |
| Campfire Chili Mac and Cheese with Apple Slices SMARTER MEAL | Food Item | Port Size | Cal (kcal) | Fat (g) | Sat Fat (g) | Tfat (g) | Sod (mg) | Carb (g) | Sugar (g) | Pro (g) | Fiber (g) | Iron (%) |
| | Canola Oil | 5 ml | 41.00 | 4.59 | 0.34 | 0.16 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00% |
| | Onion | 15 ml | 6.00 | 0.02 | 0.01 | 0.00 | 0.60 | 1.40 | 0.63 | 0.17 | 0.26 | 0.00% |
| | Cumin* | pinch | | | | | | | | | | |
| | Garlic Powder * | DASH | | | | | | | | | | |
| | Chili Powder * | pinch | | | | | | | | | | |
| | Power Mix Veggies | 1/2 cup | 90.00 | 1.50 | 0.00 | 0.00 | 0.00 | 14.00 | 4.00 | 5.00 | 4.00 | 6.00% |
| | Diced tomatoes | 60 ml | 8.50 | 0.10 | 0.00 | 0.00 | 2.50 | 1.85 | 1.25 | 0.42 | 0.60 | 0.91% |
| | Tomato Paste | 30 ml | 28.00 | 0.16 | 0.03 | 0.00 | 20.00 | 6.60 | 4.24 | 1.50 | 1.40 | 7.42% |
| Corn | 30 ml | 19.00 | 0.17 | 0.03 | 0.00 | 0.75 | 4.50 | 0.54 | 0.65 | 0.40 | 0.65% | |
| Cheese - Mozz Shredded | 1 tbsp/ 10 g | 27.00 | 1.67 | 1.17 | 0.03 | 67.00 | 0.00 | 0.00 | 2.67 | 0.00 | 0.00% | |

