



Nutritional Profiles 2018/2019

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 - 19 FEB 2019

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 Burrito Bowl with Side Sour Cream & Orange Slices NEW!	Ground beef - cooked (CNF)	60 g	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)	1/2 c/ 125 ml	115.00	0.86	0.17	0.00	1.00	24.22	0.36	2.39	2.00	3.93%
	Power Mix Veggies	1/4 cup	45.00	0.75	0.00	0.00	0.00	7.00	2.00	2.50	2.00	3.00%
	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%
	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		398.80	12.77	5.23	0.36	199.10	51.12	10.52	27.99	7.33	20.90%
Beef & Cheese Taco (Beef Burrito)	Ground beef - cooked (CNF)	60 g	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
Beef Chili	Canola Oil	3 ml	24.90	2.76	0.21	0.04	0.00	0.00	0.00	0.00	0.00	0.00%
	Onions	1.5 tbspl/ 15 g	96.00	0.02	0.00	0.00	0.60	1.35	0.95	0.17	0.26	0.23%
	Cumin*	DASH										
	Garlic Powder *	DASH										
	Chili Powder *	DASH										
	Black Beans	50 ml	52.00	0.40	0.03	0.00	144.00	9.20	0.40	3.60	2.40	6.00%
	Red Kidney Beans	50 ml	40.40	0.31	0.11	0.00	69.60	6.94	0.00	2.71	2.52	3.52%
	Diced Tomatoes	50 ml	8.50	0.10	0.00	0.00	2.50	1.85	1.25	0.42	0.60	0.91%
	Spaghetti Sauce	50 ml	16.00	0.12	0.02	0.00	87.00	3.80	2.71	0.34	0.73	2.75%
	Corn	6 g	9.41	0.18	0.05	0.00	0.35	2.12	0.35	0.35	0.24	0.24%
	Shredded Mozzarella Cheese 17%	9 g	27.00	1.67	1.17	0.03	67.00	0.00	0.00	2.67	0.00	0.00%
	Ground Beef, raw	45 g	114.94	6.62	2.66	0.25	41.43	0.00	0.00	12.92	0.00	9.00%
	Ont - M	TOTAL		389.15	12.18	4.25	0.32	412.48	25.26	5.66	23.18	6.75
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/ 66 g	62.12	0.78	0.00	0.00	2.33	13.98	2.33	2.33	1.55	1.55%
	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		311.46	12.56	4.47	0.24	689.98	38.28	4.01	14.89	3.11
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/ 66 g	62.12	0.78	0.00	0.00	2.33	13.98	2.33	2.33	1.55	1.55%
	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		353.32	14.05	4.97	0.28	527.18	43.58	3.33	15.92	3.08	16.19%
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	2 tbspl/ 30 ml	8.00	0.06	0.01	0.00	43.50	1.90	1.36	0.17	0.37	1.38%
	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		439.00	14.33	5.88	0.27	588.50	52.50	6.36	23.64	4.37	33.29%
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	15.70%	
Beef Hamburger (3 oz)	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 - 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	29.00%	
Cheese Burger (2 oz)	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 - 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	15.70%	
Cheese Burger (3 oz)	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 - 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	29.00%	
Flying Nachos	Food Item	Port Size	Cal (kcal)	Fat (g)	Sat Fat (g)	Tfat (g)	Sod (mg)	Carb (g)	Sugar (g)	Pro (g)	Fiber (g)	Iron (%)	
	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 tbsp/ 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 tbsp/ 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 tbsp/ 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	11.04%	
Smiling Shepherd's Pie 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 (%)	
	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%	
	Ketchup	1 1/2 tbsp	4.50	0.00	0.00	0.00	31.50	1.13	0.90	0.07	0.00	0.74%	
Ont - M	TOTAL		294.32	9.48	3.24	0.27	294.71	32.83	5.58	19.97	5.56	18.48%	
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%	
	Ketchup	2.25 tbsps	6.75	0.00	0.00	0.00	47.25	1.69	1.35	0.10	0.00	1.11%	
Ont - L	TOTAL		441.48	14.22	4.86	0.41	442.07	49.24	8.37	29.95	8.34	27.72%	
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%	
	Ketchup	1 1/2 tbsp	4.50	0.00	0.00	0.00	31.50	1.13	0.90	0.07	0.00	0.74%	
Ont - M	TOTAL		354.32	9.48	3.24	0.27	294.71	45.83	16.58	20.97	5.56	18.48%	
Spaghetti & Beef Meatballs in Tomato 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 (%)	
	Pasta - Spaghetti WW	2/3 c/ 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	1/3 c/ 85 ml	21.33	0.15	0.02	0.00	116.00	5.06	3.61	0.45	0.97	3.67%	
Ont - M	TOTAL		259.65	5.87	2.30	0.12	292.31	40.12	5.01	11.85	5.59	10.27%	
