



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 (scroll down for sides as per your menu)	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
All Day Breakfast with Pancakes, Egg and Sausage (scroll down for sides as per your menu)	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%
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)	Tfat (g)	Sod (mg)	Carb (g)	Sugar (g)	Pro (g)	Fiber (g)	Iron (%)
	Chicken Breast sliced	60 g	48.00	0.60								

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	9.00	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		390.00	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%
Garlic Chicken Penne with Peas & Carrots 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%
	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%
Garlic Chicken Penne with Peas & Carrots 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%
	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										
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		399.00	6.20	1.45	0.25	384.70	62.24	13.48	21.30	6.58	14.20%
Mediterranean Greek Salad with Chicken and a Whole Wheat Bun	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	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%
Sweet Plum Chicken 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%
	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%
Turkey Deli Sandwich	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%
	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	12.71%
Turkey Deli Submarine	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 - 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%
Turkey Deli 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 - 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	12.71%
Turkey Holiday Dinner	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 (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%
Turkey 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 (%)
	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%
Turkey Hot Dog with Greek Yogurt Cup & Cucumber 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 (%)
	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%
Turkey Hot Dog with Vanilla Yogurt & Berries 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 (%)
	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%
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Deli Ham Sandwich	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%
	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%
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%
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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					

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%
Ont - M	Add side items											
	TOTAL		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	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%
	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%
Ont - M	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	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 *	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%
Ont - M	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	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%
	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%
Ont - M	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	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	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%
Ont - M	TOTAL		384.00	6.71	1.21	0.25	185.70	68.00	13.30	14.70	7.58	20.20%
Perogies and Sour Cream	Food Item	Port Size	Cal (kcal)	Fat (g)	Sat Fat (g)	Tfat (g)	Sod (mg)	Carb (g)	Sugar (g)	Pro (g)	Fiber (g)	Iron (%)
	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%
Ont - M	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	Food Item	Port Size	Cal (kcal)	Fat (g)	Sat Fat (g)	Tfat (g)	Sod (mg)	Carb (g)	Sugar (g)	Pro (g)	Fiber (g)	Iron (%)
	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%
Ont - M	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	Food Item	Port Size	Cal (kcal)	Fat (g)	Sat Fat (g)	Tfat (g)	Sod (mg)	Carb (g)	Sugar (g)	Pro (g)	Fiber (g)	Iron (%)
	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%
Ont - M	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	Food Item	Port Size	Cal (kcal)	Fat (g)	Sat Fat (g)	Tfat (g)	Sod (mg)	Carb (g)	Sugar (g)	Pro (g)	Fiber (g)	Iron (%)
	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%
Ont - M	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	Food Item	Port Size	Cal (kcal)	Fat (g)	Sat Fat (g)	Tfat (g)	Sod (mg)	Carb (g)	Sugar (g)	Pro (g)	Fiber (g)	Iron (%)
	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%
Ont - M	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	Food Item	Port Size	Cal (kcal)	Fat (g)	Sat Fat (g)	Tfat (g)	Sod (mg)	Carb (g)	Sugar (g)	Pro (g)	Fiber (g)	Iron (%)
	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%
Ont - M	TOTAL		477.80	8.38	0.80	0.00	610.80	87.32	20.24	14.44	8.48	24.60%
Pizzette - 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 (%)
	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%
Ont - M	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	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%
	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%
Ont - M	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	Food Item	Port Size	Cal (kcal)	Fat (g)	Sat Fat (g)	Tfat (g)	Sod (mg)	Carb (g)	Sugar (g)	Pro (g)	Fiber (g)	Iron (%)
	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%
Ont - L	TOTAL		130.00	2.00	0.50	0.00	210.00	22.00	1.00	6.00	3.00	6.00%
Sunshine Sandwich with Fresh Egg & Mozzarella Cheese 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 (%)
	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%

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 tbs/ 30 ml	31.20	0.24	0.02	0.00	86.40	5.52	0.24	2.16	1.44	3.60%
	Corn	2 tbs/ 30 ml	19.00	0.17	0.28	0.00	0.75	4.50	0.50	0.67	0.40	1.00%
	Salsa	2 tbs/ 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 tbs/ 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	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 tbs/ 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
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 tbs/ 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

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 (%)
	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

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 (%)
	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 - 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	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	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

HOT SIDES	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%
	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](#)

COLD SIDES	Food Item	Port Size	Cal (kcal)	Fat (g)	Sat Fat (g)	Tfat (g)	Sod (mg)	Carb (g)	Sugar (g)	Pro (g)	Fiber (g)	Iron (%)
	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](#)

BEVERAGES	Food Item	Port Size	Cal (kcal)	Fat (g)	Sat Fat (g)	Tfat (g)	Sod (mg)	Carb (g)	Sugar (g)	Pro (g)	Fiber (g)	Iron (%)
	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](#)

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 (%)
	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%
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[TOP OF PAGE](#)