| | | | | | | | | | | | | |
|----------|------------------------------|------------------|-------------------|----------------|--------------------|-----------------|-----------------|-----------------|------------------|----------------|------------------|-----------------|
| | Pasta - Macaroni cooked | 125 ml | 90.00 | 0.25 | 0.00 | 0.00 | 0.00 | 19.00 | 0.75 | 3.25 | 1.00 | 8.00% |
| | Apples - Sliced | 66 g | 33.00 | 0.14 | 0.00 | 0.00 | 0.00 | 9.00 | 6.50 | 0.20 | 1.58 | 0.00% |
| Ont - M | TOTAL | | 342.50 | 8.60 | 1.58 | 0.19 | 90.85 | 56.35 | 17.91 | 13.86 | 9.24 | 22.98% |
| | Food Item | Port Size | Cal (kcal) | Fat (g) | Sat Fat (g) | Tfat (g) | Sod (mg) | Carb (g) | Sugar (g) | Pro (g) | Fiber (g) | Iron (%) |
| | Nishiki Rice | 75 g | 266.00 | 0.00 | 0.00 | 0.00 | 0.00 | 60.00 | 0.00 | 5.00 | 1.00 | 0.00% |
| | Rice Vinegar* | 15ml | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00% |
| | Spices and Seasonings * | DASH | | | | | | | | | | |
| | Seaweed Paper | 1 each | 10.00 | 0.00 | 0.00 | 0.00 | 5.00 | 0.00 | 0.00 | 1.00 | 1.00 | 0.00% |
| | Cucumber Sticks | 2 | 2.00 | 0.00 | 0.00 | 0.00 | 0.36 | 0.38 | 0.00 | 0.10 | 0.00 | 0.00% |
| | Shredded Carrot | 3 tsp | 2.00 | 0.00 | 0.00 | 0.00 | 3.70 | 0.52 | 0.00 | 0.05 | 0.16 | 0.01% |
| | Soy Sauce | 9ml | 5.00 | 0.00 | 0.00 | 0.00 | 520.00 | 1.00 | 0.38 | 0.02 | 0.00 | 0.12% |
| Ont - L | TOTAL | | 285.00 | 0.00 | 0.00 | 0.00 | 529.06 | 61.90 | 0.38 | 6.17 | 2.16 | 0.13% |
| | Food Item | Port Size | Cal (kcal) | Fat (g) | Sat Fat (g) | Tfat (g) | Sod (mg) | Carb (g) | Sugar (g) | Pro (g) | Fiber (g) | Iron (%) |
| | Tortilla - Whole Grain | 1 | 190.00 | 5.00 | 0.50 | 0.00 | 160.00 | 31.00 | 0.00 | 6.00 | 3.00 | 10.00% |
| | Salsa | 2 tbsp/ 30 ml | 13.00 | 0.00 | 0.00 | 0.00 | 270.00 | 3.00 | 1.00 | 0.50 | 0.50 | 2.00% |
| | Shredded Cheddar Cheese | 5 tbsp/ 50 g | 200.00 | 15.00 | 10.00 | 0.50 | 366.65 | 1.65 | 0.00 | 11.65 | 0.00 | 0.00% |
| | No Fat Sour Cream * | 1 oz | 20.00 | 0.40 | 0.30 | 0.00 | 30.00 | 3.00 | 2.00 | 2.00 | 0.00 | 0.00% |
| | TOTAL | | 423.00 | 20.40 | 10.80 | 0.50 | 826.65 | 38.65 | 3.00 | 20.15 | 3.50 | 12.00% |
| | Food Item | Port Size | Cal (kcal) | Fat (g) | Sat Fat (g) | Tfat (g) | Sod (mg) | Carb (g) | Sugar (g) | Pro (g) | Fiber (g) | Iron (%) |
| | Cheese Tortellini - frozen | 100 g | 310.00 | 6.00 | 0.50 | 0.10 | 420.00 | 53.00 | 5.00 | 9.00 | 3.00 | 0.08% |
| | Tomato Sauce | 125 ml | 32.00 | 0.23 | 0.03 | 0.00 | 174.00 | 7.59 | 5.42 | 0.68 | 1.45 | 5.50% |
| | Cheese - Mozz Shredded | 1 tbsp/ 10 g | 27.00 | 1.67 | 1.17 | 0.03 | 67.00 | 0.00 | 0.00 | 2.67 | 0.00 | 0.00% |
| | Green Beans | 1/2 c/ 60 g | 22.15 | 0.07 | 0.02 | 0.00 | 3.60 | 4.28 | 0.84 | 1.09 | 2.04 | 4.46% |
| Ont - M | TOTAL | | 391.15 | 7.97 | 1.72 | 0.13 | 664.60 | 64.87 | 11.26 | 13.44 | 6.49 | 10.04% |
| | Food Item | Port Size | Cal (kcal) | Fat (g) | Sat Fat (g) | Tfat (g) | Sod (mg) | Carb (g) | Sugar (g) | Pro (g) | Fiber (g) | Iron (%) |
| | Carrots | 22 g | 7.70 | 0.03 | 0.00 | 0.00 | 17.16 | 1.81 | 1.05 | 0.14 | 0.64 | 0.02% |
| | Apples - Sliced | 33 g | 17.00 | 0.07 | 0.00 | 0.00 | 0.33 | 4.65 | 3.30 | 0.10 | 0.77 | 0.00% |
| | Cucumber - Sliced | 33 g | 5.00 | 0.04 | 0.00 | 0.00 | 0.50 | 1.20 | 0.28 | 0.21 | 0.25 | 1.00% |
| | Bun - WW Dinner | 1 | 100.00 | 1.50 | 0.40 | 0.00 | 210.00 | 19.00 | 2.00 | 4.00 | 2.00 | 4.00% |
| | Dried Cranberries | 1 tbsp/ 10 g | 7.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 1.89 | 0.00 | 0.21 | 0.00% |
| | Cheese - Cheddar Slice (1) | 1 sl/ 14 g | 60.00 | 4.50 | 3.00 | 0.10 | 95.00 | 0.00 | 0.00 | 3.00 | 0.00 | 0.00% |
| | Cherry Tomatoes | 4 | 12.00 | 0.12 | 0.00 | 0.00 | 4.00 | 2.64 | 1.80 | 0.60 | 0.80 | 1.43% |
| | Chickpeas | 2 tbsp/ 25 g | 29.75 | 0.29 | 0.03 | 0.00 | 74.75 | 5.65 | 0.00 | 1.24 | 1.10 | 10.00% |
| | Housemade Ranch | 30 ml | 39.48 | 2.25 | 0.46 | 0.00 | 367.79 | 2.61 | 1.60 | 2.23 | 0.18 | 1.30% |
| Ont - M | TOTAL | | 277.93 | 8.79 | 3.89 | 0.10 | 769.53 | 37.5628 | 11.9172 | 11.5208 | 5.9524 | 17.74% |
| | Food Item | Port Size | Cal (kcal) | Fat (g) | Sat Fat (g) | Tfat (g) | Sod (mg) | Carb (g) | Sugar (g) | Pro (g) | Fiber (g) | Iron (%) |
| | Hard-boiled Egg, Med | 1 egg | 69.00 | 4.32 | 1.33 | 0.01 | 46.50 | 0.55 | 0.00 | 6.99 | 0.15 | 6.43% |
| | Apples - Sliced | 66 g | 33.00 | 0.00 | 0.00 | 0.00 | 0.00 | 9.00 | 6.50 | 0.20 | 1.58 | 0.00% |
| | Assorted Veggies | 66 g | 50.00 | 0.00 | 0.00 | 0.00 | 3.60 | 8.40 | 4.80 | 0.00 | 1.20 | 2.40% |
| | Cherry Tomatoes | 3 | 9.00 | 0.09 | 0.00 | 0.00 | 3.00 | 1.98 | 1.35 | 0.45 | 0.60 | 1.07% |
| | Soda Crackers (4) | 12 g | 50.00 | 1.00 | 0.20 | 10.00 | 50.00 | 10.00 | 0.00 | 1.00 | 0.00 | 14.28% |
| | Cheese - Cheddar Slice (1/2) | 1/2 sl (7 g) | 30.00 | 2.25 | 1.50 | 0.05 | 47.50 | 0.00 | 0.00 | 1.50 | 0.00 | 0.00% |
| | Housemade Ranch | 30 ml | 39.48 | 2.25 | 0.46 | 0.00 | 367.79 | 2.61 | 1.60 | 2.23 | 0.18 | 1.30% |
| Ont - M | TOTAL | | 280.48 | 9.91 | 3.49 | 10.06 | 518.39 | 32.54 | 14.25 | 12.37 | 3.71 | 25.48% |