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	1 c/ 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	1/2 c/ 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	18.70%	
Spaghetti & Beef Meatballs in Tomato Sauce 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 - Spaghetti WW	1.5 c/ 375 ml	378.00	2.10	0.42	0.00	5.25	75.60	3.15	13.65	10.50	0.00%	
	Beef Meatballs	8 ea/ 80 g	192.00	12.80	5.60	0.32	464.00	4.80	0.00	14.40	0.00	17.60%	
	Tomato Sauce	3/4 c/ 187 ml	48.00	0.35	0.05	0.00	261.00	11.39	8.13	1.02	2.18	8.25%	
Ont - L	TOTAL		618.00	15.25	6.07	0.32	730.25	91.79	11.28	29.07	12.68	25.85%	
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 tbsp/ 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 Sausages (2)	2 x 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%	

	Food Item	Port Size	Cal (kcal)	Fat (g)	Sat Fat (g)	Tfat (g)	Sod (mg)	Carb (g)	Sugar (g)	Pro (g)	Fiber (g)	Iron (%)
All Day Breakfast with Pancakes, Egg and Sausage <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%
	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%
	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		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	161.00	9.20	2.46	0.05	106.00	0.00	0.00	18.08	0.00	5.07%
	Corn	125 ml/ 66 g	62.12	0.78	0.00	0.00	2.33	13.98	2.33	2.33	1.55	1.55%
	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 - L	TOTAL		372.32	13.63	2.76	0.10	331.18	41.58	7.33	22.18	3.08	10.53%
BBQ Chicken Drumstick Dinner 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 Drumstick (1)	105 g	161.00	9.20	2.46	0.05	106.00	0.00	0.00	18.08	0.00	5.07%
	Corn	125 ml/ 66 g	62.12	0.78	0.00	0.00	2.33	13.98	2.33	2.33	1.55	1.55%
	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%
	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 - L	TOTAL		363.12	10.99	2.63	0.05	299.33	44.20	7.69	22.95	3.55	11.25%
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 tbsp/ 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 & 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 (%)
	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	1 1/2 c	15.00	0.27	0.03	0.00	7.50	2.93	1.05	1.10	1.80	6.10%
	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	15 ml/ 8 g	30.00	0.75	0.50	0.25	150.00	0.00	0.00	1.50	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 - L	TOTAL		270.75	11.25	2.20	0.25	699.75	24.57	4.23	16.43	3.90	10.65%
Chicken Fingers with Rice & Corn 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 (%)
	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/ 66 g	62.12	0.78	0.00	0.00	2.33	13.98	2.33	2.33	1.55	1.55%
	Rice - Brown (CNF)	1/2 c/ 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		370.80	10.64	1.67	0.00	388.23	53.05	10.64	15.73	8.55	13.12%
Chicken Fingers with Rice & Corn 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 - 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/ 66 g	62.12	0.78	0.00	0.00	2.33	13.98	2.33	2.33	1.55	1.55%
	Rice - Brown (CNF)	3/4 c/ 187 ml	172.50	1.29	0.26	0.00	1.50	36.33	0.54	3.59	3.00	5.90%
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		428.30	11.07	1.76	0.00	388.73	65.16	10.82	16.93	9.55	15.09%
Chicken Fingers with Potato Wedges & Corn 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 (%)
	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/ 66 g	62.12	0.78	0.00	0.00	2.33	13.98	2.33	2.33	1.55	1.55%
	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%
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		380.00	13.28	1.80	0.05	420.08	50.43	10.28	14.96	8.08	12.40%
Chicken Fingers with Potato Wedges & Corn 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 - Fingers (3)	120 g	255.00	13.50	2.25	0.00	450.00	13.50	4.50	16.50	7.50	0.11
	Corn	125 ml/ 66 g	62.12	0.78	0.00	0.00	2.33	13.98	2.33	2.33	1.55	1.55%
	Potato Wedges	9-12 ea/ -120 g	165.60	4.67	0.40	0.07	43.80	28.80	0.00	2.16	2.04	4.28%
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		506.40	18.95	2.65	0.07	581.03	62.13	11.78	21.00	11.09	17.29%
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 - Beel 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		328.68	14.50	2.40	0.00	629.90	33.85	9.95	15.01	7.00	11.64%
Chicken Fried Rice	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 - 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%