| | Food Item | Port Size | Cal (kcal) | Fat (g) | Sat Fat (g) | Tfat (g) | Sod (mg) | Carb (g) | Sugar (g) | Pro (g) | Fiber (g) | Iron (%) |
| | Bread - Whole Wheat Texas | 2 sl/ 84 g | 210.00 | 2.50 | 1.00 | 0.00 | 340.00 | 40.00 | 3.00 | 9.00 | 4.00 | 10.00% |
| | Cheese - Cheddar Slice (2) | 2 sl/ 28 g | 120.00 | 9.00 | 6.00 | 0.20 | 190.00 | 0.00 | 0.00 | 6.00 | 0.00 | 0.00% |
| | Margarine - Becel bulk * | 1 tsp | 35.00 | 4.00 | 0.50 | 0.00 | 35.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00% |
| Ont - L | TOTAL | | 365.00 | 15.50 | 7.50 | 0.20 | 565.00 | 40.00 | 3.00 | 15.00 | 4.00 | 10.00% |
| | Food Item | Port Size | Cal (kcal) | Fat (g) | Sat Fat (g) | Tfat (g) | Sod (mg) | Carb (g) | Sugar (g) | Pro (g) | Fiber (g) | Iron (%) |
| | Bread - Whole Wheat Texas | 1.5 sl/ 63 g | 157.50 | 1.88 | 0.75 | 0.00 | 255.00 | 30.00 | 2.25 | 6.75 | 3.00 | 7.50% |
| | Cheese - Cheddar Slice (1.5) | 1.5 sl/ 21 g | 90.00 | 6.75 | 4.50 | 0.15 | 142.50 | 0.00 | 0.00 | 4.50 | 0.00 | 0.00% |
| | Margarine - Becel bulk * | 1 tsp | 35.00 | 4.00 | 0.50 | 0.00 | 35.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00% |
| | Add sides | | | | | | | | | | | |
| Ont - M | TOTAL | | 282.50 | 12.63 | 5.75 | 0.15 | 432.50 | 30.00 | 2.25 | 11.25 | 3.00 | 7.50% |
| | Food Item | Port Size | Cal (kcal) | Fat (g) | Sat Fat (g) | Tfat (g) | Sod (mg) | Carb (g) | Sugar (g) | Pro (g) | Fiber (g) | Iron (%) |
| | Bread - Whole Wheat Texas | 2 sl/ 84 g | 210.00 | 2.50 | 1.00 | 0.00 | 340.00 | 40.00 | 3.00 | 9.00 | 4.00 | 10.00% |
| | Cheese - Mozz Shredded | 30 ml | 54.00 | 3.34 | 2.34 | 0.08 | 134.00 | 0.00 | 0.00 | 5.34 | 0.00 | 0.00% |
| | Margarine - Becel bulk * | 1 tsp | 35.00 | 4.00 | 0.50 | 0.00 | 35.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00% |
| Ont - L | TOTAL | | 299.00 | 9.84 | 3.84 | 0.08 | 509.00 | 40.00 | 3.00 | 14.34 | 4.00 | 10.00% |
| | Food Item | Port Size | Cal (kcal) | Fat (g) | Sat Fat (g) | Tfat (g) | Sod (mg) | Carb (g) | Sugar (g) | Pro (g) | Fiber (g) | Iron (%) |
| | Bread - Whole Wheat Texas | 2 sl/ 84 g | 210.00 | 2.50 | 1.00 | 0.00 | 340.00 | 40.00 | 3.00 | 9.00 | 4.00 | 10.00% |
| | Cheese - Mozz Shredded | 45 ml | 81.00 | 5.01 | 3.51 | 0.12 | 201.00 | 0.00 | 0.00 | 8.01 | 0.00 | 0.00% |
| | Margarine - Becel bulk * | 1 tsp | 35.00 | 4.00 | 0.50 | 0.00 | 35.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00% |
| Ont - L | TOTAL | | 326.00 | 11.51 | 5.01 | 0.12 | 576.00 | 40.00 | 3.00 | 17.01 | 4.00 | 10.00% |
| | Food Item | Port Size | Cal (kcal) | Fat (g) | Sat Fat (g) | Tfat (g) | Sod (mg) | Carb (g) | Sugar (g) | Pro (g) | Fiber (g) | Iron (%) |
| | Pasta - Macaroni cooked | 125 ml | 90.00 | 0.25 | 0.00 | 0.00 | 0.00 | 19.00 | 0.75 | 3.25 | 1.00 | 8.00% |
| | Margarine - Becel bulk * | 1 tsp | 35.00 | 4.00 | 0.50 | 0.00 | 35.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00% |
| | All-Purpose Flour * | 1 tsp | 3.64 | 0.02 | 0.00 | 0.00 | 0.00 | 0.71 | 0.00 | 0.12 | 0.03 | 2.60% |
| | 1% Milk * | 75 ml | 35.60 | 0.89 | 0.53 | 0.00 | 40.94 | 4.27 | 3.92 | 3.20 | 0.00 | 0.00% |
| | Shredded Medium Cheddar | 36 g | 144.00 | 10.00 | 6.00 | 0.36 | 264.00 | 1.00 | 0.00 | 8.00 | 0.00 | 0.00% |
| | Minced Onion | DASH | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00% |
| | Cheese - Cheddar Slice (1/2) | 1/2 sl/ 7 g | 30.00 | 2.25 | 1.50 | 0.05 | 47.50 | 0.00 | 0.00 | 1.50 | 0.00 | 0.00% |
| Ont - L | TOTAL | | 338.24 | 17.41 | 8.53 | 0.41 | 387.44 | 24.98 | 4.67 | 16.07 | 1.03 | 10.60% |
| | Food Item | Port Size | Cal (kcal) | Fat (g) | Sat Fat (g) | Tfat (g) | Sod (mg) | Carb (g) | Sugar (g) | Pro (g) | Fiber (g) | Iron (%) |
| | Pasta - Macaroni cooked | 82.5 ml | 60.00 | 0.17 | 0.00 | 0.00 | 0.00 | 12.54 | 0.50 | 2.14 | 0.66 | 5.28% |
| | Margarine - Becel bulk * | 1 tsp | 35.00 | 4.00 | 0.50 | 0.00 | 35.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00% |
| | All-Purpose Flour * | 1 tsp | 3.64 | 0.02 | 0.00 | 0.00 | 0.00 | 0.71 | 0.00 | 0.12 | 0.03 | 2.60% |
| | 1% Milk * | 58.7 ml | 23.48 | 0.59 | 0.35 | 0.00 | 27.00 | 2.82 | 2.58 | 2.11 | 0.00 | 0.00% |
| | Shredded Medium Cheddar | 23.7 g | 95.00 | 6.60 | 4.62 | 0.23 | 174.24 | 0.66 | 0.00 | 5.28 | 0.00 | 0.00% |
| | Spices and Seasonings * | DASH | | | | | | | | | | |
| | Cheese - Cheddar Slice (1/2) | 1/2 sl/ 7 g | 30.00 | 2.25 | 1.50 | 0.05 | 47.50 | 0.00 | 0.00 | 1.50 | 0.00 | 0.00% |
| Ont - L | TOTAL | | 247.12 | 13.63 | 6.97 | 0.28 | 283.74 | 16.73 | 3.08 | 11.15 | 0.69 | 7.88% |
| | Food Item | Port Size | Cal (kcal) | Fat (g) | Sat Fat (g) | Tfat (g) | Sod (mg) | Carb (g) | Sugar (g) | Pro (g) | Fiber (g) | Iron (%) |
| | Pancakes - whole grain | 3 | 203.00 | 3.11 | 0.45 | 0.00 | 540.00 | 41.60 | 7.10 | 4.44 | 6.00 | 15.00% |
| | Syrup * - ind packet | 16 ml | 60.00 | 0.00 | 0.00 | 0.00 | 3.00 | 14.00 | 13.00 | 0.00 | 0.00 | 0.00% |
| Ont - M | TOTAL | | 263.00 | 3.11 | 0.45 | 0.00 | 543.00 | 55.60 | 20.10 | 4.44 | 6.00 | 15.00% |
| Pancakes | Food Item | Port Size | Cal (kcal) | Fat (g) | Sat Fat (g) | Tfat (g) | Sod (mg) | Carb (g) | Sugar (g) | Pro (g) | Fiber (g) | Iron (%) |