	Chicken Breast, chopped	45 g	36.00	0.45	0.18	0.00	108.00	0.18	0.14	7.20	0.00	0.00%
	Egg - scrambled	1 large	76.00	5.27	1.60	0.04	66.00	0.52	0.41	6.22	0.00	5.21%
	Onion, fresh, chopped	1 tbsp	3.72	0.01	0.00	0.00	0.37	0.87	0.39	0.10	0.16	0.15%
	Soy Sauce, Low Sodium *	1 tbsp	10.00	0.00	0.00	0.00	575.00	1.00	0.00	1.00	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%	

		1/2 tsp/ 3 ml	24.90	2.76	0.21	0.04	0.00	0.00	0.00	0.00	0.00	0.00	0.00%
Ont - M	TOTAL		363.12	9.78	2.25	0.08	805.87	46.90	5.48	20.11	6.16	11.26%	
	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 Plum 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 (%)	
Chicken Nuggets (3) with Whole Wheat Roll & Plum Sauce LITTLE LUNCHES	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%	
	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		290.68	10.12	3.54	0.00	574.10	35.41	7.61	13.25	2.66	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 (%)	
Chicken Nuggets (4) with Whole Wheat Roll & Plum Sauce REGULAR PORTION 1	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%	
	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		357.78	11.74	4.42	0.00	706.98	44.37	10.97	16.75	4.81	16.10%	
	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) with Whole Wheat Roll & Plum Sauce REGULAR PORTION 2	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%	
	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		402.22	13.30	5.31	0.00	789.19	47.93	11.19	19.86	5.03	18.32%	
	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 Teriyaki Noodle Bowl and Orange Slices SMARTER MEAL	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%	
	Pasta - Spaghetti WW	1 c/ 250 ml	252.00	1.40	0.28	0.00	3.50	50.40	2.10	9.10	7.00	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%	
	Diluted Teriyaki Sauce 3:1	4 tbsp	25.00	0.00	0.00	0.00	240.00	6.00	3.50	0.50	0.00	1.00%	
	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		372.75	2.12	0.52	0.00	411.80	75.39	12.08	21.56	12.22	4.50%	
	Food Item	Port Size	Cal (kcal)	Fat (g)	Sat Fat (g)	Tfat (g)	Sod (mg)	Carb (g)	Sugar (g)	Pro (g)	Fiber (g)	Iron (%)	
Chicken Teriyaki Rice Bowl and Orange Slices LARGER PORTION	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%	
	Diluted Teriyaki Sauce 3:1	6 tbsp	37.50	0.00	0.00	0.00	360.00	9.00	5.25	0.75	0.00	1.50%	
Ont - M	TOTAL		321.75	2.21	0.58	0.00	577.80	64.40	12.33	19.50	8.22	10.90%	
	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 Teriyaki Rice Bowl and Orange Slices SMARTER MEAL	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%	
	Diluted Teriyaki Sauce 3:1	4 tbsp	25.00	0.00	0.00	0.00	240.00	6.00	3.50	0.50	0.00	1.00%	
	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		235.75	1.58	0.41	0.00	409.30	49.21	10.34	14.85	7.22	8.43%	
	Food Item	Port Size	Cal (kcal)	Fat (g)	Sat Fat (g)	Tfat (g)	Sod (mg)	Carb (g)	Sugar (g)	Pro (g)	Fiber (g)	Iron (%)	
Crunchy Chicken Apple Salad with Harvest Dressing and a Whole Wheat Bun SMARTER MEAL	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%	
	Cucumber - Sliced	22 g	3.33	0.02	0.00	0.00	0.33	0.79	0.18	0.14	0.17	0.43%	
	Chicken - Breaded Strips	60 g	127.50	6.75	1.13	0.00	225.00	6.75	2.25	8.25	3.75	5.73%	
	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%	
Ont - M	TOTAL		372.87	8.63	1.55	0.00	445.81	61.81	33.32	13.40	9.45	16.74%	
	Food Item	Port Size	Cal (kcal)	Fat (g)	Sat Fat (g)	Tfat (g)	Sod (mg)	Carb (g)	Sugar (g)	Pro (g)	Fiber (g)	Iron (%)	
Crunchy Chicken Ranch 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%	
	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%	
	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 - M	TOTAL		358.11	13.62	1.97	0.00	517.87	41.47	3.94	16.80	8.35	20.86%	
	Food Item	Port Size	Cal (kcal)	Fat (g)	Sat Fat (g)	Tfat (g)	Sod (mg)	Carb (g)	Sugar (g)	Pro (g)	Fiber (g)	Iron (%)	
Crunchy Chicken Sushi Roll with Shelled Edamame Beans NEW!	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 tbsps	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00%	
	Spices and Seasonings *	DASH											
	Chicken Finger (1)	1 ea/ 40 g	85.00	4.50	0.75	0.00	150.00	4.50	1.50	5.50	2.50	3.82%	
	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	1 tbsps	2.88	0.00	0.02	0.00	4.83	0.67	0.33	0.07	0.17	0.15%	
	Soy Sauce *	9 ml	5.00	0.00	0.00	0.00	520.00	1.00	0.00	0.00	0.00	0.80%	
Edamame - Shelled Cold	30 g	36.50	1.56	0.18	0.00	1.80	2.98	0.65	3.27	1.56	8.10%		
Ont - M	TOTAL		407.38	6.06	0.95	0.00	681.99	69.53	2.48	14.94	6.23	12.87%	
	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, Turkey Sausages, Side Syrup & Applesauce	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%	
	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		390.00	10.00	2.50	0.10	808.00	61.00	31.00	16.00	3.00	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 (%)	
Garlic Chicken Penne with Peas & Carrots REGULAR PORTION	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%	

	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 - L	TOTAL		549.50	11.32	2.62	0.50	606.05	75.80	8.47	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 22% MF *	1 tbsp/ ~7.5 g	20.00	1.50	1.00	0.05	118.00	0.00	0.00	1.50	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		237.00	7.91	2.16	0.05	615.50	26.26	5.51	16.69	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/ 66 g	62.12	0.78	0.00	0.00	2.33	13.98	2.33	2.33	1.55	1.55%
	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 tbsp/ 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		288.66	4.01	0.51	0.00	696.28	38.28	4.61	19.09	3.71	17.49%
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%
Turkey Tetrazzini 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 (%)
	Fusilli	250 ml	213.00	0.71	0.21	0.00	0.70	45.00	2.80	8.00	2.00	14.20%
	Turkey (Butterball) - slices	45 g	49.50	0.45	0.18	0.00	63.00	1.35	0.00	9.90	0.00	0.04%
	Cheese - Parmesan	1 tsp or 5 ml	10.00	0.25	0.17	0.08	50.00	0.00	0.00	0.50	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%
	Margarine - Becel bulk *	1/2 tsp/ 3 ml	17.50	2.00	0.25	0.00	17.50	0.00	0.00	0.00	0.00	0.00%
	Chicken Stock	75 ml	8.25	0.21	0.08	0.00	144.38	1.65	0.00	0.17	0.00	0.00%
	1% Milk *	30 ml	14.24	0.36	0.21	0.00	16.38	1.71	1.57	1.28	0.00	0.00%
	Green Peas	62.5 ml	38.00	0.15	0.03	0.00	41.00	5.18	1.90	2.00	1.70	0.04%
	Mushrooms	62.5 ml	17.00	0.06	0.00	0.00	1.00	0.61	0.37			

	Black Pepper	DASH											
Ont - M	TOTAL		371.13	4.21	1.13	0.08	333.95	56.21	6.63	22.54	3.90	33.79%	
TOP OF PAGE													
PORK													
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%	
Deli Ham 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 - 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 tbsps	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%
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	15 ml	29.85	2.18	1.37	0.07	74.25	1.23	1.23	1.31	0.03	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		249.85	4.75	1.37	0.07	305.25	44.61	5.78	9.72	4.53	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 tbsps/ 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 tbsps/ 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 tbsps/ 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 tbsps/ 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	35 ml	70.00	4.67	2.92	0.12	443.33	1.17	0.00	7.00	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 - L	TOTAL		442.00	11.73	3.98	0.12	496.88	68.67	4.20	19.00	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 tbsps	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%	
	Imitation 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%	
	Edamame - Shelled Cold	30 g	36.50	1.56	0.18	0.00	1.80	2.98	0.65	3.27	1.56	8.10%	

	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 - M	TOTAL		351.50	1.76	0.24	0.00	689.86	69.38	2.55	11.72	3.87	9.71%	
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 tbsps/ 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%	
Carrot and Cucumber 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*	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%	
	Edamame - Shelled Cold	30 g	36.50	1.56	0.18	0.00	1.80	2.98	0.65	3.27	1.56	8.10%	
	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		321.50	1.56	0.18	0.00	530.86	64.88	1.03	9.44	3.72	8.23%
Cheesy Broccoli Pasta	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%	
	Margarine - Becel bulk *	1.5 tsp	52.50	6.00	0.75	0.00	52.50	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 *	85 ml	40.35	1.01	0.60	0.00	46.40	4.84	4.44	3.63	0.00	0.00	
	Shredded Medium Cheddar	30 g	120.00	8.33	5.00	0.30	220.00	0.83	0.00	6.67	0.00	0.00	