| Food Item | Port Size | Cal (kcal) | Fat (g) | Sat Fat (g) | Tfat (g) | Sod (mg) | Carb (g) | Sugar (g) | Pro (g) | Fiber (g) | Iron (%) | TOTAL | | |
|--|----------------------------------|----------------|---------|-------------|----------|----------|----------|-----------|---------|-----------|----------|------------|---------|-------------|
| | | | | | | | | | | | | Cal (kcal) | Fat (g) | Sat Fat (g) |
| LITTLE LUNCHES <i>(scroll down for sides as per your menu)</i> | Pancakes - whole grain | 2 | 153.00 | 2.34 | 0.34 | 0.00 | 406.00 | 31.34 | 5.34 | 3.34 | 4.00 | 10.00% | | |
| | Syrup *- ind packet | 16 ml | 60.00 | 0.00 | 0.00 | 0.00 | 3.00 | 14.00 | 13.00 | 0.00 | 0.00 | 0.00% | | |
| | Add side items | | | | | | | | | | | | | |
| Ont - M | | | 213.00 | 2.34 | 0.34 | 0.00 | 409.00 | 45.34 | 18.34 | 3.34 | 4.00 | 10.00% | | |
| Pancakes with Greek Yogurt and Berry Parfait SMARTER MEAL | Pancakes - whole grain | 3 | 203.00 | 3.11 | 0.45 | 0.00 | 540.00 | 41.60 | 7.10 | 4.44 | 6.00 | 15.00% | | |
| | Greek Yogurt | 118 ml | 80.00 | 0.00 | 0.00 | 0.00 | 45.00 | 13.00 | 12.00 | 8.00 | 0.00 | 0.00% | | |
| | Berries - Mixed Frozen | 66 g | 33.00 | 0.33 | 0.33 | 0.00 | 0.66 | 7.26 | 4.62 | 0.66 | 2.64 | 2.64% | | |
| | Syrup *- ind packet | 16 ml | 60.00 | 0.00 | 0.00 | 0.00 | 3.00 | 14.00 | 13.00 | 0.00 | 0.00 | 0.00% | | |
| | TOTAL | | 376.00 | 3.44 | 0.78 | 0.00 | 588.66 | 75.86 | 36.72 | 13.10 | 8.64 | 17.64% | | |
| Pancakes with Scrambled Egg and Applesauce | Pancakes - whole grain | 2 | 153.00 | 2.34 | 0.34 | 0.00 | 406.00 | 31.34 | 5.34 | 3.34 | 4.00 | 10.00% | | |
| | Egg - scrambled | 1 large | 76.00 | 5.27 | 1.60 | 0.04 | 66.00 | 0.52 | 0.41 | 6.22 | 0.00 | 5.21% | | |
| | 1% Milk * | 5 ml | 2.00 | 0.05 | 0.03 | 0.00 | 2.30 | 0.24 | 0.22 | 0.18 | 0.00 | 0.00% | | |
| | Syrup *- ind packet | 16 ml | 60.00 | 0.00 | 0.00 | 0.00 | 3.00 | 14.00 | 13.00 | 0.00 | 0.00 | 0.00% | | |
| | Apples - Fruit Sauce | 113 g | 60.00 | 0.00 | 0.00 | 0.00 | 25.00 | 17.00 | 13.00 | 0.00 | 2.00 | 0.00% | | |
| | TOTAL | | 351.00 | 7.66 | 1.97 | 0.04 | 502.30 | 63.10 | 31.97 | 9.74 | 6.00 | 15.21% | | |
| Pancakes with Veggie Breakfast Links and Applesauce | Pancakes - whole grain | 2 | 153.00 | 2.34 | 0.34 | 0.00 | 406.00 | 31.34 | 5.34 | 3.34 | 4.00 | 10.00% | | |
| | Veggie Breakfast Links (2) | 50 g | 70.00 | 1.50 | 0.20 | 0.00 | 450.00 | 4.00 | 2.00 | 10.00 | 1.00 | 20.00% | | |
| | Syrup *- ind packet | 16 ml | 60.00 | 0.00 | 0.00 | 0.00 | 3.00 | 14.00 | 13.00 | 0.00 | 0.00 | 0.00% | | |
| | Apples - Fruit Sauce | 113 g | 60.00 | 0.00 | 0.00 | 0.00 | 25.00 | 17.00 | 13.00 | 0.00 | 2.00 | 0.00% | | |
| | TOTAL | | 343.00 | 3.84 | 0.54 | 0.00 | 884.00 | 66.34 | 33.34 | 13.34 | 7.00 | 30.00% | | |
| Pasta Parmesan and Power Mix SMARTER MEAL | Pasta - Penne | 250 ml | 213.00 | 0.71 | 0.21 | 0.00 | 0.70 | 45.00 | 2.80 | 8.00 | 2.00 | 14.20% | | |
| | Cheese - Parmesan | 15 ml | 30.00 | 0.75 | 0.50 | 0.25 | 150.00 | 0.00 | 0.00 | 1.50 | 0.00 | 0.00% | | |
| | Margarine - Becel bulk * | 5 ml | 35.00 | 4.00 | 0.50 | 0.00 | 35.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00% | | |
| | Power Mix Veggies | 1/2 cup | 90.00 | 1.50 | 0.00 | 0.00 | 0.00 | 14.00 | 4.00 | 5.00 | 4.00 | 6.00% | | |
| | Apples - Sliced | 66 g | 33.00 | 0.14 | 0.00 | 0.00 | 0.00 | 9.00 | 6.50 | 0.20 | 1.58 | 0.00% | | |
| | TOTAL | | 401.00 | 7.10 | 1.21 | 0.25 | 185.70 | 68.00 | 13.30 | 14.70 | 7.58 | 20.20% | | |
| Perogies and Sour Cream | Perogies - Potato/Cheese (Large) | 210 g (7 Lg) | 385.00 | 3.50 | 0.00 | 0.00 | 735.00 | 75.25 | 1.75 | 10.50 | 3.50 | 26.25% | | |
| | Margarine - Becel bulk * | 1 tsp | 35.00 | 4.00 | 0.50 | 0.00 | 35.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00% | | |
| | No Fat Sour Cream * | 1 oz | 20.00 | 0.40 | 0.30 | 0.00 | 30.00 | 3.00 | 2.00 | 2.00 | 0.00 | 0.00% | | |
| | TOTAL | | 440.00 | 7.90 | 0.80 | 0.00 | 800.00 | 78.25 | 3.75 | 12.50 | 3.50 | 26.25% | | |
| Perogies and Sour Cream | Perogies - Potato/Cheese (Small) | 210 g (15 Sm) | 410.98 | 3.74 | 0.00 | 0.00 | 784.59 | 80.33 | 1.87 | 11.21 | 3.74 | 28.02% | | |
| | Margarine - Becel bulk * | 1 tsp | 35.00 | 4.00 | 0.50 | 0.00 | 35.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00% | | |
| | No Fat Sour Cream * | 1 oz | 20.00 | 0.40 | 0.30 | 0.00 | 30.00 | 3.00 | 2.00 | 2.00 | 0.00 | 0.00% | | |
| | TOTAL | | 465.98 | 8.14 | 0.80 | 0.00 | 849.59 | 83.33 | 3.87 | 13.21 | 3.74 | 28.02% | | |
| Perogies with Peas & Carrots and Sour Cream | Perogies - Potato/Cheese (Large) | 210 g (7 Lg) | 385.00 | 3.50 | 0.00 | 0.00 | 735.00 | 75.25 | 1.75 | 10.50 | 3.50 | 26.25% | | |
| | Margarine - Becel bulk * | 1 tsp | 35.00 | 4.00 | 0.50 | 0.00 | 35.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00% | | |
| | Peas and Carrots | 125 ml | 40.00 | 0.00 | 0.00 | 0.00 | 55.00 | 8.00 | 4.00 | 2.00 | 3.00 | 0.00% | | |
| | No Fat Sour Cream * | 1 oz | 20.00 | 0.40 | 0.30 | 0.00 | 30.00 | 3.00 | 2.00 | 2.00 | 0.00 | 0.00% | | |
| | TOTAL | | 480.00 | 7.90 | 0.80 | 0.00 | 855.00 | 86.25 | 7.75 | 14.50 | 6.50 | 26.25% | | |
| Perogies with Peas & Carrots and Sour Cream | Perogies - Potato/Cheese (Small) | 210 g (15 Sm) | 410.98 | 3.74 | 0.00 | 0.00 | 784.59 | 80.33 | 1.87 | 11.21 | 3.74 | 28.02% | | |
| | Margarine - Becel bulk * | 1 tsp | 35.00 | 4.00 | 0.50 | 0.00 | 35.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00% | | |
| | Peas and Carrots | 125 ml | 40.00 | 0.00 | 0.00 | 0.00 | 55.00 | 8.00 | 4.00 | 2.00 | 3.00 | 0.00% | | |
| | No Fat Sour Cream * | 1 oz | 20.00 | 0.40 | 0.30 | 0.00 | 30.00 | 3.00 | 2.00 | 2.00 | 0.00 | 0.00% | | |
| | TOTAL | | 505.98 | 8.14 | 0.80 | 0.00 | 904.59 | 91.33 | 7.87 | 15.21 | 6.74 | 28.02% | | |
| Perogies with Power Mix Veggies and Sour Cream SMARTER MEAL | Perogies - Potato/Cheese (Large) | 150 g (5 Lg) | 280.04 | 2.55 | 0.00 | 0.00 | 534.63 | 54.74 | 1.27 | 7.64 | 2.55 | 19.09% | | |
| | Margarine - Becel bulk * | 5 ml | 35.00 | 4.00 | 0.50 | 0.00 | 35.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00% | | |
| | Power Mix Veggies | 1/2 cup | 90.00 | 1.50 | 0.00 | 0.00 | 0.00 | 14.00 | 4.00 | 5.00 | 4.00 | 6.00% | | |
| | No Fat Sour Cream * | 1 oz | 20.00 | 0.40 | 0.30 | 0.00 | 30.00 | 3.00 | 2.00 | 2.00 | 0.00 | 0.00% | | |
| | Apples - Fruit Sauce | 113 g | 60.00 | 0.00 | 0.00 | 0.00 | 25.00 | 17.00 | 13.00 | 0.00 | 2.00 | 0.00% | | |
| | TOTAL | | 485.04 | 8.45 | 0.80 | 0.00 | 624.63 | 88.74 | 20.27 | 14.64 | 8.55 | 25.09% | | |
| Perogies with Power Mix Veggies and Sour Cream SMARTER MEAL | Perogies - Potato/Cheese (Small) | 154 g (11 Sm) | 272.80 | 2.48 | 0.00 | 0.00 | 520.80 | 53.32 | 1.24 | 7.44 | 2.48 | 18.60% | | |
| | Margarine - Becel bulk * | 5 ml | 35.00 | 4.00 | 0.50 | 0.00 | 35.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00% | | |
| | Power Mix Veggies | 1/2 cup | 90.00 | 1.50 | 0.00 | 0.00 | 0.00 | 14.00 | 4.00 | 5.00 | 4.00 | 6.00% | | |
| | No Fat Sour Cream * | 1 oz | 20.00 | 0.40 | 0.30 | 0.00 | 30.00 | 3.00 | 2.00 | 2.00 | 0.00 | 0.00% | | |
| | Apples - Fruit Sauce | 113 g | 60.00 | 0.00 | 0.00 | 0.00 | 25.00 | 17.00 | 13.00 | 0.00 | 2.00 | 0.00% | | |
| | TOTAL | | 477.80 | 8.38 | 0.80 | 0.00 | 610.80 | 87.32 | 20.24 | 14.44 | 8.48 | 24.60% | | |
| Pizzette - Cheese | Pizza Crust - Whole Wheat | 1 x 85 g | 170.00 | 1.00 | 0.00 | 0.00 | 390.00 | 36.00 | 0.00 | 6.00 | 4.00 | 15.00% | | |
| | Tomato Sauce | 30 ml | 8.00 | 0.06 | 0.01 | 0.00 | 43.50 | 1.90 | 1.36 | 0.17 | 0.36 | 1.38% | | |
| | Cheese - Mozz Shredded | 20 g | 54.00 | 3.34 | 2.34 | 0.06 | 134.00 | 0.00 | 0.00 | 5.34 | 0.00 | 0.00% | | |
| | Carrot - Sticks or Baby | 66 g | 23.10 | 0.08 | 0.00 | 0.00 | 51.48 | 5.44 | 3.14 | 0.42 | 1.93 | 3.30% | | |
| | TOTAL | | 255.10 | 4.48 | 2.35 | 0.06 | 618.98 | 43.34 | 4.50 | 11.93 | 6.29 | 19.68% | | |
| Spaghetti and Tomato Sauce | Pasta - Spaghetti WW | 250 ml | 252.00 | 1.40 | 0.28 | 0.00 | 3.50 | 50.40 | 2.10 | 9.10 | 7.00 | 0.00% | | |
| | Tomato Sauce | 125 ml | 32.00 | 0.23 | 0.03 | 0.00 | 174.00 | 7.59 | 5.42 | 0.68 | 1.45 | 5.50% | | |
| | Cheese - Parmesan | 15 ml | 30.00 | 0.75 | 0.50 | 0.25 | 150.00 | 0.00 | 0.00 | 1.50 | 0.00 | 0.00% | | |
| | TOTAL | | 314.00 | 2.38 | 0.81 | 0.25 | 327.50 | 57.99 | 7.52 | 11.28 | 8.45 | 5.50% | | |
| Sunshine Sandwich with Fresh Egg and Cheddar Cheese | Egg - fresh | 1 egg | 76.00 | 5.27 | 1.60 | 0.04 | 66.00 | 0.52 | 0.41 | 6.22 | 0.00 | 5.21% | | |
| | Cheese - Cheddar Slice (1) | 1 sl/ 14 g | 60.00 | 4.50 | 3.00 | 0.10 | 95.00 | 0.00 | 0.00 | 3.00 | 0.00 | 0.00% | | |
| | English Muffin - Whole Wheat | 57g | 130.00 | 2.00 | 0.50 | 0.00 | 210.00 | 22.00 | 1.00 | 6.00 | 3.00 | 6.00% | | |
| Ont - L | | | 266.00 | 11.77 | 5.10 | 0.14 | 371.00 | 22.52 | 1.41 | 15.22 | 3.00 | 11.21% | | |
| Sunshine Sandwich with Fresh Egg & Mozzarella Cheese SMARTER MEAL | Egg - fresh | 1 egg | 76.00 | 5.27 | 1.60 | 0.04 | 66.00 | 0.52 | 0.41 | 6.22 | 0.00 | 5.21% | | |
| | Cheese - Mozz Shredded | 1 tbspl/ 10 g | 27.00 | 1.67 | 1.17 | 0.03 | 67.00 | 0.00 | 0.00 | 2.67 | 0.00 | 0.00% | | |
| | English Muffin - Whole Wheat | 57g | 130.00 | 2.00 | 0.50 | 0.00 | 210.00 | 22.00 | 1.00 | 6.00 | 3.00 | 6.00% | | |
| | Salsa | 2 tbspl/ 30 ml | 13.00 | 0.00 | 0.00 | 0.00 | 270.00 | 3.00 | 1.00 | 0.50 | 0.50 | 2.00% | | |
| | Orange - Slices | 66 g | 29.00 | 0.12 | 0.00 | 0.00 | 1.80 | 15.00 | 4.80 | 0.86 | 2.97 | 0.50% | | |