	Broccoli	3/4 cup	16.50	0.30	0.00	0.00	22.50	4.50	1.20	2.10	1.80	0.04	
Ont - L	TOTAL		445.99	16.38	6.56	0.30	342.10	55.89	8.44	20.51	3.83	20.40%	
Cheese Qeasadilla	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 tbsps/ 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 tbsps/ 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%	
Ont - L	TOTAL		423.00	20.40	10.80	0.50	826.65	38.65	3.00	20.15	3.50	12.00%	
Cheese Tortellini	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 tbsps/ 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%	
Cheesy Pizza Sub	Food Item	Port Size	Cal (kcal)	Fat (g)	Sat Fat (g)	Tfat (g)	Sod (mg)	Carb (g)	Sugar (g)	Pro (g)	Fiber (g)	Iron (%)	
	Tomato Sauce	3 tbsps/ 45 ml	12.00	0.09	0.02	0.00	65.25	2.85	2.03	0.26	0.55	2.06%	
	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	4 tbsps/ 40 g	108.00	6.68	4.68	0.12	268.00	0.00	0.00	10.68	0.00	0.00%	
Ont - M	TOTAL		380.00	9.77	5.20	0.12	463.25	49.85	7.03	20.94	4.55	20.77%	
Farm and Field Plate I 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 (%)	
	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 tbsps/ 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 tbsps/ 25 g	29.75	0.29	0.03	0.00	74.75	5.65	0.00	1.24	1.10	10.00%	
	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 - M	TOTAL		258.43	7.67	3.66	0.10	510.86	36.2728	11.172	10.4208	5.8624	17.09%	
Farm and Field Plate II 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 (%)	
	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%	
	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 - M	TOTAL		260.98	8.79	3.26	10.06	259.72	31.25	13.45	11.27	3.62	24.83%	
Grilled Cheddar Cheese 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%	
	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%	
Grilled Cheddar Cheese Sandwich LITTLE LUNCHES (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 (%)	
	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%	
Ont - M	TOTAL		282.50	12.63	5.75	0.15	432.50	30.00	2.25	11.25	3.00	7.50%	
Grilled Cheese with Mozzarella (HH Alta)	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 (%)
Grilled Cheese with Mozzarella	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%
Macaroni and Cheese - Homemade	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	1 cup/ 250 ml	180.00	0.50	0.00	0.00	0.00	37.00	1.50	6.50	2.00	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%
	All-Purpose Flour *	1.5 tsp	5.46	0.04	0.01	0.00	0.00	1.07	0.00	0.18	0.04	3.90%
	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	37 g	148.00	11.10	7.40	0.37	271.32	1.22	0.00	8.62	0.00	0.00%
Shredded Medium Cheddar (for topping)	1 tbs/ 10 g	40.00	2.78	1.67	0.10	73.33	0.28	0.00	2.22	0.00	0.00%	
Ont - L	TOTAL		444.06	19.31	10.11	0.47	420.59	43.84	5.42	20.72	2.04	3.90%
Macaroni and Cheese - Homemade LITTLE LUNCHES <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 (%)
	Pasta - Macaroni cooked	2/3 cup/ 165 ml	120.00	0.33	0.00	0.00	0.00	24.67	1.00	4.33	1.33	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%
	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 *	50 ml	20.00	0.50	0.30	0.00	23.00	2.40	2.20	1.80	0.00	0.00%
	Shredded Medium Cheddar	18.75 g	75.00	5.63	3.75	0.19	137.49	0.62	0.00	4.37	0.00	0.00%
Shredded Medium Cheddar (for topping)	1/2 tbs/ 5 g	20.00	1.39	0.83	0.05	36.67	0.14	0.00	1.11	0.00	0.00%	
Ont - L	TOTAL		273.64	11.87	5.39	0.24	232.16	28.54	3.20	11.73	1.36	2.60%
Pancakes and Side Syrup	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 LITTLE LUNCHES <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%
	Add side items											
Ont - M	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%
	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		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%
	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		401.00	7.10	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%
	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 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%
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%
	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		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%