| ONTARIO | | | | | | | | | | | | |
|--|----------------------------------|---------------|---------------|--------------|-------------|-------------|---------------|--------------|-------------|--------------|-------------|---------------|
| Ont - M | TOTAL | | 275.00 | 9.06 | 3.27 | 0.07 | 614.80 | 40.52 | 7.21 | 16.25 | 6.47 | 13.71% |
| | Food Item | Port Size | Cal (kcal) | Fat (g) | Sat Fat (g) | Tfat (g) | Sod (mg) | Carb (g) | Sugar (g) | Pro (g) | Fiber (g) | Iron (%) |
| Tex Mex Egg Wrap | Tortilla - Whole Grain | 1 | 190.00 | 5.00 | 0.50 | 0.00 | 160.00 | 31.00 | 0.00 | 6.00 | 3.00 | 10.00% |
| | Egg - scrambled | 1 large | 76.00 | 5.27 | 1.60 | 0.04 | 66.00 | 0.52 | 0.41 | 6.22 | 0.00 | 5.21% |
| | Lettuce - Romaine | 125 ml | 5.00 | 0.90 | 0.01 | 0.00 | 2.50 | 0.92 | 0.35 | 0.38 | 0.60 | 2.00% |
| | Corn | 15 ml | 9.41 | 0.18 | 0.05 | 0.00 | 0.35 | 2.12 | 0.35 | 0.35 | 0.24 | 0.24% |
| | Shredded Cheddar Cheese | 1 tbsp/ 7 g | 40.00 | 3.00 | 2.00 | 0.10 | 73.33 | 0.33 | 0.00 | 2.33 | 0.00 | 0.00% |
| | Ranch Dressing * | 15 ml | 19.98 | 1.13 | 0.23 | 0.00 | 109.12 | 1.32 | 0.80 | 1.13 | 0.09 | 0.65% |
| | Salsa | 1 tbsp/ 15 ml | 6.50 | 0.00 | 0.00 | 0.00 | 135.00 | 1.50 | 0.50 | 0.25 | 0.25 | 1.00% |
| Ont - M | TOTAL | | 346.89 | 15.48 | 4.39 | 0.14 | 546.30 | 37.71 | 2.41 | 16.66 | 4.18 | 19.10% |
| Vegetarian Bean and Corn Burrito with Cheese | Tortilla - Whole Grain | 1 | 190.00 | 5.00 | 0.50 | 0.00 | 160.00 | 31.00 | 0.00 | 6.00 | 3.00 | 10.00% |
| | Rice - Brown (CNF) | 125 ml | 115.00 | 0.86 | 0.17 | 0.00 | 1.00 | 24.22 | 0.36 | 2.39 | 2.00 | 3.93% |
| | Black Beans | 2 tbsp/ 30 ml | 31.20 | 0.24 | 0.02 | 0.00 | 86.40 | 5.52 | 0.24 | 2.16 | 1.44 | 3.60% |
| | Corn | 2 tbsp/ 30 ml | 19.00 | 0.17 | 0.28 | 0.00 | 0.75 | 4.50 | 0.50 | 0.67 | 0.40 | 1.00% |
| | Salsa | 2 tbsp/ 30 ml | 13.00 | 0.00 | 0.00 | 0.00 | 270.00 | 3.00 | 1.00 | 0.50 | 0.50 | 2.00% |
| | Cheese - Mozz Shredded | 1 tbsp/ 10 g | 27.00 | 1.67 | 1.17 | 0.03 | 67.00 | 0.00 | 0.00 | 2.67 | 0.00 | 0.00% |
| | No Fat Sour Cream * | 1 oz | 20.00 | 0.40 | 0.30 | 0.00 | 30.00 | 3.00 | 2.00 | 2.00 | 0.00 | 0.00% |
| Ont - M | TOTAL | | 415.20 | 8.34 | 2.44 | 0.03 | 615.15 | 71.24 | 4.10 | 16.39 | 7.34 | 20.53% |
| Veggie Burger | Food Item | Port Size | Cal (kcal) | Fat (g) | Sat Fat (g) | Tfat (g) | Sod (mg) | Carb (g) | Sugar (g) | Pro (g) | Fiber (g) | Iron (%) |
| | Soy Based Veggie Burger | 1 x 96.4 g | 120.00 | 3.00 | 0.20 | 0.00 | 530.00 | 8.00 | 1.00 | 15.00 | 4.00 | 37.14% |
| | Bun - WW Burger | 1 | 160.00 | 2.00 | 0.50 | 0.00 | 220.00 | 29.00 | 3.00 | 6.00 | 3.00 | 10.00% |
| Ont - M | TOTAL | | 280.00 | 5.00 | 0.70 | 0.00 | 750.00 | 37.00 | 4.00 | 21.00 | 7.00 | 47.14% |
| Veggie and Cheese Wrap | Food Item | Port Size | Cal (kcal) | Fat (g) | Sat Fat (g) | Tfat (g) | Sod (mg) | Carb (g) | Sugar (g) | Pro (g) | Fiber (g) | Iron (%) |
| | Tortilla - Whole Grain | 1 | 190.00 | 5.00 | 0.50 | 0.00 | 160.00 | 31.00 | 0.00 | 6.00 | 3.00 | 10.00% |
| | Shredded Carrot | 1/4 cup | 8.00 | 0.00 | 0.00 | 0.00 | 14.80 | 2.08 | 0.00 | 0.20 | 0.64 | 0.01% |
| | Lettuce - Romaine | 125 ml | 5.00 | 0.09 | 0.01 | 0.00 | 2.50 | 0.98 | 0.35 | 0.37 | 0.60 | 2.00% |
| | Sweet Red Pepper | 6 slices | 95.00 | 0.22 | 0.00 | 0.00 | 3.00 | 4.46 | 3.11 | 0.73 | 1.00 | 3.00% |
| | Cheese - Mozz Shredded | 1 tbsp/ 10 g | 27.00 | 1.67 | 1.17 | 0.03 | 67.00 | 0.00 | 0.00 | 2.67 | 0.00 | 0.00% |
| | Housemade Ranch | 30 ml | 39.48 | 2.25 | 0.46 | 0.00 | 367.79 | 2.61 | 1.60 | 2.23 | 0.18 | 1.30% |
| Ont - M | TOTAL | | 364.48 | 9.23 | 2.14 | 0.03 | 615.09 | 41.13 | 5.06 | 12.20 | 5.42 | 16.31% |
| Veggie "Chicken" Wrap with Cheese | Food Item | Port Size | Cal (kcal) | Fat (g) | Sat Fat (g) | Tfat (g) | Sod (mg) | Carb (g) | Sugar (g) | Pro (g) | Fiber (g) | Iron (%) |
| | Tortilla - Whole Grain | 1 | 190.00 | 5.00 | 0.50 | 0.00 | 160.00 | 31.00 | 0.00 | 6.00 | 3.00 | 10.00% |
| | Lettuce - Romaine | 125 ml | 5.00 | 0.09 | 0.01 | 0.00 | 2.50 | 0.98 | 0.35 | 0.37 | 0.60 | 2.00% |
| | Vegetarian Chicken - Fingers (2) | 48 g | 126.67 | 6.00 | 0.67 | 0.00 | 313.33 | 10.67 | 0.67 | 7.33 | 2.00 | 13.33% |
| | Cheese - Mozz Shredded * | 1 tbsp/ 10 g | 27.00 | 1.67 | 1.17 | 0.03 | 67.00 | 0.00 | 0.00 | 2.67 | 0.00 | 0.00% |
| House Ranch Dip * | 15 ml | 19.98 | 1.13 | 0.23 | 0.00 | 109.12 | 1.32 | 0.80 | 1.13 | 0.09 | 0.65% | |
| Ont - L | TOTAL | | 368.65 | 13.89 | 2.58 | 0.03 | 651.95 | 43.97 | 1.82 | 17.50 | 5.69 | 25.98% |
| Veggie Hot Dog | Food Item | Port Size | Cal (kcal) | Fat (g) | Sat Fat (g) | Tfat (g) | Sod (mg) | Carb (g) | Sugar (g) | Pro (g) | Fiber (g) | Iron (%) |
| | Veggie Dog | 1 x 46 g | 60 | 1.00 | 0.00 | 0.00 | 290.00 | 3.00 | 1.00 | 9.00 | 0.00 | 15.00% |
| | Hot Dog Bun - WW | 1 | 150.00 | 2.00 | 0.50 | 0.00 | 200.00 | 27.00 | 3.00 | 5.00 | 3.00 | 8.00% |
| Ont - M | TOTAL | | 210.00 | 3.00 | 0.50 | 0.00 | 490.00 | 30.00 | 4.00 | 14.00 | 3.00 | 23.00% |