	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	TOTAL		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, & 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 (%)
	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 tbsp/ 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 tbsp/ 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%
Tex Mex Egg 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%
	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	0.09	0.01	0.00	2.50	0.98	0.35	0.37	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	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%
	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%
Vegetarian Burrito Bowl with Side Sour Cream & Orange Slices NEW!	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 Ground Round	60 g	65.45	0.55	0.00	0.00	272.73	5.45	0.00	9.82	3.27	21.82%
	Spices and Seasonings *	DASH										
	Rice - Brown (CNF)	1/2 c/ 125 ml	115.00	0.86	0.17	0.00	1.00	24.22	0.36	2.39	2.00	3.93%
	Power Mix Veggies	1/4 cup	45.00	0.75	0.00	0.00	0.00	7.00	2.00	2.50	2.00	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%
	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%
	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		309.45	4.41	1.65	0.03	416.03	56.57	10.52	20.41	10.60	30.63%
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" Caesar Salad & 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 (%)
	Veggie Chicken Strips, Unbreaded	50 g	85.71	3.57	0.00	0.00	171.43	2.86	0.00	10.00	1.43	5.71%
	Lettuce - Romaine	1 1/2 c	15.00	0.27	0.03	0.00	7.50	2.93	1.05	1.10	1.80	6.10%
	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	15 ml/ 8 g	30.00	0.75	0.50	0.25	150.00	0.00	0.00	1.50	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 - L	TOTAL		308.46	14.22	1.96	0.25	727.18	27.19	4.05	16.83	5.33	16.36%
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 "Chicken" Teriyaki Noodle Bowl	Food Item	Port Size	Cal (kcal)	Fat (g)	Sat Fat (g)	Tfat (g)	Sod (mg)	Carb (g)	Sugar (g)	Pro (g)	Fiber (g)	<

	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%
	Diluted Teriyaki Sauce 3:1	4 tbsp	25.00	0.00	0.00	0.00	240.00	6.00	3.50	0.50	0.00	1.00%
Ont - M	TOTAL		381.46	4.97	0.28	0.00	437.43	63.01	7.10	21.10	10.68	9.71%
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 Chicken Burger - Maple Lodge	1 x 114 g	230.00	10.00	1.50	0.00	640.00	18.00	6.00	15.00	2.00	10.00%
Ont - L	Bun - WW Burger	1	160.00	2.00	0.50	0.00	220.00	29.00	3.00	6.00	3.00	10.00%
	TOTAL		390.00	12.00	2.00	0.00	860.00	47.00	9.00	21.00	5.00	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/ 66 g	62.12	0.78	0.00	0.00	2.33	13.98	2.33	2.33	1.55	1.55%
	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	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%
	TOTAL		358.30	9.14	1.30	0.00	478.23	58.30	10.64	13.73	6.55	20.48%
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%
Ont - M	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%
	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 - 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	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%
	TOTAL		358.68	14.50	3.90	0.00	799.90	42.85	10.95	16.01	6.00	19.00%
Halal Chicken Nuggets with a Bun and 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 (%)
	Halal Chicken Nuggets	3 ea/ 75 g	150.00	6.75	2.25	0.00	352.50	13.50	3.00	9.00	3.00	11.25%
	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	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%
	TOTAL		308.68	12.25	3.15	0.00	682.40	38.35	9.95	13.01	5.00	15.25%
Halal 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	136.50	6.50	0.98	0.00	338.00	12.35	2.60	7.80	2.60	13.00%
Ont - M	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%
	TOTAL		356.48	12.81	1.73	0.00	612.12	46.51	4.10	15.66	6.89	27.65%
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	1 c/ 250 ml	252.00	1.40	0.28	0.00	3.50	50.40	2.10	9.10	7.00	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%
Ont - L	Tomato Sauce	125 ml	32.00	0.23	0.03	0.00	174.00	7.59	5.42	0.68	1.45	5.50%
	TOTAL		438.29	12.77	5.02	0.64	537.50	62.70	7.95	18.78	9.31	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	2/3 c/ 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 & 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	161.00	9.20	2.46	0.05	106.00	0.00	0.00	18.08	0.00	5.07%
	Corn	125 ml/ 66 g	62.12	0.78	0.00	0.00	2.33	13.98	2.33	2.33	1.55	1.55%
	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%
Ont - L	Spices and Seasonings *	DASH										
	TOTAL		372.32	13.63	2.76	0.10	331.18	41.58	7.33	22.18	3.08	10.53%
Gluten Free BBQ Chicken Drumstick Dinner 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 Drumstick (1)	105 g	161.00	9.20	2.46	0.05	106.00	0.00	0.00	18.08	0.00	5.07%
	Corn	125 ml/ 66 g	62.12	0.78	0.00	0.00	2.33	13.98	2.33	2.33	1.55	1.55%
	Rice - Brown (CNF)	1/2 c/ 125 ml	115.00	0.86	0.17	0.00	1.00	24.22	0.36	2.39	2.00	3.93%
	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%
Ont - L	Spices and Seasonings *	DASH										
	TOTAL		363.12	10.99	2.63	0.05	299.33	44.20	7.69	22.95	3.55	11.25%
Gluten Free Beef & Cheese Burrito Bowl with Side Sour Cream & Orange Slices NEW!	Food Item	Port Size	Cal (kcal)	Fat (g)	Sat Fat (g)	Tfat (g)	Sod (mg)	Carb (g)	Sugar (g)	Pro (g)	Fiber (g)	Iron (%)
	Ground beef - cooked (CNF)	60 g	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)	1/2 c/ 125 ml	115.00	0.86	0.17	0.00	1.00	24.22	0.36	2.39	2.00	3.93%
	Power Mix Veggies	1/4 cup	45.00	0.75	0.00	0.00	0.00	7.00	2.00	2.50	2.00	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%
	Tomato Sauce	30 ml	8.00	0.06	0.01	0.00	43.50	1.90	1.36	0.17	0.36	1.38%
Ont - M	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%
	Orange - Slices	66 g	29.00	0.12	0.00	0.00	1.80	15.00	4.80	0.86	2.97	0.50%
	TOTAL		398.80	12.77	5.23	0.36	199.10	51.12	10.52	27.99	7.33	20.90%
Gluten Free Chicken Fingers with Potato Wedges 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 (%)
	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%
	Corn	125 ml/ 66 g	62.12	0.78	0.00	0.00	2.33	13.98	2.33	2.33	1.55	1.55%
	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%
	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	377.00	12.64	1.82	0.05	614.08	55.83	8.04	11.56	3.08	6.76%
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 Chicken Fingers with Rice and Corn	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%
	Corn	125 ml/ 66 g	62.12	0.78	0.00	0.00	2.33	13.98	2.33	2.33	1.55	1.55%
	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	367.80	10.00	1.69	0.00	582.23	58.45	8.40	12.33	3.55	7.48%	
Gluten Free Grilled Cheese with Cheddar	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 - 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	295.00	14.00	6.50	0.20	525.00	29.00	0.00	9.00	8.00	6.00%
Gluten Free Grilled Cheese with Mozzarella	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%
	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	256.00	10.01	4.01	0.12	536.00	29.00	0.00	11.01	8.00	6.00%
Gluten Free Pasta Parmesan	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%
	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 Smiling Shepherd's Pie REGULAR PORTION (ON ONLY)	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/ 66 g	62.12	0.78	0.00	0.00	2.33	13.98	2.33	2.33	1.55	1.55%
	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%
	Ketchup	1 1/2 tbsps	4.50	0.00	0.00	0.00	31.50	1.13	0.90	0.07	0.00	0.74%
Ont - M	TOTAL	318.44	10.26	3.24	0.27	296.04	38.81	5.91	20.30	5.11	17.03%	
Gluten Free Waffles with Side Syrup and Applesauce	Gluten Free Waffles	2 ea/ 70 g	210.00	7.00	1.00	0.00	180.00	34.00	5.00	2.00	2.00	4.00%
	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 - L	TOTAL	330.00	7.00	1.00	0.00	208.00	65.00	31.00	2.00	4.00	4.00%

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 (%)
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	0.11	676.08	4.00	3.00	45.62	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%	
	Mashed Potatoes (1/2 c) with Gravy (1/4 c)	125 ml/ 4 oz	105.34	2.18	0.27	0.00	339.65	20.70	1.68	1.76	1.56	2.14%	
	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%	
Homemade Tomato Soup (Dairy-free & Vegetarian)	Oil, olive	1.5 ml	11.57	1.31	0.18	0.00	0.03	0.00	0.00	0.00	0.00	0.07%	
	Onion, fresh, chopped	50 ml	12.39	0.03	0.01	0.00	1.24	2.89	1.31	0.34	0.53	0.50%	
	Garlic cloves, fresh	1 g	1.44	0.00	0.00	0.00	0.16	0.32	0.01	0.06	0.02	0.14%	
	Tomatoes, crushed, canned, unsalted	80 ml	10.16	0.00	0.00	0.00	3.39	2.71	2.03	0.00	0.68	1.71%	