TOP OF PAGE

HALAL

| ONTARIO | | | | | | | | | | | | |
|--|--------------------------|--------------|---------------|--------------|-------------|-------------|---------------|--------------|--------------|--------------|-------------|---------------|
| Halal Chicken Burger | | | | | | | | | | | | |
| | Food Item | Port Size | Cal (kcal) | Fat (g) | Sat Fat (g) | Tfat (g) | Sod (mg) | Carb (g) | Sugar (g) | Pro (g) | Fiber (g) | Iron (%) |
| Halal Chicken Burger | Breaded Halal Burger | 1 x 92g | 200.00 | 6.00 | 3.50 | 0.30 | 490.00 | 19.00 | 1.00 | 15.00 | 1.00 | 10.00% |
| | Bun - WW Burger | 1 | 160.00 | 2.00 | 0.50 | 0.00 | 220.00 | 29.00 | 3.00 | 6.00 | 3.00 | 10.00% |
| Ont - M | TOTAL | | 360.00 | 8.00 | 4.00 | 0.30 | 710.00 | 48.00 | 4.00 | 21.00 | 4.00 | 20.00% |
| Halal Chicken Fingers with Rice and Corn | Food Item | Port Size | Cal (kcal) | Fat (g) | Sat Fat (g) | Tfat (g) | Sod (mg) | Carb (g) | Sugar (g) | Pro (g) | Fiber (g) | Iron (%) |
| | Halal Chicken Fingers | 2 ea/ 75 g | 157.50 | 7.50 | 1.13 | 0.00 | 390.00 | 14.25 | 3.00 | 9.00 | 3.00 | 15.00% |
| | Corn | 125 ml/ 50 g | 76.00 | 0.68 | 0.10 | 0.00 | 3.00 | 18.00 | 2.17 | 2.62 | 1.60 | 2.60% |
| | Rice - Brown (CNF) | 125 ml | 115.00 | 0.86 | 0.17 | 0.00 | 1.00 | 24.22 | 0.36 | 2.39 | 2.00 | 3.93% |
| | Sauce - Plum ind | 11 g | 23.68 | 0.00 | 0.00 | 0.00 | 84.90 | 5.85 | 4.95 | 0.01 | 0.00 | 0.00% |
| Ont - M | TOTAL | | 372.18 | 9.04 | 1.40 | 0.00 | 478.90 | 62.32 | 10.48 | 14.02 | 6.60 | 21.53% |
| Halal Chicken Hot Dog | Food Item | Port Size | Cal (kcal) | Fat (g) | Sat Fat (g) | Tfat (g) | Sod (mg) | Carb (g) | Sugar (g) | Pro (g) | Fiber (g) | Iron (%) |
| | Halal Chicken Dog | 37 g | 80.00 | 6.00 | 1.50 | 0.00 | 390.00 | 2.00 | 0.00 | 4.00 | 1.00 | 4.00% |
| | Hot Dog Bun - WW | 1 | 150.00 | 2.00 | 0.50 | 0.00 | 200.00 | 27.00 | 3.00 | 5.00 | 3.00 | 8.00% |
| Ont - M | TOTAL | | 230.00 | 8.00 | 2.00 | 0.00 | 590.00 | 29.00 | 3.00 | 9.00 | 4.00 | 12.00% |
| Halal Chicken Nuggets with a Bun and Plum Sauce | Food Item | Port Size | Cal (kcal) | Fat (g) | Sat Fat (g) | Tfat (g) | Sod (mg) | Carb (g) | Sugar (g) | Pro (g) | Fiber (g) | Iron (%) |
| | Halal Chicken Nuggets | 4 ea/ 100 g | 200.00 | 9.00 | 3.00 | 0.00 | 470.00 | 18.00 | 4.00 | 12.00 | 4.00 | 15.00% |
| | Bun - WW Dinner | 1 | 100.00 | 1.50 | 0.40 | 0.00 | 210.00 | 19.00 | 2.00 | 4.00 | 2.00 | 4.00% |
| | Margarine - BeceI bulk * | 1 tsp | 35.00 | 4.00 | 0.50 | 0.00 | 35.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00% |
| Sauce - Plum ind | 11 g | 23.68 | 0.00 | 0.00 | 0.00 | 84.90 | 5.85 | 4.95 | 0.01 | 0.00 | 0.00% | |
| Ont - M | TOTAL | | 358.68 | 14.50 | 3.90 | 0.00 | 799.90 | 42.85 | 10.95 | 16.01 | 6.00 | 19.00% |
| Halal Spaghetti and Beef Meatballs | Food Item | Port Size | Cal (kcal) | Fat (g) | Sat Fat (g) | Tfat (g) | Sod (mg) | Carb (g) | Sugar (g) | Pro (g) | Fiber (g) | Iron (%) |
| | Pasta - Spaghetti WW | 165 ml | 166.32 | 0.92 | 0.18 | 0.00 | 2.31 | 33.26 | 1.40 | 6.00 | 4.62 | 0.00% |
| | Halal Meatballs | 60 g | 154.29 | 11.14 | 4.71 | 0.64 | 360.00 | 4.71 | 0.43 | 9.00 | 0.86 | 10.71% |
| | Tomato Sauce | 125 ml | 32.00 | 0.23 | 0.03 | 0.00 | 174.00 | 7.59 | 5.42 | 0.68 | 1.45 | 5.50% |
| Ont - L | TOTAL | | 352.61 | 12.29 | 4.92 | 0.64 | 536.31 | 45.56 | 7.25 | 15.68 | 6.93 | 16.21% |
| Halal Spaghetti and Beef Meatballs LITTLE LUNCHES <i>(scroll down for sides per menu)</i> | Food Item | Port Size | Cal (kcal) | Fat (g) | Sat Fat (g) | Tfat (g) | Sod (mg) | Carb (g) | Sugar (g) | Pro (g) | Fiber (g) | Iron (%) |
| | Pasta - Spaghetti WW | 165 ml | 166.32 | 0.92 | 0.18 | 0.00 | 2.31 | 33.26 | 1.40 | 6.00 | 4.62 | 0.00% |
| | Halal Meatballs | 30 g | 77.15 | 5.57 | 2.36 | 0.32 | 180.00 | 2.36 | 0.22 | 4.50 | 0.43 | 5.36% |
| | Tomato Sauce | 60 ml | 16.00 | 0.12 | 0.02 | 0.00 | 87.00 | 3.80 | 2.71 | 0.34 | 0.73 | 2.75% |
| | Add sides | | | | | | | | | | | |
| Ont - M | TOTAL | | 259.47 | 6.61 | 2.56 | 0.32 | 269.31 | 39.42 | 4.33 | 10.84 | 5.78 | 8.11% |

TOP OF PAGE

GLUTEN-FREE

| ONTARIO | | | | | | | | | | | | |
|--|-----------------------|-----------------|---------------|--------------|-------------|-------------|---------------|--------------|-------------|--------------|-------------|---------------|
| Gluten Free BBQ Chicken Drumstick Dinner with Potato Wedges | | | | | | | | | | | | |
| | Food Item | Port Size | Cal (kcal) | Fat (g) | Sat Fat (g) | Tfat (g) | Sod (mg) | Carb (g) | Sugar (g) | Pro (g) | Fiber (g) | Iron (%) |
| Gluten Free BBQ Chicken Drumstick Dinner with Potato Wedges | Chicken Drumstick (1) | 105 g | 201.00 | 10.66 | 2.88 | 0.58 | 129.00 | 0.00 | 0.00 | 24.52 | 0.00 | 8.36% |
| | Corn | 125 ml/ 50 g | 76.00 | 0.68 | 0.10 | 0.00 | 3.00 | 18.00 | 2.17 | 2.62 | 1.60 | 2.60% |
| | Potato Wedges | 6 - 10 ea/ 90 g | 124.20 | 3.50 | 0.30 | 0.05 | 32.85 | 21.60 | 0.00 | 1.62 | 1.53 | 3.21% |
| | BBQ Sauce* | 1 tbsp/ 15 ml | 25.00 | 0.15 | 0.00 | 0.00 | 190.00 | 6.00 | 5.00 | 0.15 | 0.00% | 0.70% |
| Spices and Seasonings * | DASH | | | | | | | | | | | |
| Ont - M | TOTAL | | 426.20 | 14.99 | 3.28 | 0.63 | 354.85 | 45.60 | 7.17 | 28.91 | 3.13 | 14.87% |
| Gluten Free Chicken | Food Item | Port Size | Cal (kcal) | Fat (g) | Sat Fat (g) | Tfat (g) | Sod (mg) | Carb (g) | Sugar (g) | Pro (g) | Fiber (g) | Iron (%) |
| | GF Chicken Fingers | 2 ea/ 76 g | 167.00 | 8.36 | 1.52 | 0.00 | 494.00 | 14.40 | 0.76 | 7.60 | 0.00 | 2.00% |

| | | | | | | | | | | | | |
|--|--------------------------|--------------|---------------|--------------|-------------|-------------|---------------|--------------|--------------|--------------|-------------|--------------|
| Fingers with Rice and Corn | Corn | 125 ml/ 50 g | 76.00 | 0.68 | 0.10 | 0.00 | 3.00 | 18.00 | 2.17 | 2.62 | 1.60 | 2.60% |
| | Rice - Brown (CNF) | 125 ml | 115.00 | 0.86 | 0.17 | 0.00 | 1.00 | 24.22 | 0.36 | 2.39 | 2.00 | 3.93% |
| | Sauce - Plum ind | 11 g | 23.68 | 0.00 | 0.00 | 0.00 | 84.90 | 5.85 | 4.95 | 0.01 | 0.00 | 0.00% |
| Ont - L | TOTAL | | 381.68 | 9.90 | 1.79 | 0.00 | 582.90 | 62.47 | 8.24 | 12.62 | 3.60 | 8.53% |
| Gluten Free Grilled Cheese with Mozzarella | Food Item | Port Size | Cal (kcal) | Fat (g) | Sat Fat (g) | Tfat (g) | Sod (mg) | Carb (g) | Sugar (g) | Pro (g) | Fiber (g) | Iron (%) |
| | Rice Bread | 2 slices | 140.00 | 1.00 | 0.00 | 0.00 | 300.00 | 29.00 | 0.00 | 3.00 | 8.00 | 6.00% |
| | Cheese - Mozz Shredded | 45 ml | 81.00 | 5.01 | 3.51 | 0.12 | 201.00 | 0.00 | 0.00 | 8.01 | 0.00 | 0.00% |
| Ont - L | Margarine - Becel bulk * | 1 tsp | 35.00 | 4.00 | 0.50 | 0.00 | 35.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00% |
| Ont - L | Parm Cheese * | 3 tsp | 30.00 | 2.00 | 1.20 | 0.00 | 190.00 | 0.00 | 0.00 | 3.00 | 0.00 | 0.00% |
| Ont - L | TOTAL | | 256.00 | 10.01 | 4.01 | 0.12 | 536.00 | 29.00 | 0.00 | 11.01 | 8.00 | 6.00% |
| Gluten Free Pasta Parmesan | Food Item | Port Size | Cal (kcal) | Fat (g) | Sat Fat (g) | Tfat (g) | Sod (mg) | Carb (g) | Sugar (g) | Pro (g) | Fiber (g) | Iron (%) |
| | Rice Pasta | 250 ml | 220.00 | 1.30 | 0.02 | 0.00 | 0.00 | 46.00 | 0.06 | 4.60 | 2.00 | 5.00% |
| | Margarine - Becel bulk * | 1 tsp | 35.00 | 4.00 | 0.50 | 0.00 | 35.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00% |
| Ont - M | Parm Cheese * | 3 tsp | 30.00 | 2.00 | 1.20 | 0.00 | 190.00 | 0.00 | 0.00 | 3.00 | 0.00 | 0.00% |
| Ont - M | TOTAL | | 285.00 | 7.30 | 1.72 | 0.00 | 225.00 | 46.00 | 0.06 | 7.60 | 2.00 | 5.00% |
| Gluten Free Waffles | Food Item | Port Size | Cal (kcal) | Fat (g) | Sat Fat (g) | Tfat (g) | Sod (mg) | Carb (g) | Sugar (g) | Pro (g) | Fiber (g) | Iron (%) |
| | Gluten Free Waffles | 2 ea/ 85 g | 230.00 | 7.00 | 1.00 | 0.00 | 400.00 | 38.00 | 4.00 | 2.00 | 1.00 | 5.00% |
| | Syrup * - ind packet | 16 ml | 60.00 | 0.00 | 0.00 | 0.00 | 3.00 | 14.00 | 13.00 | 0.00 | 0.00 | 0.00% |
| Ont - L | TOTAL | | 290.00 | 7.00 | 1.00 | 0.00 | 403.00 | 52.00 | 17.00 | 2.00 | 1.00 | 5.00% |

[TOP OF PAGE](#)

HOT and COLD SIDES, BEVERAGES, AND FIXINGS

| | Food Item | Port Size | Cal (kcal) | Fat (g) | Sat Fat (g) | Tfat (g) | Sod (mg) | Carb (g) | Sugar (g) | Pro (g) | Fiber (g) | Iron (%) |
|-----------|--------------------------------|----------------|------------|---------|-------------|----------|----------|----------|-----------|---------|-----------|----------|
| HOT SIDES | Chicken Fingers (2) | 80 g | 170.00 | 9.00 | 1.50 | 0.00 | 300.00 | 9.00 | 3.00 | 11.00 | 5.00 | 7.64% |
| | Chicken Noodle Soup/ Crackers | 1 cup | 113.00 | 3.00 | 0.50 | 0.21 | 766.08 | 4.00 | 3.00 | 52.62 | 2.30 | 40.93% |
| | Corn on the Cob | 1 med | 99.00 | 1.54 | 0.20 | 0.00 | 1.00 | 22.00 | 4.68 | 3.50 | 2.50 | 3.30% |
| | Garlic Breadstick | 1 | 120.00 | 5.00 | 1.00 | 0.00 | 210.00 | 15.00 | 1.00 | 1.00 | 1.00 | 6.00% |
| | Milk - Chocolate served hot | 250 ml | 160.00 | 2.50 | 1.50 | 0.00 | 130.00 | 27.00 | 25.00 | 7.00 | 0.00 | 0.00% |
| | Potato Wedges/ Sea salt | 6 -10 ea/ 90 g | 124.20 | 3.50 | 0.30 | 0.05 | 32.85 | 21.60 | 0.00 | 1.62 | 1.53 | 3.21% |
| | Baked Potato w/ Cheddar Cheese | 1 small/ 150 g | 165.00 | 3.13 | 2.04 | 0.10 | 81.33 | 28.97 | 1.05 | 5.72 | 2.10 | 9.71% |
| | Turkey Sausage (2) | 70 g | 100.00 | 6.00 | 1.50 | 0.10 | 400.00 | 1.00 | 1.00 | 11.00 | 0.00 | 2.00% |
| | Bun - WW Dinner | 1 | 100.00 | 1.50 | 0.40 | 0.00 | 210.00 | 19.00 | 2.00 | 4.00 | 2.00 | 4.00% |

[TOP OF PAGE](#)

| | Food Item | Port Size | Cal (kcal) | Fat (g) | Sat Fat (g) | Tfat (g) | Sod (mg) | Carb (g) | Sugar (g) | Pro (g) | Fiber (g) | Iron (%) |
|------------|---------------------------------|------------|------------|---------|-------------|----------|----------|----------|-----------|---------|-----------|----------|
| COLD SIDES | Apples - Sliced | 66 g | 33.00 | 0.14 | 0.00 | 0.00 | 0.00 | 9.00 | 6.50 | 0.20 | 1.58 | 0.00% |
| | Banana Choco Chip Muffin (SFTE) | 56 g | 150.00 | 5.00 | 0.50 | 0.00 | 120.00 | 25.00 | 10.00 | 2.00 | 2.00 | 6.00% |
| | Cookie - Brownie Cookie | 38 g | 140.00 | 5.00 | 1.00 | 0.00 | 40.00 | 24.00 | 15.00 | 2.00 | 2.00 | 8.00% |
| | Cookie - Oatmeal | 1 ea/ 42 g | 170.00 | 5.00 | 1.50 | 0.10 | 5.00 | 26.00 | 11.00 | 3.00 | 2.00 | 8.00% |
| | Cucumber - Sliced | 66 g | 10.00 | 0.07 | 0.00 | 0.00 | 1.00 | 2.38 | 0.55 | 0.41 | 0.50 | 1.29% |
| | Edamame - Shelled Cold | 60 g | 73.00 | 3.12 | 0.36 | 0.00 | 3.60 | 5.96 | 1.30 | 6.53 | 3.12 | 16.20% |
| | Gingerbread Cookie | 27 g | 130.00 | 5.00 | 1.50 | 0.00 | 140.00 | 18.00 | 7.00 | 2.00 | 2.00 | 8.00% |
| | Greek Yogurt Cup | 100 g | 110.00 | 0.00 | 0.00 | 0.00 | 90.00 | 7.00 | 7.00 | 18.00 | 0.00 | 0.00% |
| | Kettle Popcorn | 28 g | 97.60 | 1.83 | 0.00 | 0.00 | 140.30 | 19.52 | 8.54 | 2.44 | 2.44 | 12.20% |
| | Lunchie Snack Mix | 125 ml | 134.00 | 2.00 | 0.00 | 0.00 | 115.00 | 28.00 | 16.20 | 1.40 | 2.50 | 8.00% |
| | Orange - Slices | 66 g | 29.00 | 0.12 | 0.00 | 0.00 | 1.80 | 15.00 | 4.80 | 0.86 | 2.97 | 0.50% |
| | Orange Sorbet Cup | 115 ml | 70.00 | 0.00 | 0.00 | 0.00 | 10.00 | 18.00 | 14.00 | 0.00 | 0.00 | 1.07% |
| | Peaches in Juice | 113 ml | 60.00 | 0.00 | 0.00 | 0.00 | 0.00 | 13.00 | 11.00 | 1.00 | 0.00 | 0.00% |
| | Side Caesar Salad/ dressing | small | 97.00 | 8.70 | 1.40 | 0.00 | 316.00 | 3.30 | 3.00 | 0.00 | 1.00 | 8.00% |
| | Side Garden Salad/ House Ranch | small | 55.00 | 1.71 | 0.01 | 0.00 | 104.00 | 8.69 | 1.60 | 2.68 | 2.13 | 12.00% |
| | Vanilla Frozen Yogurt | 115 ml | 90.00 | 2.00 | 1.00 | 0.10 | 55.00 | 20.00 | 13.00 | 2.00 | 0.00 | 0.00% |
| | Veggies - Assorted raw | 66 g | 50.00 | 0.00 | 0.00 | 0.00 | 3.60 | 8.40 | 4.80 | 0.00 | 1.20 | 2.40% |
| | Yogurt - Berry Bottom Parfait | 175 ml | 117.00 | 0.00 | 0.00 | 0.00 | 49.00 | 21.00 | 19.00 | 8.00 | 1.20 | 2.00% |
| | Yogurt - Chunky Monkey Parfait | 175 ml | 167.00 | 1.50 | 1.00 | 0.00 | 46.00 | 31.00 | 22.00 | 8.64 | 1.53 | 6.00% |
| | Yogurt Tube | 60 g | 50.00 | 1.50 | 1.00 | 0.00 | 35.00 | 8.00 | 7.00 | 2.00 | 0.00 | 0.00% |