	Broth, vegetable	100 ml	2.75	0.01	0.00	0.00	231.22	0.68	0.59	0.06	0.09	0.14%	
	Tomato paste	0.5 ml	11.62	0.00	0.00	0.00	40.66	2.71	1.55	0.39	0.77	3.00%	
	Salt, table	0.5 ml	0.00	0.00	0.00	0.00	225.61	0.00	0.00	0.00	0.00	0.00%	
	Black pepper	0.5 ml	0.50	0.01	0.00	0.00	0.04	0.13	0.00	0.02	0.05	0.14%	
Ont - M	TOTAL	50.43	1.36	0.19	0.00	502.35	9.44	5.49	0.87	2.14	5.71%		
Homemade Creamy Tomato Soup	Oil, olive	1.5 ml	11.57	1.31	0.18	0.00	0.03	0.00	0.00	0.00	0.00	0.07%	
	Onion, fresh, chopped	50 ml	12.39	0.03	0.01	0.00	1.24	2.89	1.31	0.34	0.53	0.50%	
	Garlic cloves, fresh	1 g	1.44	0.00	0.00	0.00	0.16	0.32	0.01	0.06	0.02	0.14%	
	Tomatoes, crushed, canned, unsalted	80 ml	10.16	0.00	0.00	0.00	3.39	2.71	2.03	0.00	0.68	1.71%	
	Broth, vegetable	100 ml	2.75	0.01	0.00	0.00	231.22	0.68	0.59	0.06	0.09	0.14%	
	Tomato paste	0.5 ml	11.62	0.00	0.00	0.00	40.66	2.71	1.55	0.39	0.77	3.00%	
	Salt, table	0.5 ml	0.00	0.00	0.00	0.00	225.61	0.00	0.00	0.00	0.00	0.00%	
	Black pepper	0.5 ml	0.50	0.01	0.00	0.00	0.04	0.13	0.00	0.02	0.05	0.14%	
Ont - L	TOTAL	77.99	3.70	1.64	0.00	511.97	10.47	5.53	1.57	2.14	5.85%		

TOP OF PAGE

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 (%)
Beverages and Fixings	Apple - Slices	66 g	33.00	0.14	0.00	0.00	0.00	9.00	6.50	0.20	1.58	0.00	0.00%
	Orange - Slices	66 g	29.00	0.12	0.00	0.00	1.80	15.00	4.80	0.86	2.97	0.50%	
	Carrot Sticks	66 g	23.10	0.08	0.00	0.00	51.48	5.44	3.14	0.42	1.93	3.30%	
	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%	
	Peaches in Juice	113 ml	50.00	0.00	0.00	0.00	0.00	12.00	9.00	0.00	0.00	0.00%	
	Romaine Lettuce (CNF)	250 ml/ -60 g	10.00	0.18	0.02	0.00	5.00	1.95	0.70	0.73	1.20	4.07%	
	Croutons, Plain (CNF)	2 tbsps/ -4 g	15.50	0.25	0.06	0.00	26.50	2.80	0.00	0.46	0.20	1.10%	
	Fresh Parmesan Cheese	1 tsp/ -5 g	10.00	0.25	0.17	0.08	50.00	0.00	0.00	0.50	0.00	0.00%	
	Caesar Dressing	18 ml	62.50	6.13	1.07	0.08	163.86	1.01	0.41	0.41	0.08	0.00%	
	Side Caesar Salad/ dressing	small	98.00	6.81	1.32	0.16	245.36	5.76	1.11	2.10	1.48	5.17%	
	Romaine Lettuce (CNF)	250 ml/ -60 g	10.00	0.18	0.02	0.00	5.00	1.95	0.70	0.73	1.20	4.07%	
	Carrot, Shredded	15 ml/ -7 g	2.88	0.00	0.02	0.00	4.83	0.67	0.33	0.07	0.17	0.15%	

COLD SIDES	Cucumber - Sliced	22 g	3.33	0.02	0.00	0.00	0.33	0.79	0.18	0.14	0.17	0.43%
	Grape Tomatoes	2.00	6.00	0.06	0.00	0.00	2.00	1.32	0.90	0.30	0.40	0.70%
			22.21	0.26	0.04	0.00	12.16	4.73	2.11	1.24	1.94	5.35%
	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%
	Side Garden Salad/ House Ranch	small	42.19	1.39	0.27	0.00	121.28	6.05	2.91	2.37	2.03	6.00%
	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%
	Cookie - Double Chocolate Chip Cookie (SFTE)	40 g	140.00	4.00	1.00	0.00	20.00	26.00	17.00	2.00	2.00	8.00%
	Cookie - Homemade Oatmeal	42 g	170.00	5.00	1.50	0.10	5.00	26.00	11.00	3.00	2.00	8.00%
	Cookie - Oatmeal (SFTE)	40 g	130.00	4.00	0.40	0.00	60.00	25.00	10.00	2.00	2.00	6.00%
	Baked Potato Chips, Regular	32 g	150.00	4.00	0.50	0.00	180.00	26.00	3.00	2.00	2.00	2.00%
	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%
	Muffin - Apple Cinnamon (SFTE)	56 g	140.00	5.00	0.40	0.00	130.00	21.00	10.00	2.00	2.00	6.00%
	Muffin - Banana Chocolate Chip (SFTE)	56 g	150.00	5.00	1.00	0.00	95.00	25.00	11.00	2.00	2.00	8.00%
	Muffin - Carrot (SFTE)	56 g	140.00	5.00	0.40	0.00	190.00	22.00	9.00	2.00	2.00	6.00%
	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%
	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%
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%
	Milk - Soy Chocolate	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%

[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	18 ml	62.50	6.13	1.07	0.08	163.86	1.01	0.41	0.41	0.08	0.00%
	Italian Dressing	18 ml	44.00	4.00	0.00	0.00	188.00	1.00	1.00	0.00	0.00	0.00%
	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%
	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%
	Ranch Dressing	16 ml	36.70	2.39	0.38	0.03	154.59	3.46	0.69	0.12	0.07	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%
	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	sl/ 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	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%
	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](#)