[TOP OF PAGE](#)

| | Food Item | Port Size | Cal (kcal) | Fat (g) | Sat Fat (g) | Tfat (g) | Sod (mg) | Carb (g) | Sugar (g) | Pro (g) | Fiber (g) | Iron (%) |
|-----------|------------------------------------|-----------|------------|---------|-------------|----------|----------|----------|-----------|---------|-----------|----------|
| BEVERAGES | Milk - Chocolate | 250 ml | 160.00 | 2.50 | 1.50 | 0.00 | 180.00 | 27.00 | 25.00 | 7.00 | 0.00 | 6.00% |
| | Milk - 1% | 250 ml | 100.00 | 2.50 | 1.50 | 0.00 | 115.00 | 12.00 | 11.00 | 9.00 | 0.00 | 0.00% |
| | Chocolate Soy Milk | 200 ml | 130.00 | 4.50 | 0.70 | 0.00 | 110.00 | 16.00 | 15.00 | 6.00 | 1.00 | 8.00% |
| | Juice - Apple | 200 ml | 90.00 | 0.00 | 0.00 | 0.00 | 20.00 | 21.00 | 19.00 | 0.20 | 0.00 | 2.00% |
| | Juice - Fieldberry | 200 ml | 90.00 | 0.00 | 0.00 | 0.00 | 25.00 | 21.00 | 19.00 | 0.00 | 0.00 | 2.00% |
| | Juice - Orange | 200 ml | 90.00 | 0.00 | 0.00 | 0.00 | 20.00 | 21.00 | 19.00 | 0.00 | 0.00 | 2.00% |
| | Smoothie - ChocoNana (w/ Soy Milk) | 200 ml | 106.11 | 2.19 | 0.42 | 0.00 | 51.56 | 18.56 | 11.43 | 3.95 | 2.24 | 6.43% |
| | Smoothie - ChocoNana (w/ 2% Milk) | 200 ml | 148.34 | 3.44 | 1.88 | 0.11 | 61.72 | 24.73 | 13.96 | 6.05 | 2.51 | 4.71% |
| | Smoothie - Green Power (Vegan) | 200 ml | 97.34 | 0.25 | 0.05 | 0.00 | 15.83 | 24.47 | 17.89 | 1.26 | 2.36 | 6.36% |
| | Smoothie - Mango Tango | 200 ml | 121.02 | 0.00 | 0.00 | 0.00 | 20.60 | 27.06 | 24.60 | 4.85 | 1.14 | 1.64% |
| | Smoothie - VeryBerry | 200 ml | 112.37 | 0.11 | 0.02 | 0.00 | 21.37 | 23.52 | 19.57 | 5.31 | 2.31 | 1.79% |
| | Yogurt Drink | 200 ml | 140.00 | 3.50 | 2.00 | 0.10 | 90.00 | 21.00 | 21.00 | 7.00 | 0.00 | 0.00% |

[TOP OF PAGE](#)

| | Food Item | Port Size | Cal (kcal) | Fat (g) | Sat Fat (g) | Tfat (g) | Sod (mg) | Carb (g) | Sugar (g) | Pro (g) | Fiber (g) | Iron (%) |
|---------|----------------------------|-----------|------------|---------|-------------|----------|----------|----------|-----------|---------|-----------|----------|
| FIXINGS | Caesar Dressing [Hellmans] | 18 ml | 62.50 | 6.13 | 1.07 | 0.08 | 163.86 | 1.01 | 0.41 | 0.41 | 0.08 | 0.00% |
| | Cranberry Sauce | 30 g | 36.00 | 0.00 | 0.00 | 0.00 | 3.00 | 0.00 | 7.20 | 0.00 | 0.30 | 0.00% |
| | Hot Sauce | 9 ml | 11.00 | 0.10 | 0.00 | 0.00 | 152.00 | 3.00 | 2.00 | 0.00 | 0.00 | 1.00% |
| | House Maple Balsamic | 30 ml | 66.54 | 0.04 | 0.00 | 0.00 | 5.48 | 16.18 | 14.44 | 0.08 | 0.00 | 2.58% |
| | House Maple Dip | 33 ml | 33.70 | 0.02 | 0.00 | 0.00 | 14.37 | 5.62 | 5.15 | 2.92 | 0.00 | 0.70% |
| | House Ranch Dip/ Dressing | 15 ml | 19.98 | 1.13 | 0.23 | 0.00 | 109.12 | 1.32 | 0.80 | 1.13 | 0.09 | 0.65% |
| | Italian Dressing [Kraft] | 18 ml | 44.00 | 4.00 | 0.00 | 0.00 | 188.00 | 1.00 | 1.00 | 0.00 | 0.00 | 0.00% |
| | Ketchup | 8 ml | 10.00 | 0.00 | 0.00 | 0.00 | 95.00 | 3.00 | 2.00 | 0.10 | 0.00 | 0.00% |
| | Lettuce and Tomato | s/ leaf | 15.00 | 0.00 | 0.00 | 0.00 | 2.40 | 1.00 | 1.00 | 0.00 | 0.04 | 0.40% |
| | Margarine - Becel Cup | 7 g | 50.00 | 6.00 | 1.00 | 0.00 | 50.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00% |
| | Mayonnaise [Hellmans] | 18 ml | 115.00 | 12.60 | 1.80 | 0.00 | 83.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00% |
| | Mustard | 7 ml | 4.00 | 0.20 | 0.00 | 0.00 | 75.00 | 0.00 | 0.00 | 0.20 | 0.00 | 0.00% |
| | Pickles | 3 | 3.00 | 0.03 | 0.00 | 0.00 | 3.00 | 0.42 | 0.18 | 0.06 | 0.30 | 0.42% |
| | Plum Sauce | 11 ml | 23.68 | 0.40 | 0.00 | 0.00 | 84.90 | 5.85 | 4.95 | 0.00 | 0.01 | 0.00% |
| | Relish | 8 ml | 9.00 | 0.00 | 0.00 | 0.00 | 48.00 | 2.00 | 1.00 | 0.00 | 0.00 | 0.00% |
| | Ranch Dressing [Kraft] | 16 ml | 36.70 | 2.39 | 0.38 | 0.03 | 154.59 | 3.46 | 0.69 | 0.12 | 0.07 | 0.00% |
| | Soy Sauce | 9 g | 5.00 | 0.00 | 1.80 | 0.00 | 520.00 | 1.00 | 0.38 | 0.02 | 0.00 | 0.12% |

| | | | | | | | | | | | | |
|--|--------------------|-------|-------|------|------|------|------|-------|-------|------|------|-------|
| | Syrup - ind packet | 16 ml | 60.00 | 0.00 | 0.00 | 0.00 | 3.00 | 14.00 | 13.00 | 0.00 | 0.00 | 0.00% |
|--|--------------------|-------|-------|------|------|------|------|-------|-------|------|------|-------|

[TOP OF PAGE](#)